

UC Irvine Family Medicine Residency Newsletter

Discover | Teach | Heal

Welcome

Welcome to the first issue of the UC Irvine Family Medicine Residency Newsletter, a place for us to bond and highlight the tremendous work of our residents.

Pearls from our graduating R3s

"On any rotation be involved and proactive. Study early for in-training" - **Mariam Behbehani, R3**

"Own your residency experience. You can make a difference in the program and your patient's lives. Enjoy the moment because before you know it you're done and out in the real world." - **Ellie Sadr, R3**

"The essence of residency is being able to extract the strengths of the faculty and making them you're own." - **Eddie Ramirez, R3**

Happenings

- UCI School of Medicine receives Top Ten Award from AAFP! April 2015
- **Dr. Kroner** places first in School of Medicine's iBookJam. *Comprehensive Shoulder Exam with Ultrasound*. April 2015
- UCI Family Medicine faculty and residents helped run the critical care medical tent at the Disney Half Marathon on May 10, 2015

Upcoming Events

R3 Osce: 7/23

In-training Examination: R3: 10/28, R1&2: 10/29

Congratulations Class of 2015



Mariam Behbehani, DO

Yaminah Espinosa, DO

Crystal Glassy, DO

Kathleen Graham, DO

Eduardo Ramirez, MD

Maria Robles, MD

Ellika Sadr, MD

Rachel Tangaro, MD

Sally Tsai, MD

We are Family

On June 26, 2015, the Department of Family Medicine graduated our outstanding class of third year residents. Our residents have truly embodied the mission of our program, which is to provide outstanding care to the underserved. We wish you the very best to each and everyone of you in your careers. Please turn to page 5 for the "mini-yearbook section" to read more about each of our incredible residents.



Dr. Dow accepting the TopTen Award from the AAFP President Dr. Robert Wergin at the STFM Annual Conference in Orlando, Florida.

A Word from the Chair

As family physicians, we have an important role in caring for our patients and the communities we serve. **Family Medicine for America's Health** is a new initiative sponsored by FM organizations to improve health care in the US in view of the changes to the national health care landscape. It positions FM with new strategic and communication plans to create better population health, better patient experience, and lower cost for per capita (the Triple Aim). We should also remember a fourth aim: improve the work life of health care providers.

Emily Dow, M.D.
Acting Chair, Dept. of Family Medicine

A Word from the Program Director

Thank you to each of you - residents, faculty and previous graduates - for the support you have provided for our residency program and for me in this first year as program director. It has been one of change and growth for our residency - to name a few, we moved to a hybrid educational model with monthly half days of protected time; held monthly residency dinners to enjoy one another's company outside of the clinical setting; added a Pediatric Emergency Medicine rotation; formed a Resident Wellness Committee; held a very successful Match with new weekly applicant dinners hosted during interview season; attended a MSK conference together as residents and faculty; and participated in several local community events including our very own Food Pantry at FHC.

Our next academic year will continue with positive changes including weekly half day educational conferences, shortened 3 week inpatient UCIMC rotations, protected time and mentoring for scholarly activity, and a grant funded residency wide QI project focusing on vaccinations for our geriatrics patients at FHC. Dr. Hanh Nguyen and I are excited to continue strengthening our residency's mission to train excellent clinicians who provide the best patient centered and compassion ate medical care to our most vulnerable and underserved communities, and to working and interacting with all of you.

Best wishes to the class of 2015 and welcome aboard class of 2018.

Esther Ho, M.D.
Program Director, Dept of Family Medicine

A Word from the Assistant Program Director

It is an honor for me to serve as your next Assistant Program Director. I am so excited, along with Dr. Esther Ho to provide a supportive and nurturing resident environment and to support the educational goals of our residents with a heart in providing care to the underserved. As a former resident, what truly makes this place special is the heart of the residents, the camaraderie and common goal of learning, teaching, and providing outstanding medical care to those in our community. As a former resident here at UCI, I take great pride and am humbled in this opportunity to work with each and everyone of you.

