

# The Checkup

A COMMUNITY NEWSLETTER TO HELP YOU LIVE YOUR HEALTHIEST LIFE



## COMMUNITY-BASED MEDICINE STARTS WITH PRIMARY CARE

**U**CLA HEALTH STARTED EXPANDING and opening medical offices outside of Westwood and Santa Monica more than a decade ago. Today, there are more than 170 community practices located throughout the greater Los Angeles region, and more than three dozen offices that provide primary care.

These primary care offices are the cornerstone of UCLA Health. They are where parents bring newborn babies for their first checkup; where families go for their flu shots; and where adults go to discuss chronic health conditions and weigh the costs and benefits of medical decisions. They are where life happens, and where care teams come together to support their patients' long-term health.

In the wake of UCLA Health's continued expansion, here are some ideas we would like you to keep in mind:

### PRIORITIZE CONVENIENCE

Community healthcare works best when patients can access medical care

in a location that is easy to get to and close to where they live or work. If you do not have a primary care physician, call **1-800-UCLA-MD1** to make an appointment at the primary care office that is most convenient for you.

As you select your home medical office, consider whether you'll need to schedule appointments during evening or weekend hours, or whether you'll want access to specialists and services, such as a cardiologist or dietitian, on site. This can help you decide which UCLA Health office to choose.

### CONSIDER YOUR PRIMARY CARE OFFICE YOUR MEDICAL HOME

Anytime you have a health concern, unless it is an emergency that requires 911, you should always call your primary care office first, which you should consider your medical home.

The term medical home simply means that this office should be your first point of contact. Your primary care

physician and their supporting team will then ensure that you receive comprehensive and coordinated care that is tailored to your needs.

### INVEST IN YOUR HEALTH

It is important for every patient to get involved and take ownership of their health. This means developing a relationship with your primary care physician and going in for your annual physical. It also means understanding your health conditions and asking for additional information or support when you need it. Finally, it means following preventive care guidelines, and both receiving vaccines and completing disease screenings as recommended.

We hope this newsletter provides useful information about UCLA Health's community services, and explains how your primary care physician should serve as the leader of your health care team at every age and stage of your life.

Find more: [uclahealth.org/primary-care](https://uclahealth.org/primary-care)

## OUR EXPANSION MEANS MORE SERVICES, SUPPORT

Johnese Spisso, President, UCLA Health



AS UCLA HEALTH continues to open primary and specialty care offices throughout the greater Los Angeles region, I would

like to highlight some new and noteworthy developments:

**More OB/GYN and pediatrics providers.** A recent focus of our community expansion has been to add OB/GYN and pediatrics offices to every region. We recently added new obstetrician-gynecologists in Santa Clarita, Westlake Village and Torrance, and opened or expanded pediatrics practices in Manhattan Beach and Pasadena.

**Additional specialty services.** We also expanded our subspecialty services in new and existing locations. We added advanced heart failure specialists to our Santa Clarita, Torrance and Thousand Oaks offices, and breast surgeons to Pasadena, Burbank, Laguna Hills and Orange. We also opened a new cardiology office in downtown L.A., and a hematology-oncology office in San Luis Obispo—our northernmost office yet.

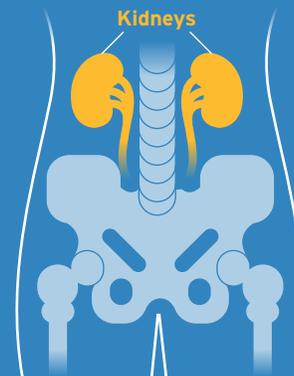
**New strategic partnerships.** To ensure our patients receive top-notch orthopaedic care, we entered a strategic partnership with the Southern California Orthopedic Institute (SCOI), a medical group of 40 surgeons with offices in the San Fernando, Conejo and Santa Clarita Valleys. We were also recently named medical partner of the Los Angeles Dodgers. Play ball!

