Welcome to the Class of 2018

We are Family

This past July 2015, the Department of Family Medicine welcomed nine outstanding interns to our residency program. While our interns come from diverse backgrounds, they are united here at UC Irvine with a common goal - to obtain an excellent education and to take care of the underserved. Please turn to page 5 for the “mini-yearbook section” to read more about each of our incredible interns.
A Word from the Chair

Hard to believe that its another interview season and the holidays are just around the corner. As always, there have been a few changes in the Department of Family Medicine. Dr. Mike Prislin retired in July after 30 years of service to UC Irvine. He is planning on returning in November part-time to continue doing direct patient care at Plaza as well as helping out at Med Ed. We are fortunate to have two excellent new clinical faculty join the department. Dr. Elana Cramer is based at FHC Santa Ana, and has already hit the ground running with FM wards. Part of her orientation to UCI FM was interrupted by a wedding (her own) and honeymoon to Cuba. Dr. John Hann is coming on as FM Hospitalist and will be working on the van for community outreach projects when he is not on wards. We also have two superb research faculty joining our department. Dr. Billimek received his PhD in Psychology and Social Behavior at UC Irvine and will be leading the research and grant activities. Dr. Billimek is already well known to FHC SA for the number of research projects he has conducted there with our diabetic patients. Dr. Roger Liu has over 15 years of service at UC Berkeley in the Departments of Integrative Biology and Molecular and Cell Biology, and our department will benefit from his expertise in research, diversity, teaching, and mentoring, program development and grant writing. These four new faculty will be assets to our already strong commitment to serving our most vulnerable communities. I appreciate the work that each and every resident and faculty does to serve our communities and keep our department moving forward. I am proud of the strength and resiliency of our residents and the effort to continue improving their work environment and themselves. We are united in striving for excellence, accountability, and professionalism. Let's work toward recruiting like-minded residents who will continue to strengthen our program and bolster the primary care work force needed to take care of all those within our borders and beyond. Happy Holidays and I hope to see everyone at the combined FM/FQHC Holiday Party on December 12th!

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

A Word from the Program Director

In the short first few months of the 2015-16 academic year, our UCI family has been through much together. We’ve successfully shortened inpatient ward rotations to 3 weeks at UCIMC; did reverse shadowing to integrate our new R1s into continuity clinic; held our R1’s continuity clinic on a set day of the week to maximize continuity; learned and integrated our new R1s into continuity clinic; held our R1’s continuity inpatient ward rotations to 3 weeks at UCIMC; did reverse shadowing to integrate our new R1s into continuity clinic; held our R1’s continuity clinic on a set day of the week to maximize continuity; learned and bonded at our new weekly half-day educational conferences; attended a Dermatology conference together as residents and faculty; welcomed Dr. Elana Cramer as faculty and Lisa Camino, LCSW, as our residency behavioral sciences director; and launched our scholarly activity program under the direction of Drs Marco Angulo, John Billimek, and Roger Liu. With the ever changing health care system, we’ve innovated together on multiple process improvements and team building activities, won several scholarships for senior residents to attend additional national conferences later this year to bring back to share and teach resident colleagues, and are now starting to implement our grant funded vaccination clinic project for our elderly patients.

We’ve also celebrated new beginnings with summer engagement and weddings, and walked alongside one another when faced with personal and professional challenges and tragedies. Through our journey together, we have strengthened our understanding of and to each other, and deepened our relationships and bonds as a UCI Family. Dr. Hanh Nguyen and I thank you for the privilege to be part of each of your lives and our UCI family. We look forward to a fantastic interview and holiday season and rest of the year.

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

A Word from the Assistant Program Director

My first few months serving as your assistant program director have been so special. With interview season around the corner, I am often reminded that UCI Family Medicine always has a very special place in my heart. This is where I finished my residency and there is a personal pride and sense of ownership that this is our program. To that extent, Dr. Ho and I are so excited to continue to nurture the needs of our residents. I want to remind each of our residents that this is your program, and that it is the residents who are the heart of this residency program. We are all united in a common goal of outstanding resident education and taking care of the underserved. It is with this mission that we are reminded to not only provide the best possible care of our patients, but to take care of one another and our personal well beings. We cannot provide our best without being our best. I am so proud of all the work that you all do and we look forward to recruiting outstanding residents this interview season!

