About Us

Arch Health Medical Group is a multispecialty, not-for-profit health care organization dedicated to enhancing the health of people in our communities.

Based in San Diego, California, with more than 90 providers and 300 employees, we serve nearly 85,000 patients in North County San Diego at our medical centers in Poway, Escondido, Ramona, Rancho Peñasquitos, Valley Center and Vista. These convenient locations offer outpatient services such as primary and specialty care, diagnostic and urgent care.

Proud Partners in Healthcare
Arch Health Medical Group | Palomar Health

By choosing Arch Health, you have access to Palomar Health’s nationally-recognized facilities:

› Palomar Medical Center Escondido
› Palomar Medical Center Poway

Our partnership with Palomar Health also gives our doctors and patients access to Mayo Clinic expertise that you can’t find anywhere else in San Diego.
Primary Care

› Family Practice
› Internal Medicine
› Pediatrics
› Urgent Care

Specialty Care

Heart & Vascular:
› CVT Surgery
› Electrophysiology
› Interventional Cardiology
› Invasive Cardiology
› Non-Invasive Cardiology

Orthopedic Surgery:
› Foot & Ankle
› Hand
› Joint Replacement
› Shoulder/Elbow
› Spine
› Sports Medicine
› Trauma

Other Specialties:
› Bariatric Surgery
› Dermatology
› Ear, Nose, Throat & Audiology
› Endocrinology
› Gastroenterology
› General Surgery
› Ophthalmology & Optometry
› Pulmonology
› Registered Dietician
› Rheumatology
› Skilled Nursing
› Sleep Medicine
› Urology

Additional Services:
› Anticoagulation (Coumadin) Clinic
› Chronic Care Management
› Clinical Research
› Imaging Services
› Lab Services
› Vaccinations
› Weight Loss – Bariatric Procedures

Virtual Visits

All Arch Health physicians and advanced practitioners now offer virtual visits. Conveniently meet with your doctor from any location using your phone or smart device.

Award-Winning Care!

2020 IHA Excellence in Healthcare
2020 Chest Pain – MI Registry
2020 NCDR Platinum Performance Achievement Award
America’s Physician Groups Standards of Excellence SOE

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Primary Care

Escondido – Valley Parkway
INTERNAL MEDICINE / SLEEP MEDICINE | 760.294.2266

Joseph Garvin, AGNP
INTERNAL MEDICINE
Medical Education:
California State University
Long Beach
Language: Spanish

Pegah Mashayekhi, DO
INTERNAL MEDICINE
SLEEP MEDICINE
Medical School:
Midwestern University, Arizona
College of Osteopathic Medicine
Language: Spanish

INTERNAL MEDICINE / SLEEP MEDICINE |
760.294.2266

Yusra Mir, MD
FAMILY MEDICINE
Medical School:
Government Medical College
Srinagar, J&K
Language: Hindi, Urdu

Pegah Mashayekhi, DO
INTERNAL MEDICINE
SLEEP MEDICINE
Medical School:
Midwestern University, Arizona
College of Osteopathic Medicine
Language: Spanish

Louis Maletz, MD
FAMILY MEDICINE
Medical School:
University of California,
Los Angeles School of Medicine
Language: Spanish, German

Nasrin Arbabi, MD
FAMILY MEDICINE
Medical School:
Esfahan University
Language: Farsi

Ludmilla Ionescu, MD
FAMILY MEDICINE
Medical School:
Moscow Medical Academy
Language: Russian

Richard Putnam, MD
FAMILY MEDICINE
Medical School:
University of California,
San Diego School of Medicine

Susan Meram, MD
FAMILY MEDICINE
Medical School:
Ross University School of Medicine
Language: Aramaic

Yusra Mir, MD
FAMILY MEDICINE
Medical School:
Government Medical College
Srinagar, J&K
Language: Hindi, Urdu

Poway – Pomerado Outpatient Pavilion
FAMILY MEDICINE | 858.675.3210

Simon Tanksley, MD
FAMILY MEDICINE
Medical School:
Renaissance School of Medicine,
State University of NY
Language: Spanish

Louis Maletz, MD
FAMILY MEDICINE
Medical School:
University of California,
Los Angeles School of Medicine
Language: Spanish, German

Nasrin Arbabi, MD
FAMILY MEDICINE
Medical School:
Esfahan University
Language: Farsi

Richard Putnam, MD
FAMILY MEDICINE
Medical School:
University of California,
San Diego School of Medicine

Susan Meram, MD
FAMILY MEDICINE
Medical School:
Ross University School of Medicine
Language: Aramaic

Ludmilla Ionescu, MD
FAMILY MEDICINE
Medical School:
Moscow Medical Academy
Language: Russian

Simon Tanksley, MD
FAMILY MEDICINE
Medical School:
Renaissance School of Medicine,
State University of NY
Language: Spanish

