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Dr. McStay graduated from the Medical College of Pennsylvania in Philadelphia, PA in 1983. She completed a three-year residency in family medicine in 1986 at the Medical Center of Beaver County in western Pennsylvania, where she served as chief resident. She was board certified in 1986 and re-certified in 1993, 2000, and 2007, which expires in 2014. In 1999, Dr. McStay was awarded the degree of Fellow of the American Academy of Family Physicians. Dr. McStay trains residents and medical students and is also the Medical Director of the Fred LeRoy Health and Wellness Center.