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Table of Contents

Family Medicine
  Integrative & Holistic Medicine .......................................................................................................... i

Occupational/Environmental Medicine ...................................................................................................... 2

Pediatrics
  Adolescent Medicine ................................................................................................................................. i
  Complex Care Pediatrics .............................................................................................................................. i
  Developmental-Behavioral Pediatrics .......................................................................................................... i
  General Pediatrics ........................................................................................................................................ 3
  Neonatal-Perinatal Medicine ......................................................................................................................... i
  Newborn Hospital Care .................................................................................................................................. i
  Travel Medicine ........................................................................................................................................... i

Primary Care .................................................................................................................................................. 4

Rehabilitation
  Occupational Therapy ..................................................................................................................................... 7
  Physical Therapy ........................................................................................................................................... 8

Speech-Language Pathology ........................................................................................................................... 10

Index .............................................................................................................................................................. 11
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.

**Ian Diaz, MD**  
Primary Care Physician

**Specialties:**  
Primary Care, Family Medicine

**Add'l Language:**  
Spanish

**Encinitas - Encinitas Blvd**

**Contact:**  
Registration and Scheduling: (800) 926-8273  
Direct Clinic Line: (760) 452-7965

**Bio:**  
Ian Diaz, MD, is a board-certified family medicine doctor dedicated to practicing the full breadth of primary care and caring for patients of all ages, including children, adolescents, adults and seniors. His practice emphasizes preventive care, as well as the diagnosis and treatment of acute and chronic diseases. He has a particular interest in continuity care and urgent care services.

**Katherine Uvelli, MD**  
Primary Care Physician

**Specialties:**  
Primary Care, Family Medicine

**Encinitas - Encinitas Blvd**

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (760) 452-7965

**Bio:**  
Katherine Uvelli, MD, is a board-certified family medicine doctor dedicated to practicing the full breadth of primary care and caring for patients of all ages, including children, adolescents, adults, and seniors. She provides preventative care, as well as the diagnosis of acute and chronic diseases.
Occupational/Environmental Medicine

UC San Diego Health’s Occupational and Environmental Medicine provides the San Diego area with a full range of services for prevention and compliance assistance; work injury treatment and management; blood borne pathogen exposure; vaccinations; and case coordination. Learn more about occupational and environmental medicine at UC San Diego Health.

John E. Cross, MD
Occupational Medicine Physician

Specialty:
Occupational/Environmental Medicine

Hillcrest - 4th & Lewis Medical Offices
La Jolla - 8929 University Center Lane

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Hillcrest:: (619) 471-9210
Direct Clinic Line - La Jolla:: (858) 657-1600

Bio:
John Cross, MD, is a board-certified occupational medicine physician who specializes in treating and managing work-related injuries, illnesses and diseases.
Pediatrics - General Pediatrics

Robert Coles, MD
Pediatrician

Specialties:
Pediatrics, Primary Care

Subspecialty:
General Pediatrics

Rancho Bernardo - Via Tazon
Encinitas - Encinitas Blvd

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Rancho Bernardo:: (858) 605-4453
Direct Clinic Line - Encinitas:: (760) 452-7966

Bio:
Robert Coles is a board-certified pediatrician with a special interest in newborn care and pediatric dermatology. He believes that prevention is the key to keeping children healthy, and feels this is best achieved by establishing and maintaining a trusting relationship with parents. He strives to practice evidence-based medicine and care for patients with the latest treatment guidelines and recommendations.

Benjamin Shleifer, MD
Pediatrician

Specialties:
Pediatrics, Primary Care

Subspecialty:
General Pediatrics

Rancho Bernardo - Via Tazon
Encinitas - Encinitas Blvd

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Rancho Bernardo:: (858) 605-4453
Direct Clinic Line - Encinitas:: (760) 452-7966

Bio:
Benjamin Shleifer, MD, is a board-certified pediatrician who provides primary care to newborns and children up to age 18. Dr. Shleifer provides newborn, infant and childhood well-checks, sports physicals, sick visits, and manages chronic pediatric conditions such as asthma and eczema.
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.

Robert Coles, MD
Pediatrician

Specialties:
Pediatrics, Primary Care
Subspecialty:
General Pediatrics

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Rancho Bernardo: (858) 605-4453
Direct Clinic Line - Encinitas: (760) 452-7966

Bio:
Robert Coles is a board-certified pediatrician with a special interest in newborn care and pediatric dermatology. He believes that prevention is the key to keeping children healthy, and feels this is best achieved by establishing and maintaining a trusting relationship with parents. He strives to practice evidence-based medicine and care for patients with the latest treatment guidelines and recommendations.

