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**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](https://health.ucsd.edu) at UC San Diego Health.

![Heeran Abawi, MD](https://health.ucsd.edu)

**Heeran Abawi, MD**  
Primary Care Physician  
Affiliated Provider

**Specialties:**  
Primary Care, Family Medicine

**Carlsbad - 7740 El Camino Real**  
Downtown - Columbia St

**Contact:**  
Direct Clinic Line: (619) 232-3500

**Bio:**  
Heeran Abawii, MD, is a board-certified physician providing primary care through One Medical, an independent, membership-based practice with an annual fee. She is a member of the UC San Diego Health Physician Network.

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**Internal Medicine**

Internal Medicine specializes in diagnosis, nonsurgical treatment, and preventive medicine of diseases affecting the internal organs. Learn more about [internal medicine](https://health.ucsd.edu) at UC San Diego Health.

![Donna Mayeda, MD](https://health.ucsd.edu)

**Donna Mayeda, MD**  
Primary Care Physician  
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![Cindy H. Tsai, MD](https://health.ucsd.edu)

**Cindy H. Tsai, MD**  
Primary Care Physician  
Affiliated Provider

**Specialties:**  
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**Bio:**  
Cindy Tsai, MD, is a board-certified physician providing primary care through One Medical, an independent, membership-based practice with an annual fee. She is a member of the UC San Diego Health Physician Network.
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.

Heeran Abawi, MD
Primary Care Physician
Affiliated Provider

Specialties:
Primary Care, Family Medicine

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Bruce Olmscheid, MD
Affiliated Provider

Specialty:
Primary Care

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Bio:
Bruce Olmscheid, MD, is a board-certified physician providing primary care through One Medical, an independent, membership-based practice with an annual fee. He is a member of the UC San Diego Health Physician Network.

Donna Mayeda, MD
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Affiliated Provider

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Cindy H. Tsai, MD
Primary Care Physician
Affiliated Provider

Specialties:
Primary Care, Internal Medicine

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Cindy Tsai, MD, is a board-certified physician providing primary care through One Medical, an independent, membership-based practice with an annual fee. She is a member of the UC San Diego Health Physician Network.
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