Hanh Nguyen, M.D.
Assistant Program Director, Dept. of Family Medicine

Welcome to the Class of 2018

Jeffrey Arroyo, MD	Charles Drew University of Medicine & Science
Christine Chon, MD	University of Washington School of Medicine
Ruby Gonzalez, MD	David Geffen School of Medicine at UCLA
Gloria Lu, MD	Ohio State University College of Medicine
Catherine Nguyen, MD	Creighton University School of Medicine
Linh Nguyen, MD	UC Irvine School of Medicine
Andrew Nobe, MD	University of Vermont College of Medicine
Mahsa Rezaei, MD	Chicago Medical School at Rosalind Franklin U
James Suchy, MD	UC Irvine School of Medicine

Congratulations to our new interns! Welcome to the UC Irvine Family Medicine Residency Family! While our residents come from diverse locations, we are united in one goal of providing outstanding care to our underserved patients in our community. We welcome each and every one of you to not only grow into becoming outstanding physicians, but excellent citizens. Welcome to UC Irvine!

Spotlight on Faculty Member: Dr. Mike Prislin

Dr. Mike Prislin serves as the Associate Dean, Student Affairs at UC Irvine School of Medicine and is a Clinical Professor of Family Medicine.

Q. Where did you go to medical school and do residency?

A. I went to Georgetown for medical school, and residency at Oregon Health Sciences University.

Q. How long have you been teaching?

A. I finished residency in 1979, and have been teaching for 36 years.

Q. What do you enjoy most about teaching residents?

A. What I like about teaching residents is the give and take, I like the fact that they are energetic, inquisitive, innovative, and that they keep me humble.

Q. How do you destress? Any Hobbies?

A. I run, I cycle, I swim, I sail. I go do fun things in different places.

Q. What is your Favorite Restaurant?

A. South of Nicks

Q. Do you have any words of wisdom for our residents?

A. Take one day at a time, look forward to each day, don't get too high with the highs and too low with lows.



Patient Feedback

The following comments are from FHC-Santa Ana Clinic regarding our residents!

“Dr. Robles was excellent.”

“Dr. Pike was wonderful! She was very down to earth as well as knowledgeable. An excellent doctor.”

*“The doctor I see has helped me out many times. He listens.” (regarding **Dr. Shawn Nguyen**)*

*“First doctor’s visit was with **Dr. Rosales-Vong**, who provided excellent service.”*

Resident News

We are pleased to announce next year’s Chief Residents!

Clinic Chief **Melissa Miranda, DO**
Administrative Chief **Elsbeth Lo, MD**
Academic Chief **Naomi Chang, DO**
QI Chief **Hau Do, MD**

Ghe Rosales-Vong and Elsa Rosales-Vong welcomed Enrique, weighing 7 pounds 2 ounces on September 2, 2014. Enrique had his first tooth on Memorial Day 2015!

Sally Tsai did an away rotation in Haiti in November of 2014.

Mariam Behbehani did an away rotation in Iran in May. Mariam and Aria were recently engaged in April 2015! Congratulations to the happy couple!

Susan Behnawa and Ali Qaderi are expecting a new addition to their family in November 2015!

Shawn Nguyen and Hang Ly are tying the knot in August 2015. Congratulations to the happy couple!

Best of luck to **Julie Chun**, who will be starting her 2nd year in Louisiana!

Please join us in welcoming **Sara Etemad** (MD, Creighton University School of Medicine) to our residency program!

Congratulations **Cynthia Pike** and Tim Pike for celebrating their one year anniversary! They are celebrating with a second honey moon on the East Coast!

