



Your Physician Guide

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Selecting Your Primary Care Physician

1. **Choose your doctor** – review this directory and visit memorialcare.org/providers to learn about our physicians. If you prefer, you can choose a different doctor for each member of your family, and with MemorialCare Medical Group, you can see any of our primary care physicians without first notifying your insurance plan.
2. **Choose your health plan** – consider plan coverage and benefits, your medical needs (prescriptions, frequent office visits, etc.) and the needs of your family; consider price and, most importantly, make sure MemorialCare Medical Group is a preferred provider for your plan.

Quality, service, convenience and value

MemorialCare Medical Group has been recognized for its high level of quality patient care by:

- State of California Office of the Patient Advocate (opa.ca.gov)
- Orange County Medical Association – Physicians of Excellence (ocma.org)
- America's Physician Groups (formerly capg.org)

Our compassionate, friendly physicians and staff members are dedicated to caring for you and your family through all the stages of life.

- More than 300 physicians specializing in family, internal, geriatric and pediatric medicine and select specialties
- Flexibility to see a doctor near your work or home
- Lab and digital X-ray available at most locations
- Eleven urgent care centers – most open 365 days a year
- Telephone advice nurses available 24/7
- More than 2,000 contracted and fully credentialed specialists waiting to see you when you need specialty care
- Ability to reserve urgent care appointments online or access 24/7 virtual urgent care via a video visit

The latest technology connects you to MemorialCare with efficiency and accuracy.

- Electronic medical record system
- Connect via email with our secure online patient portal, myChart
- Electronic transmission of referrals, prescriptions and test results
- Access to the MemorialCare Virtual Exam Kit, powered by TytoCare™, to perform guided medical exams with your provider from the comfort of home



Our Signature Services

Anticoagulation (Coumadin®) clinics for patients on blood-thinning medications:

We've set aside special times and locations for our patients on these medications. Just one co-pay a month covers all related visits, regardless of the number of times you need lab work or assistance in regulating your medication. These special services are managed by a licensed clinical pharmacist and nurse practitioners under the supervision of our internal medicine physicians.

Care management: Whether you're dealing with a chronic health condition, need assistance with nutrition education or other health concerns and questions, our team of nurses and educators provides information and assistance.

ACTIVE™ Diabetes Clinic: We take a highly personalized approach to helping patients manage their diabetes. Each patient receives care from an integrated team which includes a pharmacist, a dietitian and a clinical social worker. These professionals work with you and your primary care physician to ensure that you understand your condition and that your treatment plan is carefully tailored to your personal situation.

Preventive care: You will receive reminders from your physician when it is time for checkups, preventive screenings and immunizations. We encourage you to be an active participant in your health. Prevention and early detection are just two ways you can give yourself and your family the best chance for a healthier life.

Same-day appointment availability: Our primary care physicians set aside a certain number of appointment times for patients who need to be seen that day. Our urgent care centers are also available with no appointment required as well as 24/7 video visits.

Telephone advice nurse: Our telephone advice nurses are standing by 24 hours a day, seven days a week, to assist you. These registered nurses are available to discuss and respond to health and medical questions, and offer counsel on how best to access the care you need. To speak with a telephone advice nurse, simply call (877) 696-3622 and select the advice nurse option from the telephone menu.

"Connected Care" through myChart: A secure, password-protected online portal, myChart, connects you to your physician, the office staff, and other MemorialCare affiliated providers, all through your computer, tablet or smartphone. This online portal is part of the EPIC electronic medical record system used throughout MemorialCare, including hospitals, urgent care centers, and outpatient services. This "Connected Care" link assures that your health records are immediately available — important in critical situations.

Through myChart you can:

- Schedule or cancel your own appointments
- View test results
- Communicate with your physician via email
- And more!

Family Medicine Residency Program: Our Long Beach – Spring Street office is home to our Family Medicine Residency Program. If you choose a physician at this facility, you may be seen by a resident in training. Additionally, the resident you see may be different at each visit. Please be assured that you will always receive excellent care. Our residents are highly trained and accomplished doctors who work with a team of respected teaching physicians.

Hospital Care

Should you be admitted to the hospital, your MemorialCare Medical Group primary care physician will work closely with physicians called hospitalists. The hospitalist (an internist specifically trained to care for hospitalized patients) will coordinate your care while you're hospitalized. If you are in a MemorialCare hospital, your records will be immediately available to your primary care physician for concurrent review and follow up when you are discharged.

MemorialCare Medical Group is a member of the nonprofit MemorialCare, an integrated health care system which includes the following top hospitals:

- Long Beach Medical Center
- Miller Children's & Women's Hospital Long Beach
- Orange Coast Medical Center
- Saddleback Medical Center

** Choice of hospital may be affected by many factors including geographic area, primary care physicians' and specialists' admitting privileges, and/or health plan contractual requirements.*



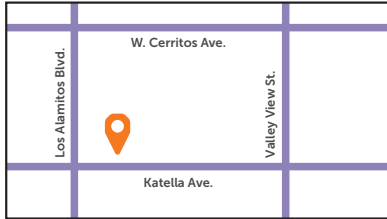
Urgent Care

For non-life-threatening emergencies, our urgent care centers are right in your own backyard. Open 365 days a year, our trusted providers are here for you.

Monday – Friday, 9 a.m. – 9 p.m. | Saturday, Sunday and holidays, 9 a.m. – 5 p.m.

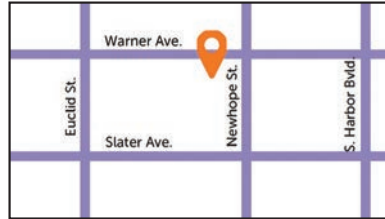
Cypress

4755 Katella Ave., Suite 103
(877) 696-3622



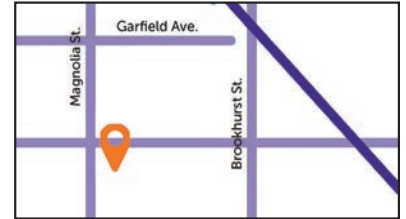
Fountain Valley

11420 Warner Ave.
(877) 696-3622



Huntington Beach

9122 Adams Ave.
(877) 696-3622



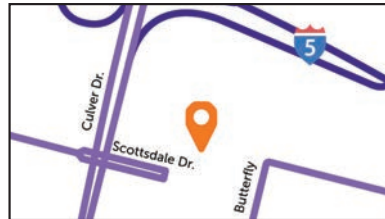
Huntington Beach

17762 Beach Blvd., Suite 100
(877) 696-3622



**Irvine (Monday – Sunday, 9 a.m. – 9 p.m.
Holidays: 9 a.m. – 5 p.m.)**

14150 Culver Drive, Suite 100
(877) 696-3622



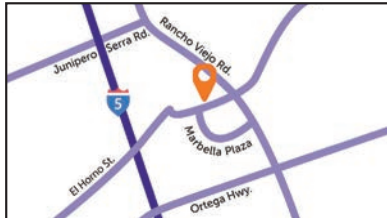
Long Beach

2110 N. Bellflower Blvd.
(877) 696-3622



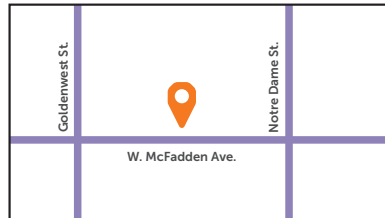
San Juan Capistrano

31001 Rancho Viejo Road, Suite 200
(877) 696-3622



Westminster

15464 Goldenwest St.
(877) 696-3622



To reserve your space at one of our Family Care Centers, please visit: fccmg.com/urgent-care

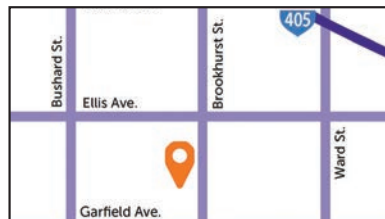
Costa Mesa

Family Care Centers
660 Baker St., Suite A-102
(714) 316-7826



Fountain Valley

Family Care Centers
18785 Brookhurst St., Suite 101
(714) 594-7268



Irvine

Woodbridge Family Care Centers
4950 Barranca Parkway, Suite 104
(949) 265-0442



Online check-in for MemorialCare urgent care

We'll reserve your place in line, allowing you and your family to wait more comfortably at home – or wherever is convenient – until it is time for your visit. Check current wait times and receive a reminder text message about your visit with our online check-in. Including HMO, POS, PPO, EPO, Medicare, Medicare Advantage, Medicare Supplements, TriCare and private indemnity plans. Cash, personal check and credit cards are also accepted.

