UC San Diego Health Physician Directory

Our physicians are recognized leaders in their professional societies, heading national organizations and committees dedicated to improving care and advancing knowledge about disease. They are prominently listed in publications such as America’s Top Doctors and *U.S. News & World Report*’s rankings of outstanding physicians and clinical programs.

Patient Access

**Request an Appointment**
Whether you’re looking for a primary care physician (PCP), need a specialist for treatment or are seeking a second opinion, you can make an appointment by following the steps below:

- **New Patients (who have never seen a UC San Diego Health provider)**
  To register as a new patient and schedule an appointment, call **800-926-8273**, Monday through Friday, 8 a.m. to 5 p.m.

- **Current Patients**
  Contact your physician’s office directly to schedule an appointment or call the main switchboard number, **858-657-7000**, and ask to be transferred to your physician’s office.

- **Find a Doctor**
  To use our physician search website to find a physician by name or to search for a specialist, visit: [doctors.ucsd.edu](http://doctors.ucsd.edu).

Referring Physician Access

**Transfer a Patient**
For hospital-to-hospital transfers, call **619-543-5709** (24-hour service) for instructions or to speak to a transfer coordinator.

**Consultations**
If you need to talk with one of our physicians about a case or if you have any problems or concerns, please contact us at **855-543-0555** from 8 a.m. to 5 p.m. We want to hear from you.

**Refer Your Patient**
Call Physician Access at **855-543-0555** or fax **888-539-8781** and our team will register and schedule your referred patient. You will receive follow-up communication (consultation notes, discharges, etc.), as well as access to our electronic medical record system, UCSD Link.
# Locations

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<td>Jacobs Medical Center</td>
<td>Scripps Ranch</td>
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Locations

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2. Moores Cancer Center
3. Sulpizio Cardiovascular Center
4. UC San Diego Medical Center
5. UC San Diego Health Clinic Locations
6. Rady Children’s Hospital–San Diego
7. Veterans Affairs San Diego Healthcare System

Clinic Locations

- Rady Children’s Hospital–San Diego
- Veterans Affairs San Diego Healthcare System

Locations

- Temecula
- Vista
- Encinitas
- Scripps Ranch
- Sorrento Valley
- La Jolla
- Kearny Mesa
- Hillcrest
- Chula Vista

SAN DIEGO
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Psychiatry

Psychiatry is the branch of medicine concerned with the diagnosis and treatment of mental disorders. Learn more about psychiatry at UC San Diego Health System.

Nora Bammidi, MBBS, FAPA
Psychiatrist

Specialty:
Psychiatry
Add'l Language:
Telugu

La Jolla - 8950 Villa La Jolla Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Nora Bammidi, MBBS, FAPA, is a board-certified psychiatrist who treats general mental health issues in adults, including depression, anxiety disorders, attention-deficit/hyperactivity disorder (ADHD), post traumatic stress disorder (PTSD), schizophrenia, insomnia and bipolar disorders. She provides medication management and psychotherapy to help treat these mental health conditions.

Jonathon R. Howlett, MD
Psychiatrist

Specialty:
Psychiatry

La Jolla - 8950 Villa La Jolla Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Jonathon Howlett, MD, is a board-certified psychiatrist who specializes in caring for individuals with treatment-resistant depression. His practice also includes treating more general mental health conditions such depressive disorders, anxiety disorders, bipolar disorder and schizophrenia.

Anne Bird, MBChB
Psychiatrist
Associate Professor of Psychiatry

Specialty:
Psychiatry

La Jolla - 8950 Villa La Jolla Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Anne Bird, MBChB, is a board-certified adult, child and adolescent psychiatrist who specializes in treating children, teens and young adults with mood disorders, anxiety disorders or attention-deficit/hyperactivity disorder (ADHD). She uses both medications and talk therapy (psychotherapy) in her practice.

Ildiko Kovacs, MD
Psychiatrist
Assistant Professor of Psychiatry

Specialty:
Psychiatry
Add'l Language:
Hungarian

Hillcrest - Medical Offices South
La Jolla - 8950 Villa La Jolla Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

Bio:
Ildiko Kovacs, MD, is a board-certified psychiatrist who specializes in caring for individuals and couples experiencing issues related to sexual function, sexuality and gender.
Psychiatry (cont.)

Carla Marienfeld, MD
Psychiatrist
Associate Professor of Psychiatry

**Specialty:**
Psychiatry

**La Jolla - 8950 Villa La Jolla Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-8730

**Bio:**
Carla Marienfeld, MD, is a board-certified addiction psychiatrist who specializes in treating individuals with substance use disorders and co-occurring mental health conditions, such as anxiety and depression. She supports recovery in a harm-reduction approach that uses therapy, motivational interviewing, and medication-assisted treatment.

