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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.

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.

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.

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:**
Patria 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.

Rheumatology

Rheumatology is a medical specialization concerned with the study and treatment of rheumatic disease; diseases which are usually caused by inflammation, swelling and pain in the joints and muscles. Learn more about [rheumatology](https://health.ucsd.edu) at UC San Diego Health.

Harry Bluestein, MD
Rheumatologist

**Specialty:**
Rheumatology

**La Jolla - Perlman Medical Offices**
**Hillcrest - Medical Offices South**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-6110

**Bio:**
Dr. Bluestein's research interests included the identification and characterization of cell membrane molecules that serve as targets of SLE antibodies and on the role of those antibodies in the pathogenesis of SLE, particularly the neuropsychiatric manifestations. He is now retired as a researcher.

Nunzio Bottini, MD, PhD
Rheumatologist
Professor of Medicine

**Specialty:**
Rheumatology
**Add'l Language:**
Italian

**Hillcrest - Medical Offices South**

**Contact:**
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6248

**Bio:**
Nunzio Bottini, MD, PhD, is a rheumatologist who treats a variety of musculoskeletal diseases and autoimmune conditions, including rheumatoid arthritis and scleroderma.
Rheumatology (cont.)

Arnold Ceponis, MD, PhD
Rheumatologist
Associate Professor of Medicine

Specialty:
Rheumatology

La Jolla - Perlman Medical Offices
Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6248

Bio:
Arnold Ceponis, MD, is a board-certified rheumatologist with clinical and
research interest in musculoskeletal ultrasound. In addition to long-
established methods of diagnosis and treatment of rheumatic and systemic
diseases, Dr. Ceponis uses in-office ultrasonography for diagnosis and
ultrasound-guided injections of joints and other musculoskeletal structures.

Gary S. Firestein, MD
Rheumatologist
Dean and Associate Vice Chancellor for Clinical and
Translational Research

Specialty:
Rheumatology

Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6248

Bio:
Gary Firestein, MD, is a board-certified rheumatologist who diagnoses and
treats patients with autoimmune conditions as well as diseases of the joints,
muscles and bones. These conditions may include rheumatoid arthritis,
osteoarthritis, gout, chronic back pain, tendinitis, and lupus.

Soo-In Choi, MD
Rheumatologist
Associate Professor of Medicine

Specialty:
Rheumatology
Add'l Language:
Korean

Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6248

Bio:
Soo Choi, MD, is a board-certified rheumatologist who diagnoses and treats
autoimmune conditions and musculoskeletal diseases that affect the joints,
muscles, connective tissue and bones. This may include conditions such as
back pain and muscle strains, and diseases such as osteoarthritis,
rheumatoid arthritis, gout and lupus.

Mark Ginsberg, MD
Rheumatologist
Professor of Medicine

Specialty:
Rheumatology

Hillcrest - UC San Diego Medical Center

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6248

Bio:
Mark Ginsberg, MD is a rheumatologist with who diagnoses and treats
chronic musculoskeletal and systemic autoimmune conditions. He offers
nonsurgical treatment for diseases such as osteoarthritis, gout and
rheumatoid arthritis.
Rheumatology (cont.)

Monica Guma, MD, PhD
Rheumatologist

Specialty:
Rheumatology

Add'l Language:
Spanish

Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6248

Bio:
Monica Guma, MD, PhD, is a rheumatologist who treats a variety of musculoskeletal diseases and autoimmune conditions, including rheumatoid arthritis and spondyloarthritis.

Kenneth Kalunian, MD
Professor of Clinical Medicine

Specialty:
Rheumatology

La Jolla - Perlman Medical Offices
Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-6110

Bio:
Dr. Kenneth Kalunian is the Associate Director of the Center for Innovative Therapy and also a Professor in the Division of Rheumatology, Allergy and Immunology in the School of Medicine at UC San Diego.

Bonnie Hepburn, MD

Specialty:
Rheumatology

Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6248

Bio:
Dr. Hepburn received her MD from the University of Pennsylvania School of Medicine and completed her residency training at the Mayo Graduate School of Medicine.

