

- [Skip to content](#)

Mountain Vista Women's Care


- [Home](#)
(mountainvistawomenscare.com/web/20100909162614/http://mountainvistawomenscare.com/)
»
- Care Providers



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Care Providers

Virginia S. Allison, MD, FACOG

 Virginia S. Allison MD

Dr. Virginia Allison has been practicing in the Denver area for the last 11 years. She completed medical school at FUHS/The Chicago Medical School and then went on to do her residency training in OB/GYN at the Virginia Health Sciences Center in Charlottesville, VA.

Following Medical School and Residency, Dr. Allison came back home to Colorado (where she was raised since 1 years old after moving from Greece with her parents). Dr Allison also had the opportunity to go to practice in Greece during one of her elective rotations in her third year of residency. She speaks fluent Greek.

Dr. Allison enjoys caring for, teaching, and involving patients in achieving their best individualized care. On her time off she enjoys time spent with friends and family, hiking, cooking, and eating out.

Grace Y. Cheng, MD, FACOG



Dr. Grace Cheng was born and raised in Los Angeles. She attended University of California at Irvine as a Regent's and National Merit Scholar. She graduated with a Bachelor's of Science in Biological Sciences and a minor in Psychology. She then attended St. Louis University School of Medicine and Temple University's Obstetrics and Gynecology residency program.

Dr. Cheng lives in Denver with her husband Barry Ogin (a physiatrist) and two rambunctious kids. She enjoys hiking, skiing, and her sweet old dog Biscuit but not cleaning or doing laundry. She enjoys vacationing in the mountains or to a beach. She is an Aquarian so go figure.

Kelly Peters, MD



Dr. Peters attended the University of Wisconsin for her undergraduate studies and medical school. She then completed her residency training in OB/GYN at the University of Minnesota.

Dr. Peters enjoys practicing general obstetrics and gynecology. Her particular areas of interest include high-risk obstetrics, urogynecology and family planning.

Kelly was born and raised in Green Bay, Wisconsin and is a lifelong Packer fan. After years of suffering through the cold, dreary winters of the northern Midwest, she looked to Colorado for an oasis of sun and warmth. She enjoys hiking, golfing, and snowshoeing. She is also looking forward to becoming an avid snowboarder and Denver Bronco fan.

Kenneth A. Moss, MD, FACOG

 Kenneth A. Moss, MD, FACOG

Dr. Moss attended Stanford University for his Undergraduate studies, where he graduated with honors. He completed his Medical School Degree from the University of California, San Diego. His internship and residency in OB-GYN were done at the University of Arizona. He has been Board Certified by the American Board of Obstetrics and Gynecology since 1993.

Dr. Moss has been practicing in the South Metro areas of Littleton, Highlands Ranch, and Englewood since 1991. His practice encompasses all aspects of Women's Health Care, including Obstetrics, Infertility, and Gynecology, with a special interest in minimally invasive gynecologic surgery. He feels it's important to spend time with his patients, helping to educate them to achieve their optimal health and wellness.

Dr. Moss was born in New York and raised in Southern California. He and his wife moved to Colorado after his residency to raise their two children and enjoy the outdoor activities that bring so many to Colorado. He attends St. Mary's Church and he enjoys running, tennis, skiing, as well as all aspects of fitness.

Andrew J. Ross, MD, FACOG



Dr. Andrew Ross is a native of New York City who has moved steadily west and is never going back. His undergraduate education was at the University of Michigan with a B.S. in Biological Anthropology. After a brief career in sports marketing, he returned to school at the Hunter College of the City University of New York to complete a post-baccalaureate pre-med program, and completed medical school at the Albert Einstein College of Medicine in the Bronx. He completed his residency in Obstetrics and Gynecology at Thomas Jefferson University Hospital in Philadelphia in 2000, and has lived in Denver, practicing with this group ever since.

