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Nutrition Counseling

Nutrition Counseling is a process in which a registered dietician works with an individual to assess his or her dietary intake and identify areas where change is needed based upon medical and/or individual needs.

Heather Diamond, RD, CNSC
Registered Dietitian

Specialty:
Nutrition Counseling

Moores Cancer Center
La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Moores Cancer Center: (858) 822-6100
Direct Clinic Line: (619) 471-0420

Bio:
Heather Diamond, CNSC, is a registered dietitian who provides individualized nutrition intervention and education for people with cancer. As part of the multidisciplinary team at UC San Diego Health's Moores Cancer Center, she works closely with patients to implement strategies to manage their nutrition before, during and after treatment.

Kelli Gray-Meisner, RDN
Registered Dietitian Nutritionist

Specialty:
Nutrition Counseling

La Jolla - 9333 Genesee Avenue

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 471-0420

Bio:
Kelli Gray-Meisner, RDN, is a registered dietitian nutritionist who specializes in helping individuals with gastrointestinal conditions, including irritable bowel syndrome (IBS), inflammatory bowel disease (IBD), ulcerative colitis, Crohn's disease, celiac disease, and functional gut disorders. She has expertise in integrative and functional principles, with an emphasis on a whole foods based diet and biologically appropriate lifestyle.

Elena Musser, MPH, RD, CNSC, CSRN
Registered Dietitian

Specialty:
Nutrition Counseling

Hillcrest - Medical Offices North
La Jolla - Koman Family Outpatient Pavilion

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - La Jolla: (858) 657-7876
Direct Clinic Line - Hillcrest: (619) 543-3572

Bio:
Elena Musser, MPH, CNSC, CSRN, is a registered dietitian who provides medical nutrition therapy and counsels people with kidney, bariatric and diabetic issues on eating habits to improve health and treat diseases.

Gloria (Patricia) Rubio, MS, RD, CNSC
Registered Dietitian

Specialty:
Nutrition Counseling

Moores Cancer Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Moores Cancer Center: (858) 822-6100
Direct Clinic Line: (619) 471-0420

Bio:
Patricia Rubio, MS, CNSC, is a registered dietitian who counsels people on their eating habits to improve health and help treat diseases. She provides nutrition education as well as medical nutrition therapy for individuals with chronic illnesses such as cancer. Ms. Rubio is part of the multidisciplinary head and neck cancer team at Moores Cancer Center at UC San Diego Health, where she works closely with patients to implement strategies to help manage their side effects during different stages of treatment.
Nutrition Counseling (cont.)

Carla Salcedo, BS, RD
Registered Dietitian

Specialty:
Nutrition Counseling

Add'l Languages:
French, Spanish

Hillcrest - Medical Offices South
Jacobs Medical Center
Hillcrest - UC San Diego Medical Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 471-0420

Bio:
Carla Salcedo, BS, CDE, is a registered dietitian who counsels people on their eating habits to improve health and help treat diseases. She provides nutrition education and medical nutrition therapy.
Osteopathic Medicine

Alice Chen, DO
Osteopathic Physician
Assistant Professor of Family Medicine and Public Health

Specialty:
Osteopathic Medicine

Add'l Language:
Mandarin

Jacobs Medical Center
Hillcrest - 4th & Lewis Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Hillcrest: (619) 471-9260

Bio:
Alice Chen, DO, is a board-certified osteopathic neuromusculoskeletal medicine specialist who provides an integrative approach towards treating disease and cultivating health. She provides osteopathic manipulative treatment: a type of hands-on care that treats illness and injury by feeling and gently moving a person’s tissues and joints, thereby easing pain and improving function. She considers the whole-person (mind-body-spirit) in the quest for optimal health and wellness.

Amelia Eastman, DO
Physical Medicine and Rehabilitation Specialist
Associate Professor of Family Medicine and Public Health

Specialties:
Physical Medicine & Rehabilitation, Pain Management, Sports Medicine, Osteopathic Medicine

La Jolla - Perlman Medical Offices
La Jolla - 9333 Genesee Avenue
La Jolla - 8939 Villa La Jolla Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-6035
Direct Clinic Line: (844) 747-0474

Bio:
Amelia Eastman, DO, is a board-certified physical medicine and rehabilitation physician who meets with patients at different types of UC San Diego Health clinics to help with pain issues and rehabilitation. She uses a hands-on approach to diagnose injury and illness and encourage the body’s natural tendency for good health.

