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Our Doctors

Meet Our Doctors

Mark Spence, MD

As a father of seven wonderful children and a proud grandfather of one, Dr. Mark Spence has a true passion for babies. Born in Jamaica and raised as well as educated in New York, Dr. Spence serves as the Medical Director of Full Circle Health Care.

Dr. Spence completed his undergraduate studies at Columbia University in New York. He obtained his medical degree from New York Medical College and conducted his residency at Bronx-Lebanon Hospital (also in New York).

Although his primary focus is [high risk obstetrics \(/web/20151209034343/http://www.fullcirclehealthcareinc.com/obstetrics.html\)](#), Dr. Spence caters to female patients from adolescence through menopause.

He is board certified with the American Board of Obstetrics and Gynecology and is a Fellow of the American Congress of Obstetricians and Gynecologists. Additionally, Dr. Spence previously served as Chair of Obstetrics at North Shore Medical Center.

Giving birth is truly one of the most magnificent and phenomenal miracles of life. It brings me such indelible gratitude to accompany my patients throughout their entire journey of pregnancy to ensure that each and every baby is brought into this world as healthy and as safely as possible. I can't express what a blessing it is to have this profession.

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Patricia Litts, MD

She's an outdoor enthusiast and an avid runner but when it comes to her profession, this mother of two has an affinity for all things baby.

Dr. Patricia Litts, a native of the midwest, did her undergraduate studies at the University of Michigan. She obtained her medical degree from Chicago Medical School



and completed her residency at Wayne State University in Michigan.

With extensive experience in general obstetrics and gynecology, Dr. Litts's primary focus lies in treating both normal and complicated pregnancies, the management of pelvic pathology (including endometriosis, fibroids, adenomyosis, and abnormal uterine bleeding) as well as non-surgical contraceptive options.

Dr. Litts is board certified by the American Board of Obstetrics and Gynecology and is a Fellow of the American Congress of Obstetricians and Gynecologists. She is licensed in both Florida and South Carolina.



I've been practicing OBGYN work for 20 years, and the main aspect that I love about obstetrics and gynecology is that I am able to take care of women of all ages; from adolescents to menopausal women. I enjoy providing care for both high risk and low risk patients and also women who have difficulty becoming pregnant. In addition, I take pleasure in learning more about my patients... particularly what is going on in their lives.

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Ramon Hechavarria, MD



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He's originally from Cuba, but his love for music, dancing and sightseeing brought this experienced physician and his family (including his 4 beautiful children) to South Florida decades ago.

Dr. Ramon Hechavarria has been practicing in the U.S. since 1980. He obtained his medical degree from the Universidad de Santiago in Spain and completed his residency at Brooklyn Jewish Hospital in New York.

Dr. Hechavarria treats a broad spectrum of patients for obstetrics and gynecology. His areas of expertise include but are not limited to: laparoscopy, [myomectomy](http://www.fullcirclehealthcareinc.com/abdominal-myomectomy.html), hysterectomy, colposcopy and vaginal repair.

As a licensed medical doctor in both New York and Florida, Dr. Hechavarria is also recognized by the American Medical Association, the Florida Medical Association and the Dade County Medical Association.

I enjoy taking care of high risk patients and ensure that I provide them with the highest level of care. I always make myself available to my patients at any given time that they choose. I also encourage my patients to notify me of any medical conditions concerning them and their family members in order to give them the best care because I consider my patients family.

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Sarah M. Plourde, CNM, MSN, ARNP

Sarah Plourde is a huge asset to the Full Circle Health Care team. As a Certified Nurse Midwife and Nurse Practitioner, Sarah sees patients for routine obstetrical visits and routine gynecological care (such as [IUD insertion](#)

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Original from Leominster, Massachusetts, Sarah conducted her nursing studies at the University of Miami in Coral Gables, Florida. She is a member of the American Association in Basic Life Support & Advanced Cardiac Life Support and Neonatal Resuscitation Association and Neonatal Resuscitation.



Sarah is also a member of the Nursing Honor Society (Sigma Theta Tau), the Association of Women's Health, Obstetrical and Neonatal Nurses and is recognized by the American Midwifery Certification Board.

As a woman in the field of OB-GYN I absolutely love what I do for a living, especially because I'm a mom myself. Being female isn't easy, and neither is being a mother... But I feel as though I'm able to relate to each of my patients in some capacity and that I can help them better understand any concerns or decisions regarding their reproductive health.

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