Welcome

Welcome to the UCI Family Medicine Residency Newsletter, a place for us to recognize the tremendous efforts of our residents, faculty, and staff!

Happenings

Congratulations Dr. Cynthia Haq for accepting a position as the Chair for the Department of Family Medicine! We look forward to your leadership!

Thank you Dr. Hanh Nguyen for your Service to the Department of Family Medicine! We miss you!

Congratulations to Dr. Betzy Salcedo for becoming our next Assistant Residency Program Director!

Congratulations Dr. Lisa Gibbs for receiving Orange County’s 2017 Physician of the Year!

Congratulations Dr. David Kilgore for receiving funding for a teaching kitchen in our Santa Ana FHC clinic!

Upcoming Events

Interview season: starts November 6th
Department Holiday Party: December 9th
Residency Retreat: March 2-4, 2018

Welcome to the Class of 2020

Thomas Azeizat, MD
Ellie Conser, MD
Katherine De Azambuja, MD
Dylan Hanami, MD
Maria Kim, MD
Grey Le, MD
Shannon Melcher, MD
Laetitia Truong, MD
Edgar Ureno Garcia, MD

We are Family

This past July 2017, the Department of Family Medicine welcomed nine new residents to our residency program. While our interns come from different backgrounds, each have a strong heart to taking care of our underserved patients. Please turn to page 5 for the “mini-yearbook section” to read more about each of our interns. Please join us in welcoming the class of 2020!
As another interview season begins, we have many new developments in the Department of Family Medicine (DFM). Topping the news is Dr. Cynthia Haq, who will become the permanent Chair of DFM starting January 1, 2018. Dr. Haq comes to us from the University of Wisconsin (UW) School of Medicine and Public Health, where she served as the founding director of the UW Center for Global Health and director of medical student education, among numerous leadership positions she held. She also developed the Training in Urban Medicine and Public Health program for UW medical students to promote health equity for disadvantaged populations in Milwaukee.

Dr. Haq has a deep and longstanding commitment to promoting health for vulnerable populations both locally and globally. She has served as medical director for a rural health center in Uganda which trained village health workers to improve child survival. She established the first family medicine training program for physicians in Pakistan. She has also led efforts to strengthen medical education in Ethiopia. Dr. Haq has designed and published extensively on socially accountable health professional education. She led an international health fellowship program and served as a consultant to the World Health Organization. She has received numerous research and teaching awards, including Fulbright scholarships to Pakistan and Uganda.

We at UCI DFM are extremely fortunate to have recruited a leader of her caliber, and look forward to working with her to take the department onward and upward. Dr. Haq will continue our mission of service to underserved populations and high-quality whole-person care for all.

As I step down from the interim position that I held for the past three and a half years, I am extremely grateful to every single individual in the department for the support and dedication throughout these years. I would like to extend a special thanks to our leadership team which includes Dr. Esther Ho, the recipient of UC Irvine Health Program Director of the Year for 2017, for leading the residency program and cultivating a culture of service, excellence, accountability and kindness. We also thank and congratulate our Vice Chair, Dr. David Kilgore, for the exciting work that he is doing in integrative health including LiveHealthyOC Initiative and the now fully-funded teaching kitchen that is in the planning stages at the Family Health Center – Santa Ana. We thank Dr. Lisa Gibbs, OCMA Physician of the Year, for leading a top 50 US News and World Report Geriatrics Division, the only department or division recognized in all of UC Irvine Health. She leads the UCI Center of Excellence on Elder abuse and has brought multimillion dollar grants to the DFM, the most recent of which is an initiative in harm reduction and trauma-informed care for survivors of elder abuse.

Everyone, we have much to be thankful for this holiday season and have much to look forward to in the coming year. Happy Holidays, everyone!