Conditions treated

- Abdominal pain
- Abscesses
- Allergic reactions
- Allergies
- Asthma
- Bites and stings
- Bumps and bruises
- Colds, coughs and mild fevers
- COVID
- Cuts (lacerations)
- Dehydration
- Diarrhea
- Earaches
- Eye infections and foreign bodies
- Flu
- Headaches
- Minor animal or insect bites
- Minor burns
- Rashes
- Sinus infection
- Sore throat and strep throat
- Sports injuries
- Sprains or strains
- Stomach flu
- Sunburn
- Urinary tract infections (UTIs)
- Vomiting
- Wounds

Services available

- X-ray
- Lab, including COVID testing
- EKG
- Flu shots
- Treat all ages from newborn up
- Sport physicals
- Physicals: appointments can be made by calling **(877) 696-3622**



To view urgent care wait times, reserve your spot at all of our locations, or visit virtual urgent care please visit [memorialcare.org/urgentcare](https://www.memorialcare.org/urgentcare), scan the QR code, or call our navigation center at **877-MYMEMCARE (696-3622)**.

- **URGENT CARE** -
Skip the Wait

Current Wait is: 0 Minutes

RESERVE MY SPOT

24/7 virtual urgent care

Our physicians can treat your non-emergent urgent medical needs virtually. Make an appointment to be seen by our physicians through video from the comfort of your home. To schedule an appointment, please scan the QR code or call our navigation center at **877-MYMEMCARE (696-3622)**.



24/7 eVisits

eVisits can diagnose and treat a variety of common conditions such as colds, sinus infections, flu and more. Complete an online health questionnaire to be diagnosed and treated within one hour without an in-person or video visit. To start, use the QR code or visit [memorialcare.zipnosis.com](https://www.memorialcare.zipnosis.com).

Meet Our Physicians

Our goal is to help you work toward and maintain a healthy life. We hope you find that special primary care physician (PCP) and establish a long-lasting and beneficial relationship. We offer open access to all our in-house PCPs – family medicine, geriatric medicine, internal medicine and pediatric medicine – something you may not experience at other groups.

Unless otherwise noted, our primary care physicians see patients as follows:

- **Family medicine** – newborn to all ages
- **Internal medicine** – ages 18 and above
- **Pediatric medicine** – newborn to age 18

In-house specialists*

Depending on your health plan, an authorization may be required prior to seeing our specialists, whether in-house or independently contracted.

**Specialty providers may not be selected as primary care physicians.*

For our most up-to-date information, please visit [memorialcare.org/locations](https://www.memorialcare.org/locations) or call our navigation center at (877) 696-3622.



Anaheim

100 S. Anaheim Blvd., Suite 101 • Anaheim • CA 92805 • (877) 696-3622

Also available at this location: Coumadin® Clinic



Melissa Gutierrez, M.D.
Family Medicine / Board Certified

Medical Education: Loma Linda University School of Medicine, Loma Linda, CA; 2001
Residency: UCLA/Northridge Family Practice Residency Program, Northridge, CA; 2004



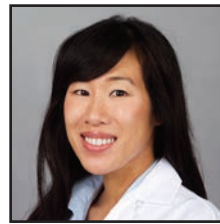
David R. Simon, M.D., FACP
Internal Medicine / Board Certified

Medical Education: University of California, Los Angeles School of Medicine, Los Angeles, CA; 1985
Residency: University of California, Irvine Medical Center, Orange, CA/VA Medical Center Long Beach, Long Beach, CA; 1990



Trucvy Le, M.D.
Family Medicine / Board Certified

Medical Education: American University of the Caribbean School of Medicine, Coral Gables, FL; 2014
Additional Languages: Vietnamese



Jenny Tan, M.D., MPH
Family Medicine / Board Certified

Medical Education: Boston University School of Medicine, Boston, MA; 2010
Residency: Kaiser Permanente Family Medicine Residency Program, Anaheim, CA; 2013

Costa Mesa

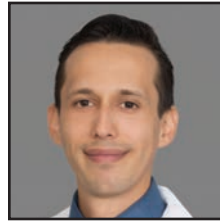
722 Baker St. • Costa Mesa • CA 92626 • (877) 696-3622

Also available at this location: rheumatology



David Chun, M.D.
Family Medicine / Board Certified

Medical Education: New York Medical College, Valhalla, NY; 1996
Residency: UCLA/Northridge Hospital Medical Center, Northridge, CA; 1999



Edgar Ureno-Garcia, M.D.
Family Medicine / Board Certified

Medical Education: Donald and Barbara Zucker School of Medicine at Hofstra/Northwell, Hempstead, NY; 2017
Residency: University of California, Irvine Medical Center, Orange, CA



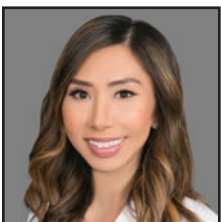
Ena M. Kariya, M.D.
Family Medicine / Board Certified

Medical Education: New York Medical College, Valhalla, NY; 2002
Residency: Kaiser Permanente Hospital, Woodland Hills, CA; 2006



Adam Wass, M.D.
Family Medicine / Board Certified

Medical Education: Loma Linda University School of Medicine, Loma Linda, CA; 2002
Residency: UCLA/Northridge Hospital Medical Center, Northridge, CA; 2005



Catherine Nguyen, M.D.
Family Medicine / Board Certified

Medical Education: Creighton University School of Medicine, Omaha, NE; 2015
Residency: University of California, Irvine Medical Center, Orange, CA; 2018

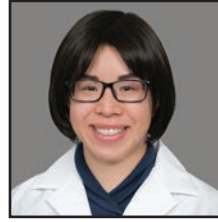
4755 Katella Ave., Suite 102 • Cypress • CA 90720 • (877) 696-3622

Also available at this location: urgent care



J. Ryan Thompson, D.O.
Family Medicine / Board Certified

Medical Education: Touro University, College of Osteopathic Medicine, Vallejo, CA; 2010
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2013



**Vy Kieu, DNP, APRN,
A-GNP-C, RN**
Nurse Practitioner

Medical Education: Brandman University, Irvine, CA; 2016

Dana Point

32585 Golden Lantern, Suite E • Dana Point • CA 92629 • (877) 696-3622



Shilpa Gaikwad, M.D.
Family Medicine / Board Certified

Medical Education: Grant Medical College, University of Bombay, Mumbai, India; 1993
Residency: Arrowhead Regional Medical Center, Colton, CA; 2000
Additional Languages: Hindi, Marathi, Spanish

Fountain Valley (Brookhurst Street)

18035 Brookhurst St., Suite 2100 • Fountain Valley • CA 92708 • (877) 696-3622

Also available at this location: women's care, ACTIVE™ Diabetes Program and gastroenterology



Ihong Chen, M.D.
Internal Medicine / Board Certified

Medical Education: University of Texas Health Science Center, San Antonio, TX; 1988
Residency: St. Paul Hospital, Dallas, TX; 1991
Additional Languages: Mandarin, Taiwanese



Silvia Martinez-Wikefeldt, M.D.
Pediatrics / Board Certified

Medical Education: University of Southern California Keck School of Medicine, Los Angeles, CA; 2000
Residency: Children's Hospital of Orange County, Orange, CA; 2003
Additional Languages: Spanish



Nasrin Damoui, M.D.
Family Medicine / Board Certified

Medical Education: Tehran University School of Medicine, Tehran, Iran; 1986
Residency: University of Texas, Southwestern Medical School, Dallas, TX; 2002
Additional Languages: Farsi



John W. Wang, M.D.
Internal Medicine / Board Certified

Medical Education: Joe R. & Teresa Lozano Long School of Medicine, San Antonio, TX; 1999
Residency: Kern Medical Center, Bakersfield, CA; 2002