Dr. Ross has been at the forefront of minimally invasive gynecologic surgery, doing laparoscopic hysterectomies since the 1990's. He is the first and only gynecologist in the state of Colorado to have done a Single Incision Laparoscopic hysterectomy, and is skilled with the DaVinci Robotic surgical platform, currently proctoring all new DaVinci gynecologic surgeons at Swedish Medical Center, as well as other hospitals locally and nationally. His professional surgical goal is to never do an abdominal hysterectomy. These same surgical abilities translate to obstetrics skills with forceps which are rarely found these days, contributing to a low C-section rate. Despite these manual skills, Dr. Ross is most proud of his abilities to communicate with his patients in a way that allows them to feel that their desires and concerns are an integral part of their treatment plans.

Personally, Dr. Ross enjoys all of the outdoor activities Colorado offers. He is an avid mountain and road cyclist, and enjoys snowboarding when the opportunity arises. He enjoys cooking for his wife and toddler son, particularly with vegetables he grows in his own garden. Dr. Ross is involved on the boards of local organizations committed to advancing the art and science of medicine, and access to reproductive healthcare.

Joan F. Girard, RNC, BSN



Joan Girard is a Women's Health Nurse Practitioner with 35 years experience to share. She holds Nursing degrees from Kentucky State University in Frankfort Kentucky and Excelsior College in Albany New York. She completed her Nurse Practitioner program at Emory University in Atlanta Georgia, and holds national certification as a Women's Health Nurse Practitioner through NCC.

Joan began her career as a Public Health Nurse in rural Kentucky and moved to Colorado in 1983 to begin private practice in OB-Gyn. Her practice includes office gynecology, ambulatory obstetrics, family planning, infertility, and menopausal treatment.

Joan enjoys caring for women of all ages with the unique challenges that each stage of life brings.

Her mission is to provide individualized, evidenced based health care for women in a setting that nurtures communication and collaboration with her patients and the health care community.

Rickie Guida, WHNP-BC

 Rickie Guida, WHNP-BC

Also a Colorado native, Rickie brings 33 years of experience as a medical professional to her position as nurse practitioner at Columbine Women's Care. During that time she has specialized as a nurse practitioner for more than 13 years after working for 14 years as a Labor and Delivery nurse at Swedish Medical Center and for six years at Denver Health Medical Center. Rickie's fun-loving personality makes her a favorite among patients as does her experience and expertise in helping individuals with PCOS and interstitial cystitis. In addition to nursing, Rickie's passions include scrap-booking and visiting with her son in Washington, DC, and her daughter in California. She received her nursing degree from Regis University in Colorado.

Shelbie Lopez, RNC, MS, WHCNP



Shelbie Lopez has been a practicing nurse since 2001 in women's services. She earned a Bachelor's degree in Psychology from MSCD in 1998 and a Bachelor's degree in Nursing from Regis University in 2000. She worked as a Labor and Delivery nurse at a local hospital for several years. In 2005, she completed the Master's degree program at the University of Colorado in Nursing, specializing in Women's Health.

Shelbie was born and raised in the Denver Area. She enjoys spending most of her free time with her family and friends. Shelbie also enjoys traveling, discovering new restaurants, and trying/learning new things.

Katherine Tiedt Windle, WHNP

 Katherine Tiedt Windle, WHNP

As a nurse practitioner, Katherine brings a distinctively warm communication style that allows patients to feel comfortable and confident discussing their health goals and concerns. She emphasizes listening to and partnering with patients and specializes in patient education, preventative care, adolescent gynecology and contraception. Also a Colorado native and mother of two active children, Katherine enjoys skiing, mountain biking and hiking. She earned her master's degree at the University of Colorado Health Sciences in 2004 after receiving her nursing degree from Regis University. She completed her undergraduate degree at the University of the Pacific and the University of Colorado.

Englewood Office

701 E. Hampden Ave., Suite 110
Englewood

CO

80113

(303) 788-8808

Highlands Ranch Office

9330 S. University Blvd, Suite 230

Highlands Ranch

CO

80126

(303) 471-5010

Columbine Office

6179 South Balsam Way, Suite 200

Littleton

CO

80123

(303) 972-6658

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