Helping Hands

UCI Outreach Clinics

By Dr. Marco Angulo

The UC Irvine Outreach Clinics is a student-run free clinic committed to delivering high quality medical care to individuals who have limited access to health services and insurance. We are based at the Lestonnac Free Clinic and serve Santa Ana, Tustin and neighboring communities. We strive to provide comprehensive care to our patients by offering health care services, wellness education, social services, basic medications, referrals, and assistance in obtaining health care coverage. While we would like to serve everyone, our clinic is intended to catch those who fall between the cracks of the current health care system, the uninsured.

The UC Irvine Outreach Clinics are dedicated to improving the health and quality of life of individuals and families ineligible for or unable to access existing programs, while inspiring future health professionals to explore and understand community-based, patient-centered practice in a multidisciplinary environment.



Spotlight on Resident: Dr. Elsbeth Lo

Dr. Elsbeth Lo will be a 3rd year Family Medicine resident, and serve as the Administrative Chief Resident for the 2015-2016 academic year.

Q. Where did you grow up, college, med school?

A. I grew up in Pasadena, I went to Cornell for undergrad and UVA for med school.

Q. What is your favorite restaurant in Orange County?

A. Mead’s Green Door Cafe

Q. How do you destress outside of work?

A. Hiking, hanging out with co-residents.

Q. What is your favorite UCI / FHC moment?

A. Working in Station 3 and no longer finding the precepting room intimidating!

Q. What was the biggest adjustment you’ve made from medical school?

A. Finding creating ways to stay in touch with friends.

Q. Do you have any words of wisdom for our interns?

A. Stay healthy, stay active. Reach out for help when you need it.



PRIME-LC

Welcome to the Class of 2018's PRIME-LC Residents:

Linh Nguyen & Jeffrey Aroyo

Integrative Medicine

Welcome to the Class of 2018's Integrative Medicine Residents:

Christine Chon, Ruby Gonzalez, Gloria Lu, Mahsa Rezaei, James Suchy

UCI Mobile Food Pantry

At the monthly food distribution, UCI Mobile Food Pantry now includes a chef demo and a Peds clinic!

- 220 households helped per month
- 55 pounds of food distributed to each household
- 60-70% of the food distributed is fresh produce

Spread the word:

Date: First Saturdays (except for holidays)

Time: 9am-11am

Location: UCI Family Health Center Santa Ana, Parking Lot

Staff-Provider Wellness Sessions - FM Residents Welcome!

Lunch and Interactive Workshop

July 9, 2015 - Yoga by Ruth Degen

Sept 8, 2015 - Massage for Health by Melissa Ricker

Time: 12 noon - 1:15pm

Location: FHC - SA, 2nd floor large conference room

RSVP: eachen@uci.edu

Dr. David Kilgore & Elaine Chen

FMIG

- Post Match Panel went well. All 6 graduating FM 4th years attended.
- Jillian Gottlieb, Logan Thomas, Vira Fomenko, and Elisa Zhang are FMIG Board Members
- Upcoming Events: Meet n Greet on August 18, 2015.

Dr. Lynette Bui & Dr. Tan Nguyen
FMIG Co-Advisors

Resident Life



Spotlight on Alumnus: Dr. Robert Lin

Dr. Robert Lin is currently the Chair of the Department of Medicine at Patton State Hospital. He completed his residency training here at UC Irvine in Family Medicine in 2008.

Q. Where did you grow up, college, med school?

A. I grew up in sunny Southern California. I went to UCLA for undergrad and University of Pittsburgh for medical school.

Q. Where do you work currently and tell us about your work?

A. I currently work at the California Department of State Hospitals - Patton, a major forensic mental institution which serves about 1,500 patients who have been committed by the judicial system. As a physician and the current Chair of the Patton Department of Medicine, I provide primary care and perform other administrative duties.

Q. What was the biggest adjustment from residency to the "real world"?

A. Realizing how broad the field of family medicine is and how well UC Irvine Family Medicine prepared me to handle cases or to find appropriate solutions.

