Our physicians are recognized leaders in their professional societies, heading national organizations and committees dedicated to improving care and advancing knowledge about disease. They are prominently listed in publications such as America’s Top Doctors and *U.S. News & World Report*’s rankings of outstanding physicians and clinical programs.

**Patient Access**

**Request an Appointment**
Whether you’re looking for a primary care physician (PCP), need a specialist for treatment or are seeking a second opinion, you can make an appointment by following the steps below:

- **New Patients (who have never seen a UC San Diego Health provider)**  
  To register as a new patient and schedule an appointment, call **800-926-8273**, Monday through Friday, 8 a.m. to 5 p.m.

- **Current Patients**  
  Contact your physician’s office directly to schedule an appointment or call the main switchboard number, **858-657-7000**, and ask to be transferred to your physician’s office.

- **Find a Doctor**  
  To use our physician search website to find a physician by name or to search for a specialist, visit: [doctors.ucsd.edu](http://doctors.ucsd.edu).

**Referring Physician Access**

**Transfer a Patient**
For hospital-to-hospital transfers, call **619-543-5709** (24-hour service) for instructions or to speak to a transfer coordinator.

**Consultations**
If you need to talk with one of our physicians about a case or if you have any problems or concerns, please contact us at **855-543-0555** from 8 a.m. to 5 p.m. We want to hear from you.

**Refer Your Patient**
Call Physician Access at **855-543-0555** or fax **888-539-8781** and our team will register and schedule your referred patient. You will receive follow-up communication (consultation notes, discharges, etc.), as well as access to our electronic medical record system, UCSD Link.
Locations

La Jolla
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

39350 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 92093

Jacobs Medical Center
9300 Campus Point Drive
La Jolla, CA 92037

Hillcrest

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

Encinitas

1200 Garden View Road
Encinitas, CA 92024

477 North El Camino Real
Encinitas, CA 92024

Vista

910 Sycamore Avenue
Vista, CA 92081

Scripps Ranch

9909 Mira Mesa Blvd.
San Diego, CA 92131

Kearny Mesa

7910 Frost Street
San Diego, CA 92123

Rady Children’s Hospital-San Diego
3020 Children’s Way
San Diego, CA 92123

Chula Vista

959 Lane Avenue
Chula Vista, CA 91914

Temecula

31720 Temecula Parkway
Temecula, CA 92952

Sorrento Valley

4910 Directors Place
San Diego, CA 92121
Locations

1. Jacobs Medical Center
2. Moores Cancer Center
3. Sulpizio Cardiovascular Center
4. UC San Diego Medical Center
5. UC San Diego Health Clinic Locations
6. Rady Children's Hospital-San Diego
7. Veterans Affairs San Diego Healthcare System

Clinic Locations

1. La Jolla
2. Scripps Ranch
3. Sorrento Valley
4. Hillcrest
5. Chula Vista
6. Encinitas
7. Temecula

SAN DIEGO
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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

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.
Obstetrics & Gynecology - General Gynecology

Kathryn Macaulay, MD
Obstetrician/Gynecologist
Professor of Obstetrics, Gynecology, and Reproductive Sciences

Specialty:
Obstetrics & Gynecology
Subspeciality:
General Gynecology

Encinitas - Garden View
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

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
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.

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
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.

https://health.ucsd.edu
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 at UC San Diego Health System.

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.

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.
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