



● OFFICES ● OFFICES WITH URGENT CARE

- 1 **Pomerado Outpatient Pavilion**  
15611 Pomerado Road, Poway, CA 92064
- 2 **Pomerado Medical Center**  
15525 Pomerado Road, Poway, CA 92064
- 3 **Citracado Parkway**  
1955 Citracado Parkway, Escondido, CA 92029
- 4 **Valley Parkway**  
488 East Valley Parkway, Escondido, CA 92025
- 5 **Ramona**  
211 13<sup>th</sup> Street, Ramona, CA 92065
- 6 **Rancho Peñasquitos**  
9878 Carmel Mountain Road, San Diego, CA 92129
- 7 **Valley Center**  
28743 Valley Center Road, Suite #B, Valley Center, CA 92082

### Urgent Care

- 1 **POWAY** | 858.675.3200  
Sunday - Saturday: 9 a.m. - 8 p.m.
- 5 **RAMONA** | 760.789.5174  
Monday - Friday: Noon - 7 p.m.  
Saturday: 9 a.m. - 4 p.m.



## Provider Directory

[ArchHealth.org](http://ArchHealth.org)



## URGENT CARE

### 1 POWAY – POMERADO OUTPATIENT PAVILION

#### URGENT CARE | 858.675.3200

Michael Cutler, MD  
Joseph Fiore, MD  
Charles Hardison, MD  
Sadaf Najand, MD

Todd D. Wells, MD  
Keri L. White, MD  
Anapatricia Najera-Higareda, FNP

### 5 RAMONA

#### URGENT CARE | 760.789.5174

Scott Flinn, MD  
Steven Holm, PA

## PRIMARY CARE

### 4 ESCONDIDO – VALLEY PARKWAY | 760.294.2266

#### FAMILY MEDICINE

Susan Farrish, MD  
Ngoc Nguyen, MD

#### INTERNAL MEDICINE

Pegah Mashayekhi, DO  
Joseph Garvin, AGNP

#### SLEEP MEDICINE

Pegah Mashayekhi, DO

### 1 POWAY – POMERADO OUTPATIENT PAVILION

#### FAMILY MEDICINE | 858.675.3210

Nasrin Arbabi, MD  
Carol Cornelius, MD  
Michael Cutler, MD  
Ludmilla Ionescu, MD  
Louis Maletz, MD

Susan Meram, MD  
Yusra Mir, MD  
Ngoc Nguyen, MD  
Richard Putnum, MD

#### INTERNAL MEDICINE | 858.675.3293

David Carty, MD  
Belinda Dure-Smith, MD  
Dennis Mamaril, MD

Larry Present, MD  
Jennifer Young, PA

#### PEDIATRICS | 858.675.3170

Stuart Graham, MD  
Sonal Khattri, MD

Cheryl Shanmugam, MD

### 5 RAMONA | 760.789.5160

#### FAMILY MEDICINE

Ellen Blando, MD  
David Dasso, MD  
Jerry Miller, MD

Janine Kasch, DO  
Jessica Salas, NP

#### INTERNAL MEDICINE – NEW!

Deepti Mundkur, MD  
Martin Schwartz, MD

### 6 RANCHO PEÑASQUITOS | 858.312.1440

#### FAMILY MEDICINE

Scott Miller, MD  
Lyn Santos, FNP

Amy Trewella, MD

## PRIMARY CARE

### 7 VALLEY CENTER | 760.749.0824

#### FAMILY MEDICINE

Roy Johnson, MD  
Minu Sharma, MD

## SPECIALTY CARE

### HEART & VASCULAR

- > Cardiology
- > Cardiothoracic & Cardiovascular Surgery
- > Electrophysiology
- > Vascular

### 1 Poway – Pomerado Outpatient Pavilion | 858.592.2696

Hamed Bayat, MD  
Andrew K. Chen, MD  
Young Lee, MD  
Daniel Mulvihill, MD

Navinder Sawhney, MD  
Rod Serry, MD  
Kamen Zakov, MD

### 3 Escondido – Citracado Parkway | 760.743.0546

Hamed Bayat, MD  
Andrew K. Chen, MD  
Christopher Gilbert, MD  
Jeffrey Gorwit, MD  
Swaminatha Gurudevan, MD  
Young Lee, MD  
Yuan Lin, MD

Mikhail Malek, MD  
Navinder Sawhney, MD  
Rod Serry, MD  
Mo Ahmadi, NP  
Kimberly Barmack, FNP  
Anne Mitruka, NP-C

### DERMATOLOGY

### 1 Poway – Pomerado Outpatient Pavilion | 858.675.3145

Patrick Armstrong, MD  
Paul Jou, MD

### 3 Ramona | 760.789.5174

Stephen Shewmake, MD

### EAR, NOSE AND THROAT & AUDIOLOGY

### 2 Poway – Pomerado Medical Center | 858.485.7870

Patrick Fitzgerald, MD  
Alison Learn, MD

Jaclyn Miller, Au.D.

### GASTROENTEROLOGY

### 1 Poway – Pomerado Outpatient Pavilion | 858.675.3150

Maram Zakko, MD

## For Your Convenience

If you have any billing questions or would like to contact medical records, please give us a call!

**BILLING | 855.807.9437**

**MEDICAL RECORDS | 858.675.3199**

## SPECIALTY CARE

### NUTRITION

### 1 Poway – Pomerado Outpatient Pavilion | 858.675.3150

### 5 Ramona | 760.789.5160

### 4 Escondido – Valley Parkway | 760.294.2266

Janice Baker, RDN

### OPHTHALMOLOGY / OPTOMETRY

### 1 Poway – Pomerado Outpatient Pavilion | 858.675.3140

Jeffrey Lozier, MD  
Michelle Kim, OD

### ORTHOPEDICS

### 1 Poway – Pomerado Outpatient Pavilion | 858.675.3286

3<sup>rd</sup> Floor

Philip Balikian, MD  
Ariel Palanca, MD

Lorra Sharp, MD  
David Hustosky, PA

### 1 Poway – Pomerado Outpatient Pavilion | 858.485.0050

5<sup>th</sup> Floor

James Bried, MD  
Brad Cohen, MD

K.C. Owsley, MD

### 4 Escondido – Citracado Parkway | 760.743.4789

Daniel Barba, MD  
Thomas Knutson, MD  
K.C. Owsley, MD

Arush Patel, MD  
Lorra Marie Sharp, MD

### PULMONOLOGY

### 1 Poway – Pomerado Outpatient Pavilion | 760.489.1458

### 5 Escondido – Valley Parkway | 760.489.1458

Frank Bender, MD  
Gregory Hirsch, MD  
James Otoshi, MD

Steven Popper, MD  
Kenneth Trestman, MD

### RHEUMATOLOGY

### 1 Poway – Pomerado Outpatient Pavilion | 858.675.3150

### 5 Escondido – Valley Parkway | 858.675.3150

Soumya Rao, MD

### SKILLED NURSING

Martin Schwartz, MD  
Mohinderpal Thaper, MD

## ADDITIONAL SERVICES

Anticoagulation  
(Coumadin) Clinic

Chronic Care Management

Clinical Research

Lab Services

- > Escondido – Valley Parkway
- > Poway – Pomerado Outpatient Pavilion
- > Ramona

Vaccinations

Imaging Services

NUCLEAR MEDICINE

ULTRASOUND

X-RAY

- > Escondido – Citracado Parkway
- > Escondido – Valley Parkway
- > Pomerado Outpatient Pavilion
- > Ramona