**An exciting future.** As part of UCLA Health's continued expansion, we plan to establish a presence in additional community hospitals, to expand our footprint in downtown L.A. and Marina del Rey, and to open a new pediatrics practice in Calabasas.

In the face of all these changes, our mission remains the same: to deliver leading-edge patient care, research, and education.

### PREVENTIVE CARE

## KIDNEY DISEASE 3 THINGS YOU NEED TO KNOW

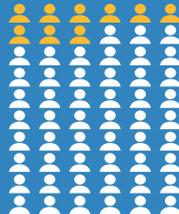


Chronic kidney disease, or CKD, is a common condition that occurs when the kidneys are injured and cannot properly filter blood. Patients do not typically present with symptoms until kidney disease has progressed, which is why early detection is so important.

### FUNCTIONS OF THE KIDNEYS

- The kidneys are part of the urinary system. They remove waste and toxins from the blood and produce urine.
- They maintain a healthy balance of water, salts and minerals in the body that allows vital organs to function properly.
- They are critical in red blood cell production and Vitamin D activation.
- They regulate blood pressure.

### 1 CHRONIC KIDNEY DISEASE IS COMMON



15%  
U.S. population

+30 million  
U.S. adults

#### RISK FACTORS FOR DEVELOPING CKD:

- Diabetes
- High blood pressure
- Heart disease
- Family history of CKD
- Over 60 years old

### 2 YOUR PRIMARY CARE PHYSICIAN CAN SCREEN FOR KIDNEY DISEASE

The standard blood and urine tests given at a physical can diagnose CKD. The glomerular filtration rate (GFR) is a measure of kidney function that is calculated with a patient's age and blood creatinine level. The lower the GFR, the more severe the disease. Protein in the urine also signals kidney disease.

#### GFR RATES (IN ML/MIN)



### 3 A HEALTHY LIFESTYLE IS IMPORTANT

There are five stages of kidney disease. In the earliest stages, making healthy lifestyle changes can slow down CKD's progression. Work with your health care team to ensure you are:



Eating healthy foods



Exercising regularly



Controlling blood pressure



Not smoking



Staying hydrated

Find out more: [uclahealth.org/core-kidney](http://uclahealth.org/core-kidney)



Dr. Nathan Samras is pictured in a UCLA Health Beverly Hills exam room with the Blumstein family, from L to R: Sara, Gideon, Isaac, Tara, William and Herbert.

#### PATIENT STORY

## A FAMILY TRUSTS ONE DOCTOR FOR PRIMARY CARE

**G**IDEON AND TARA BLUMSTEIN both work in medicine: he is a surgical resident in orthopaedics at UCLA, and she is an occupational therapist at USC. Perhaps because of their careers, they understand the importance of having a relationship with their primary care physician, who serves as the leader of their health care team.

When they started seeing Dr. Nathan Samras almost two years ago, they agreed that his evidence-based focus and friendly, approachable demeanor made him the right fit for their family.

"I like that if I have a question, Dr. Samras will take the time to pull up an interesting study on that topic and share it with me," says Tara, 38. "He treats us as equals, and always helps us understand a diagnosis or weigh the costs and benefits of a medical decision."

"I like that he's very thorough," says

Gideon, also 38, "and has training in both internal medicine and pediatrics."

At the UCLA Health Beverly Hills office on Brighton Way—conveniently only a few miles from the Blumsteins' home—Dr. Samras says his dual board certification in internal medicine and pediatrics means that he can "take care of any person who walks through the door." This is why it made perfect sense for the Blumsteins to choose him as their children's physician as well.

"It's that whole two birds, one stone mentality," says Tara, noting that in her case, she actually handles three routine appointments in one morning, for

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**'Primary care is about relationships, and trust is essential.'**

herself and then for her sons, Isaac, 3, and William, 17 months.

When Gideon's parents, Sara and Herbert Blumstein, moved to the area from Palo Alto a little over a year ago, they also selected the same home office, and in Sara's case, Dr. Samras as her primary care physician.