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

Spotlight on Faculty Member:

Dr. Elana Craemer

Dr. Elana Craemer joined the Department of Family Medicine in August of 2015 as Assistant Clinical Professor and will be precepting in resident clinic, inpatient wards, and family planning clinic.

Q. Where did you go to medical school and do residency?
A. I went to medical school at Albert Einstein College of Medicine, residency at Montefiore Medical Center

Q. How long have you been teaching?
A. This is my first year at UC Irvine, and I’m so excited to work with all of you!

Q. What do you enjoy most about teaching residents?
A. Learning. Everyone learning and creating an environment where we share.

Q. How do you destress? Any hobbies?

Q. What is your Favorite Restaurant?
A. Big Mista’s Sammich Shop

Q. Do you have any words of wisdom for our residents?
A. You know more than you think. The connection you make with patients is more therapeutic than you realize.

Vol 1: Issue 2

November 2015
Patient Feedback

“Dr. Sadr is the most professional and very compassionate about my health! She is an excellent and extraordinary doctor, when she graduates in December 2015 I’m going to miss her. She is the best doctor I ever had.”

“Dr. De la Vega is amazing, I already recommended by fiancee to see them too.”

“Dr. Sadr is the best, excellent!”

Regarding Dr. Cat Nguyen, “She’s the greatest! She listens and shows concern!”

Regarding Dr. Gloria Lu, “She was very courteous and explained well what I have.”

Resident News

Dan Buda did an away elective in Romania in July of 2015!

Huong Nguyen did an away elective in Peru!

Congratulations to Rebecca Cheng and Daniel Chang, who celebrated their marriage in July of 2015!

Enrique Rosales Vong has reached a new milestone! He is now pointing and cruising and very happy!

Remember to Refer Patients to Our Free Yoga and Zumba Classes

Gentle Yoga Classes

In the past week, by any chance have you seen any patients with anxiety, depression, problems sleeping, stable chronic back or joint pain or hypertension? What a rhetorical (or silly!) question – of course you have! You may not have seen any patients without at least one of these diagnoses – but did you consider referring any one of them to our free Gentle Yoga Class? Time to do that! Most of you probably already know that Yoga combines physical postures, breathing techniques, meditation and relaxation, and according to the National Center for Complementary and Integrative Health:

- A carefully adapted set of yoga poses may help reduce chronic low-back pain and improve function
- Practicing yoga may help reduce heart rate and blood pressure, and may also help relieve anxiety and depression

Yoga classes are on 1st and 3rd Thursdays, 5:30-6:30 p.m. 2nd Floor Large Conference Room. No appt. needed – patients can just drop in, no special clothing requirements – they can come just as they are. The Yoga instructors will gladly help our patients modify any poses to suit their medical needs. Patients can bring their own yoga mats if they would like but we also have mats to loan those who need one.

Zumba Fun Classes

In the past week, have you encouraged any patients to be more physically active? Gosh, I certainly hope so! But did you consider referring any one of them to our free fun Zumba classes, held on 2nd and 4th Thursdays, 5:30-6:30pm? Zumba is an aerobic fitness program set to infectious music and featuring movements inspired by various styles of Latin Dance. This class is for all levels of Zumba experience, and best enjoyed by patients who are able to be at least somewhat physically active. The class will help them burn calories, tone their entire body, and take their mind off of stressors with an intergenerational group of classmates. No appt. needed – patients can just drop in, no special clothing requirements, but comfortable dance shoes or gym shoes are recommended. BTW – as with the Yoga classes, all FHC physicians and staff are also welcome to come – check it out for yourself sometime!
Spotlight on Resident:

Dr. Cynthia Pike

Dr. Cynthia Pike is currently a second year family medicine resident here at UC Irvine Family Medicine.

Q. Where did you grow up, college, med school?
A. I grew up in Texas. The first part of my life, I went to school in Harlingen, Texas and then middle school and high school in Plano, Texas. I went to Texas A&M at College Station and obtained my masters and med school at Texas A&M.

Q. What is your favorite restaurant in Orange County?
A. Sandy’s in Huntington Beach. They have a nice patio that overlooks the beach and they have an excellent happy hour and ceviche!

Q. How do you destress outside of work?
A. I like TV shows (I’m waiting for the next season of Homeland, spy shows), concerts and live music. We just went to the Viper Room to hear a local Dallas band.

