



Welcome to Dignity Health Medical Group



Dignity Health Medical Group.
Bakersfield

A Service of Dignity Health Medical Foundation

Hello humankindness®

Welcome to Dignity Health Medical Group

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Your partner in health



At Dignity Health Medical Group, we believe in the healing power of humankindness. We believe exceptional care means listening and guiding as well as healing. Your relationship with your primary care physician is a valuable asset in the pursuit of health and life satisfaction. The best way to begin this relationship is by making a new patient appointment, in which you meet your new doctor and discuss your medical history and wellness goals. This brochure is designed to be a useful reference, so hold onto it. Inside you'll find basic guidance and resources for different medical situations that may occur.

Selecting a primary care physician



If you were assigned a primary care physician (PCP) through your health plan, or would like to change your PCP, please call the number on the back of your Member ID card. Finding a new PCP is easy, just visit us at dhmf.org/bakersfield/providers or call us at **(661) 241-5299**. If you have a specialized need, you don't have to go far for specialty care. Our board-certified specialists are experts in their fields. We proudly offer a comprehensive range of specialty care. This booklet also includes a list of primary care providers and specialists; visit page 6.

Enroll in *My Portal*—Dignity Health's patient portal

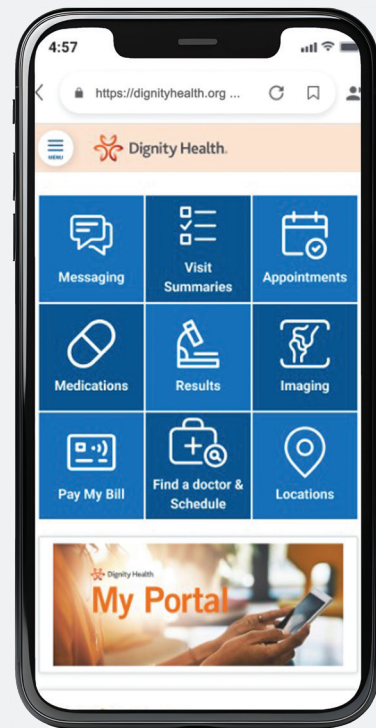
My Portal makes it easier than ever to securely communicate with your health provider and access or update important personal information. With the patient portal, you can:

- Search for providers and schedule appointments with ease
- Add appointments to your personal calendar and share with family members
- Access your medical records, test results and medication lists from all Dignity Health locations
- Send email messages to your providers directly
- Access online bill pay

Self-enrollment is easy, visit DignityHealth.org/my-portal and fill out your information. To verify, use your medical record number. For assistance, contact our support team at **(844) 274-8497**. Self-enrollment is not available for guardians, caregivers, or patients under the age of 18 years.



Have a smartphone?
Download the *My Portal* by Dignity Health app from the App Store or Google Play.



Preparing for your first appointment



Showing up to your first doctor appointment prepared allows both you and your doctor to ask the right questions and leads to a more productive appointment.

Before your first appointment:

- Get a copy of your medical records, including recent tests/screenings, immunizations, last mammogram, etc.
- Prepare a list of your medications, and bring all medication bottles. Be sure to include all prescription, over-the-counter (OTC) and allergy medications, vitamins, and supplements.
- Know your family's health history. Ask your family members about chronic illnesses, diseases and other health conditions.
- Bring a list of your health concerns, including symptoms or questions you have.

- Bring your photo ID and insurance card.
- Fill out pre-appointment forms. You will receive a text or email providing a link to fill out the necessary forms.

During your appointment:

- Ask to sign up with My Portal to communicate with your provider online, view your health records, schedule appointments, and more.
- Request a Wellness Evaluation. Ask your doctor if you need a physical to assess your current health condition(s).
- Schedule your next visit. Ask your doctor when you should see them next, and get scheduled.

After your office visit:

You will receive an automated text message or email from Dignity Health. Answering this quick survey helps our providers and staff understand how well your consult went.

Transferring your records

Transferring your medical records is an important step for our providers to understand your health history and serve you best going forward.