"It's nice to know that if we have a problem in the family, he already knows us all, and has a deeper understanding of what is going on," Sara says.

Over time, the Blumsteins say they've developed a real respect and trust for their physician, which Dr. Samras says allows him to do his job well.

"Primary care is about relationships, and trust is essential," Dr. Samras says. "Like any other consultant in someone's life, from a mechanic to a clergy person, I want my patients to know that I'm giving them the right advice and providing care that is tailored to their needs."

He notes that if he tells a patient to go in for a mammogram or see a specialist, he wants them to believe this is the right call, and schedule the appointment. "Without that trust," he says, "I can't optimize a patient's care."

# RADIOLOGY AND IMAGING SERVICES NEAR YOU

**U**CLA HEALTH NOW OFFERS imaging services in many community offices and stand-alone imaging centers. Each office uses state-of-the-art machines to run imaging studies, which are then read by subspecialty radiologists with advanced training.

Imaging services can be found at three types of sites at UCLA Health:

**1. Primary care offices:** Many primary care offices and some specialty offices offer x-ray and/or ultrasound services right in the clinic.

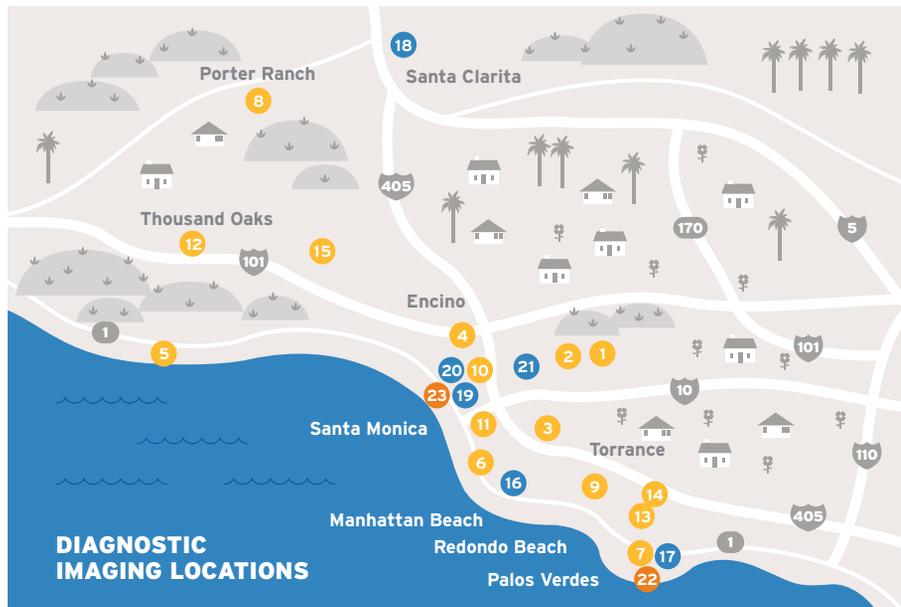
**2. Imaging and interventional centers:** UCLA Health also operates several imaging centers that offer x-ray, DEXA, mammogram, ultrasound, PET CT, CT and/or MRI services. In some cases, they also offer interventional radiology services, including imaging-guided biopsies and imaging-guided procedures.

**3. Women's imaging centers:** Women's imaging centers offer screening and diagnostic ultrasounds, 2D and 3D mammography, breast biopsies, and MR- or ultrasound-guided procedures.

Regardless of the location type, each site allows patients with a valid imaging order to walk in for an x-ray. Women's radiology centers also allow established patients to schedule follow-up mammograms online.

The adjacent map and key shows where UCLA Health offers imaging services. To reach the central diagnostic radiology scheduling line, call **310-301-6800**. Hours and services vary by location and are listed online.