Arthur Kavanaugh, MD
Professor of Medicine

Specialty:
Rheumatology

La Jolla - Perlman Medical Offices
Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-6110

Bio:
Rheumatologist, Clinical Immunologist
Rheumatology (cont.)

Susan J Lee, MD
Associate Professor of Medicine

Specialty:
Rheumatology

Add'l Language:
Korean

Contact:
La Jolla - Perlman Medical Offices
Hillcrest - Medical Offices South

New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-6110

Bio:
In addition to clinical practice, Dr. Lee is actively involved in numerous clinical research as well as outcomes research.

Katherine Nguyen, MD
Rheumatologist
Associate Professor of Medicine

Specialty:
Rheumatology

Add'l Language:
Vietnamese

Contact:
Hillcrest - Medical Offices South
La Jolla - Perlman Medical Offices

New Patient Registration: (800) 926-8273
Direct Clinic Line - Hillcrest: (619) 543-6248
Direct Clinic Line - La Jolla: (858) 657-6110

Bio:
Katherine Nguyen, MD, is a board-certified rheumatologist who treats general rheumatology conditions, with a special focus on treating the autoimmune diseases Sjögren’s syndrome and rheumatoid arthritis (RA).

Gregory D. Middleton, MD
Rheumatologist
Professor of Medicine and Orthopaedic Surgery

Specialties:
Rheumatology, Orthopedics

Subspecialty:
Hand & Upper Extremity

Hillcrest - UC San Diego Medical Center
Encinitas - Garden View Road
La Jolla - Koman Family Outpatient Pavilion

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (619) 543-6248

Bio:
Gregory D. Middleton, MD, is a board-certified rheumatologist who specializes in the nonsurgical care of patients with joint and muscle pain, particularly those with rheumatic disorders such as osteoarthritis. He takes a comprehensive approach to treating arthritis, pain and autoimmune diseases, and strives to help patients maintain a satisfying and active lifestyle.

Brian A. Pedersen, MBBS
Rheumatologist
Assistant Professor of Medicine

Specialty:
Rheumatology

Add'l Language:
Spanish

Contact:
Hillcrest - Medical Offices South
Encinitas - Garden View Road

New Patient Registration: (800) 926-8273
Direct Clinic Line - Hillcrest: (619) 543-6248
Direct Clinic Line - Encinitas: (760) 536-7300

Bio:
Brian A. Pedersen, MBBS, is a board-certified rheumatologist. He diagnoses and treats autoimmune conditions and musculoskeletal diseases that affect the joints, muscles, connective tissue and bones. This may include conditions such as back pain and muscle strains, and diseases such as osteoarthritis, rheumatoid arthritis, gout, and lupus.
Rheumatology (cont.)

Abha G. Singh, MD
Rheumatologist
Assistant Professor of Medicine

Specialty:
Rheumatology
Add'l Languages:
Hindi, Punjabi

La Jolla - Perlman Medical Offices
Hillcrest - Medical Offices South

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line: (858) 657-6110

Bio:
Abha Singh, MD, is a board-certified rheumatologist. She diagnoses and treats autoimmune conditions as well as diseases of the joints, muscles and bones, including rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis, reactive arthritis, myositis, scleroderma, systemic lupus erythematosus (SLE or lupus), vasculitis, gout, polymyalgia rheumatica, and osteoarthritis.

Chelsey Forbess Smith, MD
Rheumatologist
Assistant Professor of Medicine

Specialty:
Rheumatology
Add'l Language:
Spanish

La Jolla - Perlman Medical Offices

Contact:
New Patient Registration: (800) 926-8273
Direct Clinic Line - La Jolla: (858) 657-6110

Bio:
Chelsey Smith, MD, is a board-certified rheumatologist who treats patients with rheumatic diseases, including rheumatoid arthritis, systemic lupus erythematosus, and other conditions.
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