Physician Directory

health.ucsd.edu
Patient Access: 800-926-8273
Physician Access: 855-543-0555
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](http://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](http://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 92093

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 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

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

Encinitas

Includes Encinitas Express Care (Suite 110)
1200 Garden View Road
Encinitas, CA 92024

477 North El Camino Real
Encinitas, CA 92024

College Area

6719 Alvarado Road, Suite 302
San Diego, CA 92120

Downtown

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

Vista

910 Sycamore Avenue
Vista, CA 92081

Sorrento Valley

4910 Directors Place
San Diego, CA 92121

Scripps Ranch

9909 Mira Mesa Blvd, Suite 200
San Diego, CA 92131

Kearny Mesa

7910 Frost Street
San Diego, CA 92123

Chula Vista

959 Lane Avenue
Chula Vista, CA 91914

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.

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.
Family Medicine

Family Medicine provides health care for all ages, genders and diseases — it is focused on knowledge of the patient in the context of family and community — stressing disease prevention and health promotion. Learn more about family medicine at UC San Diego Health System.

Hadia Ashraf, MD
Primary Care Physician

Affiliated Provider

Specialties:
Primary Care, Family Medicine

Add'l Language:
Farsi

Contact:

Bio:
Hadia Ashraf, MD, is a board-certified physician providing primary care through the Rancho Family Medical Group. She is a member of UC San Diego Health Physician Network.
Neurology - Headache

Sara S. Siavoshi, DO
Neurologist
Assistant Professor of Neurology

Specialty:
Neurology

Subspecialty:
Headache

Add'l Language:
Farsi

La Jolla - 4510 Executive Drive
Hillcrest - Medical Offices North

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8540

Bio:
Sara Siavoshi, DO, is a board-certified neurologist who treats headaches, migraines, traumatic brain injury and general neurological conditions. She performs procedures such as Botox injections, nerve blocks and trigger point injections. In addition, her research interests include migraines and facial pain.
Maryam Tarsa, MD
Professor of Obstetrics, Gynecology, and Reproductive Sciences
Perinatologist

**Specialty:**
Obstetrics & Gynecology

**Subspecialty:**
Maternal-Fetal Medicine (Perinatology)

**Add'l Language:**
Farsi

**Jacobs Medical Center**
Sorrento Valley - Directors Place
Hillcrest - Medical Offices South
Hillcrest - UC San Diego Medical Center
Encinitas - Garden View Court

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line - Sorrento Valley: (858) 657-7200
Direct Clinic Line - Hillcrest: (619) 543-7878

**Bio:**
Maryam Tarsa, MD, is a board-certified perinatologist who specializes in caring for women with high-risk pregnancies. Perinatologists, also known as maternal-fetal medicine specialists, care for pregnant women who have an increased chance that they or their babies will have health concerns. Dr. Tarsa's expertise includes fetal imaging and treating pregnant women with autoimmune disorders, infectious diseases and transplants. She also cares for women having twins or higher-order multiples.
Pathology

Pathology is the study of the nature, origin, cause and progress of a disease. Learn more about pathology at UC San Diego Health System.

Mana Parast, MD, PhD
Assistant Professor

Specialty:
Pathology

Add'l Language:
Farsi

Hillcrest - UC San Diego Medical Center

Contact:
New Patient Registration: (800) 926-8273

Bio:
Please contact me with any questions regarding gynecologic and perinatal pathology.

Pediatrics

Pediatrics is the branch of medicine concerned with children’s health and the prevention and treatment of illnesses in children. Learn more about pediatrics at UC San Diego Health System.

Shirin Alonzo, MD, MPH
Pediatrician

Specialties:
Pediatrics, Primary Care

Add'l Language:
Farsi

Kearny Mesa - Frost Street

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 496-4800

Bio:
Shirin Alonzo, MD, MPH, is board-certified pediatrician who provides primary care for infants, children, and adolescents through all of their developmental stages. She has a special interest in caring for children who have medically fragile or special needs.
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.

Shirin Alonzo, MD, MPH
Pediatrician

Specialties:
Pediatrics, Primary Care
Add'l Language:
Farsi

Kearny Mesa - Frost Street

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 496-4800

Bio:
Shirin Alonzo, MD, MPH, is board-certified pediatrician who provides primary care for infants, children, and adolescents through all of their developmental stages. She has a special interest in caring for children who have medically fragile or special needs.

Hadia Ashraf, MD
Primary Care Physician

Affiliated Provider

Specialties:
Primary Care, Family Medicine
Add'l Language:
Farsi

Contact:

Bio:
Hadia Ashraf, MD, is a board-certified physician providing primary care through the Rancho Family Medical Group. She is a member of UC San Diego Health Physician Network.
Radiology - Neuroradiology

Nikdokht (Niky) Farid, MD
Neuroradiologist
Associate Professor of Radiology

Specialty:
Radiology
Subspecialty:
Neuroradiology
Add'l Language:
Farsi

Jacobs Medical Center
Hillcrest - UC San Diego Medical Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-3405

Bio:
Nikdokht (Niky) Farid, MD, is a board-certified neuroradiologist who specializes in interpreting brain, spine and neck imaging studies to diagnose a variety of conditions. These conditions include tumors, strokes and other vascular disease, demyelinating disease, autoimmune disease, infectious and inflammatory disorders, seizures and congenital disorders.
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