Welcome to the Class of 2019

David Adler, MD  Tammy Chew, MD
Jeanine Gore, MD  Renee Kreidl, MD
Timothy Lee, MD  Linda Lin, MD
Kevin Riutzel, DO  Sadaf Sareshwala, DO
Nina Tsai, MD

We are Family

This past July 2016, 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 2019!
A Word from the Chair

Yet another year is coming to a close, although the academic year has us nearly midway. We have ushered in a new class of interns who are learning the ropes and adjusting to the 80-hour work week. In August, we were very excited to welcome Dr. Brian Kim who joined Dr. Chris Kroner in primary care sports medicine at Plaza. He is a UCI School of Medicine alumnus who returns to us after finishing residency and fellowship at UCLA. We also welcomed Dr. Reza Dolouei, a geriatrics-trained family physician at the Senior Health Center in September. We mourned the departure of Drs. Lynette Bui, Marco Angulo, and Vinh Nguyen, but have recruited two new excellent faculty, Drs. Betzy Salcedo and Yasser Gir on who will join us at the Family Health Centers in Anaheim and Santa Ana, respectively, in February, 2017.

In October, UC Irvine Health made the difficult decision of eliminating 175 positions due to increasing expenses and decreasing revenues. We are still in a period of transition, but will continue to do our best to bring high quality care to our patients who depend on us.

Dr. Esther Ho and Dr. Hanh Nguyen continue to put all their energies to improving the curriculum and the residency experience. The residents themselves chose a wellness and resilience activity in October to hold an evening of arts and crafts for Grandma’s House of Hope, a non-profit organization that provides basic needs and services to women, children, and families who are victims of human trafficking, domestic violence, chronic illnesses and mental health disorders, and are living in extreme poverty. It’s residents like these that reassure us that the future of family medicine is in good hands.

We are off to another interview season, but we have high hopes that we will be recruiting more residents like our current ones. I wish everyone a wonderful holiday season!

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

Spotlight on Faculty
Member: Dr. Brian Kim

Dr. Brian Kim joined the Department of Family Medicine in September of 2016 as Assistant Clinical Professor and will be precepting in resident clinic, and sports medicine clinic.

Q. Where did you go to medical school and do residency?
A. UC Irvine SOM, residency at UCLA, sports medicine fellowship at UCLA

Q. How long have you been teaching?
A. Prior to starting at UCI in August, I had been a clinical instructor at UCLA for a year, while completing my second year of sports medicine fellowship. I taught residents and medical students; my favorite part was helping to run a half-day musculoskeletal workshop for MS3s during their family medicine rotations.

Q. What do you enjoy most about teaching residents?
A. Getting to know them, to figure out what teaching style might work best

Q. How do you destress? Any Hobbies?
A. Saving my succulents from the brink of death. Being active. Watching any and all sports. Hulu/Netflix are key

Q. What is your Favorite Restaurant?
A. El Toro Bravo

Q. Do you have any words of wisdom for our residents?
A. Make the most of your time as residents! Don’t leave residency with any regrets about what you wish you had experienced or learned!
A Word from the Program Director

Our first few months of the academic year have been meaningful, with a combination of rekindled energy and bonding. The enthusiasm of our class of 2019 has renewed our passion for our mission to train family physicians to serve our most vulnerable patients and communities, while our R2 and R3 classes have demonstrated thoughtful leadership, including mentorship for junior residents and medical students and finding new ways to promote our own wellness and resiliency through activities such as kickball and community service for our monthly dinners together.

We welcomed Dr. Brian Kim as our second sports medicine-family medicine faculty, and Joana Godoy as our medical education coordinator, who helps Anastasia and our residency; successfully (and happily) transitioned all adult inpatient rotations to 3 week blocks; replaced the R1 CCU rotation for an ICU rotation; expanded our R2 palliative care rotation; opened a dedicated weekly geriatrics clinic at FHC as well as neuropsychological testing for our elderly FHC patients; included sports medicine curriculum in our R2 rotation; extended our Gynecology rotation to include another vulnerable group--women’s health at the Long Beach VA; added an urgent care experience in the R3 year; and attended a primary care psychiatry conference.

