UC San Diego Health Physician Directory

From routine doctor visits to the most advanced procedures, our doctors are here for you. Our specialty care for complex conditions — including cancer, heart disease, neurosurgery, pulmonology and more — is rated among the nation’s best by U.S. News & World Report.

For Patients

Make an Appointment
Whether you need to be seen for an urgent condition today or are looking for a new primary care physician or specialty care provider, we can help. Call 800-926-8273 between 8 a.m. – 6 p.m.

health.ucsd.edu/request_appt

Find a Provider
Search by name, specialty, location or keyword to find the right provider for you.

providers.ucsd.edu

Physician Access Services

Refer a Patient or Request Consultation
Call Physician Access Services at 855-543-0555 from 8 a.m. to 5 p.m.

Transfer an Inpatient
For hospital-to-hospital transfers, call 619-543-5709 (24-hour service) for instructions.
## Locations

### La Jolla
- **La Jolla Emergency**
  - Sulpizio Cardiovascular Center
  - 9434 Medical Center Drive
  - La Jolla, CA 92037
- **La Jolla Urgent Care**
  - 8910 Villa La Jolla Drive
  - La Jolla, CA 92037
- **Orthopedics Urgent Care**
  - Sports Medicine
  - 4520 Executive Drive, Suite Plaza 1
  - San Diego, CA 92121
  - 4510 and 4520 Executive Drive
  - San Diego, CA 92121
  - 8910 Villa La Jolla Drive
  - La Jolla, CA 92037
  - 8899 and 8929 University Center Lane
  - San Diego, CA 92122
  - 8939 Villa La Jolla Drive
  - La Jolla, CA 92037
  - 9333 Genesee Avenue
  - San Diego, CA 92121
  - 8950 Villa La Jolla Drive
  - La Jolla, CA 92037
  - 9350 Campus Point Drive
  - La Jolla, CA 92037
  - Shiley Eye Institute
  - 9415 Campus Point Drive
  - La Jolla, CA 92093
  - Sulpizio Cardiovascular Center
  - 9434 Medical Center Drive
  - La Jolla, CA 92093
- **Moores Cancer Center**
  - 3855 Health Sciences Drive
  - La Jolla, CA 92037
- **Jacobs Medical Center**
  - 9300 Campus Point Drive
  - La Jolla, CA 92037
- **Koman Family Outpatient Pavilion**
  - 9400 Campus Point Drive
  - La Jolla, CA 92037
- **Perlman Medical Offices**
  - 9350 Campus Point Drive
  - La Jolla, CA 92037

### Hillcrest
- **Hillcrest**
- **Hillcrest Emergency**
  - UC San Diego Medical Center
  - 200 West Arbor Drive
  - San Diego, CA 92103
  - 4th and Lewis Medical Offices
  - 330 Lewis Street
  - San Diego, CA 92103
  - Medical Offices North
  - 200 West Arbor Drive
  - San Diego, CA 92103
  - Medical Offices South
  - 4168 Front Street
  - San Diego, CA 92103
  - UC San Diego Medical Center
  - 200 West Arbor Drive
  - San Diego, CA 92103

### Rancho Bernardo
- **Rancho Bernardo**
- Includes **Rancho Bernardo Urgent Care**
  - 16950 Via Tazon
  - San Diego, CA 92127

### Encinitas
- **Encinitas**
  - Includes **Encinitas Express Care (Suite 110)**
  - 1200 Garden View Road
  - Encinitas, CA 92024
  - 477 North El Camino Real
  - Encinitas, CA 92024

### College Area
- **College Area**
  - 6719 Alvarado Road, Suite 302
  - San Diego, CA 92120

### Downtown
- **Downtown**
  - Downtown Express Care
  - 203 West F Street
  - San Diego, CA 92101

### Vista
- **Vista**
  - 910 Sycamore Avenue
  - Vista, CA 92081

### Sorrento Valley
- **Sorrento Valley**
  - 4910 Directors Place
  - San Diego, CA 92121

### Scripps Ranch
- **Scripps Ranch**
  - 9909 Mira Mesa Blvd, Suite 200
  - San Diego, CA 92131

### Kearny Mesa
- **Kearny Mesa**
  - 7910 Frost Street
  - San Diego, CA 92123

### Chula Vista
- **Chula Vista**
  - 959 Lane Avenue
  - Chula Vista, CA 91914

### Temecula
- **Temecula**
  - 31720 Temecula Parkway, Suite 100
  - Temecula, CA 92592
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Endocrinology

Endocrinology is the medical specialty focused on diseases of the endocrine system, including diabetes, thyroid and pituitary disorders. Learn more about endocrinology and diabetes at UC San Diego Health System.