- Call your previous medical provider to see about obtaining your records or check their patient portal for an option to download them.
- You can also call your new provider to see if they will provide a Release for Information form.

Once this form is completed, your new provider can request your medical records be sent directly to them.

Know where to get care

When you're not feeling well—or if you're due for a routine checkup—Dignity Health Medical Group offers a variety of settings to get the care you need when you need it.

Primary care

For routine checkups, or if you're not feeling well, schedule an appointment with your primary care physician's office.

Same-day care

For conditions such as colds, the flu and sore throats, our primary care providers offer the convenience of same-day appointments. If your PCP or their care team is unable to see you, you may be referred to one of our partnering urgent care locations.

Specialty care

Our Dignity Health Medical Group specialists provide quality care for the entire family at every stage, from children and adolescents to adults and seniors. We are here to care for all patients throughout Kern County, providing cardiology, general surgery, endocrinology, ENT, obesity medicine, women's health, and urology services.

Emergency Room

When you need medical care now and you don't feel safe to wait, go to the Emergency Room for:

- Any life-threatening condition
- Loss of consciousness
- Severe bleeding
- Difficulty breathing
- Chest pain or heart attack
- Stroke, weakness or numbness on one side
- Head injury or other major trauma
- Poisoning

Virtual visits

Many non-urgent medical visits can be conducted through a virtual visit. Our virtual visits use live, secure, HIPAA compliant video technology, allowing a safe and convenient option for accessing high-quality care from home. Call your primary care physician's office to determine if an in-person or virtual visit is best suited for your care needs.

Patient resources

Below are important phone numbers and websites that might be useful in managing your health care.

By phone

Billing/Customer Service: (866) 803-1774

My Portal support team: (844) 274-8497

Schedule an appointment: (661) 241-5299

Online

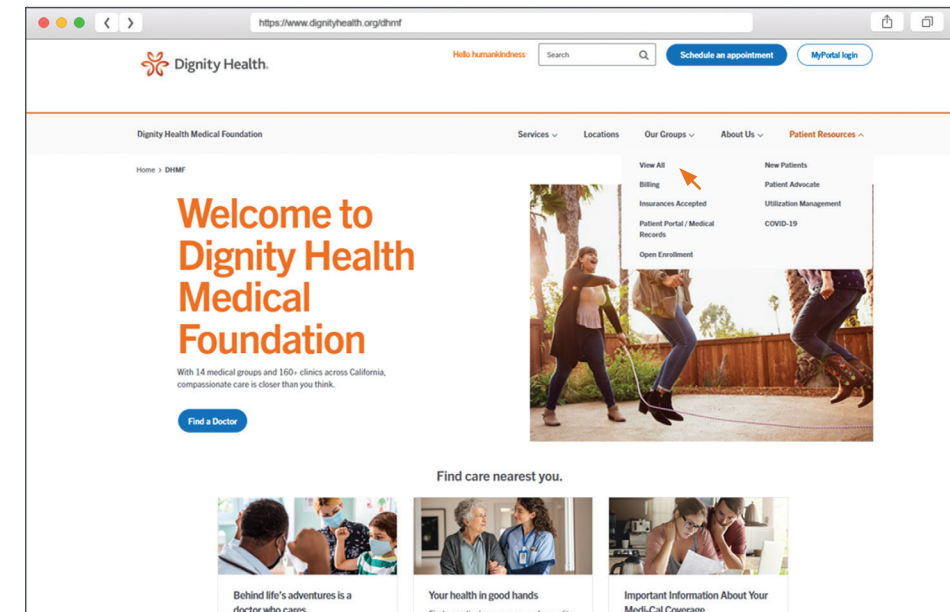
Find a Doctor

Visit dhmf.org/bakersfield/providers or scan the QR code to search and learn about our different providers.



Patient resources

Visit dhmf.org and click on *Patient Resources* for details including insurance accepted, billing, new patient information, patient portal, and medical records.



