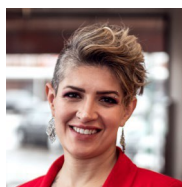


Faculty Biographies



Mariam Gallagher, DO
Program director

Mariam Gallagher, DO, is thrilled to be part of MercyOne Northeast Family Medicine and Residency. Raised in Los Angeles, Calif., she earned her bachelor's degree in anatomy and physiology with a minor in English from UCLA. She went on to attend medical school at A.T. Still University College of Osteopathic Medicine in Arizona and completed her residency training through the OSU Family Medicine Residency Program in Lawton, Okla.

During her time in Lawton, she met her husband and chose to remain in the community for a year, working as a hospitalist. As she moved across the country for his military career, she had the opportunity to practice medicine in a variety of health care settings. These experiences included conducting pre- and post-deployment physicals and clearances for military personnel, providing occupational health and urgent care services, engaging in telemedicine during the COVID-19 pandemic and working in an outpatient clinic on a military base in Grafenwöhr, Germany.

She is deeply honored to serve the Waterloo community as a Family Medicine physician and to help shape the future of health care as Program Director of MercyOne Northeast Iowa Family Medicine and Residency. It's a privilege for her to mentor and guide the next generation of physicians and leaders, and she looks forward to walking alongside them on their professional journeys.



Aralis Fuentes Martinez, MD
Assistant program director

Aralis Fuentes Martinez, MD, is Puerto Rican by birth and Iowan at heart. She was born and raised in Puerto Rico (speaking both English and Spanish) until she moved to Ames to study biochemistry at Iowa State University. After graduation, she moved to the Dominican Republic and graduated from the Northeastern Catholic University (Universidad Católica Nordestana) School of Medicine and volunteered to extend care to low socioeconomic regions in the area. She completed a year-long clinical internship in Puerto Rico at Guayama's Mennonite Hospital where she specialized in in-hospital care and preventive medicine. She is passionate about patient-centered care, preventive and evidence-based medicine and patient advocacy.

She is a fervent believer that every aspect of our lives influences our health, from nutrition to mental health, and delights in getting to know her patients. In her free time, she enjoys tackling new bread and desert recipes, hiking, scuba diving, exploring new languages, volunteering at animal rescues and visiting farmers markets with her husband.



Jody Harmsen, MD
Assistant program director

Jody Harmsen, MD, received her medical degree from University of Chicago Pritzker School of Medicine in Chicago in 2002. She completed her Family Medicine Residency at MercyOne North Iowa Medical Center in Mason City in 2005. She is certified by the American Board of Family Medicine.

After residency, Dr. Harmsen practiced full-spectrum family medicine at the North Woods Community Health Center and Hayward Area Memorial Hospital in Hayward, Wis., before returning to Iowa in 2010. Since then, she has had the privilege of caring for patients and educating medical students and young doctors in both rural and underserved urban settings. She joined the faculty of the Cedar Rapids Medical Education Foundation Family Medicine Residency in Cedar Rapids, Iowa, in 2012, where she gained valuable teaching experience. During the COVID-19 pandemic, Dr. Harmsen worked as an ER physician and hospitalist in critical access hospitals in rural Iowa. She joined the MercyOne Northeast Iowa Family Medicine Residency faculty in 2024.

Dr. Harmsen's clinical interests include patient education, community health promotion and caring for the underserved. She is passionate about patient advocacy, social justice and teaching evidence-based medicine. Her favorite part of being a family medicine doctor is that she gets to think critically and problem-solve every single day.

Dr. Harmsen loves meeting new people and learning their unique life stories. In her personal time, she enjoys reading fiction, playing board games, taking walks with her husband and kids and hanging with the family cats.



John Ingram, MD
Assistant
program director

John Ingram, MD, has been an American Board of Family Medicine diplomate since 1995. He grew up in Ames, Iowa, and earned his undergraduate degree in biochemistry at Iowa State University in 1988. He attended medical school at the University of Iowa from 1988-1992, then completed his residency in Mason City, Iowa, in 1995. His residency exposed him to numerous difficult cases that prepared him for going into practice in rural Iowa. His residency was very focused on obstetrics, in addition to all facets of family medicine. Knowing he was going into rural medicine, he wanted to provide colonoscopy services in an underserved area. He studied with several surgeons and gastroenterologists and became proficient at performing lower endoscopy.