Ian Diaz, MD
Primary Care Physician

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

Contact:
Registration and Scheduling: (800) 926-8273
Direct Clinic Line - Encinitas: (760) 452-7965

Bio:
Ian Diaz, MD, is a board-certified family medicine doctor dedicated to practicing the full breadth of primary care and caring for patients of all ages, including children, adolescents, adults and seniors. His practice emphasizes preventive care, as well as the diagnosis and treatment of acute and chronic diseases. He has a particular interest in continuity care and urgent care services.

Dudley (Doug) Elmore, MSN, FNP-BC
Family Nurse Practitioner

Specialty:
Primary Care

Contact:
Registration and Scheduling: (800) 926-8273
Direct Clinic Line - Express Care: (760) 452-7967
Direct Clinic Line - Urgent Care, La Jolla: (858) 249-6800

Bio:
Doug Elmore, MSN, is a board-certified family nurse practitioner (FNP-BC) who provides comprehensive care for people of all ages. He offers treatment for a wide range of conditions and also works with individuals over the long term to maintain their health and wellness, with a focus on preventive care.
Primary Care (cont.)

Desiree Leithem, MS, CNS, FNP-C
Family Nurse Practitioner

**Specialty:**
Primary Care

**Encinitas - Encinitas Blvd**
La Jolla - 8910 Villa La Jolla
Jacobs Medical Center
Downtown - West F Street
Rancho Bernardo - Via Tazon

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line - Express Care: (833) 823-9777
Direct Clinic Line - Urgent Care, La Jolla: (858) 249-6800
Emergency Department - La Jolla: (858) 657-7600
Direct Clinic Line - Encinitas: (760) 452-7967

**Bio:**
Desiree Leithem, MS, is a clinical nurse specialist (CNS) and certified family nurse practitioner (FNP-C) who provides comprehensive care for people of all ages. Her focus is preventive care for individuals in health and wellness. She has over two decades of experience in emergency medicine and serves as the nurse practitioner manager for the Emergency Departments at UC San Diego Health.

Janette E. Matthess, MS, FNP-C
Family Nurse Practitioner

**Specialty:**
Primary Care

**Encinitas - Encinitas Blvd**
Downtown - West F Street

**Contact:**
Registration and Scheduling: (800) 926-8273
Direct Clinic Line - Downtown: (833) 823-9777
Direct Clinic Line - Express Care: (760) 452-7967

**Bio:**
Janette Matthess, MS, is a certified family nurse practitioner (FNP-C) who provides comprehensive care for people of all ages. She offers treatment for a wide range of conditions and also works with individuals over the long term to maintain their health and wellness, with a focus on preventative care.

Benjamin Shleifer, MD
Pediatrician

**Specialties:**
Pediatrics, Primary Care

**Subspecialty:**
General Pediatrics

**Encinitas - Encinitas Blvd**
Rancho Bernardo - Via Tazon

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line - Rancho Bernardo: (858) 605-4453
Direct Clinic Line - Encinitas: (760) 452-7966

**Bio:**
Benjamin Shleifer, MD, is a board-certified pediatrician who provides primary care to newborns and children up to age 18. Dr. Shleifer provides newborn, infant and childhood well-checks, sports physicals, sick visits, and manages chronic pediatric conditions such as asthma and eczema.
Primary Care (cont.)

Katherine Uvelli, MD
Primary Care Physician

Specialties:
Primary Care, Family Medicine

Encinitas - Encinitas Blvd

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (760) 452-7965

Bio:
Katherine Uvelli, MD, is a board-certified family medicine doctor dedicated to practicing the full breadth of primary care and caring for patients of all ages, including children, adolescents, adults, and seniors. She provides preventative care, as well as the diagnosis of acute and chronic diseases.

Rehabilitation
Rehabilitation focuses on helping people achieve the highest level of function, independence, and quality of life possible. Learn more about the comprehensive rehabilitation services offered at UC San Diego Health.

Lindsey Unger, MS, CCC-SLP
Speech-Language Pathologist

Specialties:
Speech-Language Pathology, Rehabilitation

La Jolla - 8929 University Center Lane

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (855) 543-0333

Bio:
Lindsey Unger is a speech language pathologist who helps individuals maximize their speech ability, language comprehension and expression, social and cognitive-communication skills. She also assesses and treats voice and swallowing disorders, and provides assessments for augmentative alternative communication devices.
Rehabilitation - Occupational Therapy

Julie Larsen, OTD, OTR/L
Occupational Therapist

Specialty:
Rehabilitation

Subspeciality:
Occupational Therapy

La Jolla - 8929 University Center Lane

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (855) 543-0333

Bio:
Julie Larsen, OTD, is a registered and licensed occupational therapist (OTR/L) whose expertise is treating people with neurological disorders, specializing in pediatric and adult patients. She has experience providing therapy for stroke, traumatic brain injury, spinal cord injury, cerebral palsy, low vision, developmental delay, autism, and feeding difficulties.
Rehabilitation - Physical Therapy