Primary Care

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## Primary Care

### Poway – Pomerado Outpatient Pavilion

#### INTERNAL MEDICINE | 858.675.3293

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#### PEDIATRICS | 858.675.3170

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#### URGENT CARE | 858.675.3200

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<td>University of California-Los Angeles School of Medicine</td>
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<td>Anapatricia Najera-Higareda, FNP</td>
<td>URGENT CARE</td>
<td>University of San Diego School of Medicine</td>
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Ramona

**FAMILY MEDICINE | 760.789.5160**

- **Ellen Blando, MD**
  - Medical School: Emilio Aguinaldo College of Medicine
  - Language: Tagalog

- **Janine Kasch, DO**
  - Medical School: New York College of Osteopathic Medicine
  - Language: Spanish, German

- **Ngoc Nguyen, MD**
  - Medical School: University of Washington School of Medicine
  - Languages: Vietnamese

**INTERNATIONAL MEDICINE | 760.789.5160**

- **Martin Schwartz, MD**
  - Medical School: New York Medical College

**URGENT CARE | 760.789.5174**

- **Scott Flinn, MD**
  - Medical School: University of Pittsburgh

- **Jessica Salas, NP**
  - Medical Education: University of San Diego
  - Language: Spanish

Rancho Peñasquitos

**FAMILY MEDICINE | 858.312.1440**

- **David Dassoff, MD**
  - Medical School: UC Davis Medical Center

- **Jerry Miller, MD**
  - Medical School: Centro De Estudios Universitarios
  - Language: Spanish

- **Cathy Shaffer, NP**
  - Photo coming soon

**FAMILY MEDICINE | 858.312.1440**

- **Scott Miller, MD**
  - Medical School: University of Toledo

- **Amy Trewella, MD**
  - Medical School: Creighton University School of Medicine

**FAMILY MEDICINE | 760.749.0824**

- **Charles Hardison, MD**
  - Medical School: Loma Linda University School of Medicine
  - Language: Russian, Spanish

- **Roy Johnson, MD**
  - Medical School: UCLA
Bariatric Surgery

POWAY – POMERADO OUTPATIENT PAVILION | 760.300.3647
VISTA OFFICE | 760.300.3647

Karen Hanna, MD
BARIATRIC SURGERY
Medical School:
Rush Medical College

Dermatology

POWAY – POMERADO OUTPATIENT PAVILION | 858.675.3145

Patrick Armstrong, MD
DERMATOLOGY
Medical School:
University of Texas Medical Branch

Paul Jou, MD
DERMATOLOGY
Medical School:
Case Western Reserve University
Language: Mandarin

Stephen Shewmake, MD
DERMATOLOGY
Medical School:
University of Kansas City School of Medicine

RAMONA | 760.789.5160

Alison Learn, MD
ENT-OTOLARYNGOLOGY
Medical School:
University of Southern California

Ear, Nose and Throat & Audiology

POWAY – POMERADO MEDICAL CENTER | 858.485.7870

Patrick Fitzgerald, MD
ENT-OTOLARYNGOLOGY
Medical School:
Georgetown School of Medicine

Alison Learn, MD
ENT-OTOLARYNGOLOGY
Medical School:
University of Southern California

Jaclyn Miller, Au.D.
AUDIOLOGY
Endocrinology
ESCONDIDO – VALLEY PARKWAY | 760.294.2266
POWAY – POMERADO OUTPATIENT PAVILION | 760.294.2266

Farhad Farjoudi, MD
ENDOCRINOLOGY
Medical School: Azad University
Tehran Faculty of Medicine, Iran
Language: Farsi

Gastroenterology
POWAY – POMERADO OUTPATIENT PAVILION | 858.675.3150

Maram Zakko, MD
GASTROENTEROLOGY
Medical School: University of Baghdad

General Surgery
POWAY – POMERADO OUTPATIENT PAVILION | 760.300.3647

Jay Grove, MD
GENERAL SURGERY
Medical School: University Of California Davis School Of Medicine

Karen Hanna, MD
GENERAL SURGERY
Medical School: Rush Medical College

VISTA OFFICE | 760.300.3647

Adam Fierer, MD
GENERAL SURGERY
Medical School: University of California, San Diego

Jay Grove, MD
GENERAL SURGERY
Medical School: University Of California Davis School Of Medicine

Karen Hanna, MD
GENERAL SURGERY
Medical School: Rush Medical College
Heart & Vascular

ESCONDIDO – CITRACADO PARKWAY | 760.743.0546

Roger Acheatel, MD
CARDIOLOGY
Medical School: University of California School of Medicine

Hamed Bayat, MD
CARDIOLOGY
Medical School: University of California Language: Farsi, Spanish