Lalita Komanapalli, M.D.
Internal Medicine / Board Certified

Medical Education: Loyola Stritch School of Medicine, Maywood, IL; 1996
Residency: Loma Linda University Medical Center, Loma Linda, CA; 1999



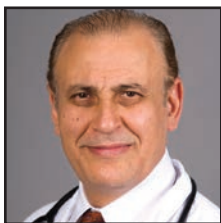
Margaret A. Zimmerman, M.D.
Pediatrics / Board Certified

Medical Education: Northwestern University Feinberg School of Medicine, Chicago, IL; 2002
Residency: Long Beach Memorial/Miller Children's & Women's Hospital/University of California, Irvine Medical Center, Long Beach/Orange, CA; 2005
Additional Languages: Spanish

Fountain Valley (Warner Avenue)

11420 Warner Ave. • Fountain Valley • CA 92708 • (877) 696-3622

Also available at this location: urgent care, Coumadin® Clinic, ACTIVE™ Diabetes Program and podiatry



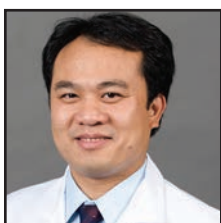
Arfa Babaknia, M.D.
Family Medicine / Board Certified

Medical Education: Tehran University School of Medicine, Tehran, Iran; 1979
Residency: University of California, Irvine Medical Center, Orange, CA; 1990
Additional Languages: Farsi



Jo Lieberman-Pan, M.D.
Family Medicine / Board Certified

Medical Education: Finch University of Health Sciences/Chicago Medical School, Chicago, IL; 2000
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2003
Additional Languages: Spanish, Portuguese



Kien-An Duong, M.D.
Internal Medicine / Board Certified

Medical Education: New York Medical College, Valhalla, NY; 2001
Residency: Staten Island University Hospital, Staten Island, NY; 2005



Sina J. Milani, M.D.
Internal Medicine / Board Certified

Medical Education: Tabriz University of Medical Sciences, Tabriz, Iran; 1996
Residency: Richmond University Medical Center, Staten Island, NY; 2017
Additional Languages: Persian, Azeri, Turkish

Fountain Valley (Warner Avenue continued)

11420 Warner Ave. • Fountain Valley • CA 92708 • (877) 696-3622

Also available at this location: urgent care, Coumadin® Clinic, ACTIVE™ Diabetes Program and podiatry



Leah Phan, D.O.
Family Medicine

Medical Education: Touro University
College of Osteopathic Medicine, New
York, NY; 2016
Residency: Long Beach Memorial Family
Medicine Residency Program, Long Beach,
CA; 2019



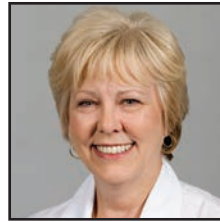
Armand Widjaja, M.D., FAAP
Pediatrics / Board Certified

Medical Education: State University of
New York – Upstate New York Medical
University, Syracuse, NY; 2004
Residency: State University of New York –
Upstate New York Medical University,
Syracuse, NY; 2007



Gina Posner, M.D., FAAP
Pediatrics / Board Certified

Medical Education: New York Medical
College, Valhalla, NY; 2003
Residency: White Memorial Medical
Center, Los Angeles, CA; 2006
Additional Languages: Spanish



Michele Cooper, GNP
Specializing in Geriatrics

Medical Education: Seton Hall University
School of Nursing, South Orange, NJ; 1998
Nursing Education: University of
Pennsylvania, School of Nursing Medicine,
Philadelphia, PA; 1987

Huntington Beach (Adams Avenue)

9122 Adams Ave. • Huntington Beach • CA 92646 • (877) 696-3622

Also available at this location: urgent care and travel immunizations



Subha Amatya, M.D.
Internal Medicine / Pediatrics /
Board Certified

Medical Education: University of Cincinnati
College of Medicine, Cincinnati, OH; 2013
Residency: University of Texas, Houston,
TX; 2017



Jeffrey A. Zeleznik, D.O.
Family Medicine

Medical Education: Chicago College of
Osteopathic Medicine, Chicago, IL; 2017
Residency: OhioHealth Riverside Methodist
Hospital, Columbus, OH; 2020

Huntington Beach (Beach Boulevard)

17762 Beach Blvd., Suite 220 • Huntington Beach • CA 92647 • (877) 696-3622

Also available at this location: urgent care, sports medicine and travel immunizations



Emily Edwards, M.D., MPH
Pediatrics / Board Certified

Medical Education: St. George's University
School of Medicine, Grenada,
West Indies; 2009
Residency: Children's Hospital of Orange
County, Orange, CA; 2012



Stephanie Fong, D.O.
Family Medicine / Board Certified

Medical Education: Kansas City University
College of Osteopathic Medicine, Kansas
City, MO; 2018
Residency: Arrowhead Regional Medical
Center, Colton, CA; 2021

Huntington Beach (Beach Boulevard continued)

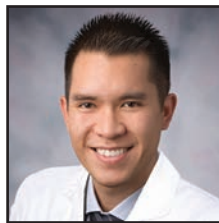
17762 Beach Blvd., Suite 220 • Huntington Beach • CA 92647 • (877) 696-3622

Also available at this location: urgent care, sports medicine and travel immunizations



Catherine Gentemann, M.D.
Internal Medicine / Board Certified

Medical Education: Loyola University, Stritch School of Medicine, Maywood, IL; 1993
Residency: University of California, Irvine Medical Center, Orange, CA; 1997



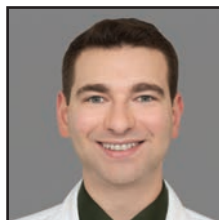
Vinh H. Nguyen, M.D.
Family Medicine / Board Certified

Medical Education: University of California, Irvine School of Medicine, Irvine, CA; 2003
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2006
Additional Languages: Vietnamese



Andrew Le, D.O.
Primary Care Sports Medicine

Medical Education: College of Osteopathic Medicine of the Pacific, Pomona, CA; 2017
Residency: Kaiser Permanente Hospital, Woodland Hills, CA; 2020



Marco Ruiz, M.D.
Family Medicine / Board Certified

Medical Education: Texas Tech University Health Sciences Center, Lubbock, TX; 2016
Residency: PIH Health Whittier Hospital, Whittier, CA



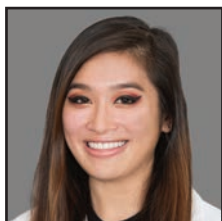
Au-Co Ly Nguyen, D.O.
Family Medicine

Medical Education: Midwestern University, Arizona College of Osteopathic Medicine, Glendale, AZ; 2015
Residency: Community Health of South Florida, Inc., Miami, FL; 2018



Rafael A. Vergara, M.D.
Pediatrics / Board Certified

Medical Education: Pontificia Universidad Javeriana, Bogotá, Colombia; 1989
Residency: University of California, Irvine Medical Center, Orange, CA; 1995
Additional Languages: Spanish



Luc-Ha (Chelsea) Nguyen, M.D.
Family Medicine / Board Certified

Medical Education: American University of the Caribbean School of Medicine, Coral Gables, FL; 2017
Residency: University of California, San Francisco, Fresno Medical Education Program, Fresno, CA



Vincent Zheng, D.O.
Family Medicine

Medical Education: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA; 2019
Residency: Texas Institute for Graduate Medical Education and Research, San Antonio, TX; 2022

Irvine (Barranca Parkway) – Suite 200

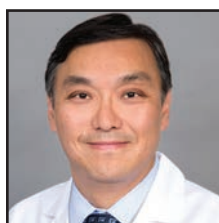
4050 Barranca Parkway, Suite 200 • Irvine • CA 92604 • (877) 696-3622

Also available at this location: Coumadin® Clinic, ACTIVE™ Diabetes Program, women's services, neurology and pulmonary medicine



Jon G. Biorkman, M.D.
Family Medicine / Board Certified

Medical Education: Universidad Autónoma de Guadalajara, Guadalajara, Mexico; 1981
Fifth Pathway Program: New York Medical College, Valhalla, NY; 1983
Residency: Scottsdale Memorial Hospital, Scottsdale, AZ; 1986
Additional Languages: Spanish



Timothy (Chienwei) Chen, M.D.
Internal Medicine / Board Certified

Medical Education: Boston University School of Medicine, Boston, MA; 1998
Residency: University of California, Irvine Medical Center, Orange, CA; 2003
Additional Languages: Mandarin, Taiwanese

Irvine (Barranca Parkway) – Suite 200 continued

4050 Barranca Parkway, Suite 200 • Irvine • CA 92604 • (877) 696-3622

Also available at this location: Coumadin® Clinic, ACTIVE™ Diabetes Program, women's services, neurology, and pulmonary medicine



Bonnie Jan, M.D.