Q. What is your favorite UCI / FHC moment?
A. I really liked the residency retreat, being able to be with everyone all at once and helped me get to know people better out of the work place and outside of Orange County. It was nice to relax with your co-residents.

Q. What was the biggest adjustment you’ve made from medical school?
A. Taking ownership of my patients. I didn’t feel that in medical school but now I do, thinking about their cases, calling them, and really spending time to educate them. I feel more of a burden in taking care and ownership of their health because its now my responsibility.

Q. Do you have any words of wisdom for our interns?
A. There is definitely light at the end of the tunnel. Find your support network, and tell them what you’re feeling. Learn as much as you can. Intern year is intense, but its a great time to really learn because you see so much during intern year.

Spotlight on Alumnus:

Dr. Gilda Ngo

Dr. Gilda Ngo is currently an attending family physician and medical director at Northeast Community Clinic. She was a former chief resident and completed her family medicine residency here at UC Irvine in 2012.

Q. Where did you grow up, college, med school?
A. I get up in Southern California, went to Stanford for undergrad and the University of Vermont for medical school.

Q. Where do you work currently and tell us about your work?
A. I currently work for Northeast Community Clinic (NECC) as their medical director. We are a group of FQHCs dispersed in the LA area. Our primary focus is to serve the underserved communities in the Los Angeles region.

Q. What was the biggest adjustment from residency to the “real world?”
A. The biggest adjustment from residency to the real world is learning how to manage and work with the non-medical side of providing medical care.

Q. What is your favorite restaurant near FHC?
A. Mil Jugos!

Q. Any words of advice for our new interns?
A. Learn as much physical exam, and focus on the differential diagnosis and getting the correct diagnosis, while medical management is important, it is always changing and can be looked up.
UC IRVINE FAMILY MEDICINE RESIDENCY CLASS OF 2018

Dr. Jeffrey Arroyo
Dr. Christine Chon
Dr. Ruby Gonzalez
Dr. Gloria Lu
Dr. Catherine Nguyen
Dr. Linh Nguyen
Dr. Andrew Nobe
Dr. Mahsa Rezaei
Dr. James Suchy
Dr. Jeffrey Arroyo

**Hometown:** West Covina, California

**Medical School:** David Geffen School of Medicine at UCLA / Charles R Drew University

**Undergrad:** UC Berkeley

**Why UCI:** My top priority was joining a program where I could help underserved patients. A program that fosters collaboration among its residents and faculty to maximize our knowledge base so that in turn we can provide the best care to our patients. It was also important for me to stay in Southern California where I could be close to my family and friends while also being part of a great academic institution.

**Hobbies:** Watching the Lakers, playing basketball, and enjoying time with my wife

**Interesting Fact:** Half Puerto Rican and half Mexican

**Future Plans:** To use the training that UCLA/CDU and UCI have given me to improve and make a positive impact in the health and well being of populations that are disadvantaged economically, socially and culturally.

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Dr. Christine Chon

**Hometown:** Seattle, Washington

**Medical School:** University of Washington

**Undergrad:** University of Washington

**Why UCI:** I felt very welcome during the interview and could see that there was a strong focus on community medicine and serving the diverse patient population but also with all the amenities of an academic program. The faculty are dedicated to teaching and to serving the underserved/uninsured patient population

**Hobbies:** Spending time with family, outdoor sports/activities, swimming, traveling, cooking

**Interesting Fact:** I lived in Korea and Japan teaching English as a second language prior to medical school.

**Future Plans:** Learning Spanish!
**Dr. Ruby Gonzalez**

**Name:** Ruby Gonzalez  
**Nickname:** Rox  
**Hometown:** El Monte, California  
**Medical School:** UCLA  
**Undergrad:** Cal State University of Fullerton  
**Why UCI:** I was drawn to UCI because it offered training in two of my passions; first the patient population that I grew up with and secondly training in integrative medicine.  
**Hobbies:** My number one hobby is spending time with my family, especially my two boys. I have spent countless hours learning to sing the dinosaur train song for my boys! I also love traveling especially if it involves a beautiful beach and great food!  
**Future Plans:** Being the best mommy I can be while taking care of patients and their families in the outpatient setting.