Q. What is your favorite FHC moment?

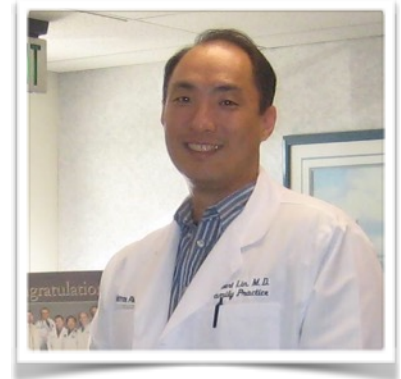
A. Working with the late Dr. Richard Kammerman, who was a dedicated, experienced physician, a respected, caring teacher, and a true gentleman.

Q. What is your favorite restaurant near FHC?

A. Gen Korean BBQ House in Tustin

Q. Any words of advice for our new interns?

A. Learn as much as you can during residency but try to have just as much fun also. Three years go by just like that.



UC IRVINE FAMILY
MEDICINE RESIDENCY
CLASS OF 2015

Dr. Mariam Behbehani

Dr. Yaminah Espinosa

Dr. Crystal Glassy



Dr. Kathleen Graham

Dr. Eduardo Ramirez

Dr. Maria Robles



Dr. Ellie Sadr

Dr. Rachel Tangaro

Dr. Sally Tsai



Dr. Mariam Behbehani

Background: born and raised in Irvine and spent some years in Tehran, Iran. Got my BS at UCI, MPH at UCLA and DO degree at Western University of Health Sciences. At UC Irvine FM residency was Administrative Chief, FMIG resident liaison, GME FM representative and Resident Wellness Committee Member. I really enjoyed being part of the residency and leadership.

Nickname: Given to me on wards was "STAT." Others: Wards Superstar and "most likely to be the next Dr. Ho"

Favorite Things To Do: writing, I have my own blog about life and lessons! Traveling (I go to one new place every year). Spending time with my fiancée, family, and friends.

Favorite FHC Moment: There are many! My favorites are the days when I got to see most of my continuity patients with smiles on their faces.

Favorite Residency Memory: The retreats were my favorite since I got to spend time bonding with the residents as well as the faculty.

Shoutouts: I want to thank my parents who supported me through this journey. They always encouraged me to do my best and believed in me. I want to thank my sister and my best friend. She has always been there for me through the sleepless nights, the constant exams (checking my scores) and the ups and downs of making it through training. Thanks to my fiancée Aria for giving me strength, encouraging my passion and for his constant love and support. Thanks to my best friend Ellika and co-resident! I couldn't have done it without you! We made it! To the faculty who have all taught me valuable pearls I will take with me forever.

Post Residency Plans: Health Care Partners in Orange County, Full time continuity care

Advice to Incoming Residents: You are a life-long learner. You can never learn and read enough. Stay humble. Believe in yourself. There will be ups and downs, but its worth it. Remember to enjoy it because before you know it residency is over! Thank you to my UCI family! It has been a wonderful journey!



Dr. Yaminah Espinosa

Nickname: Jamie (growing up substitute teachers & other kids couldn't say Yaminah or butchered my name so Jamie is the nickname that I got)

Favorite Things To Do: Paddle boarding, traveling abroad, family time, baking, scrapbooking