Our QI project includes depression screening and another one on hand hygiene; and in addition to the well-rounded curriculum for our weekly resident didactics, our residents are also enrolled in a pediatric and adolescent gynecology study curriculum.

Most of all, we have grown closer as a family and I am proud to see each of our residents and faculty care for and take care of one another.

Dr. Nguyen and I are looking forward to this interview and holiday season with you all.

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

A Word from the Assistant Program Director

Resiliency is an important trait that is learned through perseverance and dedication even in the most difficult of times. The road to becoming a physician is a long and arduous path, but the rewards in making a difference in the lives of our patients, especially those most in need are priceless. This resiliency is important to continue to balance the rigors and demands of medicine, personal and family life. I encourage all of you to not forget what is important in your lives outside of medicine. It may seem cliche, but do stop and smell the roses, do pick up the phone and call your family, and do go for that walk with your dogs or loved ones. We have had the opportunity to continue to grow and learn more about each other, not only on the wards and in the clinics, but by team building with outreach at Grandma’s House of Hope and playing kickball at a local park that I actually grew up going to when I was in elementary school. As interview season is quickly approaching us, I encourage all of you to remember what is important. Yes, taking care of patients and the art of taking care of those most in need is important, but you are important as well. The phrase, “Physician, heal thyself” is never more important. Dr. Ho and I wish you a very happy holiday season!

Hanh Nguyen, M.D.
Assistant Program Director, Dept. of Family Medicine
Spotlight on Alumnus: Dr. Ellie Sadr

Dr. Ellie Sadr is an attending physician at Health Care Partners and completed her residency training in 2015.

Q. Where did you grow up, college, med school?
A. I grew up in Irvine. Went to undergrad, medical school and residency at UCI. I did finally leave Irvine for a whole 6 months and studied abroad in London during college ;-).

Q. What is your favorite restaurant near FHC?
A. Crave...best chocolate chip cookie ever!

Q. Any words of advice for our new interns?
A. Enjoy residency because it’s your last chance to ever be a student. It has it’s ups and downs like anything else, but before you know it it’s over and you are a grown up :-{
UC IRVINE FAMILY MEDICINE RESIDENCY CLASS OF 2019

Dr. David Adler
Dr. Tammy Chew
Dr. Jeanine Gore

Dr. Renee Kreidl
Dr. Timothy Lee
Dr. Linda Lin

Dr. Kevin Riutzel
Dr. Sadaf Sareshwala
Dr. Nina Tsai
Dr. David Adler

**Hometown:** Greater LA Area

**Medical School:** David Geffen School of Medicine at UCLA

**Why UCI:** PRIME + Integrative Med tracks, affiliation between FQHC and large research university provide a valuable arena for health services research for capacity building of marginalized communities, extraordinarily supportive and friendly faculty and residents, and near several great surf spots

**Hobbies:** surfing, hiking, kayaking, nature, camping, traveling, playing the guitar, spending time with my friends and family, global health and systems research

**Interesting Fact:** Before med school I was a musician and marine biologist

**Future Plans:** Underserved medicine, social entrepreneur, social venture capitalist, nature adventure rehabilitation, health services researcher

Dr. Tammy Chew

**Hometown:** Carlsbad, California

**Medical School:** University of Toledo College of Medicine

**Why UCI:** UC Irvine is able to offer me unique opportunities to learn and grow as a physician. At the continuity clinic in Santa Ana, I have learned from the faculty and our patients how to deliver health care across financial, social, and language barriers effectively. It is also a valuable and rewarding experience to navigate the health care system with our patients who often lack resources. I am also impressed by how supportive our program is of the residents. At UC Irvine, I am confident that I will broaden my perspective and grow to be a well-rounded physician.

