

BEFORE THE
BOARD OF NATUROPATHIC MEDICINE
STATE OF OREGON

In the Matter of the License of:	Case No. 25-04-16
Dr. Elizabeth Sedlak ND	NOTICE OF PROPOSED DISCIPLINARY ACTION
Licensee	AND OPPORTUNITY FOR HEARING

1.

The Board of Naturopathic Medicine (Board) is the State agency responsible for licensing, regulating, and disciplining naturopathic physicians in the State of Oregon, pursuant to Oregon Revised Statutes (ORS) chapter 685 and Oregon Administrative Rules (OAR) chapter 850. Dr. Elizabeth Sedlak ND (Licensee) has been a licensed naturopathic physician in the State of Oregon since October 09, 2013, and is subject to the jurisdiction of the Board.

2.

The Board hereby proposes to take disciplinary action against Licensee's license to practice naturopathic medicine, on the grounds described in the following paragraphs. For each violation, the Board may impose a civil penalty up to \$5,000, a term of probation, a letter of reprimand and license limitation, suspension, or revocation.

3.

Dr. Sedlak established care with Patient in October 2024 and became their primary care provider. Patient had intense right flank pain that triggered nausea and cyclical vomiting. Licensee prescribed 10-325mg tab Norco (a combination of hydrocodone - an opioid pain reliever and 325 mg of acetaminophen [Tylenol]) beginning in late October 2024 to manage the pain and intensity of the nausea and vomiting. Licensee prescribed high pill counts to Patient because Patient told her she was throwing up her medication due to her cyclical vomiting. Licensee renewed Patient's prescription for Seroquel for intermittent insomnia at the same time Licensee prescribed and Patient was taking opioids. Licensee did not enter a controlled substance use contract with Patient or require a urinalysis from Patient.

4.

Licensee prescribed Norco from October 2024 through April 2026. Licensee's prescriptions for Norco increased in daily dosage over time, with an average daily MME (Morphine Milligram Equivalents) of 100 in 2024, and over 130 daily MME in 2025. In April 2026, per Patient's PDMP report they had an average 30-day MME of 224.

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5.

Norco is primarily used for acute, short-term pain management. Norco is an immediate-release opioid combination intended for short-term management of moderate to severe pain. If pain lasts beyond a few months, it is considered chronic pain. It is contraindicated to prescribe Norco / opioids for chronic long-term pain management due to the high risk of physical dependence and addiction. Norco contains acetaminophen. Taking acetaminophen long-term or in high amounts (over 4,000 mg per day) can cause severe liver injury. Prolonged use often leads to severe constipation, extreme tiredness, dizziness, and a higher risk of accidental overdose or breathing problems.

6.

Seroquel (quetiapine) is an atypical antipsychotic medication used to treat schizophrenia, bipolar disorder, and major depressive disorder, and not recommended for basic sleep problems because the significant metabolic and cardiovascular risks outweigh the unproven benefits for insomnia. Both Seroquel and Norco depress the central nervous system, drastically lowering breathing rates. Taking Seroquel and Norco together causes a major drug interaction because both drugs slow down the brain and breathing. This mix can lead to very deep sleep, trouble breathing, coma, or death.

7.

Licensee prescribed Patient Norco for 18 months, increasing frequency and dosage, to manage the pain and intensity of their nausea and vomiting. It is contraindicated to prescribe Norco / opioids for chronic long-term pain management due to the high risk of physical dependence and addiction. Norco contains acetaminophen. Prolonged use of acetaminophen often leads to severe constipation, extreme tiredness, dizziness, and a higher risk of accidental overdose or breathing problems. Licensee's prescriptions for daily dose of Norco increased over time, with an average daily MME (Morphine Milligram Equivalents) of 100 in 2024, and over 130 daily MME in 2025. In April 2026, per Patient's PDMP report they had an average 30-day MME of 224. Oregon Opioid Prescribing Guidelines state daily morphine milligram equivalent (MME) levels should remain below 50 to 90 MME per day, with 90 MME serving as a critical safety threshold where risks of serious harm and overdose increase significantly. Licensee did not enter a controlled substance use contract with Patient or require a urinalysis from Patient as recommended by the Oregon Opioid Prescribing Guidelines. Licensee prescribed Patient Seroquel for insomnia. Seroquel is not recommended for basic sleep problems because the significant metabolic and cardiovascular risks outweigh the unproven benefits for insomnia. Both Seroquel and Norco depress the central nervous system, taking these medications together causes a major drug interaction that can lead to trouble breathing, coma, or death. Licensees afore described prescribing practices constitute a violation of OAR 850-050-0010 (1)(c)(A) Negligent Prescribing.

8.

For the foregoing violations, pursuant to ORS 685.110(23), the Board proposes the following discipline:

1. Probation: 12 months, with the following conditions:

(a) Continuing Education: Four (4) hours focused on maintaining Doctor / Patient boundaries; Four (4) hours focused on narcotic / opioid prescribing and prescribing guidelines.

2. Civil Penalty - \$5,000

9.

NOTICE OF OPPORTUNITY FOR HEARING

Licensee is entitled to a hearing as provided by the Administrative Procedures Act (ORS Chapter 183). If you want a hearing, you must file a written request for hearing with the Board within 21 days from the date this notice was mailed. You must submit request for hearing to either via email Naturopathic.Medicine@obnm.Oregon.gov or U.S. Mail to Oregon Board of Naturopathic Medicine, 800 NE Oregon Street, Suite 407, Portland, OR 97232. The request for hearing must be received by the Board within 21 days from the date of mailing of this notice and must be accompanied by a written answer to the charges contained in this Notice. If a request for hearing is not received within 21 days, the right to hearing is waived.

10.

If you request a hearing, you will be notified of the time and place of the hearing. Before the hearing, you will receive information on the procedures, right of representation, and other rights of parties related to the conduct of the hearing. An administrative law judge from the Office of Administrative Hearings will preside at any hearing. ORS 183.635.

11.

An answer is required to this Notice, pursuant to OAR 850-001-0015, due to the complexity of the matters alleged above. The answer shall be made in writing to the Board and shall include an admission or denial of each factual matter alleged in this Notice, and a short plain statement of each relevant affirmative defense Licensee may have. Except for good cause, factual matters alleged in this notice and not denied in the answer shall be presumed admitted; failure to raise a particular defense in the answer will be considered a waiver of such defense; and new matters alleged in the answer (affirmative defenses) shall be presumed to be denied by the agency and evidence shall not be taken on any issue not raised in the Notice and answer.

12.

If you fail to request a hearing within 21 days, withdraw a request for a hearing, notify the Board or administrative law judge that you will not appear or fail to appear at a scheduled hearing, the Board may issue a final order by default revoking your license. If the Board issues a default

order, the contents of the Board's file automatically become part of the evidentiary record of this disciplinary action for the purpose of proving a prima facie case.

NOTICE TO ACTIVE DUTY SERVICEMEMBERS: Active-duty service members have a right to stay these proceedings under the federal Service members Civil Relief Act. For more information contact the Oregon State Bar at 800-452-8260, the Oregon Military Department at 503-584-3571 or the nearest United States Armed Forces Legal Assistance Office through <http://legalassistance.law.af.mil>.

DATED this ___9th___ day of _August___ 2026.

BOARD OF NATUROPATHIC MEDICINE

State of Oregon

A handwritten signature in black ink, appearing to read "M/B Baptista", is enclosed within a thin black rectangular border.

Mary-Beth Baptista, JD
Executive Director