Family Medicine / Board Certified

Medical Education: UCF College of Medicine, Orlando, FL; 2019
Residency: Woodland Hills Medical Center, Woodland Hills, CA; 2022



John H. Stasiewicz, M.D.

Family Medicine / Board Certified

Medical Education: Medical College of Wisconsin, Milwaukee, WI; 1970
Residency: University of California, Irvine Medical Center, Orange, CA; 1977



Keith J. Lee, M.D.

Internal Medicine / Board Certified Geriatrics

Medical Education: University of Southern California Keck School of Medicine, Los Angeles, CA; 1979
Residency: Naval Regional Medical Center, Oakland, CA; 1985



Han Vo, M.D.

Internal Medicine / Board Certified

Medical Education: St. George's University School of Medicine, Grenada, West Indies
Residency: Saint Barnabas Medical Center, Livingston, NJ



Gloria Lu, M.D.

Family Medicine / Board Certified

Medical Education: The Ohio State University College of Medicine, Columbus, OH; 2015
Residency: University of California, Irvine Medical Center, Orange, CA; 2018
Additional Languages: Mandarin



Anthony F. Wong, M.D.

Internal Medicine / Board Certified

Medical Education: University of California, San Diego School of Medicine, San Diego, CA; 1988
Residency: University of California, Irvine Medical Center, Orange, CA; 1991

Irvine (Barranca Parkway) – Suite 170

4050 Barranca Parkway, Suite 170 • Irvine • CA 92604 • (949) 551-1090

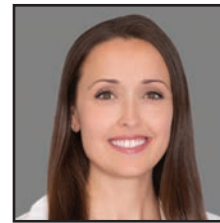
Also available at this location: pediatric cardiology and pediatric orthopedics



Marnie Baker, M.D., MPH, FAAP

Pediatrics / Board Certified

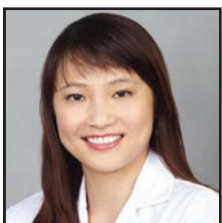
Medical Education: Tulane University School of Medicine, New Orleans, LA; 2000
Residency: Children's Hospital of Orange County, Orange, CA; 2003



Lauren Hackett, M.D.

Pediatrics / Board Certified

Medical Education: University of California, San Diego School of Medicine, San Diego, CA; 2009
Residency: Rady Children's Hospital-San Diego, San Diego, CA



Linh England, M.D.

Pediatrics / Board Certified

Medical Education: University of California, San Diego School of Medicine, San Diego, CA; 2009
Residency: University of California, Irvine Medical Center, Orange, CA; 2012
Additional Languages: Polish, Vietnamese

Irvine (Culver Drive)

14150 Culver Drive, Suite 100 • Irvine • CA 92604 • (877) 696-3622

Also available at this location: urgent care



Richard Baick, M.D.
Family Medicine / Board Certified

Medical Education: Loma Linda University School of Medicine, Loma Linda, CA; 1995
Residency: Lutheran General Hospital, Chicago, IL; 1998



Miles Merwin, M.D.
Family Medicine / Board Certified

Medical Education: North Dakota School of Medicine, Grand Forks, ND; 1990
Residency: Naval Hospital Camp Pendleton, Camp Pendleton South, CA; 1997



Yujie Cheng, M.D.
Family Medicine / Board Certified

Medical Education: Ross University, Dominica, Portsmouth, Dominica; 2013
Residency: University of California, Davis Medical Center, Sacramento, CA; 2016



David Paskil, M.D.
Family Medicine / Board Certified

Medical Education: University of California, Irvine School of Medicine, Irvine, CA; 1980
Residency: Western Medical Center, Pomona, CA; 1983



Stacy Chia, M.D.
Family Medicine / Board Certified

Medical Education: Pennsylvania State University, Centre County, PA; 2005
Residency: University of California, Irvine Medical Center, Orange, CA; 2009

Irvine (University Park)

18102 Culver Drive • Irvine • CA 92612 • (877) 696-3622

Also available at this location: women's services and dental (coming soon)



Maria Andrea Murchie, M.D.
Family Medicine / Board Certified

Medical Education: University of Southern California School of Medicine, Los Angeles, CA
Residency: Scripps Family Practice Residency Program, San Diego, CA



Jenny Luong, PA-C
Physician Assistant

Medical Education: New York Institute of Technology, Old Westbury, NY; 2012

Laguna Hills (Moulton Parkway)

26538 Moulton Parkway, Suite 38E • Laguna Hills • CA 92653 • (877) 696-3622

Also available at this location: gastroenterology and rheumatology



Michael Chang, D.O.
Family Medicine / Board Certified

Medical Education: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA; 2011
Residency: White Memorial Medical Center, East Los Angeles, CA; 2014



Sue Mohindra, M.D.
Family Medicine / Board Certified

Medical Education: The University of Manchester, Manchester, United Kingdom; 1979
Residency: University of Southern California, Los Angeles County Hospital, Los Angeles, CA; 1988
Additional Languages: Spanish, Hindi, Punjabi



Matthew Coulson, M.D., FAAP
Pediatrics / Board Certified

Medical Education: St. George's University School of Medicine, Grenada, West Indies; 2003
Residency: Children's Hospital of Orange County, Orange, CA; 2006



Patrick Thompson, M.D., FAAFP
Family Medicine / Board Certified

Medical Education: University of California, Irvine School of Medicine, Irvine, CA; 1980
Residency: Glendale Adventist Medical Center, Glendale, CA; 1983

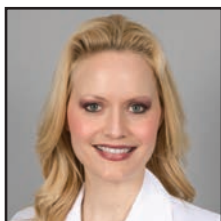


Haleh Khoshreza, M.D.
Family Medicine / Board Certified

Medical Education: University of Cologne Faculty of Medicine, Cologne, Germany; 2009
Residency – Internal Medicine: Klinikum Duisburg, Germany; 2013
Residency – Family Medicine: Wellstar Atlanta Medical Center, Atlanta, GA; 2020
Additional Languages: Farsi, German

Laguna Woods

24268 El Toro Road • Laguna Woods • CA 92637 • (877) 696-3622



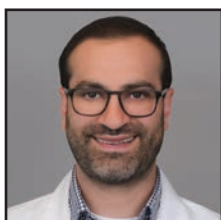
Kristine Arthur, M.D.
Internal Medicine / Board Certified

Medical Education: Loma Linda University School of Medicine, Loma Linda, CA; 2004
Residency: St. Mary Medical Center, Long Beach, CA; 2007
Additional Languages: French



Jeffrey Young, D.O.
Internal Medicine

Medical Education: College of Osteopathic Medicine of the Pacific, Pomona, CA; 2018
Residency: Brookwood Baptist Health System; 2021



Pedram Ansari Pirsaraei, M.D.
Internal Medicine / Board Certified

Medical Education: Ross University School of Medicine, Dominica, WI; 2012
Residency: University of Los Angeles – Kern Medical Center, Bakersfield, CA; 2015

Long Beach (Bellflower Boulevard)

2110 N. Bellflower Blvd. • Long Beach • CA 90815 • (877) 696-3622

Also available at this location: urgent care



Suparna Barber, M.D.
Pediatrics / Board Certified

Medical Education: Georgetown University School of Medicine, Washington, D.C.; 2009
Residency: University of Florida, Gainesville, FL; 2012
Additional Languages: Bengali, Spanish