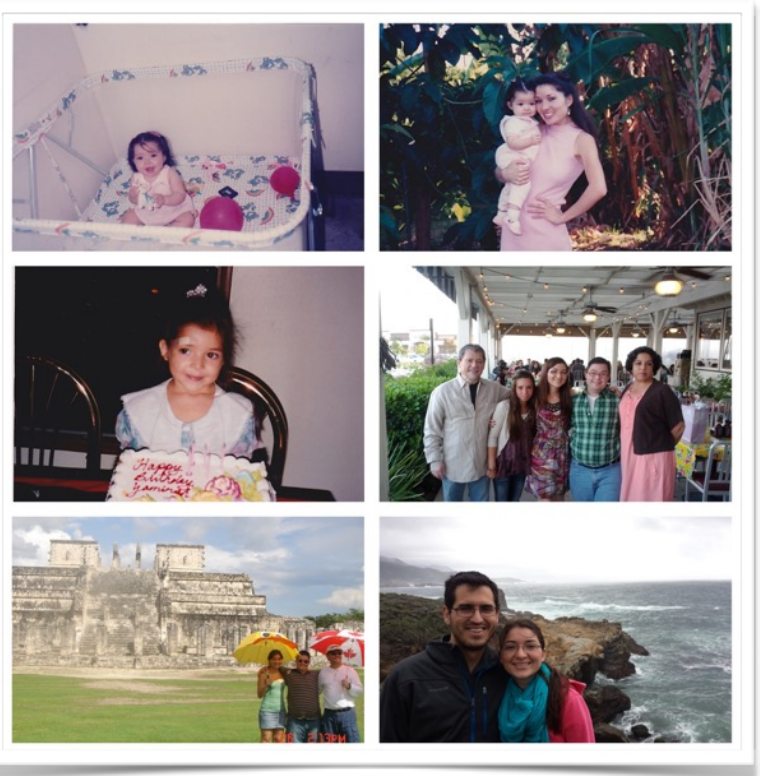
Favorite Residency Memory: brunch with Crystal, Marco, Maria and Cory for Maria Robles' birthday

Shoutouts: My brother Francisco Jr is the inspiration and energy behind my mission to care for patients. My mother Pilar is the strength behind my endurance over the years. My father Francisco is my biggest supporter and great advisor who always taught me to "conquer those A's." My loving Husband has been my loyal partner, counselor and best friend throughout these years. I thank God for each one of them. To my fellow residents: Maria and Crystal were my fellow comrades and without them, my journey in residency wouldn't have been as fun!!! I love these cuties!

Post Grad Plans: Move to beautiful and sunny San Diego!

Advice to Incoming Residents: Ask LOTS of questions to maximize your learning; 3 years goes by FAST! Lead a balanced life to help you get through residency (learn about meditation, yoga, start to exercise and keep doing your hobbies). Foster bonds with your colleagues. And lastly, become involved in something you're passionate about while in residency.

Quotes to live by: "No good deed goes unpunished" "An attitude of gratitude" " Diversify!"





Dr. Crystal Glassy

Post Grad Plans: moving to Sacramento for my husband to begin his cardiology fellowship at UC Davis! Looking forward to all the outdoor activities! I will be working part time in an outpatient setting.

Advice to Incoming Residents: Have fun and surround yourself with your amazing co-residents! Keep up your hobbies



Dr. Kathleen Graham

Nickname: Katie, Kate

Favorite FHC Moment: There were so many favorite patient encounters, but I loved going to clinic to be with the staff, residents and attendings. The clinic has so many dedicated, hard-working, intelligent people and I loved being a part of the team.

Favorite Residency Moment: When one of my patients confessed that she wasn't taking her DM meds because she thought she had cancer and would die anyways. I felt abdominal masses, had her imaged, and sent her for a surgery consult. Her surgery happened to be on a day I was working in the OR on my surgery rotation. I asked her surgeon if I could assist and was able to help perform her surgery. She hadn't scheduled a followup visit with me, yet, so I called her to check in and she told me the results of her masses, which were thankfully benign. When she came to followup with me, she brought me a picture of herself with a kind note on the back. She then asked me how to restart her DM medications! On my hardest days, I look at that picture and remind myself that being a FM physician is an honor because we get to help people on so many levels.

Post Grad Plans: Working per-diem and spending as much time with my family as possible.

Advice to Incoming Residents: You get what you put into your training. Residency is a small amount of time compared to your future career, so take every opportunity as a chance to learn something new. Your future patients will be glad you made the extra effort.

Dr. Eduardo Ramirez

About me: I was originally born in Mexico. My parents and I got our green cards through the Ronald Reagan amnesty bill in the 1980s and I received my citizenship in 2005 (Thank you Mr. President). For the most part, I grew up in Southern California. I consider myself a Californian growing up in LA suburbs like Montebello, Pico Rivera and eventually Whittier.

