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.

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[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.
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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 at UC San Diego Health.

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 Abawi, 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.

Amy Trewella, MD
Primary Care Physician
Affiliated Provider
Specialties:
Primary Care, Family Medicine

Poway - 15611 Pomerado Rd

Contact:
Direct Clinic Line: (858) 312-5492

Bio:
Amy Trewella, MD, is a board-certified physician providing primary care in Poway. She is a member of the UC San Diego Health Physician Network.

Donna Mayeda, MD
Primary Care Physician
Affiliated Provider
Specialties:
Primary Care, Internal Medicine

Carlsbad - 7740 El Camino Real
Downtown - Columbia St

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

Bio:
Donna Mayeda, 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.

Elizabeth Salada, MD
Primary Care Physician
Affiliated Provider
Specialties:
Primary Care, Internal Medicine

Poway - 15611 Pomerado Rd

Contact:
Direct Clinic Line: (858) 312-5492

Bio:
Elizabeth Salada, MD, MPH, is a board-certified physician providing primary care through her private practice in Poway. 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.

Cindy H. Tsai, MD
Primary Care Physician
Affiliated Provider
Specialties:
Primary Care, Internal Medicine
Carlsbad - 7740 El Camino Real
Contact:
Direct Clinic Line: (619) 232-3500
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.

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 Abawi, 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.

Donna Mayeda, MD
Primary Care Physician
Affiliated Provider
Specialties:
Primary Care, Internal Medicine
Carlsbad - 7740 El Camino Real
Downtown - Columbia St
Contact:
Direct Clinic Line: (619) 232-3500
Bio:
Donna Mayeda, 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 (cont.)

Bruce Olmscheid, MD
Affiliated Provider

Specialty:
Primary Care

Carlsbad - 7740 El Camino Real

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

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.

Elizabeth Salada, MD
Primary Care Physician
Affiliated Provider

Specialties:
Primary Care, Internal Medicine

Poway - 15611 Pomerado Rd

Contact:
Direct Clinic Line: (858) 312-5492

Bio:
Elizabeth Salada, MD, MPH, is a board-certified physician providing primary care through her private practice in Poway. She is a member of the UC San Diego Health Physician Network.

Amy Trewella, MD
Primary Care Physician
Affiliated Provider

Specialties:
Primary Care, Family Medicine

Poway - 15611 Pomerado Rd

Contact:
Direct Clinic Line: (858) 312-5492

Bio:
Amy Trewella, MD, is a board-certified physician providing primary care in Poway. She is a member of the UC San Diego Health Physician Network.

Cindy H. Tsai, MD
Primary Care Physician
Affiliated Provider

Specialties:
Primary Care, Internal Medicine

Carlsbad - 7740 El Camino Real

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

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.
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