Lance Hirano, M.D.
Internal Medicine / Infectious Diseases / Board Certified

Medical Education: University of Southern California Keck School of Medicine, Los Angeles, CA; 1991
Residency: St. Mary Medical Center, Long Beach, CA; 1995



Hannah Barroga, D.O.
Family Medicine

Medical Education: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA; 2018
Residency: Kaiser Permanente Riverside Medical Center, Riverside, CA; 2021



Cameron Lee, M.D.
Family Medicine

Medical Education: Loma Linda University School of Medicine, Loma Linda, CA; 2016
Residency: Adventist Health Glendale, Glendale, CA



Malaika Elise Graves, M.D.
Pediatrics / Board Certified

Medical Education: Michigan State University College of Human Medicine; 2010
Residency: UCI School of Medicine, Irvine, CA; 2013
Additional Languages: Spanish



Eric Morley, M.D., MPH
Pediatrics / Board Certified

Medical Education: University of California, Davis School of Medicine, Sacramento, CA; 2014
Residency: University of Southern California, Los Angeles County Medical Center, Los Angeles, CA; 2017



Catherine D. Gritchen, M.D., FAAP
Pediatrics / Board Certified

Medical Education: University of California, Irvine School of Medicine, Irvine, CA; 2000
Residency: University of California, Los Angeles Mattel Children's Hospital, Los Angeles, CA; 2003
Additional Languages: Spanish



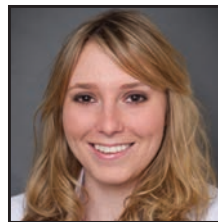
Laurie Mortara, M.D.
Internal Medicine / Board Certified

Medical Education: John A. Burns School of Medicine, University of Hawaii, Honolulu, HI; 1987
Residency: St. Mary Medical Center, Long Beach, CA; 1991
Fellowship: Harbor – University of California, Los Angeles Medical Center, Los Angeles, CA; 1993



Kamran Haghghat, M.D.
Internal Medicine / Pediatrics / Board Certified

Medical Education: Tehran University School of Medicine, Tehran, Iran; 1977
Residency: Loma Linda University Medical Center, Loma Linda, CA; 1999
Additional Languages: Farsi



Tara Scott, M.D.
Family Medicine / Board Certified

Medical Education: West Virginia University School of Medicine, Morgantown, WV; 2009
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2012



Stephen A. Harms, D.O.
Family Medicine / Board Certified

Medical Education: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA; 1993
Residency: University of California, Irvine Medical Center, Orange, CA; 1996



Hasaney Sin, M.D.
Family Medicine / Board Certified

Medical Education: Ross University School of Medicine, Portsmouth, Dominica; 2018
Residency: Clinica Sierra Vista, Bakersfield, CA; 2022

Long Beach (Bellflower Boulevard continued)

2110 N. Bellflower Blvd. • Long Beach • CA 90815 • (877) 696-3622

Also available at this location: urgent care



Evelina Appleby, M.D.
Internal Medicine / Board Certified

Medical Education: Faculty of Medicine University of Belgrade, Serbia; 2004
Residency: University of California, San Francisco – Fresno Community Regional Medical Center, Fresno, CA; 2012
Additional Languages: Serbo-Croatian



Tuong N. Bui, M.D.
Family Medicine / Board Certified

Medical Education: Pennsylvania State University College of Medicine, Hershey Medical Center, Hershey, PA; 1987
Residency: Reading Hospital Medical Center, Reading, PA; 1990
Additional Languages: Vietnamese

Long Beach (Schaufele Avenue)

3828 Schaufele Ave., Suite 200 • Long Beach • CA 90808 • (877) 696-3622

Also available at this location: cardiology, women's services, podiatry, pulmonology and rheumatology



Van Q. Pham, D.O.
Internal Medicine

Medical Education: Midwestern University, Glendale, AZ; 2015
Residency: Hofstra Northwell School of Medicine at Lenox Hill Hospital, New York City, NY; 2018



Chloe Su, M.D.
Family Medicine / Board Certified

Medical Education: Loma Linda University School of Medicine, Loma Linda, CA; 2018
Residency: Kaiser Permanente Hospital, Woodland Hills, CA; 2021



Yvonne Rodriguez, M.D.
Family Medicine / Board Certified

Medical Education: University of Southern California Keck School of Medicine, Los Angeles, CA; 2009
Residency: Kaiser Permanente Orange County Family Medicine Residency Program, Santa Ana, CA; 2012
Additional Languages: Spanish



Nicolette Buth, NP
Nurse Practitioner

Medical Education: University of Arizona, Tucson, AZ; 2020

Long Beach (Spring Street)

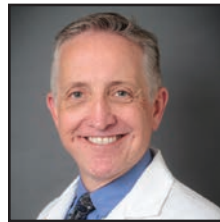
450 E. Spring St., Suite 1 • Long Beach • CA 90806 • (562) 933-0050

Also available at this location: Coumadin® Clinic, sports medicine and gender reaffirming care



Lauren Barnes, M.D.
Family Medicine / Board Certified

Medical Education: David Geffen School of Medicine University of California, Los Angeles, Los Angeles, CA; 2006
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2010



Jeffrey Luther, M.D.
Family Medicine / Board Certified

Medical Education: University of California, Irvine School of Medicine, Irvine, CA; 1988
Residency: Glendale Adventist Medical Center, Glendale, CA; 1991



Odrin Castillo, D.O.
Family Medicine / Board Certified

Medical Education: Touro University, College of Osteopathic Medicine, Vallejo, CA; 2017
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2020
Additional Languages: Spanish, Tagalog



Joshua Snodgrass, M.D., CAQSM
Primary Care Sports Medicine / Board Certified

Medical Education: Ross University School of Medicine, Santa Cruz, CA; 2012
Residency: Abrazo Central Family Medicine Residency Program, Phoenix, AZ; 2015



Elana Craemer, M.D.
Family Medicine / Board Certified

Medical Education: Albert Einstein College of Medicine, Bronx, NY
Residency: Montefiore Medical Center, Bronx, NY



Rose E. Swords, M.D.
Family Medicine / Board Certified

Medical Education: University of California, Irvine School of Medicine, Irvine, CA; 2007
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2010
Additional Languages: Spanish



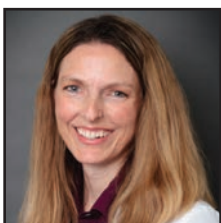
Carrie Fields, D.O.
Family Medicine / Board Certified

Medical Education: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA; 1992
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 1995



Pamela M. Wade, MSN, FNP
Nurse Practitioner

Medical Education: California State University, Dominguez Hills, CA; 1999
Nursing Education: California State University, Dominguez Hills, CA; 1994



Abigail Fletcher, M.D., FAAFP
Family Medicine / Board Certified

Medical Education: University of California, Los Angeles School of Medicine, Los Angeles, CA; 1997
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2000

23512 Madero Road • Mission Viejo • CA 92691 • (877) 696-3622

Also available at this location: Coumadin® Clinic, sports medicine and physical medicine/rehabilitation



Gracia Covarrubias, M.D.
Internal Medicine / Board Certified

Medical Education: Universidad Católica de Córdoba, Argentina; 2001

Residency: The Reading Hospital and Medical Center, Reading, PA; 2006

Additional Languages: Spanish



Marjan Pedarsani, D.O.
Family Medicine / Board Certified

Medical Education: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA; 2004

Residency: University of California, Irvine Medical Center, Orange, CA; 2007

Additional Languages: Farsi



**Arnold Cuenca, D.O.,
CAQSM, FAAFP**
Family Medicine / Sports Medicine

Medical Education: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA; 2004

Residency: Scripps Mercy Hospital, San Diego, CA; 2007

Fellowship: Western University of Health Sciences, Pomona, CA; 2008



Saghi Rokhshadfar, M.D.
Internal Medicine / Board Certified

Medical Education: Iran University of Medical Sciences, Tehran, Iran; 1995

Residency: Kern Medical Center, Bakersfield, CA; 2002

Additional Languages: Farsi



Nishchal Kumar, M.D.
Family Medicine / Board Certified

Medical Education: St. George's University of Medicine, Grenada, West Indies; 2009