Find out more: [uclahealth.org/radiology](http://uclahealth.org/radiology)



## IN-CLINIC IMAGING SERVICES

CITY	ADDRESS	PHONE
1 Beverly Hills	9675 Brighton Way, #100	(310) 205-7310
2 Century City	10250 Santa Monica Blvd., #2440	(310) 286-0122
3 Culver City	6000 Sepulveda Blvd., #2660	(310) 313-0200
4 Encino	15503 Ventura Blvd., #170	(818) 461-3336
5 Malibu	23815 Stuart Ranch Rd., #300	(310) 456-1668
6 Marina del Rey	4560 Admiralty Way, #100	(310) 827-3700
7 Palos Verdes	501 Deep Valley Drive, #100	(310) 303-3953
8 Porter Ranch	19950 Rinaldi St., #300	(818) 271-2434
9 Redondo Beach	514 N. Prospect Ave., #103	(310) 937-8555
10 Santa Monica	2020 Santa Monica Blvd., #210	(310) 582-6217
11 Santa Monica	2701 Ocean Park Blvd., #130	(310) 450-1200
12 Thousand Oaks	100 Moody Court, #200	(805) 418-3408
13 Torrance	3701 Skypark Drive, #200	(310) 378-8900
14 Torrance	3500 Lomita Blvd., #300	(310) 517-8585
15 Woodland Hills	6344 Topanga Canyon Blvd., #2040	(818) 610-0292

## IMAGING AND INTERVENTIONAL CENTERS

16 Manhattan Beach	2200 N. Sepulveda Blvd.	(310) 802-0200
17 Palos Verdes	501 Deep Valley Drive, 4th floor	(310) 265-6401
18 Santa Clarita	27235 Tourney Rd., #1500	(661) 253-5858
19 Santa Monica	1245 16th St., #100 and #105	(310) 394-5164
20 Santa Monica	1919 Santa Monica Blvd., #300	(424) 259-7160
21 Westwood	Medical Plaza: Various locations	(310) 301-6800

## WOMEN'S IMAGING CENTERS

22 Palos Verdes	501 Deep Valley Drive, 3rd floor	(310) 265-6400
23 Santa Monica	1260 15th St., #111	(310) 393-5153

# The Checkup South Edition

COVERING OFFICES IN IRVINE, LAGUNA HILLS, MANHATTAN BEACH, ORANGE, PALOS VERDES, REDONDO BEACH AND TORRANCE



## PRACTICE SPOTLIGHT

### MANHATTAN BEACH-PEDIATRICS



#### NEW LOCATION

**1000 N. Sepulveda Blvd., Suite 190**

**Phone:** (310) 546-8702

**Hours:** Monday - Friday: 8 am - 5 pm

**Parking:** Free parking beneath building.

**More info:** [uclahealth.org/MBPeds](http://uclahealth.org/MBPeds)

#### SPECIALTIES & SERVICES

- Newborn care
- Well care for children
- Same day sick visits
- School and sports examinations
- After-hours nurse advice line
- Routine and travel vaccinations
- Behavioral health services

#### ABOUT THIS OFFICE

- The UCLA Health Manhattan Beach pediatrics office recently moved to a new, much larger space.
- The office has six pediatricians, all of whom are board certified in pediatrics.
- Specialty pediatrics services, including pediatric neurology, gastroenterology and pulmonology, will be available in the office this summer.

#### CLINICAL FOCUS

### EAST-WEST MEDICINE FOR CHRONIC PAIN

Physicians trained in East-West Medicine, a specialty that combines the best of traditional Chinese medicine with modern Western medicine, are available to treat patients with chronic pain using the following modalities:

- Acupuncture
- Cupping
- Trigger point injections
- Myofascial release (medical massage)

Specialists also teach their patients acupressure, which can be performed at home along with

self-massage to treat stress, headaches, nausea and insomnia, and to improve energy and relaxation. There are two East-West Medicine offices in the South Bay:

#### TORRANCE

**Where:** 3500 Lomita Blvd., Suite 302

**Phone:** (310) 257-0129

#### PALOS VERDES

**Where:** 501 Deep Valley Drive, Suite 100

**Phone:** (310) 303-3953

**More info:** [cewm.med.ucla.edu](http://cewm.med.ucla.edu)



#### NEW LOCATION

### TORRANCE OB/GYN

The Torrance obstetrics & gynecology practice recently moved to a new location. All of the office's physicians are open to new patients for pregnancy and delivery. They can also provide care related to family planning, menopause pelvic disorders and other gynecological conditions.