Emily Dow, MD
Professor and Acting Chair
Department of Family Medicine
University of California, Irvine

Chief Medical Officer
UCI Family Health Centers
Spotlight on Assistant Residency Director: Dr. Betzy Salcedo

Where did you go to medical school and do residency?
I was born and raised in Mexico. I did medical school in Mexico as well, at the University Juarez of the State of Durango in Gomez Palacio, Durango. I came to the US right after medical school, and did my residency at UCLA.

How long have you been teaching?
After finishing residency, I worked for LA County/UCLA for 3 years. I precepted residents during FM continuity clinic, Women’s Clinic, Pediatrics Clinic, and I fell in love with it.

What do you enjoy most about teaching residents?
I like discovering their personalities and their work style. It amazes me how their confidence grows until they become independent physicians. Most of all, I feel like I am a better physician every day I work with them because they teach me.

How do you destress? Any hobbies?
Is eating a hobby? I enjoy trying new restaurants (any type of food) whenever I can. I also love coming home and eating dinner with my beloved husband, talking about how our day went, and then relaxing watching HGTV. But, the best therapy for me is dancing to good Latin music.

What is your favorite restaurant?
It depends on where I am. Having said that, I am currently in love with Anepalco! It’s my little piece of Mexican heaven.

Do you have any words of wisdom for our residents?
Enjoy residency! These will be your last 3 years of training, EVER (unless you do a fellowship, of course). Enjoy every single patient encounter because, trust me, you will learn something that will be useful in the future. Also, every time you are seeing a patient from second year on, ask yourself: What would I do if I was already in my practice, and I did not have a colleague to ask for advice? Always make some time for yourself and try to spend some time with your co-residents outside from work. Lastly, know that we are here for you. All of us are rooting for your success!!

Spotlight on Medical Assistant: Salvador Ureno

Where did you grow up?
I was born in the small village of El Eargadero, Jerez in Zacatecas, Mexico

Tell us about yourself
At the age of 16 I immigrated to the United States with my parents. I got to work right away by picking strawberries for 4 years in Northern California. I also worked in construction (landscaping). In 1996, I became a medical assistant.

Who is the regular attending that you work with?
I usually work with Dr. Vega in the Mobile Clinic for schools.

How long have you been working at UCI?
20 years.

What is your favorite part about working with the residents?
My favorite part is when they graduate after a long 3 year journey. I enjoy seeing them happy, knowing that they’ve gained experience as doctors.

What is your favorite memory at the Family Health Clinic?
The toy-drive during the holiday season. It brings me joy to see the children waiting for Santa to arrive at the clinic to bring toys.

Do you have any words of advice for our new residents?
Do not give up even when it is very stressful. I am so proud to work with the residents.

How do you feel working alongside your son, Edgar?
It has been a very special experience working with Edgar. I feel a lot of joy while working alongside my son, teaching him what I know and learning from him as well. As a parent of 4 I want all of my children to succeed and achieve more then I could. I am very proud of his achievement of becoming a resident physician at FHC-Santa Ana.
Spotlight on Alumni: Dr. Luz Ornelas Prado

Where did you grow up? College? Med School?
I grew up in Mexico and moved to the US at age 7. I spent most of my life in Tustin, California. I went to college and med school at UCI.

Where do you currently work and tell us about your work?
I currently work at an FQHC in Winnetka, California where I work serving the underserved Hispanic population of the San Fernando Valley.

What was the biggest adjustment from residency to the “real world?”
The biggest and best adjustment is that you learn to trust your judgement. I am confident in my abilities and knowledge which helps me focus on giving the best care possible.

What is your favorite restaurant near the FHC in Santa Ana?
The Playground!

Any words of advice to our new interns?
Take advantage of having access to specialists of all kinds. I always asked them, “What should I do before I send a patient to you?”

Spotlight on Resident: Dr. Sadaf Sareshwala

Where did you grow up? College? Med School?
I grew up east of San Francisco in a suburb city, San Ramon. I went to undergrad at UC Berkley (go bears!) and medical school at Touro University, California.