Residency: Arrowhead Regional Medical Center, Colton, CA; 2012



Regina Baldo, MSN, FNP-C
Nurse Practitioner

Medical Education: Samuel Merritt University, Oakland, CA; 2017; Master of Science – Nursing; Family Nurse Practitioner Certification

Nursing Education: Chinese General Hospital College of Nursing, Manila, Philippines; 2010

Rancho Mission Viejo

30492 Gateway Place • Rancho Mission Viejo • CA 92694 • (877) 696-3622

Also available at this location: women's services



Ian Bare, M.D.
Family Medicine / Board Certified

Medical Education: Loma Linda University School of Medicine, Loma Linda, CA; 2001
Residency: Harbor – University of California, Los Angeles Medical Center, Torrance, CA; 2004



Ekta Patel, M.D.
Family Medicine / Board Certified

Medical Education: Boston University School of Medicine, Boston, MA; 2018
Residency: University of California, Irvine Medical Center, Orange, CA; 2021



Candace M. Basich, M.D.
Family Medicine / Board Certified

Medical Education: University of California, San Diego School of Medicine, San Diego, CA; 2006
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2009
Additional Languages: Spanish



Trung T. Truong, M.D., FAAP
Pediatrics / Board Certified

Medical Education: University of Minnesota, School of Medicine, Minneapolis, MN; 1993
Residency: University of California, Irvine Medical Center, Orange, CA; 1996
Additional Languages: Vietnamese



Anthony J. Cho, M.D.
Family Medicine / Board Certified

Medical Education: University of Washington School of Medicine, Seattle, WA; 2004
Residency: Valley Family Medicine Residency Program, Renton, WA; 2008



Maryam Yazdanshenas, M.D.
Family Medicine / Board Certified

Medical Education: American University of the Caribbean School of Medicine, St. Maarten, NA; 2011
Residency: University of California, Los Angeles Family Medicine Residency Program, Kern Medical Center, Bakersfield, CA; 2014
Additional Languages: Farsi

Rancho Santa Margarita

29472 Avenida de las Banderas • Rancho Santa Margarita • CA 92688 • (877) 696-3622

Also available at this location: podiatry



Mark A. Cianciola, M.D.
Family Medicine / Board Certified

Medical Education: Boston University School of Medicine, Boston, MA; 1988
Residency: University of Southern California Medical Center and Presbyterian Intercommunity Hospital, Whittier, CA; 1991



Gwendolyn S. Gore, M.D., FAAP
Internal Medicine / Pediatrics / Board Certified

Medical Education: Robert Wood Johnson Medical School, Camden, NJ; 1997
Residency: Cooper University Hospital, Camden, NJ; 2001



Daizy Engineer, M.D.
Pediatrics / Board Certified

Medical Education: Drexel University College of Medicine – Hahnemann University, Philadelphia, PA; 1993
Residency: Children's Hospital of Orange County, Orange, CA; 1996
Additional Languages: Gujarati



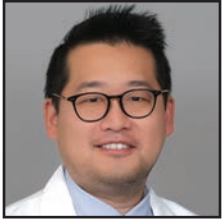
Marjan Karimabadi, M.D.
Family Medicine / Board Certified

Medical Education: University of California, Davis School of Medicine, Sacramento, CA; 2009
Residency: University of California, Los Angeles and Northridge Family Medicine Residency Program, Northridge, CA; 2013
Additional Languages: Farsi

Rancho Santa Margarita (continued)

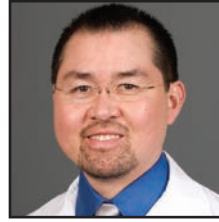
29472 Avenida de las Banderas • Rancho Santa Margarita • CA 92688 • (877) 696-3622

Also available at this location: podiatry



Iwan S. Nyotowidjojo, M.D.
Internal Medicine / Board Certified

Medical Education: University of Vermont College of Medicine, Burlington, VT; 2014
Residency: University of Arizona College of Medicine, Tucson, AZ; 2017
Fellowship: University of Arizona College of Medicine, Tucson, AZ; 2019
Additional Languages: Indonesian



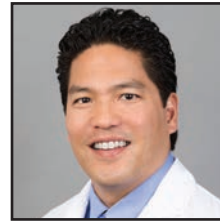
Eric J. Wong, M.D., FAAP
Pediatrics / Board Certified

Medical Education: Creighton University, School of Medicine, Omaha, NE; 1991
Residency: University of California, Irvine Medical Center, Orange, CA; 1994



Bonnie M. Pittaluga, M.D.
Pediatrics / Board Certified

Medical Education: St. George's University School of Medicine, Grenada, West Indies; 2001
Residency: Children's Hospital of Orange County, Orange, CA; 2004



Keone Ah San, PA-C
Physician Assistant

Medical Education: Emory University School of Medicine, Atlanta, GA; 2008
Undergraduate: University of Oregon, Eugene, OR; 1995



Lilian B. Tran, M.D.
Internal Medicine / Pediatrics / Board Certified

Medical Education: St. Louis University School of Medicine, St. Louis, MO; 1997
Residency: University of Southern California, Los Angeles County Hospital, Los Angeles, CA; 2001



Lauren Daggett, PA-C
Physician Assistant

Medical Education: Chapman University, Orange, CA; 2022

San Clemente

638 Camino de los Mares, Suite D4 • San Clemente • CA 92673 • (877) 696-3622

Also available at this location: neurology



Kenneth Kazenelson, M.D.
Family Medicine / Board Certified

Medical Education: National University of Ireland - University College Cork Medical School, Cork, Ireland; 2000
Residency: University of Iowa Family Medicine Residency Program, Waterloo, IA; 2005
Additional Languages: Spanish



Predrag P. Mitrevski, M.D.
Internal Medicine / Board Certified

Medical Education: St. George's University School of Medicine, Grenada, West Indies; 2002
Residency: The Brooklyn Hospital Center, Brooklyn, NY; 2005

San Juan Capistrano

31001 Rancho Viejo Road, Suite 200 • San Juan Capistrano • CA 92675 • (877) 696-3622

Also available at this location: urgent care, Coumadin® Clinic , podiatry and pulmonary medicine



James H. Ashizawa, M.D.
Family Medicine / Board Certified

Medical Education: Universidad Autónoma de Guadalajara, Guadalajara, Mexico; 1981
Residency: St. Joseph Hospital, Reading, PA; 1985
Additional Languages: Spanish, Japanese



Mimi Trinh, M.D.
Family Medicine / Board Certified

Medical Education: Drexel University College of Medicine – Hahnemann University, Philadelphia, PA; 2001
Residency: Kaiser Permanente Hospital, Woodland Hills, CA; 2004
Additional Languages: Vietnamese



David Gonzalez, M.D.
Family Medicine / Board Certified

Medical Education: David Geffen School of Medicine, University of California, Los Angeles, Los Angeles, CA; 2011
Residency: University of Southern California and California Hospital Family Medicine Residency Program, Los Angeles, CA; 2014
Additional Languages: Spanish



Eric J. Wong, M.D., FAAP
Pediatrics / Board Certified

Medical Education: Creighton University, School of Medicine, Omaha, NE; 1991
Residency: University of California, Irvine Medical Center, Orange, CA; 1994



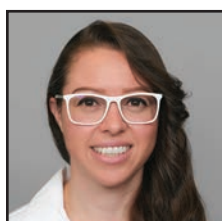
Lizander Pandy, D.O.
Family Medicine / Board Certified

Medical Education: Western University of Health Sciences, Pomona, CA; 2005
Residency: Chino Valley Medical Center, Chino, CA; 2009



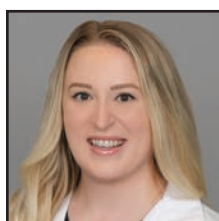
Vincent Zheng, D.O.
Family Medicine

Medical Education: Western University of Health Sciences, College of Osteopathic Medicine of the Pacific, Pomona, CA; 2019
Residency: Texas Institute for Graduate Medical Education and Research, San Antonio, TX; 2022



Sandy Serna, M.D.
Family Medicine / Board Certified

Medical Education: Ross University School of Medicine, Portsmouth, Dominica; 2018
Additional Languages: Spanish