**Where:** 4201 Torrance Blvd., Suite 600

**Phone:** (310) 316-4373

**Hours:** Monday - Friday: 8 am - 5 pm

**Parking:** Free parking for first hour.

**More info:** [uclahealth.org/TorranceOBYN](http://uclahealth.org/TorranceOBYN)

CLINICAL UPDATE

# SKIN CANCER PREVENTION STARTS WITH YOU

Spring and summer are the perfect time to review general information about skin cancer, and learn how you can **PROTECT** yourself.

## SKIN CANCER BASICS

- More than 5 million cases of non-melanoma skin cancer are diagnosed each year.
- Skin cancer is the most common type of cancer in the U.S., but also among the most preventable.

### **P**rotect yourself from the sun.

Apply a broad-spectrum sunscreen that blocks UVA and UVB rays. Don't forget to cover all sun-exposed areas on your body and reapply.

**R**isk factors for skin cancer include fair skin that burns and freckles easily; a history of sunburns; a family history of skin cancer; and the presence of numerous or atypical moles.

**O**utdoor activity planning is important. Whenever possible, avoid the sun's strongest rays between 10 am and 4 pm.

**T**anning beds should be avoided.

**E**xamine your skin monthly. Check for new growths or changes to existing moles, and report anything suspicious.

**C**onsult your dermatologist once per year. Even if you don't have risk factors for skin cancer, a dermatologist can determine your skin's health and provide proper maintenance tips.

**T**ake your skin seriously. Sun protection and early detection saves lives.

More info: [uclahealth.org/dermatology](http://uclahealth.org/dermatology)

CHAIR, DEPT. OF MEDICINE  
Alan M. Fogelman, MD

COO, AMBULATORY AND  
COMMUNITY PRACTICES  
Farah Elahi, MBA

VICE CHAIR, DEPT. OF  
MEDICINE, COMMUNITY  
PRACTICES  
Matteo Dinolfo, MD

VICE CHAIR, DEPT. OF  
MEDICINE, COMMUNITY  
PHYSICIANS NETWORK  
Mark S. Grossman, MD

WRITER AND EDITOR  
Anne Machalinski

DESIGN  
Sean Noyce, Noysky Projects

PHOTOGRAPHY  
Reed Hutchinson PhotoGraphics

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Contact *The Checkup* via email:  
[TheCheckup@mednet.ucla.edu](mailto:TheCheckup@mednet.ucla.edu)

## CONTACT US: WE WANT TO HEAR FROM YOU



### PATIENT EXPERIENCE

Email us at  
[UCLAHealthExperience@mednet.ucla.edu](mailto:UCLAHealthExperience@mednet.ucla.edu)



### BILLING QUESTIONS

Call us at  
(310) 301-8860



### SCHEDULE AN APPOINTMENT

Call us at  
1-800-UCLA-MD1



### SHARE YOUR STORY

Write in at  
[connect.uclahealth.org](http://connect.uclahealth.org)

Find more ways to get in touch:  
[uclahealth.org/contact](http://uclahealth.org/contact)

## NEW PARTNERSHIP

**UCLA** Health



UCLA Health recently entered a multi-year partnership with the Los Angeles Dodgers, and will now serve as the team's Official Medical Provider. UCLA Health will offer free eye exams through our Mobile Eye Clinic before games on the following dates:

- June 23
- June 29
- July 21
- August 25
- September 21