Favorite Things To Do: I love to sing and play guitar. My second career would have to be a singer / songwriter (haven't quite gotten there yet). Those who really know me know that I am a sports freak. My favorite teams are the Dodgers and Lakers and I love 710 ESPN radio (Cowherd, Mason & Ireland, Max & Marcellus)

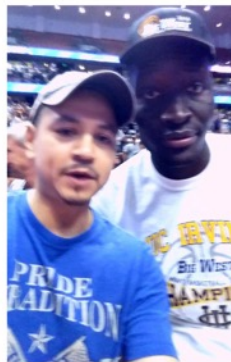
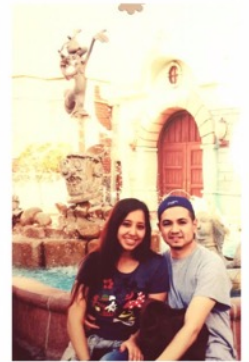
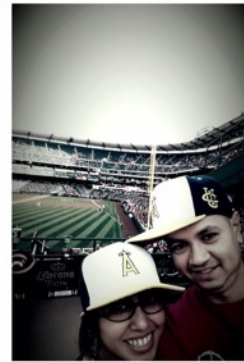
Favorite Residency Memory: Seeing the most difficult patients with Dr. Tran and being able to provide care for those with barriers to care.

Shoutouts: I'd like to thank some of my middle and high school teachers from Whittier for inspiring me to pursue science/medicine as a career (thank you Mrs. Ford and Dr. Philip where you may be). I want to thank everybody from our staff, co-residents, and faculty for making my career a success. It has been quite a ride.

Post Grad Plans: Kaiser Orange County

Advice to Incoming Residents: Success is not a destination but the road you're on. And always remember - even if you know the way, ask one more time.

Quotes to Live By: "Family Medicine Forever"



Dr. Maria Robles

Nickname: Carwyn

Favorite Things To Do: Going to Disneyland, sports fanatic (Dodgers, Lakers and Manchester United), and doing anything with my family

Favorite FHC Moment: My continuity patients: getting to know them over and over again. I will miss them.

Favorite Residency Memory: 1) on my first day of residency (7/1/12), my parents met me at the LBVA at 6:30am to say a prayer for my new journey and give me a "bendicion." 2) Tap dancing classes and many, many, many lunches/dinners and outings with Yaminah and Crystal. 3) My first patient gift, a homemade scarf and tamales de elite (very yummy). :) 4) The day I passed Boards.

Shoutouts: Thank you: Mom and Dad, for your unconditional love and support; my sisters Yolanda and Elsa for everything you have done to help me get here; my niece Kaitlyn, for always reminding me how much fun it is to be a kid; my dear, dear beautiful friends Yaminah and Crystal, you are amazing women, thank you for always being there for me; to the lovely Sally, your kindness is remarkable; To Marco, for all of your support throughout the many years; to my love John, my life is better because of you.

Post Grad Plans: A short / long break, then work at a community clinic.

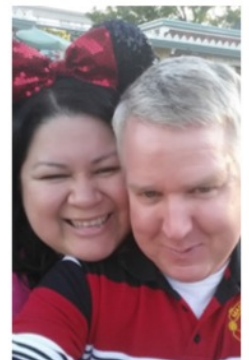
Advice to Incoming Residents: Every opportunity is a learning opportunity, whether you know it or not, so make the best of it

Quotes to Live By:

"Every day is a new opportunity to reinvent yourself." - A very wise man
"Never settle for something you are not." - My Dad

"Once social change begins, it cannot be reversed. You cannot educate the person who has learned to read. You cannot humiliate the person who feels pride. You cannot oppress the people who are not afraid anymore." - Cesar Chavez

"Of all the forms of inequality, injustice in health care is the most shocking and inhumane." - Martin Luther King Jr.