Primary Care Directory

Bakersfield



Kristin Brown, FNP-C
Family Medicine

9500 Stockdale Hwy.
Ste. 203
(661) 587-8110

Specializes in family care prevention and health maintenance. Treats children and adults of all ages.



Lorraine Campbell, PA-C
Family Medicine

3838 San Dimas St.
Ste. A200
(661) 654-0200

Treats chronic medical conditions and performs preventative health screenings.



Rocio Diaz, NP
Family Medicine

3737 San Dimas St.
Ste. 101
(661) 558-4649

Treats adults and geriatrics. Special areas of focus and interest include health education and working with indigenous and LGBTQ+ populations. Additional language: Spanish.



Chris Fadeff, MD*
Family Medicine
Board-certified in family practice

9500 Stockdale Hwy.
Ste. 103
(661) 665-7940

Treats patients 7 years and up.



Harsimran Gill, MD
Internal Medicine
Board-certified in internal medicine

3838 San Dimas St.
Ste. A200
(661) 654-0200

Treats chronic medical conditions and performs preventative health screenings.



Nadeem Goraya, MD
Family Medicine
Board-certified in family practice

3838 San Dimas St.
Ste. A200
(661) 654-0200

Enjoys treating acute, urgent, and chronic conditions. Also takes care of some patients in the hospital. Additional languages: Punjabi and Urdu.

*Not accepting new patients.

Care Specialties



Hemmal Kothary, MD
Family Medicine
Board-certified in family medicine

9500 Stockdale Hwy.
Ste. 200
(661) 327-1431

Treats infants, children and adults of all ages. Provides primary care and health maintenance prevention for patients.



Srilakshmi Madhusudhan, MD
Family Medicine
Board-certified in family medicine

9500 Stockdale Hwy.
Ste. 201
(661) 327-1431

Treats patients as early as teenage years.



Biserka Matkovic, MD*
Internal Medicine

3838 San Dimas St.
Ste. A100
(661) 324-4963

Treats chronic medical conditions and performs preventative health screenings.



Deborah McDowell, FNP
Internal Medicine

3838 San Dimas St.
Ste. B111
(661) 616-1030

Treats chronic medical conditions in geriatric care. Performs preventative health screenings.



Parvez Memon, MD
Geriatric Medicine
Board-certified in internal medicine

3838 San Dimas St.
Ste. B111
(661) 616-1030

Specializes in geriatric care. Treats chronic medical conditions. Partners with patients in their care to provide a better quality of life. Additional languages: Punjabi, Sindhi, Urdu, Hindi.

*Not accepting new patients.

Primary Care Directory

Bakersfield



Quyen Nguyen, DNP, FNP-BC

Family Medicine
ANCC certified

9500 Stockdale Hwy.
Ste. 201
(661) 327-1431

Health promotion and disease prevention are Quyen's optimal goals in patient care. For patients suffering from chronic, congenital, and certain diseases that can't heal, her goal is to help them control, manage, and delay disease progress and its complications so that they can live with their diseases. Additional languages: Vietnamese and French



Howard Nizar, MD*

Internal Medicine
Board-certified in internal medicine

9500 Stockdale Hwy.
Ste. 103
(661) 665-7940

Provides primary and consultative medical care for patients age 15+. Concentration on diagnostic and management of acute and chronic illnesses. Specifically trained to solve puzzling diagnostic problems and severe chronic illnesses.



Patrick O'Connell, MD

Family Medicine

9500 Stockdale Hwy.
Ste. 203
(661) 587-8110

Provides primary care for disease prevention, diabetes, hypertension, atherosclerotic cardiovascular issues, and lipid disorders. Treats children and adults of all ages. Bakersfield native.



Albert Peinado, MD*

Internal Medicine
Board-certified in internal medicine, hospice and palliative medicine

9500 Stockdale Hwy.
Ste. 200
(661) 327-1431

Provides primary care disease prevention and health care maintenance.



