



Alison Mattern, RN, CWHNP

Specialty: Obstetrics/Gynecology

✔ Welcoming new patients

Other languages: Spanish

GOSHEN PHYSICIANS OB/GYN

1122 Professional Dr, Goshen, IN 46526 [Directions](#)

574-533-0560

About Me

Alison Mattern, NP, is a board certified women's health nurse practitioner who works collaboratively with physicians at Goshen Physicians OB/GYN. With more than 20 years of experience, she provides primary care and education to women of all ages to address a wide spectrum of health issues. In addition to women's annual and routine exams, Alison provides PAP tests and STD exams as well as screening and diagnostic tests, including ultrasounds and endometrial biopsies. Alison provides a full range of obstetrical treatment including infertility counseling, routine exams during and after pregnancy and trimester education to help pregnant women understand the stages of pregnancy. Alison is proficient with all methods of family planning including IUD insertion and diaphragm fitting. She also provides education, counseling and management for osteoporosis, menopause and depression, which includes hormone and estrogen replacement therapy. She also is proficient in Spanish.

Philosophy of Care

Alison is passionate about women's health issues. She believes in the importance of education and empowerment of women to maintain a healthy lifestyle. Her approach includes a strong commitment to patientcentered care. Alison strives to communicate with her patients in a timely and compassionate manner. Throughout her career, Alison has remained dedicated to providing health care and education to underserved women in Elkhart County.

Research/Clinical Interest

- Annual and routine exams
- Urodynamics
- Incontinence disorders
- Education, counseling and management for:
- Osteoporosis
- Menopause
- Depression

Techniques/Procedures

- STD exams
- Screening and diagnostic tests
- Ultrasounds
- Endometrial biopsies
- IUD insertion

Education

Certified – Nurse Practitioner

Education and training:

Nurse Practitioner

Indiana University-Purdue University | Indianapolis, IN
