



## Deborah Risa, NP-C

**Specialty:** Sleep & Allergy Medicine

✔ Welcoming new patients

**GOSHEN PHYSICIANS SLEEP & ALLERGY MEDICINE**

2417 S Berkshire Dr, Goshen, IN 46526 [Get Directions](#)

**Existing Patients: 574-534-9911**

**New Patients: 574-537-5000**

### Biography

Debbie Risa is a certified nurse practitioner at Goshen Physicians Sleep & Allergy Medicine. She specializes in treating teenagers and adults with sleep disorders, allergies and asthma. Her advanced training includes screening and diagnostic testing for obstructive sleep apnea, insomnia and sleep related movement disorders.

Celebrating three generations of family fills Debbie's life when she is away from patient care. She also loves to travel, particularly on mission trips with her church.

### Philosophy of Care

Debbie believes knowledge is power. She equips patients with information about their health and condition to help them actively participate in making decisions about their care.

A lifelong learner, Debbie expands her own understanding of chronic diseases as a participant in the Nurses' Health Study II, sponsored by Harvard Medical School. The study has played an instrumental role in shaping public health recommendations for healthy aging in women.

### Research/Clinical Interest

- Sleep studies
- Immunotherapy
- Allergies
- Women's health

### Education

Certified – Nurse Practitioner

Education and training:

Master of Science in Nursing  
Goshen College | Goshen, IN

Bachelor of Science in Nursing  
Goshen College | Goshen, IN

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