Charles H. Choe, MD
Clinical Service Chief - Endocrinology, Diabetes and Metabolism
Associate Clinical Professor of Medicine

Specialty:
Endocrinology

La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-1636

Bio:
Charlie Choe, MD, is a board certified endocrinologist. He also holds an active Endocrine Certification in Neck Ultrasound from the American Association of Clinical Endocrinologists for performing ultrasound and ultrasound-guided biopsies for patients with thyroid nodules and cancer.

Vala Hamidi, MD
Endocrinologist

Specialty:
Endocrinology

Add'l Language:
Farsi

Hillcrest - Medical Offices South
La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Hillcrest: (619) 543-6303
Direct Clinic Line - La Jolla: (858) 657-8440

Bio:
Vala Hamidi, MD, is a board-certified endocrinologist who treats people with diabetes, disorders of calcium and skeletal metabolism, osteoporosis, pituitary and adrenal disease, thyroid cancer and thyroid disorders. She also provides care in general endocrinology.

Heather L. Hofflich, DO
Endocrinologist
Professor of Medicine

Specialties:
Endocrinology, Internal Medicine, Primary Care

La Jolla - 8939 Villa La Jolla Drive
La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8000
Direct Clinic Line: (858) 657-1636

Bio:
Heather L. Hofflich, DO, is a board-certified endocrinologist and internist. She provides endocrinology and primary care for adults, including preventive care and diagnosis and treatment of acute and chronic diseases. Dr. Hofflich is consistently named a "Top Doc" in San Diego Magazine’s “Physicians of Exceptional Excellence” annual survey performed in collaboration with the San Diego County Medical Society.

Christopher J. Hupfeld, MD
Associate Clinical Professor of Medicine

Specialty:
Endocrinology

Encinitas - Garden View Road

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (760) 479-5370
Endocrinology (cont.)

Deborah Kado, MD
Bone Health Specialist
Professor of Family Medicine and Public Health

Specialties:
Endocrinology, Senior Medicine

Add'l Language:
Spanish

La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-1636

Bio:
Deborah Kado, MD, is a board-certified internal medicine doctor who specializes in caring for the elderly. Specifically, Dr. Kado's expertise is in evaluating and treating osteoporosis. She directs the osteoporosis program at UC San Diego Health and sees patients in the Endocrinology outpatient clinic in La Jolla.

Karen McCowen, MD
Endocrinologist

Specialty:
Endocrinology

La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-1636

Bio:
Karen McCowen, MD, is a board-certified endocrinologist. She has a special interest in the management of diabetes in pregnancy, technologies for managing type 1 diabetes, thyroid biopsy and thyroid cancer, and pituitary and adrenal diseases.

Gina N. Woods, MD
Endocrinologist and Bone Health Specialist
Associate Professor of Endocrinology and Metabolism

Specialty:
Endocrinology

La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-1636

Bio:
Gina Woods, MD, is a board-certified endocrinologist who treats people with osteoporosis and other metabolic bone diseases. She works with individuals to preserve bone health, prevent fractures, and manage osteoporosis care with treatments that may include diet modification, exercise and medication.
Internal Medicine

Internal Medicine specializes in diagnosis, nonsurgical treatment, and preventive medicine of diseases affecting the internal organs. Learn more about internal medicine at UC San Diego Health System.