**Dr. Gloria Lu**

**Name:** Gloria Lu  
**Nickname:** Glor, Glu, Glo  
**Hometown:** Foster City, California  
**Medical School:** Ohio State University  
**Undergrad:** UC Berkeley  
**Why UCI:** UCI had everything that I was looking for in a program--strong training in both academic and community medicine, a diverse patient population, outstanding opportunities to get involved with the community, and wonderful people. I was also amazed at the closeness of the residency family, which is something I really valued and looked for in a program.  
**Hobbies:** Singing, being a foodie, hiking, card-making  
**Interesting Fact:** I learned to read Chinese by watching way too many dramas as a kid  
**Future Plans:** Outpatient practice in the community, although it’s too early to know for sure, so I am just keeping an open mind as I go through different rotations.
Dr. Catherine Nguyen

Nickname: Cat

Hometown: Westminster, California

Medical School: Creighton University School of Medicine

Undergrad: UCLA

Why UCI: One thing I always knew during med school in Omaha (especially during frigid winter days), was that I needed to get myself home to beautiful sunny SoCal for residency. During my interview at UCI, I knew right away that this was where I wanted to be. My biggest personal criteria for choosing a residency program was simply how well I would fit in -- which program had the "family" I wanted to be a part of. Throughout my interview day at UCI, I couldn't help but feel the "warm fuzzies" as each of the residents and faculty I met were truly the most genuine, down to earth, and passionate people I hoped to find in a residency, and I knew that these were "my people." Everything else UCI had to offer was a cherry on top.

Hobbies: trying new restaurants, cooking, going to Disneyland, exploring new places, hiking and camping, lounging at home in my PJs, arts and crafts, home decorating, spending time laughing and joking with my hubby Alex and my funny/crazy family.

Interesting Fact: Traveled to ~30 countries so far. I collect magnets wherever I go... hoping to add more to my collection!

Future Plans: I love clinic, so I hope to work in an outpatient setting that will give me more opportunities to provide preventive care, serve a diverse population, see a wide range of medical conditions. Babies, kids, adults, the elderly -- I'd love to see this type of variety in my every day practice.

Dr. Linh Nguyen

Hometown: Oceanside, California

Medical School: UC Irvine School of Medicine

Undergrad: UC San Diego

Why UCI: hybrid academic center and community training that actively helps the underserved. Love the patient population- many Vietnamese and Spanish speaking, often underserved and very sick patients that teach me a lot about the medicine and the social aspects of health care. I’m in the PRIME-LC track, involving a community project to positively impact the Latino population, a unique track I haven’t found in any of the programs to which I’ve applied. The faculty are excellent teachers and mentors as well. The residents are some of the nicest people with whom I’ve been able to connect. I’ve made a lot of new friends here- it’s amazing!

Hobbies: jogging, swimming, singing, spending time with my husband

Interesting Fact: I’ve dated my husband, John, for 7 years before marrying him 6/7/15. He keeps me grounded and understands me better than anyone else. Having supportive friends/significant others/family members is key in residency. Also, I love residency though it’s hard work. The learning never stops, and I get to impact patients’ lives for the better.

Future Plans: Heading back home to San Diego to work in an underserved academic or community center that will hopefully allow me to teach, learn, and continue to use my medical Spanish and Vietnamese.
Dr. Andrew Nobe

Name: Andrew Nobe
Nickname: Nobe
Hometown: Irvine, California
Medical School: University of Vermont College of Medicine
Undergrad: UCLA

Why UCI: During my interview day, I was motivated by the faculty and resident focus and passion for providing top notch care to the large underserved, uninsured population here in Orange County. As an OC native, I felt at home here at UCI and jumped at the chance to give back to the community that raised me. Furthermore, there are a wide variety of experiences available with UCI Family Medicine and we are unquestionably well trained. There is the multi-specialty tertiary care at UCIMC, the complex, late-presenting patients with socio-economic intricacies at FHC-Santa Ana, and the bread and butter pathology in the community hospital/VA settings. The residents and faculty here are like one big family, and of course, you can’t beat the weather here in Southern California.

Hobbies: Basketball, golf, any sport, yoga, coffee

Interesting Fact: As an undergrad at UCLA, I worked for the UCLA men’s basketball team as a student manager. I went to two Final Fours and worked with many legendary coaches and players, including Russell Westbrook and Kevin Love.

