



Sherlyana Helen, MD

Primary Care - Geriatrics

Dr. Helen received her medical degree from Maranatha Christian University in Bandung, Indonesia where she also completed an internship. She performed her family medicine residency at UPMC McKeesport where she served as chief resident, and a geriatric fellowship at UPMC St. Margaret Hospital. She is board-certified in family medicine.

Locations

Allegheny Valley Internal Medicine - Natrona Heights

Heights Plaza

1719 Union Ave
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Credentials | Training & Certifications

Residency

University of Pittsburgh Medical Center

School

Marantha Christian University

Board

American Board of Family Medicine

American Board of Family Medicine - Geriatric Med

Expertise

Minor Procedures

Joint Injections

General Primary Care

Cardiovascular Disease and Risk Reduction

Coronary Artery Disease

Diabetes Mellitus

Disease Prevention

Geriatrics

Hyperlipidemia

Hypertension

Musculoskeletal Pain

Preventive Health

Wellness Exam