UCLA Health’s Community expansion has brought more than 180 primary and specialty care offices to greater Los Angeles. Recently, the entire system has become more convenient, as popular specialties and services, such as obstetrics & gynecology, pediatrics and general surgery, have opened new locations, and the number of offices offering evening and weekend hours has increased.

More Options for Expectant Mothers and Children

We recently opened or expanded several OB/GYN and pediatrics offices outside of Westwood and Santa Monica, often in tandem. Both OB/GYN and pediatrics offices are now open in Torrance and Westlake Village, and general pediatrics offices are located in Calabasas and Pasadena, where OB/GYN offices will open soon, too. Physicians deliver babies and perform procedures in nearby community hospitals, and pediatric specialists rotate through some of these practices.

Offering OB/GYN and pediatrics services in the same communities is both convenient for patients and improves the quality and the continuity of their care. It means that pregnant women can select a pediatrics provider and go in for a prenatal appointment without having to travel far from home, and that after delivery, they can easily keep the entire family’s medical care and electronic health records in one place.

Surgical Consults Available in Community Offices

Another type of expansion that offers convenience to patients has been to move general and specialty surgeons into community practices. In the new surgical consult suites in Santa Clarita and Encino, surgeons provide consultations for hernia repair, colon resection, cyst removal and more. They perform surgeries at nearby outpatient surgery centers and community hospitals.

Evening and Weekend Hours

Finally, we have maintained our commitment to providing care to entertainment industry patients when and where they need it. Three of our six UCLA Health/MPTF primary care offices offer Saturday appointments. Toluca Lake is also open in the evenings, on Sundays and on most holidays.

Throughout this expansion, our goal remains the same: to ensure that every UCLA Health patient receives the care they need, when and where they need it, at every age and stage of life.
Here’s to an exciting year ahead

Johnese Spisso, President, UCLA Health

In 2019, UCLA Health opened or expanded dozens of community practices in the greater Los Angeles region. We also improved care coordination for high- and rising-risk patients, expanded our telehealth offerings, and launched direct scheduling and opt-in appointment reminders via text through myUCLAHealth, our online patient portal.

Looking ahead, 2020 will be another year of great growth. Here are some of the things I’m most excited about:

Downtown L.A. office set to open
We’ve spent well over a year preparing to open a brand new office in downtown Los Angeles at the corner of West 7th Street and Flower Street, in the complex known as The Bloc. The office will offer primary care for children and adults, as well as hematology/oncology, surgery consultations and imaging services. Look for this new addition in March.

Calabasas expansion continues
The Calabasas office opened earlier this year, offering ophthalmology, lab services, general and specialty pediatrics, and primary care services for entertainment industry patients. Looking ahead, we’ll add obstetrics & gynecology, urology, head and neck surgery, and an imaging and interventional center in the same building.

More convenient offerings
One of the things I’m most excited about is our continued commitment to providing care to UCLA Health patients when and where they need it. This means adding more same day visits to primary care practices, opening additional immediate care locations with extended hours, embedding more OB/GYN, pediatrics and general surgery practices into the community setting, and hiring more inpatient physicians to work in community hospitals.

As we welcome 2020, here’s to more growth and a healthy year ahead.

Preventive care

Stay healthy at any age

Your primary care physician should always discuss preventive health and the importance of vaccines, disease screenings and cancer screenings with you at your annual wellness visit. The following are six preventive health items you should know about, and when most people should have them done.

Keep in mind that all of this information is subject to change given your medical history and personal risk factors. Let your primary care physician know if you have any questions.

1. Flu vaccine
   - Appropriate age: 6 mos and up
   - More information: Everyone 6 months and older should get one dose annually.

2. Breast cancer screening
   - Age: 40-75
   - More information: Women should have their first mammogram between 40 and 50 years old, repeated every one to two years until they are 75.

3. Colon cancer screening
   - Age: 50-75
   - More information: Normal colonoscopies should be repeated every 10 years; normal stool screenings annually. African Americans should start at 45.

4. Lung cancer screening
   - Age: 55-80
   - More information: Current or former smokers who smoked the equivalent of one pack a day for 30 years should be screened with an annual low-dose CT scan.

5. Shingles vaccine
   - Age: 55-80
   - More information: Shingrix is given in two doses, two to six months apart. Anyone over 55 should get it, even if they already received Zostavax.

6. Osteoporosis screening
   - Age: 65-80
   - More information: Women should have their first bone measurement test, called a DEXA scan, at 65. Frequency of testing should be determined by a physician.
THREE DAYS AFTER DELIVERING AT Ronald Reagan UCLA Medical Center, Brittani Clark, a pediatric nurse practitioner, brought in her newborn daughter, Nia, for her first appointment with Dr. Allison Guimera in the Porter Ranch office. Dr. Guimera weighed and examined Nia and talked to Brittani about infant care. Similar well child visits continued at regular intervals until Nia was about 2 months old.