**Hobbies:** gardening, learning Spanish, traveling

**Interesting Fact:** I was born in Hong Kong

**Future Plans:** Outpatient primary care
Dr. Jeanine Gore

**Hometown:** Half Moon Bay, California

**Medical School:** UC Davis School of Medicine

**Why UCI:** UC Irvine is an amazing place. From the moment I first arrived on interview day, I was totally head over heels in love with UCI. This program - and its superb leadership! - offered, in my opinion, a peerless combination of academic rigor, underserved medicine, a welcoming environment, and an unusual focus evidence based integrative therapies. Also UCI offered best chance at my dream of all dreams, a teaching kitchen. I think this overall approach really is the future of medicine and primary care in America. People are most definitely craving more information about these modalities, and it is up to doctors to become educated about what truly works. For me, it’s really exciting to train here. As a physician, I would feel most fulfilled if I could help my patients achieve true health and vitality, not just absence of disease. This is best accomplished through small, but powerful modifications to nutrition, exercise, and stress management. In this way, together, we can create lasting lifelong health no matter how difficult the socioeconomic circumstances.

**Hobbies:** cooking, juicing, jogging, chasing after my 2 toddlers, power tools, global health, art, and everything crafty

**Interesting Fact:** I once spent 3 days traveling by open-air riverboat down the Brazilian Amazon. Sleeping quarters consisted of you, your hammock, and about 200 other people and their hammocks, everyone all jammed together on the boat deck just sleeping, reading, talking, catching up. Also there was a special live chicken storage area, just in case you needed to put your chicken somewhere

**Future Plans:** travel, fun, integrative medicine, and reclaiming my freedom! In no particular order

Dr. Renee Kreidl

**Hometown:** Wheaton, Illinois

**Medical School:** Rush Medical College, Chicago, Illinois

**Why UCI:** when applying to family medicine residencies, I was looking for a very specific program. I was strongly interested in working with underserved populations but was also looking for a program that would allow me to explore integrative medicine more. UCI was one of a handful of programs around the country with both these features and I was also impressed with the welcoming and kind attitude of the faculty and residents. I am grateful to have come to UCI for residency.

**Hobbies:** meditation, dance and exploring southern California

**Interesting Fact:** I know a handful of break dance moves :)

**Future Plans:** to become a primary care physician in a medically underserved area and be able to incorporate integrative medicine in my practice
**Dr. Timothy Lee**

**Hometown:** Chicago, Illinois

**Medical School:** University of Illinois at Chicago College of Medicine

**Why UCI:** I was looking for a program where people were passionate about their medical interests but also easy to get along with. I also wanted to be in an academic setting where I’d get to learn from experts in their respective fields. Most importantly to me, I was looking for a program dedicated to the underserved and was super impressed by the training opportunities offered by being in the community of Santa Ana and the PRIME program.

**Hobbies:** running, hiking, exploring and eating delicious food, traveling

**Interesting Fact:** I’ve been to a dozen countries and picked up a hobby of collecting cool maps while there

**Future Plans:** To be determined... but I definitely want to be involved with underserved communities in some way

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**Dr. Linda Lin**

**Hometown:** Where do I begin... Taipei Taiwan? Southern California? Northern California? As you can see, I have several places I call home. Most recently, my home town is Portland Oregon, in the beautiful, scenic Pacific Northwest.

**Medical School:** Oregon Health and Science University

**Why UCI:** “A journey of a thousand miles begins with a single step.” UCI was where I took my first step toward becoming a doctor eleven years ago. This was where I began my personal healing and self discovery process, first as a cancer patient, then a cancer survivor, and now as a resident physician serving patients in similar vulnerable state I was in. This deep-rooted connection made my serendipitous return to UCI that much sweeter. Oh and not to mention, the SoCal Sun and the proximity to extended family had lots to do with it too! But more importantly, I was drawn to our program’s people: it’s under-served population, it’s friendly and like-minded residents, and it’s caring and supportive faculty and staff. Now four months into the program, I can honestly say I made the right choice for me. I am blessed to be here amidst such a warm and welcoming bunch. I am grateful to be home.