June Salvo, DO

Internal Medicine
Board-certified in internal medicine

9500 Stockdale Hwy.
Ste. 203
(661) 587-8110

Provides evidence-based information to patients to make the best-educated decisions regarding their health. Additional languages: Spanish and Tai

Care Specialties

*Not accepting new patients.



Bani Singh, MD

Family Medicine
Board-certified in family medicine

9500 Stockdale Hwy.
Ste. 203
(661) 587-8110

Specializes in primary care, geriatrics and preventative care. Treats patients 17 years and older. Bakersfield native.



Zeba Yamin, MD

Family Medicine
Board-certified in family practice

9500 Stockdale Hwy.
Ste. 201
(661) 327-1431

Treats patients 12 years of age and up. She focuses on not treating the disease, but the person as a whole. Her goal is to give her patients the genuine compassion and respect they deserve.



Uzma Yousuf, DO

Family Medicine
Board-certified in family practice

9500 Stockdale Hwy.
Ste. 203
(661) 587-8110

Specializes in treating family care prevention and health maintenance. Treats patients of all ages.

Tehachapi



Adriana Brewer, NP

Internal Medicine

707 West Valley Blvd.
(661) 822-2530

Patient education is imperative to empower her patients and enable them to promote their best health in addition to the medical guidance she can provide as their practitioner. Treat children and adults.



Leslie Figge, FNP

Family Medicine

707 West Valley Blvd.
(661) 822-2530

Treats infants, children and adults of all ages.



Patrick O'Connell, MD

Family Medicine

707 West Valley Blvd.
(661) 822-2530

Provides primary care for disease prevention, diabetes, hypertension, atherosclerotic cardiovascular issues, and lipid disorders. Treats children and adults of all ages. Bakersfield native.

Care Specialties

Specialty Care Directory

Cardiology



Richard M. Deits, MD
Interventional Cardiology
 Board-certified in cardiovascular disease and internal medicine

3838 San Dimas St.
 Ste. B201
 (661) 321-3161

Treats most cardiac conditions. Procedures performed include cardiac imaging, cardiac myocardial perfusion imaging, electrocardiogram (EKG), and chest CT (including heart and lungs). Patients ages 18+ are accepted.



Tommy Lee, MD
Interventional Cardiology
 Board-certified in cardiology, cardiovascular disease, interventional cardiology, internal medicine

3838 San Dimas St.
 Ste. B201
 (661) 321-3161

Permanent pacemaker implantation, coronary angiography, coronary intervention, peripheral intervention, transcatheter aortic valve replacement (TAVR), Watchman placement, loop recorder placement. Patients ages 18+ are accepted.



Ashika Thanju, NP
Interventional Cardiology
 AANP and ANCC certified

3838 San Dimas St.
 Ste. B201
 (661) 321-3161

Delivers personalized and compassionate care to patients with chronic and acute cardiac diseases. Assesses patients' health status, prescribes treatments, and provides education.



Stacie Sands, FNP-C
Interventional Cardiology
 AANP certified

3838 San Dimas St.
 Ste. B201
 (661) 321-3161

Provides high-quality care for patients with chronic and acute cardiac diseases, including assessment and management of cardiac device therapies such as pacemakers, defibrillators, and implantable loop recorders.

Cardio/Thoracic Surgery



Patrick Paw, MD
Cardiothoracic Surgery
 Board-certified in thoracic surgery

3838 San Dimas St.
 Ste. A100
 (661) 327-8538

Coronary artery disease, blockages of the arteries in the heart, blockages in the heart valve(s), leaking heart valve(s), abnormal enlargement or aneurysms of the large arteries in the chest, lung cancer.

Care Specialties



Eric Peck, MD
Cardiothoracic Surgery
 Board-certified in thoracic surgery

3838 San Dimas St.
 Ste. A100
 (661) 327-8538

Coronary artery bypass, valve repair/replacement, aneurysm repair, surgery for lung cancer and other pulmonary diseases, surgical treatment of other chest and chest wall disorders, minimally invasive structural heart procedures (including TAVR and MitraClip).