Dr. Ingram started his family practice career in Denison, Iowa, and has delivered approximately 1,000 babies over his 29-year career. He performed 2,500 colonoscopies, saving many patients from developing colon cancer. One of his goals when he practiced in Denison was to stamp out colon cancer in Crawford County. While he couldn't completely fulfill that goal, with surgeons' efforts in addition to his own, they reduced the rate drastically.

He served as president of the hospital board off and on for several years, as this was a rotating position. He also was medical director for two local nursing homes for over 20 years, in addition to serving as the medical director for Hospice for 10 years.

Recently, Dr. Ingram relocated to Waterloo, Iowa, where his daughter and four children live. He joined MercyOne Northeast Iowa Family Medicine and Residency as assistant faculty to pass on his experiences to young doctors. He enjoys the challenges of teaching.



Suzanne Munns, MD
Assistant
program
director

Suzanne Munns, MD, graduated from Arizona State University in Tempe in 1980 and earned her MD from the University of Arizona College of Medicine in 1985. Dr. Munns completed an anesthesiology residency at University of Iowa Hospitals and Clinics, Iowa City, in 1989, with an emphasis in cardiovascular anesthesiology and intensive care medicine. She then completed her Family Medicine Residency in June 2010 at MercyOne Northeast Iowa Family Medicine Residency program, where she served as Chief Resident. Upon graduating from the program, Dr. Munns joined the faculty physicians at Family Practice Center, where she serves as Assistant Program Director. Dr. Munns has an interest in providing services for the medically underserved. In her free time, she raises, trains and shows American Paint and Quarter Horses..



**Traci
Ludwig,
LISW**
Behavioralist

Traci Ludwig, LISW, RYT-200, licensed clinical social worker, is a practicing behavioral health therapist with MercyOne Family Medicine & Residency Program in Waterloo, IA. Additionally, she functions as an integral faculty member for the residency program in the behaviorist role. She has several years of experience instructing both at the undergrad and graduate levels with the University of Northern Iowa Social Work Department. She specializes in treating stress and trauma-related responses, mood disorders and life adjustment issues. She is trained in evidence-based interventions such as Eye Movement Desensitization and Reprocessing, Cognitive Behavioral Therapy, sensorimotor, and Trauma-Sensitive Yoga.

She is the founder of Trauma-Responsive Yoga and has trained countless mental health professionals. She has research background with a pilot study investigating yoga on women's mental health and post-trauma symptoms. Her work has been featured on Iowa Public Radio and she is an author of trauma-related content. In addition to her consulting work, she also serves as a recognized social work supervisor in the state of Iowa.



**Katelyn
Mouser,
PharmD,
BCACP**

Katelyn Mouser, PharmD, BCACP, is the clinical pharmacist for the MercyOne Northeast Iowa Family Medicine Residency program in Waterloo, Iowa. Originally from Sioux Center, Iowa, she received her Doctor of Pharmacy with a concentration in diabetes care from Drake University in Des Moines in May 2021. Katelyn completed a Community-Based PGY-1 Pharmacy Residency with the University of Iowa and Osterhaus Pharmacy in Maquoketa, Iowa, in June 2022 and an Ambulatory Care PGY-2 Pharmacy Residency with the University of Missouri Kansas City at Missouri State University and Jordan Valley Community Health Center in Springfield, Mo., in June 2023. She worked with the University of Minnesota and the Federal Urban Health Network in Minneapolis, under a grant pilot project that sought to bring pharmacy services into eight Federally Qualified Health Centers in the Twin Cities metro. In addition to serving as a resource for drug information in clinic and hospital settings, Katelyn coordinates quality improvement with the residents, as well as analyzes and addresses the clinic quality metrics to assist in clinic-wide quality improvement.