Elizabeth L. Upson, MSN, FNP-C
Nurse Practitioner

Medical Education: California State University, Long Beach, Long Beach, CA; 2022

Santa Ana

1212 W. 17th St. • Santa Ana • CA 92706 • (877) 696-3622



Dean Jacobs, M.D., FAAP
Pediatrics / Board Certified

Medical Education: University of California, Davis School of Medicine, Sacramento, CA; 2003
Residency: University of Southern California, Los Angeles County Hospital, Los Angeles, CA; 2006
Additional Languages: Spanish



Mitchell Y. Watanabe, M.D., FAAP
Family Medicine / Board Certified

Medical Education: Universidad Autónoma de Guadalajara, Guadalajara, Mexico; 1984
Residency: University of California, Irvine Medical Center, Orange, CA; 1989
Additional Languages: Spanish



Susan Lee, D.O.
Family Medicine

Medical Education: Touro University College of Osteopathic Medicine, Vallejo, CA; 2016
Additional Languages: Korean



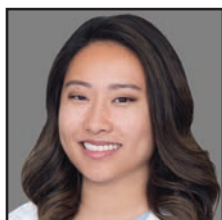
Ray Grijalva, PA-C
Physician Assistant / Family Medicine

Medical Education: Charles R. Drew University of Medicine and Science, Los Angeles, CA; 1977
Undergraduate: California State University, Dominguez Hills, CA; 1979
Additional Languages: Spanish



Ghe Rosales-Vong, M.D.
Family Medicine / Board Certified

Medical Education: University of Minnesota Medical School, Minneapolis, MN; 2014
Residency: University of California, Irvine, Medical Center, Orange, CA; 2017
Additional Languages: Spanish, Cantonese



Verlicia Lee, PA-C
Physician Assistant

Medical Education: Chapman University, Orange, CA; 2019

Torrance

22719 Hawthorne Blvd. • Torrance • CA 90505 • (877) 696-3622



Karen Alfonso, M.D., M.S.
Pediatrics / Board Certified

Medical Education: University of California, Davis School of Medicine, Sacramento, CA; 2010
Residency: Children's Hospital of Orange County, Orange, CA; 2013
Additional Languages: Spanish, Tagalog



Peter Kaneshige, M.D.
Internal Medicine / Board Certified

Medical Education: University of Maryland, School of Medicine, Baltimore, MD; 1990
Residency: University of California, Irvine Medical Center, Orange, CA; 1993



Derek Browne, D.O.
Family Medicine

Medical Education: Arizona College of Osteopathic Medicine of the Midwestern University, Glendale, AZ; 2008
Residency: Pacific Hospital of Long Beach, Long Beach, CA; 2011



Tiffany K. Leung, M.D.
Pediatrics / Board Certified

Medical Education: Michigan State University College of Human Medicine, East Lansing, MI; 2014
Residency: University of California, Irvine Children's Hospital of Orange County, Orange, CA; 2017

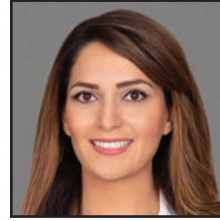
Tustin

17251-B 17th St. • Tustin • CA 92780 • (877) 696-3622



Rachit Doshi, M.D.
Family Medicine / Board Certified

Medical Education: Virginia Commonwealth School of Medicine, Richmond, VA; 2011
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 2014
Additional Languages: Gujarati, Hindi



Mahsa E. Rezaei, M.D.
Family Medicine / Board Certified

Medical Education: Chicago Medical School, Chicago, IL; 2015
Residency: University of California, Irvine Medical Center, Orange, CA; 2018

Westminster

15464 Goldenwest St. • Westminster • CA 92683 • (877) 696-3622

Also available at this location: urgent care and travel immunizations



Gary Ohashi, M.D.
Family Medicine / Board Certified

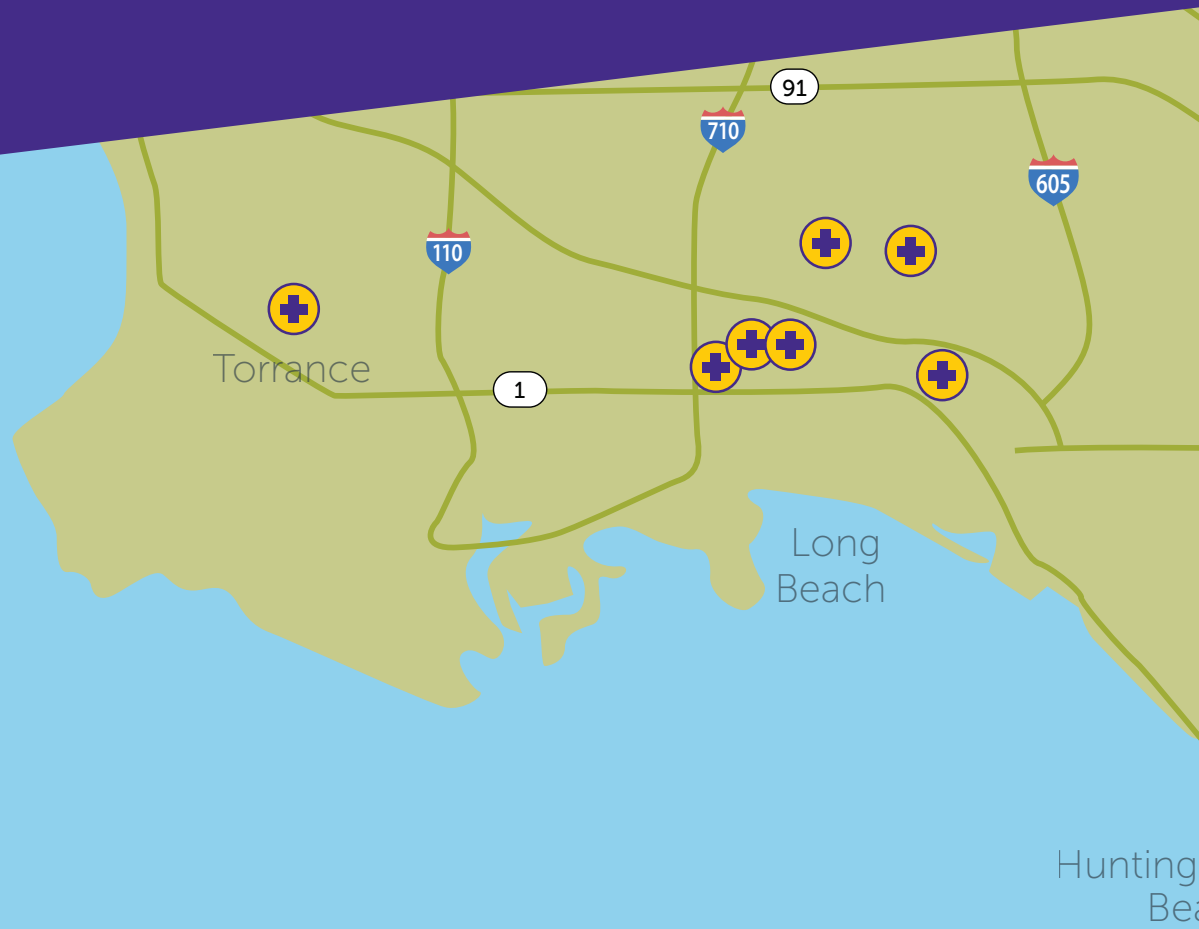
Medical Education: St. Louis University School of Medicine, St. Louis, MO; 1991
Residency: Long Beach Memorial Family Medicine Residency Program, Long Beach, CA; 1994