Heather L. Hofflich, DO
Endocrinologist
Professor of Medicine

Specialties:
Endocrinology, Internal Medicine, Primary Care

La Jolla - 8939 Villa La Jolla Drive
La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8000
Direct Clinic Line: (858) 657-1636

Bio:
Heather L. Hofflich, DO, is a board-certified endocrinologist and internist. She provides endocrinology and primary care for adults, including preventive care and diagnosis and treatment of acute and chronic diseases. Dr. Hofflich is consistently named a “Top Doc” in San Diego Magazine’s “Physicians of Exceptional Excellence” annual survey performed in collaboration with the San Diego County Medical Society.
Kathryn Macaulay, MD
Obstetrician/Gynecologist
Professor of Obstetrics, Gynecology, and Reproductive Sciences

Specialty:
Obstetrics & Gynecology
Subspecialty:
General Gynecology

Encinitas - Garden View Road
La Jolla - 8910 Villa La Jolla
Jacobs Medical Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8745

Bio:
Kathryn Macaulay, MD, is a board-certified OB/GYN. She provides comprehensive care to women, including maternity care, well woman care, and treatment for common gynecological issues such as abnormal Pap smears, fibroids, ovarian cysts, abnormal bleeding, or gynecological infections. Dr. Macaulay's expertise is in caring for perimenopausal and menopausal women. She treats common symptoms and conditions of menopause, such as hot flashes, night sweats, insomnia, mood changes, osteoporosis, and weight gain. She also has extensive experience in hormone replacement therapy.
Primary care is the basic level of medical care at which a patient is evaluated and treated by a nurse or physician, and if necessary, is then referred to a medical specialist. Learn more about primary care at UC San Diego Health System.

Heather L. Hofflich, DO
Endocrinologist
Professor of Medicine

Specialties:
Endocrinology, Internal Medicine, Primary Care

La Jolla - 8939 Villa La Jolla Drive
La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
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Direct Clinic Line: (858) 657-1636

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Heather L. Hofflich, DO, is a board-certified endocrinologist and internist. She provides endocrinology and primary care for adults, including preventive care and diagnosis and treatment of acute and chronic diseases. Dr. Hofflich is consistently named a “Top Doc” in San Diego Magazine’s “Physicians of Exceptional Excellence” annual survey performed in collaboration with the San Diego County Medical Society.

Jairo Alberto Romero, MD
Primary Care Physician
Professor of Medicine

Specialties:
Primary Care, Senior Medicine
Add'l Language:
Spanish

La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 249-2500

Bio:
Jairo Alberto Romero, MD, is a board-certified geriatric medicine doctor. He provides primary care for older adults, with an emphasis on health maintenance, disease prevention and treatment of acute and chronic illnesses.

Lindsey Yourman, MD
Primary Care Physician
Assistant Professor of Medicine

Specialties:
Primary Care, Senior Medicine
Add'l Language:
Spanish

La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 249-2500

Bio:
Lindsey Yourman, MD, is a board-certified internal medicine doctor and geriatrician who specializes in caring for older adults. She provides person-centered primary care focused on maintaining independence and quality of life.
Senior Medicine

Senior medicine, also known as geriatric medicine, is a medical specialization focusing on the health care of older adults. Learn more about [senior medicine](https://health.ucsd.edu) at UC San Diego Health System.

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**Deborah Kado, MD**  
Bone Health Specialist  
Professor of Family Medicine and Public Health

**Specialties:**  
Endocrinology, Senior Medicine  
**Add'l Language:**  
Spanish

**La Jolla - Perlman Medical Offices**

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (858) 657-1636

**Bio:**  
Deborah Kado, MD, is a board-certified internal medicine doctor who specializes in caring for the elderly. Specifically, Dr. Kado's expertise is in evaluating and treating osteoporosis. She directs the [osteoporosis program](https://health.ucsd.edu) at UC San Diego Health and sees patients in the Endocrinology outpatient clinic in La Jolla.

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**Jairo Alberto Romero, MD**  
Primary Care Physician  
Professor of Medicine

**Specialties:**  
Primary Care, Senior Medicine  
**Add'l Language:**  
Spanish

**La Jolla - Perlman Medical Offices**

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (858) 249-2500

**Bio:**  
Jairo Alberto Romero, MD, is a board-certified geriatric medicine doctor. He provides primary care for older adults, with an emphasis on health maintenance, disease prevention and treatment of acute and chronic illnesses.

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**Lindsey Yourman, MD**  
Primary Care Physician  
Assistant Professor of Medicine

**Specialties:**  
Primary Care, Senior Medicine  
**Add'l Language:**  
Spanish

**La Jolla - Perlman Medical Offices**

**Contact:**  
New Patient Registration: (800) 926-8273  
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**Bio:**  
Lindsey Yourman, MD, is a board-certified internal medicine doctor and geriatrician who specializes in caring for older adults. She provides person-centered primary care focused on maintaining independence and quality of life.
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