What is your favorite restaurant?
Nomad’s Asian bistro, it’s Islamic Chinese food (northern Chinese food with a Turkish influence) and it’s delicious!

How do you destress outside of work?
I like soaking my feet at the beach with a nice scoop of chocolate ice cream.

What is your favorite UCI/FHC moment?
My first continuity patient of my intern year scared me with how complicated he was. Now I’ve managed his medical care for an entire year and he told me that because of me he’s got his life back on track, and his numbers prove his improving health!

What was the biggest adjustment you’ve made from medical school?
Learning how to provide good medical care with limited resources.

Any words of advice to our new interns?
Ask every patient one thing about them that has nothing to do with medicine—it creates truly healing relationships. Similarly, maintain that one hobby that has nothing to do with medicine—it makes it easier to heal yourself when things get stressful.
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Laetitia Truong, MD
Edgar Ureno Garcia, MD
Dr. Thomas Azeizat

Hometown: Yonkers, New York
Undergraduate: Boston University
Medical School: Frank H. Netter MD School of Medicine at Quinnipiac University
Hobbies: Binge watching Netflix, Trying out new local food places, running, hiking, cooking, football, basketball, volleyball, and hanging out with friends
Why UC Irvine: Because of the opportunity to not only empower, but also serve as an advocate for the most vulnerable and underserved individuals in Orange County, CA. In addition, being at a major academic institution/medical center would allow me to work with and learn from world-renowned experts in medicine.
Interesting Fact: Wait for it...I have a replica ducky tie from the show “How I Met Your Mother”
Medical Interests: Family Medicine, Academic Medicine, and Community Medicine
Future Plans: Outpatient medicine in sunny Southern California!

Dr. Ellie Conser

Hometown: Iowa City, Iowa
Undergraduate: Vanderbilt University
Medical School: University of Arizona
Hobbies: Yoga, golf, rock climbing, cooking, eating out, traveling, hanging out at the beach
Why UC Irvine: Love the patient population seen at UCI; really loved all residents and faculty I met during my interview. UCI Has a strong Integrative Medicine curriculum which I wanted to be a part of.
Interesting fact: I recently went to a Native American sweat lodge.
Medical Interests: Women’s health, integrative medicine, community medicine
Future plans: To be determined!
Dr. Katherine De Azambuja

**Hometown:** Tustin, California  
**Undergraduate:** UCLA  
**Medical School:** New York Medical College  
**Hobbies:** Reading, listening to music, dancing, traveling, spending time with family and friends, hanging out with my dachshund named London  

**Why UC Irvine:** I wanted to come back home to Orange County and work with the underserved Latino population. The UC Irvine Family Medicine residency program really stood out to me. It offers its residents a broad-spectrum Family Medicine training in a community setting and provides the resources of an academic institution. UC Irvine’s PRIME-LC track is truly unique and its mission resonated with my own goals as a training Family Medicine physician.

**Interesting Fact:** I am bicultural: my mom and dad emigrated from different Latin American countries (Honduras and Peru, respectively) and met in Orange County. I was ordained as a Eucharistic Minister while in medical school to provide Holy Communion to hospitalized patients.

**Professional/Medical Interests:** I hope to gain the best training and skills that will allow me to meet the needs of the underserved Latino community and to become knowledgeable on resources available to my patients. Additionally, I am considering a fellowship in Geriatrics as I have a strong interest in providing care to the growing elderly population.

**Future Plans:** I plan to stay in Orange County and to work in an outpatient setting. I hope to serve my community and contribute to reducing health care discrepancies in underserved populations.

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Dr. Dylan Hanami

**Hometown:** Los Angeles, California  
**Undergraduate:** UC Santa Cruz  
**Medical School:** Saint Louis University School of Medicine  
**Hobbies:** Traveling, rock climbing, cooking, and eating.