Dr. Ellika Sadr

Shoutouts: I can't believe this endless journey is actually coming to an end (well Dec 4 in my case)! I couldn't have made it this far without the love and support of my family; my parents for providing me everything I needed to fulfill my dream, my husband for being the most supportive partner and best friend for the last 15 years and for my little Layla for showing me a new meaning to life.

Advice to Incoming Residents: For all of you just starting off your residency, enjoy it while it lasts. At times it may seem never ending but I promise you it will fly by and you'll be in our shoes reflecting back on your journey. XOXO Ellie



Dr. Rachel Tangaro

Favorite FHC Memory: Removing a 6x8cm lipoma from a patient's thigh with Dr. Zuniga using only local anesthetic. Patient was cash-pay and so grateful that we were willing to do the procedure. This remains the largest lipoma I've ever removed.

Favorite Residency Moment: One of the OB chiefs asked me to scrub in on a bilateral tubal ligation and let me do the operation nearly on my own.

Post Grad Plans: Urgent care in the mountains

Advice to Incoming Residents: Learn Spanish ASAP

Dr. Sally Tsai

Favorite Residency Memory: While inpatient, one of my patients called the police on me when I told him there's no cure for his cancer. He told the police that I was not doing my job as a physician. True Story! Unfortunately not the only time my patient has called the police on me.

Favorite FHC Memory: When my patients bring me snacks, fresh squeezed juice, key chains from their own country or provide advice about wearing more supportive bras, now these are true measures you are a good doctor! Just kidding. My favorite moments are having true continuity with some of my patients who I have taken care of both during inpatient and outpatient visits and during both good and bad days. I feel like a true PCP.

Advice to Incoming Residents: Patience is a virtue. A trait I never mastered.

A Word from the Program Coordinator

Dear Graduates,

On your first day of orientation I remember telling you that these three years will fly by! What I didn't know is that your class would endure more changes than the past 5 years combined! We have had an extraordinary three years together. We have weathered growing pains, overcome obstacles, and now we celebrate the culmination of all of your hard work! I have enjoyed watching you blossom from anxious interns into compassionate physicians, and I want you to know that I am extremely proud of all of you.

Thank you for all of the support that you have always given me and each other! I hope that no matter where you go, you will always remember that UCI is your home.

Love always,
Anastasia
Residency Coordinator, UC Irvine Family Medicine



THANK YOU CLASS OF 2015 FOR ALL THE MEMORIES!



CHIEF'S CORNER

CLINIC CHIEF

I am VERY excited to be your clinic chief for this coming year!!!! When we send out schedules I encourage you all to look at it ahead of time to foresee any discrepancies. I will try my best to make sure scheduling is the least of your worries!!

Melissa Miranda, Clinic Chief

ADMINISTRATIVE CHIEF

The first few months of the year can be a bit hectic if not scary, but as your administrative chief, I will answer any questions you might have! Feel free to ask me about scheduling, rotation sites, good hiking trails/vegetarian recipes/local breweries/pretty much anything besides relationship advice. My co-residents have been a great source of support for me for the last two years and I hope that you will have a similar experience during residency

Elsbeth Lo, Administrative Chief

ACADEMIC CHIEF

Hello! My name is Naomi and I'll be your academic chief for this upcoming year :) I'm excited about all we have in store for this year, and look forward to learning with you all. Please contact me if you ever have any questions or suggestions regarding our didactic curriculum!

Naomi Chiang, Academic Chief

QI CHIEF

As a QI chief, I hope that we can all improve patient care with the QI project this year. Hopefully we can get the AAFP grant for the senior vaccination project. I will keep you updated as soon as I hear back from them.

Hau Do, QI Chief

UC Irvine Health

Department of Family Medicine

101 The City Drive South, Building 200, Suite 835

Orange, California 92868

www.familymed.uci.edu (714) 456 - 5171

WE ARE UC IRVINE FAMILY MEDICINE