Hollis H. King, DO, PhD
Osteopathic Physician
Professor of Family Medicine and Public Health

Specialties:
Osteopathic Medicine, Family Medicine

Hillcrest - 4th & Lewis Medical Offices
La Jolla - 9333 Genesee Avenue
La Jolla - 8939 Villa La Jolla Drive

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-8600

Bio:
Hollis H. King, DO, is a board-certified osteopathic physician. He has a whole-body approach to medicine and is highly experienced in osteopathic manipulative treatment, a type of hands-on care that diagnoses and treats illness and injury by moving a person’s muscles and joints to ease pain and increase mobility.
Osteopathic Medicine (cont.)

Michael Kurisu, DO
Osteopathic Physician

Specialties:
Osteopathic Medicine, Family Medicine

Scripps Ranch - 9909 Mira Mesa Blvd
La Jolla - 9333 Genesee Avenue

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - Scripps Ranch: (858) 657-7750
Direct Clinic Line - La Jolla: (858) 657-8600

Bio:
Michael Kurisu, DO, is a family medicine physician who provides comprehensive care for people of all ages, including children and adults. As a holistic medicine doctor, the cornerstone of his approach focuses on an internal capacity to heal. He considers the whole person — physical and emotional — in the quest for optimal health and wellness.

Amy Leu, DO
Primary Care Physician and Sports Medicine Specialist
Assistant Professor of Family Medicine and Public Health

Specialties:
Primary Care, Family Medicine, Sports Medicine, Osteopathic Medicine

Add'l Language:
Spanish

Scripps Ranch - 9909 Mira Mesa Blvd
La Jolla - 4520 Executive Drive

Contact:
Registration and Scheduling: (800) 926-8273
Direct Clinic Line: (858) 657-7750

Bio:
Amy Leu, DO, is a board-certified family medicine doctor who specializes in sports medicine. Her expertise includes diagnosing, treating and preventing injuries associated with athletics, including acute and stress fractures, sprains and overuse injuries. She also provides primary care for patients of all ages, including preventive care and treatment of acute and chronic diseases.

Caitlin MacMillen, DO
Primary Care Physician

Specialties:
Primary Care, Family Medicine, Osteopathic Medicine

Scripps Ranch - 9909 Mira Mesa Blvd
La Jolla - 9333 Genesee Avenue

Contact:
Registration and Scheduling: (800) 926-8273
Direct Clinic Line: (858) 657-8600

Bio:
Caitlin MacMillen, DO, MPH, is a board-certified family medicine physician dedicated to providing full-spectrum primary care to adults and children, with a special interest in women’s health and integrative medicine. As an osteopath, she has a whole-body approach to medicine and is experienced in osteopathic manipulative treatment, a type of hands-on care that diagnoses and treats illness and injury by moving a person’s muscles and joints to ease pain and increase mobility.

Roger J. Mignosa, DO
Physical Medicine and Rehabilitation Specialist

Specialties:
Physical Medicine & Rehabilitation, Osteopathic Medicine, Family Medicine

La Jolla - 9333 Genesee Avenue
Scripps Ranch - 9909 Mira Mesa Blvd

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - La Jolla: (858) 657-8600
Direct Clinic Line - Scripps Ranch: (858) 657-7750

Bio:
Roger Mignosa, DO, is a board-certified physical medicine and rehabilitation physician and an exercise physiologist. Physical medicine and rehabilitation specialists help restore function in individuals who have impaired physical activity as a result of illness or injury.
Alan Shahtaji, DO
Primary Care Physician and Sports Medicine Specialist
Assistant Professor of Family Medicine and Public Health

Specialties:
Primary Care, Family Medicine, Sports Medicine, Osteopathic Medicine

La Jolla - 9333 Genesee Avenue
Hillcrest - 4th & Lewis Medical Offices
La Jolla - 4520 Executive Drive
Scripps Ranch - 9909 Mira Mesa Blvd

Contact:
Registration and Scheduling: (800) 926-8273
Direct Clinic Line: (858) 657-8600

Bio:
Alan Shahtaji, DO, is a board-certified family medicine doctor who specializes in sports medicine. He directs UC San Diego Health's Sports Concussion Clinic, which offers comprehensive care for concussion assessment and management. As an osteopathic physician, Dr. Shahtaji has a whole-body approach to medicine. His areas of expertise include musculoskeletal ultrasound, fracture management, osteopathic manual medicine for sports injuries, and treating non-operative orthopedic problems; as well as a special interest in exercise and nutrition.
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