Jessie (Altman) Agrimis, DPT, NCS  
Physical Therapist  
Neurologic Clinical Specialist  

**Specialty:** Rehabilitation  
**Subspecialty:** Physical Therapy  
La Jolla - 8929 University Center Lane  

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (855) 543-0333  

**Bio:**  
Jessie Agrimis, DPT, is a licensed physical therapist who treats people with various neurological disorders, including Parkinson’s disease, stroke, multiple sclerosis, brain and spinal injuries, Guillain-Barré syndrome, ALS (i.e. amyotrophic lateral sclerosis or Lou Gehrig’s disease) and post-polio syndrome. She also treats individuals with vestibular and balance disorders.

Kristine Negrete, DPT, NCS  
Physical Therapist  

**Specialty:** Rehabilitation  
**Subspecialty:** Physical Therapy  
La Jolla - 8929 University Center Lane  

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (855) 543-0333  

**Bio:**  
Kristine Negrete, DPT, is a physical therapist and board-certified neurology clinical specialist (NCS) who treats people conditions such as Parkinson’s disease, stroke, and brain and spinal cord injuries. She also helps people with multiple sclerosis, Guillain-Barré syndrome, post-polio syndrome, and vestibular and balance disorders including post-concussion syndrome.

Kaitlin (Katie) Nuthall, DPT  
Physical Therapist  

**Specialty:** Rehabilitation  
**Subspecialty:** Physical Therapy  
Add'l Language: Spanish  
La Jolla - 8929 University Center Lane  

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (855) 543-0333  

**Bio:**  
Katie Nuthall, DPT, is a licensed physical therapist who specializes in neurological conditions, vestibular dysfunction, and inpatient critical care rehabilitation for stroke survivors. Katie is also a part of the [Acoustic Neuroma Program](https://health.ucsd.edu) at UC San Diego Health and works with people before and after surgery, and throughout their recovery process.

Cory Troyer, DPT  
Physical Therapist  

**Specialty:** Rehabilitation  
**Subspecialty:** Physical Therapy  
La Jolla - 8929 University Center Lane  

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (855) 543-0333  

**Bio:**  
Cory Troyer, DPT, is a licensed physical therapist who helps people with orthopedic and neuromuscular conditions. She enjoys using evidenced-based practice to progress patients towards their functional goals through the use of movement.
Ann Valentine, DPT, NCS
Physical Therapist
Neurologic Clinical Specialist

Specialty:
Rehabilitation
Subspecialty:
Physical Therapy

Jacobs Medical Center
La Jolla - 8929 University Center Lane

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (855) 543-0333

Bio:
Ann Valentine, DPT, is a licensed physical therapist and board-certified neurologic clinical specialist (NCS). Ms. Valentine is the supervisor for outpatient rehabilitation at UC San Diego Health's La Jolla locations. She works with patients with a wide variety of neurologic and musculoskeletal conditions and specializes in treating dizziness, gait and balance problems. She also has extensive experience treating patients with neurologic conditions across the continuum of care.
Speech-Language Pathology

Speech-language pathology is the clinical specialty that focuses on evaluating and treating communication disorders and swallowing disorders. Learn more about speech and language therapy at UC San Diego Health.

Lindsey Unger, MS, CCC-SLP
Speech-Language Pathologist

Specialties:
Speech-Language Pathology, Rehabilitation

La Jolla - 8929 University Center Lane

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (855) 543-0333

Bio:
Lindsey Unger is a speech language pathologist who helps individuals maximize their speech ability, language comprehension and expression, social and cognitive-communication skills. She also assesses and treats voice and swallowing disorders, and provides assessments for augmentative alternative communication devices.
Index

A
Agrimis, Jessie (Altman) ........................................ 8

C
Coles, Robert .......................................................... 3, 4
Cross, John E. .......................................................... 2

D
Diaz, Ian ................................................................. 1, 4

E
Elmore, Dudley (Doug) ........................................... 4

L
Larsen, Julie ............................................................. 7
Leithem, Desiree .................................................... 5

M
Matthess, Janette E. ................................................ 5

N
Negrete, Kristine ..................................................... 8
Nuthall, Kaitlin (Katie) .......................................... 8

S
Shleifer, Benjamin ................................................. 3, 5

T
Troyer, Cory .......................................................... 8

U
Unger, Lindsey ....................................................... 6, 10
Uvelli, Katherine .................................................... 6, 10

V
Valentine, Ann ....................................................... 9