



Anastasia C. Waechter, M.D.

Philosophy of Care

I enjoy gastroenterology because it is a diverse specialty that encompasses a variety of illnesses and also has an pivotal role in the prevention of diseases like colon cancer. Furthermore, I get the chance to help patients in the acute hospital setting as well as follow patients with chronic gastrointestinal illnesses over the long term. In my practice, I focus on obtaining a thorough clinical history and educating patients about the known pathophysiology and available treatments for their illnesses. I view my relationship with my patients as a partnership with the goal of empowering my patients to take an active role in their own care through effective education and communication in order to obtain the best possible clinical outcomes.

Clinical Interests

Dr. Waechter practices general gastroenterology which involves caring for a wide variety of common GI illnesses, including gastroesophageal reflux disease (GERD), esophageal motility disorders, functional dyspepsia, irritable bowel syndrome (IBS), celiac disease, chronic constipation, functional abdominal pain and small intestinal bacterial overgrowth. As part of her practice, she performs upper endoscopies and colonoscopies for both diagnostic and screening purposes. She also attends on the inpatient GI consult service at the UCD Medical Center and participates in educational activities for medical students, residents, and GI fellows.

Title Staff Physician

Specialty Gastroenterology

Department [Internal Medicine](#)
[UC Davis Medical Group](#)

Division Gastroenterology and Hepatology

Clinic UC Davis Medical Group, Elk Grove

Center/Program Affiliation [UC Davis Medical Group](#)

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Education M.D., University of Michigan, Ann Arbor MI 2001
B.S., Molecular and Cell Biology, University of Illinois, Urbana-Champaign IL 1997



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Internships	Internal Medicine, University of Wisconsin, Madison WI 2001-2002
Residency	Internal Medicine, University of Wisconsin, Madison WI 2002-2004
Fellowships	Gastroenterology and Hepatology, Stanford University, Palo Alto CA 2005-2008
Board Certifications	American Board of Internal Medicine American Board of Internal Medicine, Gastroenterology, 2018
Professional Memberships	American College of Gastroenterology American Gastroenterological Association
Honors and Awards	Sacramento Magazine's Top Doctors List, Gastroenterology, 2018, 2019, 2020, 2021, 2022 Boris Rubener, MD & John Rosenquist, MD Excellence in Teaching Award, 2017
Select Recent Publications	Kahlon, Sartajdeep MD1; Nguyen, Bao Sean MD2; Mao, Eric J. MD3; Anastasia, Waechter MD2. S2752New Onset Inflammatory Bowel Disease Due to Anti-IL-17 Therapy With a Unique Twist. Am J Gastroenterol. 2022 Oct;117(10S):e1807. doi:10.14309/01.ajg.0000867648.41461.92. Shebani S, Waechter A, Lee J, Shapiro L, Lee, M, Ahmed A, Kamal A. Use of growth factors during interferon-based therapy for recurrent hepatitis C virus infection following liver transplantation. Gastroenterol. 2008;134(S1):M1875. Waechter A, Williams J, Lee J, Shapiro J, Lee M, Kamal A, Keeffe EB, Ahmed A. Sustained virological response to interferon-based antiviral therapy by viral genotype in recurrent hepatitis C following liver transplantation. Am J Gastroenterol. 2007 Sep;102():S340-341. Waechter AC. Carcinosarcoma: An unusual hepatic metastasis. Am J Gastroenterol. 2007 Sep; 102():S479.

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