Sarabjit Purewal, MD
Cardiothoracic Surgery
 Board-certified in thoracic surgery

3838 San Dimas St.
 Ste. A100
 (661) 327-8538

Coronary artery disease, Blockages of the arteries in the heart, Blockages in the heart valve(s), Leaking heart valve(s), Abnormal enlargement or aneurysms of the large arteries in the chest.

Colorectal Surgery



Lorenc Malellari, MD, FACS, FASCRS
Colorectal Surgery, General Surgery, and Pediatric Surgery
 Board-certified in colon and rectal surgery, general surgery

3838 San Dimas St.
 Ste. B231
 (661) 449-0095

Management of benign and malignant diseases of colon and rectum with a focus on minimally invasive laparoscopic and robotic surgery.

Care Specialties

Diabetes Educator



Vicky Reyes Acosta, RDN, CDCES
Diabetes Educator
 Certified Diabetes Care and Education

9500 Stockdale Hwy.
 Ste. 203
 (661) 587-8110

Firmly believes that education plays a vital role in facilitating significant lifestyle changes and preventing chronic diseases. She prioritizes gaining insight into each patient's individual needs and cultural background, aiming to empower them to make informed decisions regarding their health and well-being. Additional language: Spanish

Care Specialties

Specialty Care Directory

Endocrinology



Harshit Shah, MD

Endocrinology, Diabetes and Metabolism, Internal Medicine
Board-certified in diabetes, metabolism and endocrinology, internal medicine

9500 Stockdale Hwy.
Ste. 201
(661) 327-1431

Care Specialties

Pituitary and adrenal disorders; diabetes and diabetes technologies (insulin pump and continuous glucose monitor); obesity, nutrition and weight loss; thyroid cancer and thyroid disease; bone, calcium and parathyroid disease; male and female reproductive disorders.

General Surgery/Minimally Invasive Surgery



Lorenc Malellari, MD, FACS, FASCRS

Colorectal Surgery, General Surgery, and Pediatric Surgery
Board-certified in colon and rectal surgery, general surgery

3838 San Dimas St.
Ste. B231
(661) 449-0095

Care Specialties

Management of benign and malignant diseases of colon and rectum with a focus on minimally invasive laparoscopic and robotic surgery.



Arpit Patel, MD

General Surgery and Pediatric Surgery
Board-certified in general surgery, clinical information

3838 San Dimas St.
Ste. B231
(661) 665-0505

Specializes in colorectal disease, endoscopy, gallbladder disease, hernia repair, minimally invasive/laparoscopic surgery, robotic surgery, skin lesion removal and biopsy, soft tissue infection, stomach and intestinal surgery, wound care, and pediatric surgery. Additional languages: Gujarati, and Hindi.



Amudhan Pugalenthi, MD

General Surgery, Surgical Oncology, and Pediatric Surgery
Board-certified in general surgery

3838 San Dimas St.
Ste. B231
(661) 665-0505

Specializes in both General Surgery and Surgical Oncology. His philosophy of care is to give the best care and treatment to his patients all the time.



Oluwatosin Fawibe, MD

General Surgery

3838 San Dimas St.
Ste. B231
(661) 665-0505

Specializes in appendicitis, breast mass/lesion, bowel obstruction, colorectal malignancies, gallbladder diseases, hemorrhoids, inguinal hernia, incisional hernia, and other abdominal hernias. Additional language: Yoruba.

Infectious Disease



Arash Heidari, MD, FACP, FIDSA

Infectious Disease
Board-certified in infectious disease and internal medicine

3838 San Dimas St.
Ste. A100
(661) 327-5838

Care Specialties

Specializes in Valley Fever, disseminated Valley Fever, Hepatitis C, Hepatitis B, bone and joint infections, syphilis, HIV, infections in transplant and immunocompromised patients, infections of prosthetic devices, tuberculosis, mycobacterial infections, and fungal infections (excluding mold exposure and thrush). Additional languages: Persian and Farsi.