Andrew K. Chen, MD
CARDIOLOGY
Medical School: Case Western Reserve University

Christopher Gilbert, MD
CARDIOLOGY
Medical School: Tulane University

Jeffrey Gorwit, MD
CARDIOLOGY
Medical School: SUNY Downstate College of Medicine

Young Lee, MD
CARDIOLOGY
Medical School: Tufts School of Medicine

Yuan Lin, MD
CARDIOTHORACIC
Medical School: Taipei Medical University Language: Mandarin

Mikhail Malek, MD
CARDIOLOGY
Medical School: Cairo University School of Medicine Language: Arabic

Navinder Sawhney, MD
CARDIOLOGY ELECTROPHYSIOLOGY
Medical School: Washington University School of Medicine

Rod Serry, MD
CARDIOLOGY
Medical School: Rush Medical College Language: Spanish

Christopher Vanichsarn, MD
CARDIOLOGY HEART FAILURE SPECIALIST
Medical School: Albert Einstein College of Medicine

Mo Ahmadi, NP
CARDIOLOGY
Medical Education: Utah State University

Kimberly Barmack, FNP
CARDIOLOGY
Medical Education: California State University Long Beach

Judith Meyers, NP
CARDIOLOGY
Medical Education: Grand Canyon University

Anne Mitruka, NP
CARDIOLOGY
Medical Education: Gannon University
Heart & Vascular

POWAY – POMERADO OUTPATIENT PAVILION | 858.592.2696

Hamed Bayat, MD
CARDIOLOGY
Medical School: University of California, San Diego School of Medicine
Language: Farsi, Spanish

Navinder Sawhney, MD
CARDIOLOGY ELECTROPHYSIOLOGY
Medical School: Washington University School of Medicine

Young Lee, MD
CARDIOLOGY
Medical School: Tufts School of Medicine

Daniel Mulvihill, MD
CARDIOLOGY
Medical School: University of Southern California

Andrew K. Chen, MD
CARDIOLOGY
Medical School: Case Western Reserve University School of Medicine

Rod Serry, MD
CARDIOLOGY
Medical School: Rush Medical College
Language: Spanish

Kamen Zakov, MD
CARDIOLOGY
Medical School: Northwestern University of Chicago
Language: Bulgarian, German, Russian

Christopher Vanichsarn, MD
CARDIOLOGY HEART FAILURE SPECIALIST
Medical School: Albert Einstein College of Medicine

Pegah Mashayekhi, DO
MEDICAL WEIGHT MANAGEMENT
Medical School: Midwestern University, Arizona College of Osteopathic Medicine
Language: Spanish

Medical Weight Management

ESCONDIDO – VALLEY PARKWAY | 760.294.2266

Janice Baker, RD
NUTRITION
Medical Education: California Polytechnic State University

Nutrition

ESCONDIDO – VALLEY PARKWAY | 760.294.2266
POWAY – POMERADO OUTPATIENT PAVILION | 858.675.3150
RAMONA | 760.789.5160

Janice Baker, RD
NUTRITION
Medical Education: California Polytechnic State University
Ophthalmology / Optometry

POWAY – POMERADO OUTPATIENT PAVILION | 858.675.3140

Jeffrey Lozier, MD
OPHTHALMOLOGY
Medical School:
New Jersey Medical School

Michelle Kim, OD
OPTOMETRY
Medical School:
New England College of Optometry

Orthopedic Surgery / Sports Medicine

ESCONDIDO – CITRACADO PARKWAY | 760.743.4789

Daniel Barba, MD
ORTHOPEDICS: SPINE
Medical School:
Michigan State University
College of Human Medicine

Brad Cohen, MD
ORTHOPEDICS
Medical School:
Case Western Reserve University
Medical Center

Thomas Knutson, MD
ORTHOPEDICS
Medical School:
Loma Linda University

K.C. Owsley, MD
ORTHOPEDICS
Medical School:
SUNY Upstate Medical School
Language: Spanish

Ariel Palanca, MD
ORTHOPEDICS
FOOT & ANKLE SPECIALIST
Medical School:
University of Michigan
Medical School

Arush Patel, MD
ORTHOPEDICS
HAND SPECIALIST
Medical School:
Medical University of Ohio
Language: Spanish, Gujarati

Lorra Marie Sharp, MD
ORTHOPEDIC SURGERY
TRAUMA
Medical Education:
Keck School of Medicine, USC

Alexandra Chatfield, PA-C
ORTHOPEDICS
Medical School:
Lewis Katz School of Medicine
Orthopedic Surgery / Sports Medicine