Then, right before Thanksgiving, Brittani says Nia vomited several times after her evening feedings. Brittani called the pediatrics office and spoke to an on-call physician, who told her to bring in Nia the next day if her symptoms continued.

While Nia wasn’t vomiting the next morning, Brittani noticed that her diaper was lighter than usual. Dr. Guimera saw Nia that day, and was concerned enough about her symptoms to order an urgent ultrasound, which was performed at UCLA’s Santa Clarita imaging center.

Afterward, the radiologist called Dr. Guimera to tell her that the study indicated pyloric stenosis, a condition in which a valve between the stomach and the small intestine blocks food from moving through the digestive tract. The recommended treatment is surgery.

Dr. Guimera called Brittani and told her the diagnosis. She then asked her to bring Nia to UCLA Medical Center, Santa Monica, where she could be directly admitted and have the procedure within 24 hours. The surgery was successful, and after Nia was discharged, Dr. Guimera monitored her to make sure she was healthy and gaining weight.

The office again coordinated Nia’s care when she was 7 months old and needed to see a pediatric neurologist. When Dr. Guimera wasn’t available, her colleague, Dr. Militello, stepped in to handle the referral and check on Nia after she was admitted to the hospital.

In both cases, Brittani says, the entire system worked well. “Dr. Guimera and the Porter Ranch office were easy to reach and ready to coordinate Nia’s care,” she says, “and the hospital team explained everything so that even family members without a medical background could understand what was going on.”

Since then, Dr. Guimera has continued to see Nia for well visits. At her recent 1-year-old checkup, Nia smiled and gave her doctor a high-five.

“In pediatrics, it’s important to establish trust with both the patient and their parents,” Dr. Guimera says. “I want families to think of me as the leader of their child’s health care team.”
WHERE TO FIND PRIMARY CARE FOR KIDS

UCLA HEALTH PROVIDES PRIMARY care services to children at more than 25 locations throughout greater Los Angeles.

Physicians trained in pediatrics deliver this care in about 20 offices, while family medicine physicians see kids in a handful of additional locations. All of these doctors provide primary care to children of all ages, from newborns through adolescents.

To make this care more convenient for families with children, many pediatric specialists now spend some time in community offices. For instance, pediatric surgeons now rotate through the Torrance and Santa Clarita offices; pediatric neurologists and gastroenterologists and pulmonologists spend time in Calabasas.

The adjacent list and below map show the UCLA Health offices that offer primary care services to kids.

More info: uclahealth.org/primary-care

WHERE TO FIND PEDIATRICIANS

1. Beverly Hills 9675 Brighton Way, Suite 100 (310) 205-7310
2. Brentwood 11980 San Vicente Blvd., Suite 102 (310) 208-7777
3. Burbank 2625 W. Alameda Ave., Suite 518 (818) 843-9020
4. Century City* 10250 Santa Monica Blvd., Suite 2440 (310) 286-0122
5. Culver City* 6000 Sepulveda Blvd., Suite 2660 (310) 313-0020
7. Encino* 15503 Ventura Blvd., Suite 350 (818) 461-8148
8. Malibu* 23815 Stuart Ranch Rd., Suite 300 (310) 456-1668
9. Manhattan Beach 1000 N. Sepulveda Blvd., Suite 190 (310) 546-8702
10. Pasadena 800 S. Fairmount Ave., Suite 415 (626) 449-8440
11. Porter Ranch* 19950 Rinaldi St., Suite 300 (818) 271-2400
12. Redondo Beach* 514 N. Prospect Ave., Suite 103 (310) 937-8555
13. Santa Clarita 27235 Tourney Rd., Suite 2500 (661) 253-5851
14. Santa Monica 2825 Santa Monica Blvd., Suite 104 (310) 829-9935
15. Santa Monica 1260 15th St., Suite 1002 (310) 825-0867
16. Santa Monica** 1245 16th St., Suite 125 (310) 315-8900
17. Torrance 4201 Torrance Blvd., Suite 660 (310) 373-4303
18. Westlake Village 1250 La Venta Drive, Suite 105 (805) 557-7187
19. West L.A. 11318 National Blvd. (310) 231-9150
20. Westwood 200 UCLA Medical Plaza, Suite 265 (310) 825-0867
21. Woodland Hills* 6344 Topanga Canyon Blvd., Suite 2040 (818) 610-0292