Alexander S. Papp, MD
Psychiatrist
Assistant Professor of Psychiatry

**Specialty:**
Psychiatry

**Add'l Language:**
Hungarian

**La Jolla - 8950 Villa La Jolla Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

**Bio:**
Alexander Papp, MD, is a board-certified psychiatrist who provides general mental health services in collaboration with pain specialists. His expertise includes dependence on an opioid prescribed for pain (iatrogenic opiate dependence), and psychiatric aspects of chronic pain and somatization (the manifestation of psychological distress as bodily or physical distress). He also offers ketamine for treating severe treatment-resistant depression.

Yvette Milazzo, MD
Psychiatrist
Assistant Professor of Psychiatry

**Specialty:**
Psychiatry

**Add'l Language:**
Spanish

**La Jolla - 8950 Villa La Jolla Drive**
Jacobs Medical Center

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

**Bio:**
Yvette Milazzo, MD, is a board-certified psychiatrist who provides care to individuals with mental health issues. Her clinical practice includes general outpatient adult psychiatry, as well as inpatient and emergency department care at Thornton Hospital in La Jolla. Her expertise is in treating psychiatric disorders, including major depression, bipolar disorder, anxiety and psychotic disorders. She also provides psychiatric assessment, treatment and medication management.

Alison Reminick, MD
Psychiatrist
Assistant Professor of Psychiatry

**Specialty:**
Psychiatry

**La Jolla - 8950 Villa La Jolla Drive**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-7792

**Bio:**
Alison Reminick, MD, is a board-certified psychiatrist who specializes in the mental health care needs for women with premenstrual syndrome (PMS), premenstrual dysphoric disorder (PMDD), pregnancy and postpartum mood disorders, and emotional disturbances during menopause. She directs the Women's Reproductive Mental Health Program at UC San Diego Health, which helps women manage and recover from anxiety, depression, or other emotional concerns during infertility, pregnancy, or the postpartum period.
Sanjaya Saxena, MD  
**Director, Obsessive-Compulsive Disorders Clinic**  
**Professor of Psychiatry**  

**Specialty:** Psychiatry  

**La Jolla - 8950 Villa La Jolla Drive**  

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (858) 534-7792  

**Bio:**  
Sanjaya Saxena, MD, is a board-certified psychiatrist focusing on the treatment of people with obsessive-compulsive disorders (OCD) and related conditions such as compulsive hoarding and body dysmorphic disorder.

Mounir A. Soliman, MD  
**Psychiatrist**  
**Assistant Vice Chancellor and Executive Director, UC San Diego Health Sciences International**  
**Professor of Psychiatry**  

**Specialty:** Psychiatry  

**La Jolla - 8950 Villa La Jolla Drive**  

**Contact:**  
New Patient Registration: (800) 926-8273  
Fax: (858) 534-6205  
Direct Clinic Line: (858) 534-6200  

**Bio:**  
Mounir A. Soliman, MD, is a board-certified psychiatrist and neurologist who specializes in developing wellness programs tailored to executives.

Sidney Zisook, MD  
**Psychiatrist**  
**Professor of Psychiatry**  

**Specialty:** Psychiatry  

**La Jolla - 8950 Villa La Jolla Drive**  

**Contact:**  
New Patient Registration: (800) 926-8273  
Direct Clinic Line: (858) 534-7792  

**Bio:**  
Sidney Zisook, MD, is a board-certified psychiatrist who specializes in treating adults who are experiencing grief, anxiety, or the effects of a mood disorder. His experience is in caring for people with complicated bereavement, as well as those with chronic mental health conditions or illnesses that do not respond well to treatment. Dr. Zisook also uses integrative therapy to treat each person as a whole, including their mental, physical and emotional needs.
Psychiatry - Geriatric Psychiatry

Steven F. Huege, MD
Psychiatrist
Specialty: Psychiatry
Subspecialty: Geriatric Psychiatry
La Jolla - 8950 Villa La Jolla Drive
Contact: New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6250
Bio:
Steven Huege, MD, is a board-certified geriatric psychiatrist who specializes in treating mental health and neurodegenerative disorders in older adults, including both chronic and new-onset mental illness. His areas of clinical expertise include Alzheimer's disease, Lewy body dementia, frontotemporal dementia, and mood and psychotic disorders in older adults.

Kalya Vardi, MD
Psychiatrist
Medical Director, Senior Behavioral Health Intensive Outpatient Program
Specialty: Psychiatry
Subspecialty: Geriatric Psychiatry
La Jolla - 8950 Villa La Jolla Drive
Hillcrest - 410 Dickinson Street
Hillcrest - UC San Diego Medical Center
Contact: New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 534-8730
Bio:
Kalya Vardi, MD, is a board-certified psychiatrist who specializes in treating mental health problems in older adults, including depression, anxiety disorders, bipolar disorder, schizophrenia, and the psychiatric or behavioral complications of dementia, such as Alzheimer's disease.
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**https://health.ucsd.edu**

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