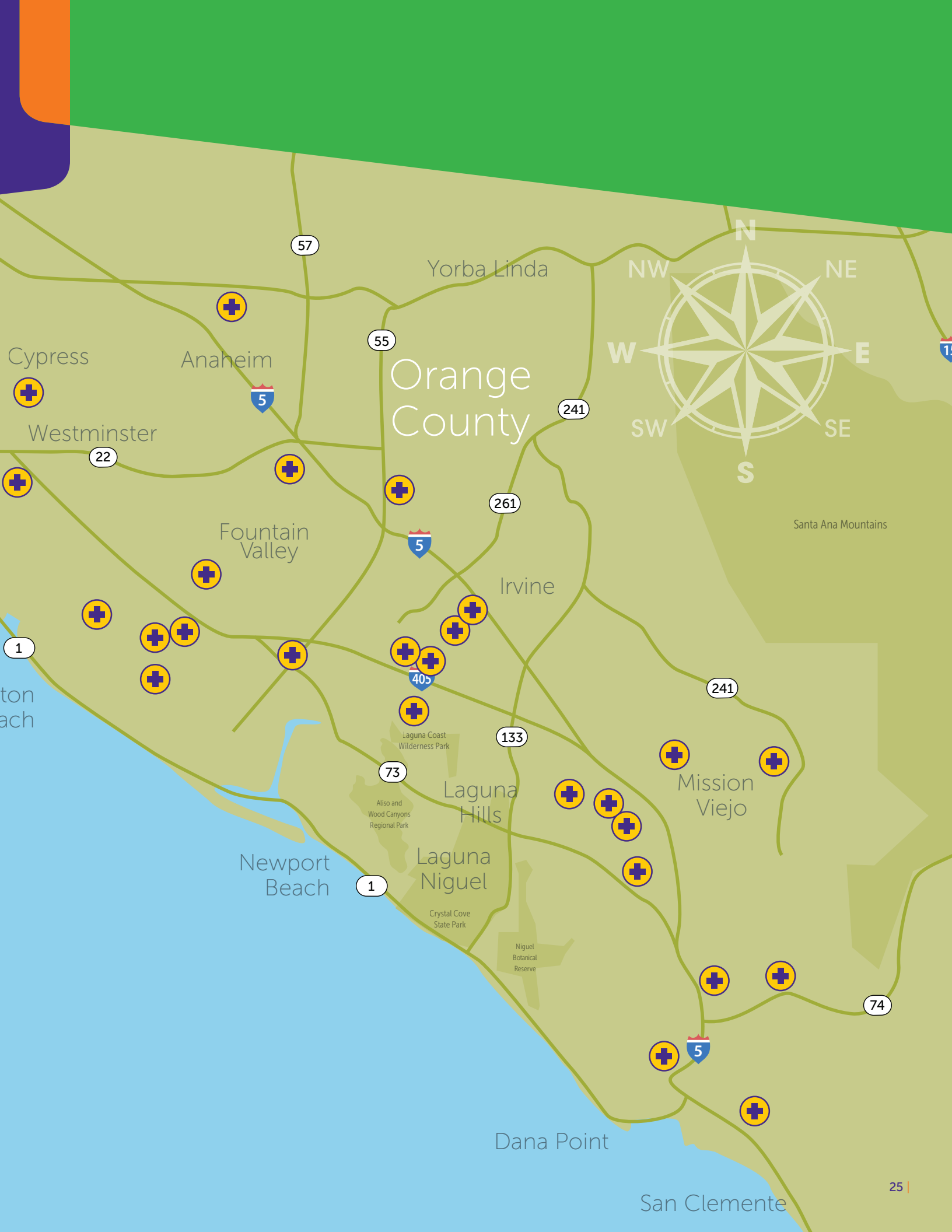


Chloe Tran, D.O.
Family Medicine / Board Certified

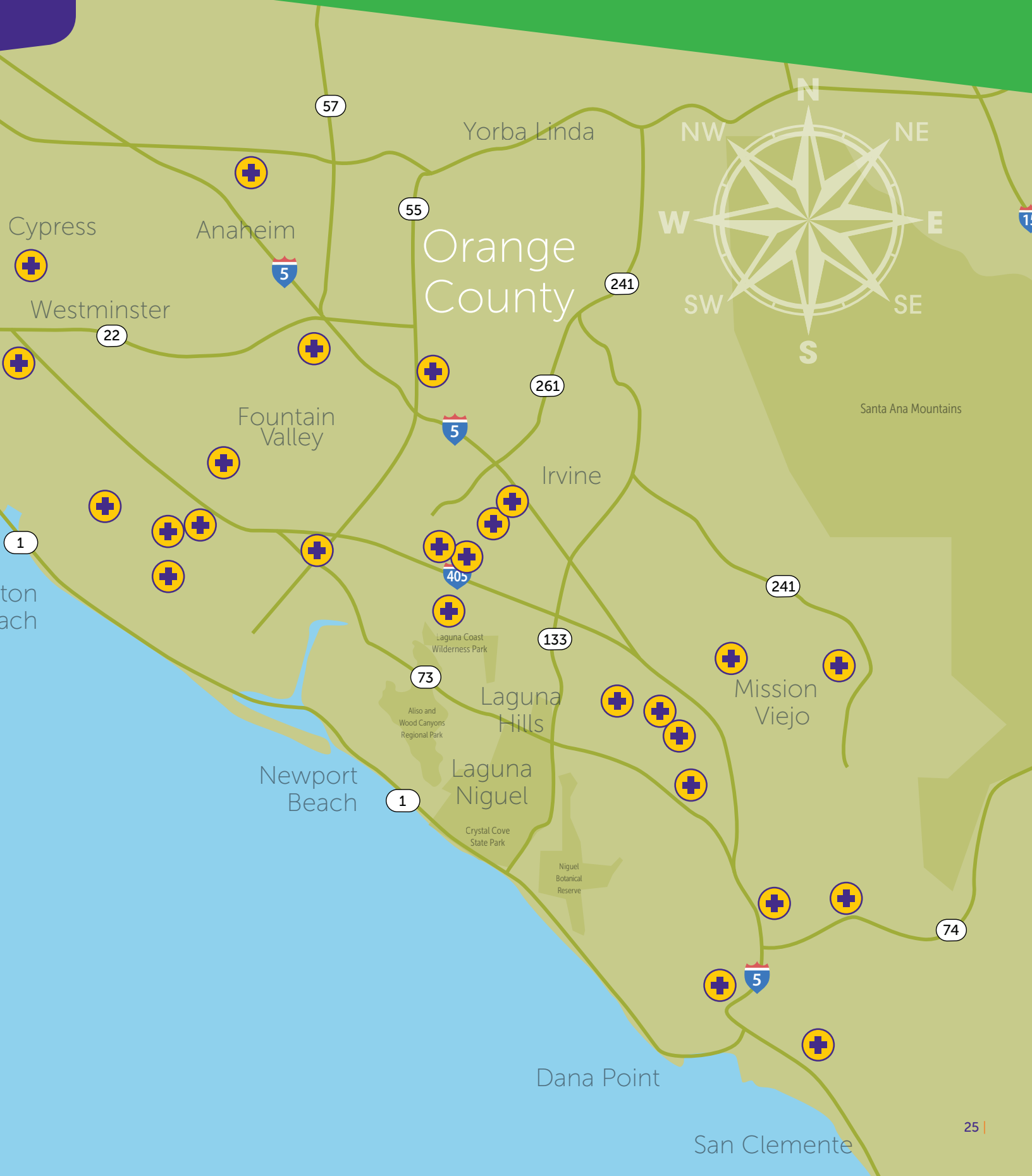
Medical Education: University of North Texas Health Science Center at Fort Worth, Fort Worth, TX; 2019
Residency: Northridge Hospital Medical Center, Northridge, CA; 2022
Additional Languages: Vietnamese

Locations





Orange County



MemorialCare Medical Group Specialists and Contracted Specialists

As part of our commitment to providing a broad spectrum of care, we are pleased to offer select specialty physicians in several of our office locations. Depending on your type of health plan, a referral authorization may be required prior to scheduling an appointment for any of our MemorialCare Medical Group specialists.

We are also proud to offer top-rated specialists when you need more than primary care. Independent specialty providers have been selected and credentialed to assure you, our valued patients, are receiving the same high level of care you expect from MemorialCare Medical Group.



Please visit our website for the most up-to-date list of providers, or call our navigation center at (877) 696-3622.

Please note:

Specialty providers may not be selected as primary care physicians. Based on your health plan contractual arrangements, some providers may not be available to you.



NOTES

NOTES



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