WHERE TO FIND FAMILY MEDICINE PHYSICIANS

22. Manhattan Beach 2501 N. Sepulveda Blvd., Suite 100 (310) 546-4599
23. Pacific Palisades 881 Alma Real Drive, Suite 214 (310) 459-2363
24. Palos Verdes 501 Deep Valley Drive, Suite 100 (310) 303-3953
25. Simi Valley 2655 First St., Suite 360 (805) 583-7640
26. Thousand Oaks 100 Moody Court, Suite 200 (805) 418-3500

*OFFICE ALSO STAFFS FAMILY MEDICINE PHYSICIANS
**THERE ARE ADDITIONAL OFFICES IN SANTA MONICA
OFFICE EXPANSION

BURBANK

New specialties have recently joined the UCLA Health Burbank office.

2625 W. Alameda Ave.
Burbank, CA 91505
Hours: Monday - Friday: 8 am – 5 pm
More info: uclahealth.org/Burbank

SPECIALTIES
- Internal medicine & pediatrics, nephrology
  Phone: (818) 843-9020
- Cardiology and cardiac imaging
  Phone: (818) 843-9032
- Dermatology
  Phone: (818) 260-8733
- Digestive diseases
  Phone: (818) 843-9038

- Endocrinology, pulmonary medicine, rheumatology
  Phone: (818) 260-8706
- Pain medicine and neurology
  Phone: (818) 843-9043
- Urology
  Phone: (310) 794-7700

OTHER BURBANK OFFICES
- Hematology/Oncology
  201 S. Buena Vista St., Suite 200
  Phone: (818) 842-8252
- Breast surgery consultations
  191 S. Buena Vista St., Suite 415
  Phone: (818) 333-2555

TOLUCA LAKE

4323 Riverside Dr.
Burbank, CA 91505
Phone: (818) 556-2700
Parking: Free parking in lot
Hours: Monday - Friday: 7 am – 8 pm
Saturday - Sunday: 8 am – 4 pm
More info: uclahealth.org/Toluca-lake

PRIMARY CARE SERVICES
- Internal medicine
- Family medicine
- Geriatric medicine
- Sleep medicine
- Sports medicine
- Imaging: X-ray, 2D mammography, DEXA and ultrasound
- Blood draw and lab work
- Pain medicine consults
- Pharmacist consults

SPECIALTY CARE
- Nephrology: Dr. Kristine Sarmosyan
- Rheumatology: Dr. Lauren Freid
- General surgery: Dr. Philip Biderman
- Endocrine surgery: Dr. James Wu

NEW SPECIALTY

GENERAL SURGERY CONSULTATIONS

General surgeons are now available in Encino, Santa Clarita and Toluca Lake for consultations related to hernia, gallstones, hemorrhoids, soft tissue masses and more. Surgeries are performed in community hospitals and outpatient surgery centers.

ENCINO
15503 Ventura Blvd., Suite 240
Phone: (818) 461-3321
More info: uclahealth.org/encino

SANTA CLARITA
27235 Tourney Rd., Suite 2200
Phone: (661) 219-2643
More info: uclahealth.org/santa-clarita

The UCLA Health/MPTF Age Well program provides high-quality, primary and consultative geriatrics care to entertainment industry members and their families, including spouses and parents who are 65 or older. The program is run on the Motion Picture & Television Fund Wasserman campus.

**SERVICES PROVIDED**
- Primary care for patients 65 and older
- Consultative geriatrics care for patients who want to stay with their current primary care physician
- Longer visits than traditional primary care to address multiple medical issues in one appointment
- Pharmacist consultations and comprehensive medication reviews
- Comprehensive geriatric assessments, which include cognitive and functional assessments, an intake meeting with a social worker, a medication review, and a session to establish goals of care. Assessments take 2 hours and must be requested in advance to appropriately schedule. Patients and caregivers can also request a physical therapy assessment.
- Referrals to MPTF programs to educate seniors on topics including home modification (Home Safe Home), driver safety and social isolation, among others
- Access to additional community resources, including a day program for socialization, inpatient behavioral health services and veterans services

**AGE WELL PHYSICIANS**

23388 Mulholland Dr.
Woodland Hills, CA 91364
Phone: (818) 876-4055
Hours: Monday - Friday:
8:30 am - 5 pm
More info: uclahealth.org/agewell

**NEW RADIO SHOW**
Tune in as Encino-based primary care physician Dr. Phil Cohen offers health information and sports medicine advice in this new radio show and podcast, UCLA Health Zone.

Listen: Saturday: 8 am - 10 am on AM570 in Los Angeles or online at iHeartRADIO.com