**Hobbies:** Since becoming a student of medicine, my favorite hobby has been catching up on very needed sleep. OK seriously now, my favorite ‘hobby’ is to enjoy the simple joys in life and create everyday memories with my family. This may include hiking or biking in the regional parks, cuddling and reading on the couch with my 7-year old daughter after a day’s work, catching up with my extended family on my weekends off, doing zumba and yoga with my husband, cooking my daughter’s favorite curry chicken udon, watching Planet Earth on family movie nights, helping my daughter learn her piano recital piece, and going on excursions and adventures with my family no matter near or far.

**Interesting Fact:** I played varsity badminton in high school...that was a long time ago. I am not athletic by any means, but I did received the peer-nominated MVP award my senior year on the team.

**Future Plans:** Let’s see... I have come to learn that oftentimes life has its own agenda and plans; as long as I have a general direction and an open mind, it will take me where I need to be. I am hopeful that it will lead me down a path where I can utilize my various strengths to make a difference in my little corner of the world. At the moment, caring for the under-served, the under-represented, the vulnerable and the terminal ill resonates with my heart. Let’s see what the future holds...
Dr. Kevin Riutzel

**Hometown:** Glendale, California  
**Medical School:** Touro University, Nevada  
**Hobbies:** karaoke, mentoring, staying physically active, learning more Korean language/culture  
**Future Plans:** integrative medicine, osteopathic medicine, nutrition, agents of social change

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Dr. Sadaf Sareshwala

**Hometown:** San Ramon, California (SF Bay Area)  
**Medical School:** Touro University, California  
**Why UCI:** I love how UC Irvine’s program combines the rigor of a thriving academic environment while serving the underserved at a FQHC and supplementing our training with alternate approaches via the Integrative Medicine track. I knew I would receive a well-rounded training here, whether it was in the hospital rounding on patients, delivering babies, or managing a clinic. I believe UC Irvine really does have it all, so when I go out into the real world as a doctor, I will be able to say I can do anything!  
**Hobbies:** I’m always in the quest for a good adventure. I make lists of food, beaches, hikes, and interesting spots to go to while busy and then make it a point to work through those lists when I have any spare time. I enjoy Indian dancing and I also love Bollywood movies!  
**Interesting Fact:** I created a hand washing song in Hindi while working in the slums of Mumbai, India. It’s exactly 20 seconds long (which is how long you should be washing your hands) and schools in India have adopted it to encourage kids to wash their hands!  
**Future Plans:** I hope to have a diverse practice where I can do a mix of inpatient and outpatient medicine with an emphasis in women’s health and integrative medicine. I also love to teach and would enjoy incorporating that within my future plans.
Dr. Nina Tsai

**Hometown:** Monterey Park, California

**Medical School:** St. Louis University School of Medicine

**Why UCI:** I chose UCI because it offered many opportunities to be involved in both community and academic medicine. On my interview day, I liked the program for its commitment to and advocacy for the underserved. I also enjoy teaching students and saw how involved the attendings and residents were in education. Lastly I get to be back in sunny So Cal where most of my family lives!

**Hobbies:** Playing the piano and the cello, learning Spanish, going to concerts/arts shows

**Interesting Fact:** I collect magnets from all the places I've been to, near and far

**Future Plans:** Working in an outpatient setting and serving a diverse population

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A Word from the Program Coordinator

Dear Residents,

So here we are, a familiar place any resident midway through the year, a place of uncertainty. R1s are not sure if they are ready for their clinics to be expanded, R2s still finding their footing in their R2 role, and R3s realizing that in a little over 6 months, they will be out in the real world without attendings as their safety net. I was thinking about what I was going to say to you that could actually help ease your fears. I know you can't fully comprehend the larger picture just yet, so I decided to share a story - a very personal story.