Obesity Medicine



Anila Chadha, MD

Obesity Medicine
Obesity Medicine Director, Mercy Hospitals Weight Loss Surgery Program, Board-certified in family practice

9500 Stockdale Hwy.
Ste. 201
(661) 327-1431

Care Specialties

Specializes in treating patients with obesity, diabetes, and preventative medicine. She offers patients effective non-surgical weight loss tools while guiding patients through a treatment plan tailored to their unique healthcare needs, including nutritional counseling, managing lifestyle changes, and building healthy habits.

Otolaryngology (Ear, Nose, and Throat)



Mona Shete, MD

Otolaryngology
Board-certified in otolaryngology, including pediatrics

3838 San Dimas St.
Ste. B231
(661) 665-0505

Care Specialties

Specializes in eustachian tube problems, vertigo/dizziness, vestibular migraine, tinnitus, hearing loss, bell's palsy, vestibular neuritis/labyrinthitis, snoring/sleep apnea, deviated septum, nasal turbinate hypertrophy, vasomotor rhinitis, biopsy of head and neck cancer, neck lesions/masses/tumors/abscess, chronic sore throat, thyroid/parathyroid disorders, salivary gland tumors/ infections, tonsillitis, chronic respiratory insufficiency, chronic hoarseness glottic insufficiency, laryngopharyngeal reflux, vocal cord lesion and paralysis, tracheal stenosis, difficulty swallowing, and zenker's diverticulum.

Specialty Care Directory

Surgical Oncology



Amudhan Pugalenti, MD
General Surgery, Surgical Oncology,
and Pediatric Surgery
Board-certified in general surgery

3838 San Dimas St.
Ste. B231
(661) 665-0505

Care Specialties

Specializes in both General Surgery and Surgical Oncology. His philosophy of care is to give the best care and treatment to his patients all the time.

Urology



Edwin Youngstrom, DO
Urology
Board-certified in urology

3838 San Dimas St.
Ste. B231
(661) 449-0095

Care Specialties

General urology with a focus on kidney stones, men's health and prostate cancer. Dr. Youngstrom is robotically trained. He sees patients 18 years and above and select pediatric patients. He is married with four children.