Future Plans: combined primary care and sports medicine

Dr. Mahsa Rezaei

Name: Mahsa Rezaei
Hometown: Tabriz, Iran
Medical School: Chicago Medical School
Undergrad: University of Illinois Chicago

Why UCI: It was love at first sight for me. On my interview day, I could tell the family medicine folks at UCI were special. From the faculty and clinic staff, to residents and program coordinators, everyone was welcoming, friendly, and interested in knowing more about me as a person. After my interview day, I knew UCI family medicine has everything that I was looking for in a family medicine program. I knew I wanted to be a part of a program that has strong academic support and at the same time serves an underserved population.

Hobbies: I enjoy cooking Persian cuisine and having people over. I love spending time with friends and family. I also love exploring the beautiful beaches in Orange County.

Interesting Fact: I was a Farsi-Turkish interpreter at a refugee camp in Turkey

Future Plans: I would like to work at a Community Health Center and serve populations most in need.
Dr. James Suchy

Nickname: Jim

Hometown: Laguna Beach, California

Medical School: UC Irvine School of Medicine

Undergrad: UC Berkeley

Why UCI: As a UCI medical student, I got a significant amount of time to work with the residents and faculty in the family medicine residency program. Needless to say, I enjoyed the relationships I built with these people and knew I would receive a tremendous amount of support in my development as a family medicine physician. I was also intrigued by the integrative medicine track. With such a large population in southern California looking for non-traditional approaches to care, I felt having this additional training would be greatly beneficial. I also had a strong focus on aiding the undeserved communities, which I closely identify with. And most importantly, I picked UCI because the University of California education system has not failed me yet!

Hobbies: When I’m not involved in medical studies or work, you can often find me doing something related to physical fitness. Endurance sports have always been a passion of mine, since I started rowing in high school and then continued throughout college. Now, I spend a good amount of my free time during residency training for my next triathlon. Other personal interests include eating and sleeping, which I think go hand-in-hand with my fitness interests. Also I love playing games, discovering new restaurants/stores/activities in familiar places, and improving my culinary skills.

Interesting Fact: I’m an eagle scout, so just ask if you need helping building a fire or emergency shelter.

Future Plans: Naturally, I’m interested in pursuing a sports medicine fellowship after residency, though I’m not entirely sure in what setting and degree to which I want to utilize it.

A Word from the Program Coordinator

Dear Residents,

We are hitting the half-way mark and I feel it is always a good time to reflect on the growth that we have had in just 6 months. We had our interns begin their journey and our graduates leave the nest. We have weathered many things including grueling schedule and trying to find balance in our personal and professional lives. Essentially we have all become more compassionate and confident versions of our self. I hope that you all take a moment to recognize the achievements big and small that you have accomplished. I also hope that you take advantage of your supporting cast of attendings, peers, and me as we strategically plan for the goals that you hope to achieve for the remainder of the year.

Love always,

Anastasia
Residency Coordinator, UC Irvine Family Medicine
WE ARE UC IRVINE FAMILY MEDICINE
CHIEF’S CORNER

CLINIC CHIEF

Thank you for everyone’s patience with the clinic schedule. Again, I encourage you all to check your schedules ahead of time to help find and prevent scheduling conflicts. Keep up the great work for those of you who have been pro-active! Let’s finish off 2015 without any clinic issues!

Melissa Miranda, Clinic Chief

ADMINISTRATIVE CHIEF

We made it through the first part of the year! I really appreciate how hard everyone is working and those of you who have reached out to me with your questions. Please continue to contact me with any questions or feedback about your schedules, off site rotations, etc. A tip for clinic flow: let your MAs know as soon as you leave the patient room (before you go precept) if you need anything like vaccines or f/u appointments so they can start working on them while you precept with the attending. This can speed up discharge!

Elsbeth Lo, Administrative Chief

ACADEMIC CHIEF

Hello all! Congrats on getting through these first few months of the 2015-16 year! I hope things are starting to settle in and that everyone has begun to adjust to their new roles for the year. Please let me know if you have any suggestions regarding academic topics that you would like to hear about in these upcoming months, and feel free to chat with me if you have any questions!

Naomi Chiang, Academic Chief

QI CHIEF

I am excited that we are going to start multiple projects this year for Quality Improvement in our clinic including the AAFP Grant for Influenza and pneumococcal vaccination for senior patients as well as the hypertension management project. We will be implementing these projects in clinic soon Please let me know if you have any questions. We can make a difference in our patient’s care together.

Hau Do, QI Chief

UC Irvine Health

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