

The Checkup

A COMMUNITY NEWSLETTER TO HELP YOU LIVE YOUR HEALTHIEST LIFE



UCLA CARE WHEN AND WHERE YOU NEED IT

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.

IMMEDIATE CARE NEAR YOU

Finally, we have made it easier for UCLA Health patients to receive medical care when and where they need it. While patients should always call their primary care office first if they are sick or injured, if that office is closed, our six immediate care locations accept walk-in visits during evening and weekend hours, billed as regular doctor's appointments.

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.

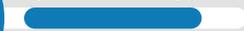
As we welcome 2020, here's to more growth and a healthy year ahead.

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.

	APPROPRIATE AGE	MORE INFORMATION
1 FLU VACCINE 	6 MOS AND UP 	Everyone 6 months and older should get one dose annually.
2 BREAST CANCER SCREENING 	40 75 	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 	50 75 	Normal colonoscopies should be repeated every 10 years; normal stool screenings annually. African Americans should start at 45.
4 LUNG CANCER SCREENING 	55 80 	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 	55 80 	Shingrix is given in two doses, two to six months apart. Anyone over 55 should get it, even if they already received Zostavax.
6 OSTEO-POROSIS SCREENING 	65 80 	Women should have their first bone measurement test, called a DEXA scan, at 65. Frequency of testing should be determined by a physician.



Mom Brittani Clark looks on as her daughter, Nia, is examined by Porter Ranch pediatrician, Dr. Allison Guimera, at Nia's 1 year appointment.

PATIENT STORY

COORDINATED CARE HELPED ONE INFANT THRIVE

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

'I want families to think of me as the leader of their child's health care team.'

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, and to consider our office their medical home."

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 rotate through Manhattan Beach; and pediatric surgeons, neurologists, 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

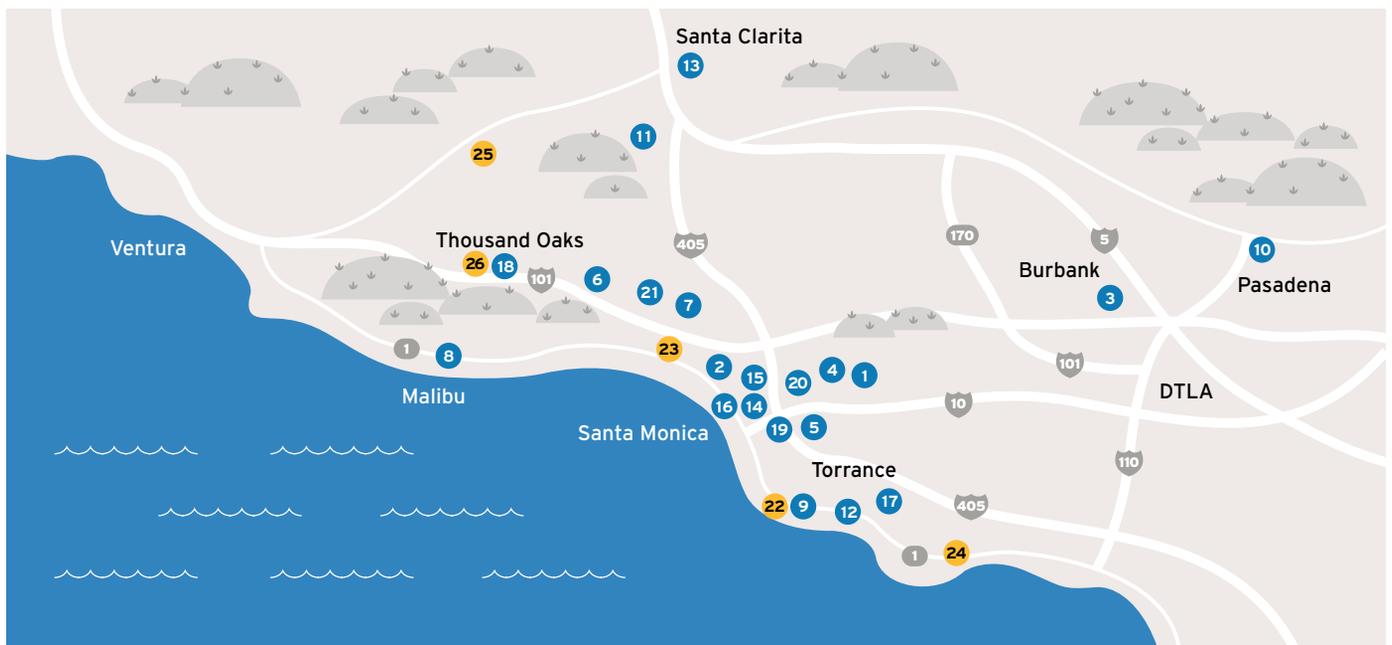
1	Beverly Hills	9675 Brighton Way, Suite 100	(310) 205-7310
2	Brentwood	11980 San Vicente Blvd., Suite 102	(310) 208-7777
3	Burbank	2625 W. Alameda Ave., Suite 518	(818) 843-9020
4	Century City*	10250 Santa Monica Blvd., Suite 2440	(310) 286-0122
5	Culver City*	6000 Sepulveda Blvd., Suite 2660	(310) 313-0020
6	Calabasas	26585 W. Agoura Rd., Suite 360	(818) 592-2320
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