POWAY – POMERADO OUTPATIENT PAVILION – 3RD FLOOR | 858.675.3286

Philip Balikian, MD
ORTHOPEDICS

Medical School: University of Massachusetts
Language: Armenian, Italian

Lorra Marie Sharp, MD
ORTHOPEDIC SURGERY
TRAUMA

Medical Education: Keck School of Medicine, USC

David Hustosky, PA
ORTHOPEDICS

Medical School: Western University of Health Sciences

POWAY – POMERADO OUTPATIENT PAVILION – 5TH FLOOR | 858.485.0050

James Bried, MD
ORTHOPEDICS

Medical School: University of Arizona
Language: Spanish

Brad Cohen, MD
ORTHOPEDICS

Medical School: Case Western Reserve University Medical Center

K.C. Owsley, MD
ORTHOPEDICS

Medical School: SUNY Upstate Medical School
Language: Spanish

Ariel Palanca, MD
ORTHOPEDICS
FOOT & ANKLE SPECIALIST

Medical School: University of Michigan Medical School

Alexandra Chatfield, PA-C
ORTHOPEDICS

Medical School: Lewis Katz School of Medicine at Temple University
Pulmonology

ESCONDIDO – VALLEY PARKWAY | 760.489.1458
POWAY – POMERADO OUTPATIENT PAVILION

Frank Bender, MD
Medical School: UC San Diego Medical School
Language: German

Gregory Hirsch, MD
Medical School: UCLA

James Otoshi, MD
Medical School: University of Washington

Steven Popper, MD
Medical School: University of California San Francisco
Language: Spanish

Kenneth Trestman, MD
Medical School: New York Medical College
Language: Spanish

Rheumatology

ESCONDIDO – ESCONDIDO VALLEY PARKWAY | 858.675.3150
POWAY – POMERADO OUTPATIENT PAVILION

Soumya Rao, MD
Medical School: JJM Medical College
Language: Hindi, Kannada

Martin Schwartz, MD
Medical School: New York Medical College

Skilled Nursing

SKILLED NURSING | 858.675.3150

Mohinderpal Thaper, MD
Medical School: Manipal College of Medical Sciences
Language: Hindi, Punjabi

Urology

ESCONDIDO – CITRACADO PARKWAY | 858.673.2450
POWAY – POMERADO OUTPATIENT PAVILION | 858.673.2450

Julian Anthony, MD
Medical School: Yale University School of Medicine

Tiffany Ebersohl, PA
UROLOGY
Additional Services

ANTICOAGULATION (COUMADIN) CLINIC
CHRONIC CARE MANAGEMENT
CLINICAL RESEARCH
IMAGING SERVICES
  Nuclear Medicine
  Ultrasound
  X-Ray
    › Escondido – Citracado Parkway
    › Escondido – Valley Parkway
    › Poway – Pomerado Outpatient Pavilion
    › Ramona
LAB SERVICES
  › Poway – Pomerado Outpatient Pavilion
  › Ramona
VACCINATIONS
WEIGHT LOSS
  › Bariatric Procedures

For Your Convenience

Have any billing questions or medical record updates? Please give us a call!
Visit our website for more information on all of our services.

BILLING
855.753.6606

MEDICAL RECORDS
858.675.3199

WEBSITE
ArchHealth.org
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1 Pomerado Outpatient Pavilion
15611 Pomerado Road, Poway, CA 92064
- Bariatric Surgery
- Clinical Research
- Corporate Health
- Dermatology
- Endocrinology
- Family Medicine
- Gastroenterology
- General Surgery
- Heart & Vascular
- Internal Medicine
- Nutrition
- Ophthalmology
- Optometry
- Orthopedic Surgery
- Pediatrics
- Physical Therapy
- Pulmonology
- Rheumatology
- Urgent Care

2 Pomerado Medical Center
15525 Pomerado Road, Poway, CA 92064
- Audiology
- ENT (Ear, Nose and Throat)

3 Citracado Parkway
1955 Citracado Parkway, Escondido, CA 92029
- Heart & Vascular
- Orthopedic Surgery
- Urology

4 Valley Parkway
488 East Valley Parkway, Escondido, CA 92025
- Endocrinology
- Family Medicine
- Internal Medicine
- Nutrition
- Pulmonology
- Rheumatology
- Sleep Medicine

5 Ramona
211 13th Street, Ramona, CA 92065
- Dermatology
- Family Medicine
- Internal Medicine
- Nutrition
- Urgent Care

6 Rancho Peñasquitos
9878 Carmel Mountain Road, San Diego, CA 92129
- Family Medicine

7 Valley Center
28743 Valley Center Road, Suite #B, Valley Center, CA 92082
- Family Medicine

8 Vista Office
2385 South Melrose Drive, Vista, CA 92081
- Bariatric Surgery
- General Surgery

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URGENT CARE

1 POWAY | 858.675.3200
Every Day: 9 a.m. – 8 p.m.

5 RAMONA | 760.789.5174
Monday – Friday: 10:30 a.m. – 7 p.m.
Saturday: 9 a.m. – 4 p.m.

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