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.
# Table of Contents

- Family Medicine
  - Integrative & Holistic Medicine ................................................................. i
- Internal Medicine ......................................................................................... 1
- Primary Care ................................................................................................. 2
- Index ............................................................................................................ 4
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](image1)

**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.

![Cindy H. Tsai, MD](image2)

**Cindy H. Tsai, 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:**
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.

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](image3)

**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

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
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.

Victoria Bayliss, PA
Physician Assistant
Affiliated Provider
Specialty:
Primary Care
Carlsbad - 7740 El Camino Real
Contact:
Direct Clinic Line: (619) 232-3500
Bio:
Victoria Bayliss, PA, MPH, is a certified physician assistant 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.

John D. Awad, MD
Primary Care Physician
Specialty:
Primary Care
Carlsbad - 7740 El Camino Real
Contact:
Direct Clinic Line: (619) 232-3500
Bio:
John Awad, MD, provides 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.

Alonso Chan, PA
Physician Assistant
Affiliated Provider
Specialty:
Primary Care
Add'l Language:
Spanish
Chula Vista - J Street
Contact:
Direct Clinic Line: (858) 779-2366
Bio:
Alonso Chan, PA, is a certified physician assistant providing primary care through Perlman Clinic, an independent practice with clinic offices throughout San Diego. He is a member of the UC San Diego Health Physician Network.
Primary Care (cont.)

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.

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.

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.
# Index

## A
- Abawi, Heeran ........................................ 1, 2
- Awad, John D. ........................................... 2

## B
- Bayliss, Victoria ........................................ 2

## C
- Chan, Alonso ............................................ 2

## M
- Mayeda, Donna ........................................ 1, 3

## O
- Olmscheid, Bruce ........................................ 3

## T
- Tsai, Cindy H. ........................................... 1, 3