**Why UC Irvine:** Honestly, it just comes down to the right "fit." I wanted an academic program that also had training in a community hospital and at an FQHC. I’m also interested in serving the Latino community in the US and abroad, and I’d love to pursue a career in academics, so PRIME-LC really called to me. Not only that, UCI was designated as a RHEDI (Reproductive Health Education in Family Medicine) site in February of 2017, so I thought it was a wonderful opportunity for me to contribute to the program.

**Interesting Fact:** I met the emperor and empress of Japan when I was 5! It was pretty nerve-wracking.

**Medical Interests:** Family planning, underserved medicine, social determinants of health, implicit bias in health care, public health and social justice.

**Future Plans:** Maybe work in a rural area as a doctor, and then get back into academic medicine at some point...maybe a fellowship?
Dr. Maria Kim

**Hometown:** Fullerton, CA  
**Undergrad:** UC Berkeley (Go Bears!)  
**Medical School:** Jefferson Medical College (now Sidney Kimmel)  
**Hobbies:** I love to spend hours catching up with friends over milk tea or noodles, whether that’d be eating out or cooking together. I also really enjoy hiking, camping, indoor bouldering, road tripping, and checking out new fun things to do locally with friends, both old and new. When alone though, I find myself wondering when I should start my future comic book, mulling over the best time to adopt my first dog, and perusing Instagram on the couch.  
**Why UC Irvine:** Since I was tiny, I’ve always dreamed of becoming a doctor dedicated to serving my home community and providing the best unconditional care to anyone who walked in regardless of their appearance, beliefs, or background. From UCI’s rigorous academic background to its mission to administer social justice and holistic medicine here in one of the most underserved areas in the OC, this program is able to fit everything I was looking for to make that dream become reality. The people here are genuinely passionate in their mission to do good for their fellow neighbors. The support and love from the faculty, staff, and fellow residents are overwhelming in the most positive way; it’s that sense of belonging, that gut feeling you get when you know you’ve found your crew. Needless to say, I’m thrilled to be back home for my training and forever grateful to be given this opportunity at UCI to become an awesome doctor and advocate for my community.  
**Interesting Fact:** One day I will collect all the stamps from every visitor center of the National Parks and Areas in California, then hopefully beyond to the entire country!  
**Professional/Medical Interests:** Underserved medicine, health advocacy/access/disparities, school-based health, adolescent medicine, community medicine.  
**Future Plans:** Be an awesome doctor.

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Dr. Grey Le

**Hometown:** Baton Rouge, Louisiana  
**Undergraduate:** Louisiana State University  
**Medical School:** Louisiana State University School of Medicine in New Orleans  
**Hobbies:** Anything food related, cooking, grilling, sous vide, or eating out. Also just picked up rock climbing and bouldering.  
**Why UC Irvine:** UCI was my pick because of the diverse population it serves. The patients come from many different ethnic backgrounds and the program is committed to the underserved. Rotating at both an academic hospital and community clinic will help me be a well rounded physician.  
**Interesting Fact:** I’m obsessed with exotic fruits and will travel just to find them. Big durian fan.  
**Medical Interests:** Improving my Vietnamese and learning Spanish  
**Future Plans:** outpatient primary care, urgent care, but also keeping an open mind
Dr. Shannon Melcher

**Hometown:** Chicago, Illinois

**Undergraduate:** Carroll University

**Medical School:** Chicago Medical School at Rosalind Franklin University of Medicine & Science

**Hobbies:** I enjoy bike riding, running, traveling with my husband and children, gardening, crocheting, and most recently quilting.

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Dr. Laetitia Truong

**Hometown:** Fullerton, California

**Undergraduate:** University of California, San Diego

**Medical School:** Creighton University School of Medicine

**Hobbies:** listening to live music, watching theater, going to museums, swimming, and playing the ukulele.

**Why UC Irvine:** Orange County is my home and it was my dream to come back and serve this community. UC Irvine also provides a nice blend of community and academic medicine. There are incredible resources here and I am confident I will become a great physician and community leader by training here. On interview day, I felt at home and enjoyed meeting the faculty and residents. Very happy to be here.