About 7 years ago, I lost my nephew. He was only 24 hours old. My sister was a healthy 26 year old female - absolutely no health problems. She had a healthy pregnancy - a very low risk patient was what they called her. I watched my nephew crown and be delivered. I saw his full head of black curly hair and heard his full cry while his little arms and legs flailed about. I took his warm body from the nurse and laid him on my sister's chest. 10 hours later I changed his first diaper, 15 hours later I left to get some rest and a car seat as they were releasing her and baby Angel the next day. 24 hours later I got a call that I needed to rush to the hospital as he had a fever and they were taking him to the NICU. By the time I got to the hospital he had passed away. An autopsy was done and "no significant findings" was the only answer we received.

Fast forward 6 months, my only daughter was pregnant. The fear that seized me was worse than any panic I have ever felt. I spoke with Dr. Hien Nghiem, who was the assistant program director and maternity care director of our program at the time. She convinced me that what happened to my sister was a fluke. She said that if my daughter was monitored properly that tragedy would not happen again. She didn't guarantee it, but she promised that she and my residents would do everything in their power to see that my first grandchild was delivered healthy. I did my part. I didn't reveal who my daughter was to the residents, nor did I attend any of her prenatal appointments with her. I put my faith in my residents and Dr. Nghiem (OK so you guys know me - I debriefed Dr. Nghiem after every appointment!). What I found was the care that my daughter received was some of the best care I have ever experienced. She knew exactly what to expect at each visit, the signs/symptoms she was supposed to look for, and her follow-up appointment before she left. Needless to say the cat was out of the bag at the delivery and the residents walked in to see a frantic "ME" sitting on the bed trying to calm my daughter. I was frantic because my daughter was in pain but I was secure in knowing that my residents and faculty were the best that money could buy so to speak and my granddaughter was delivered healthy and LOUD! LOL

I shared this story because I hear you everyday. I hear the frustrations regarding systems, the worries about lack of knowledge, and the overall feeling of uncertainty. I know (as a parent, patient, and staff) I still stand by my original feeling that "you are some of the best people and give the best care that money can buy".

Love always,

Anastasia

Residency Coordinator, UC Irvine Family Medicine
WE ARE UC IRVINE FAMILY MEDICINE
INTEGRATIVE MEDICINE PROGRAM LAUNCHES CULINARY MEDICINE INITIATIVE

Nutrition is an important part of the circle of wellness, but patients—as well as providers—often lack practical cooking skills that are key to helping insure that our patients are able to convert the well-intended nutritional recommendations we give them into putting healthy, delicious meals on their dinner tables. The focus of the initiative is to take learners (patients and clinicians!) into the kitchen for hands-on cooking classes to bring alive abstract knowledge about nutrition while learning simple culinary techniques and principles to create dishes that:

• Represent the best of current evidence-based nutritional guidelines
• Emphasize whole food, plant-based diets with a wide variety of multi-colored vegetables, fruits, legumes, whole grains, nuts and seeds, herbs and spices.
• Teach about cooking with sources of healthy proteins, fats and carbohydrates
• Are lower in sodium while high in flavor
• Follow-food safety and sanitation principles
• Are easy to prepare, inexpensive - and delicious!

We piloted a Healthy Cooking series (Cocinando Saludable) for some of our Spanish-speaking FHC patients over this past Summer at the Discovery Science Center teaching kitchen, and are currently piloting a Culinary Medicine elective course for UCI medical students. In addition to examining principles of the Mediterranean diet and the DASH diet, learners in both courses get hands-on cooking instruction from a chef and/or culinarian with a focus on making healthy and delicious culturally appropriate dishes, using efficient food preparation techniques, and helping patients make practical changes to eating and shopping habits.

The literature has shown that giving physicians more knowledge and training in practical nutrition, including healthy cooking skills improves their effectiveness in supporting healthy nutritional choices of their patients—which we know is one of the cornerstones to addressing commonly seen diet-related problems such as obesity, heart disease and diabetes. The initiative is one part of our Integrative Medicine Program’s overarching plan to change the focus of healthcare and medical education for our residents, medical students and faculty to include a multidisciplinary, patient-centered approach that emphasizes wellness, prevention and self-care skills.

We’re planning a one-time-only Culinary Medicine workshop for family medicine residents on Thursday evening, Jan. 19th down near the UCI campus - Stay tuned for more info!