PRACTICE SPOTLIGHT

REDONDO BEACH

514 North Prospect Ave.
Suite 103
Redondo Beach, CA 90277
Phone: (310) 937-8555
Parking: Free parking in lot
More info:
uclahealth.org/redondo-beach

PRIMARY AND SPECIALTY CARE

- Internal medicine
- Pediatrics
- Family medicine
- Sports medicine
- Dermatology
- Radiology

Hours: Monday – Friday: 8 am – 5 pm

IMMEDIATE CARE

- Walk-in visits offered
- No appointment necessary
- Care for patients of all ages
- X-ray and ultrasound available

Hours: Monday – Friday: 5 pm – 9 pm
Saturday: 9 am – 1 pm

NEW SPECIALTIES

PEDIATRIC SPECIALISTS IN THE SOUTH BAY

Pediatric gastroenterologists and neurologists now rotate through the Manhattan Beach pediatrics practice. Pediatric surgeons rotate through Torrance pediatrics.

Manhattan Beach:

1000 N. Sepulveda Blvd., Suite 190
Phone: (310) 546-8702
More info: uclahealth.org/MBPeds

Torrance: 4201 Torrance Blvd., Suite 660

Phone: (310) 373-4303
More info: uclahealth.org/torrance-pediatrics

FEATURED SPECIALTY

UROGYNECOLOGY IN TORRANCE



Torrance OB/GYN Dr. Erin M. Mellano is a urogynecologist and a member of the new UCLA Center for Women's Pelvic Health.

THE CENTER'S GOAL IS TO:

- Increase awareness that pelvic floor disorders, including urinary incontinence, pelvic pain and pelvic organ prolapse, are both common and treatable.
- Individualize therapies for patients according to their condition, lifestyle and treatment goals.

Dr. Mellano specializes in operative and non-operative management of pelvic floor disorders. She works with local pelvic floor physical therapists and performs procedures in nearby community hospitals.

4201 Torrance Blvd., Suite 600 Torrance, CA 90503

Phone: (310) 316-4373
Hours: Monday - Friday: 8 am - 5 pm
More info: uclahealth.org/womens-pelvic-health

NEW SPECIALTY

HEAD AND NECK SURGERY IN TORRANCE

Head and neck surgeon Dr. Janice Chang sees adults and children for consultations related to most ear, nose and throat (ENT) disorders.

23550 Hawthorne Blvd., Suite 180 Torrance, CA 90505

Hours: Monday - Friday: 8 am - 5 pm
Phone: (310) 465-2255
More info: uclahealth.org/torrance

IMMEDIATE CARE – EVEN ON NIGHTS AND WEEKENDS

If you have an urgent, non-life threatening health concern, you should always call your primary care office first and schedule a same day sick visit. But if it's an evening or weekend and your primary care office is closed, physicians in UCLA Health's immediate care locations are available to provide that care.

BENEFITS OF IMMEDIATE CARE

- Walk-in visits offered
- No appointment necessary
- Evening, weekend and holiday hours
- Pediatric and adult services available
- Exemplary care by UCLA Health physicians
- Medical records available to care team
- Billed as a regular doctor's appointment
- Most insurance plans accepted

CONDITIONS TREATED

- Colds, fevers, flu and flu-like symptoms
- Ear infections
- Bladder and urinary tract infections
- Bites, burns, sunburns
- Rashes and other skin irritations
- Sprains and strains

SERVICES OFFERED

- X-rays
- Cast and splinting
- Laceration repair
- Suture removal
- Breathing treatments
- Eye irrigation
- Travel and health immunizations

1 MALIBU

23815 Stuart Ranch Rd., Ste. 301

Phone: (310) 317-0034

Hours: Monday - Friday: 8 am - 8 pm
Saturday - Sunday: 9 am - 6 pm

2 MARINA DEL REY

4560 Admiralty Way, Ste. 100

Phone: (310) 827-3700

Hours: Monday - Friday: 9 am - 9 pm
Saturday - Sunday: 9 am - 6 pm

3 REDONDO BEACH

514 N. Prospect Ave., Ste. 103

Phone: (310) 937-8555

Hours: Monday - Friday: 5 pm - 9 pm
Saturday: 9 am - 1 pm

4 SANTA CLARITA

27235 Tournay Rd., Ste. 2500

Phone: (661) 253-5851

Hours: Monday - Friday: 8 am - 9 pm
Saturday: 9 am - 1 pm

5 SANTA MONICA 16TH STREET

1245 16th St., Ste. 125

Phone: (310) 315-8900

Hours: Monday - Friday: 5 pm - 9 pm
Saturday - Sunday: 9 am - 5 pm

6 SANTA MONICA WILSHIRE

2424 Wilshire Blvd.

Phone: (310) 828-4530

Hours: Monday - Friday: 9 am - 9 pm
Saturday - Sunday: 9 am - 6 pm

More info: uclahealth.org/immediate-care

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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