**Interesting Fact:** I spent the first 14 years of my life in this little town in Normandy, France called May-Sur-Orne.

**Professional/Medical Interests:** preventive medicine and underserved medicine

**Future Plans:** Hoping to stay in the OC after residency!
Dr. Edgar Ureno Garcia

Hometown: Anaheim, California
Undergraduate: UCLA
Medical School: Hofstra-Northwell School of Medicine
Hobbies: Basketball, tennis, golf

Why UC Irvine: Amazing faculty! Very supportive staff and family medicine residents to help guide you through residency. Location, Orange County has amazing food (Mexican, Korean, BBQ, Thai, Japanese, Vietnamese) and great beaches! Multiple communities from very underserved to very affluent, and great weather. PRIME-LC program provides us with a unique experience and training.

Interesting fact: I drove from New York to Los Angeles in three days (approximately 45 hours) with my puppy. I could not wait to start residency at UC Irvine!

Medical Interest: adult preventive medicine and community healthcare
Future Plans: to be determined

Chief’s Corner

Academic Chief: Dr. Linh Nguyen
I have been getting positive feedback on the quality of the Thursday didactics sessions and have made a smooth transition as new academic chief, thanks to Christine Chon’s hard work as academic chief for the first 3 months. I want to personally thank Christine for teaching me a lot about designing an organized curriculum with purpose. I welcome everyone's suggestions on how we can continue to improve our education!

Administrative Chief: Dr. Gloria Lu
I am so proud of everyone in this residency and your hard work and dedication on both the inpatient and outpatient settings. It is truly inspiring to be working with such wonderful people in our UCI family. I hope everyone is taking care of themselves and making wellness as one of your priorities. We are all here for each other and please feel comfortable to reach out to us if you meet any difficulties along this journey. I look forward to continuing this journey with you all!

Clinic Chief: Dr. Andrew Nobe
First off, I want to thank and congratulate each and every one of the residents, faculty, and staff for your resiliency, patience, and hard work over the past few months. It has been tough. Your heart, compassion, and dedication are the lifeblood of our clinic and exemplify the mission of FHC Santa Ana and our residency. As we transition to Epic, our grit will truly be tested. I am excited for the intuitiveness, speed, and capability of Epic, but the jump to hyperspace won’t come without some hiccups and a steep learning curve. Therefore, I ask that we just keep swimming as a ohana where nobody gets left behind and channel hakuna matata through adversity and let it go as we strive to live happily ever after to infinity and beyond!

Quality Improvement Chief: Dr. Jeffrey Arroyo
This has been an exciting year for our clinic! My underlying goal as quality improvement chief has been to ensure we are providing the high quality of care that our patients deserve. I have learned to embrace change and see the opportunities that lie within. Reorganizing the clinic has created the chance to improve clinic flow as well as the patient experience. Although switching to a new EHR is daunting it will also provide the chance to fine tune the system so it works for, not against, providers. Thank you everyone for your hard work and dedication to serve our patients and community.
A Word from the Residency Coordinator

I would like to express my gratitude for the opportunity to help support an exceptional, like-minded group of residents that commit to provide quality health care to the disadvantage communities.

Completing residency is a major goal every one of you has; however, you reach that goal with achieving smaller accomplishments. I am glad I get to witness, behind the scenes, the progress you make on a daily basis whether it is completing a new rotation, applying for your medical license, or adding another new patient and bond to your continuity list.

Take a moment to celebrate the “small things” as they are essential for your growth and overall accomplishment.

I look forward to the continued opportunity to support you in achieving your goals; and, a successful interview season with all of you!

Warm regards,

Joana Godoy
WE ARE UCI FAMILY MEDICINE