Women's Health



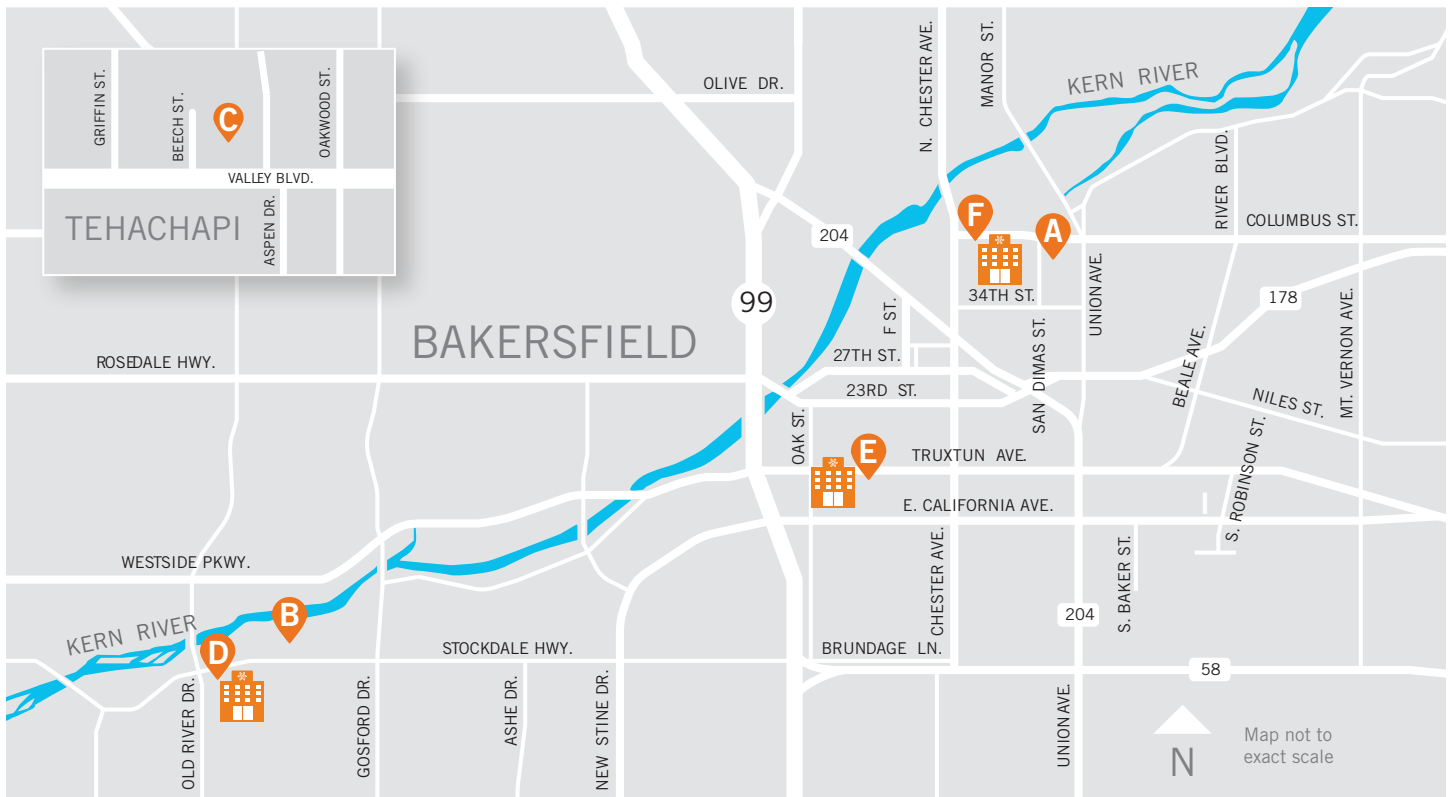
Edward Allen, MD
Gynecology
Board-certified in obstetrics and gynecology

3838 San Dimas St.
Ste. A200
(661) 654-0200

Care Specialties

Specializes in women's health. Empowers and partners with his patients in their care through effective education to help them achieve their health priorities.

Locations



A *Family Medicine*
3737 San Dimas St., Ste. 101
Bakersfield, CA 93301
(661) 558-4649

A *Internal Medicine, Infectious Disease, and Cardiothoracic Surgery*
3838 San Dimas St., Ste. A100
Bakersfield, CA 93301
Internal Medicine: (661) 324-4963
Infectious Disease & CT Surgery:
(661) 327-8538

A *Primary Care and Women's Health*
3838 San Dimas St., Ste. A200
Bakersfield, CA 93301
(661) 654-0200

A *Geriatric Medicine*
3838 San Dimas St., Ste. B111
Bakersfield, CA 93301
(661) 616-1030

A *Cardiology*
3838 San Dimas St., Ste. B201
Bakersfield, CA 93301
(661) 321-3161

A *Surgery Center*
3838 San Dimas St., Ste. B231
Bakersfield, CA 93301
(661) 665-0505

B *Primary Care*
9500 Stockdale Hwy., Ste. 103
Bakersfield, CA 93311
(661) 665-7940

B *Family Medicine and Specialty Care*
9500 Stockdale Hwy., Ste. 200
& Ste. 201
Bakersfield, CA 93311
(661) 327-1431

B *Primary Care*
9500 Stockdale Hwy., Ste. 203
Bakersfield, CA 93311
(661) 587-8110

C *Family Medicine*
707 W. Valley Blvd.
Tehachapi, CA 93561
(661) 822-2530

D **Mercy Hospital Southwest**
400 Old River Rd.
Bakersfield, CA 93311
(661) 663-6000

E **Mercy Hospital Downtown**
2215 Truxtun Ave.
Bakersfield, CA 93301
(661) 632-5000

F **Memorial Hospital**
420 34th St.
Bakersfield, CA 93301
(661) 327-4647