

**2008**

# Health Care Directory

*for San Luis Obispo County*



*Providing information  
on medical services  
throughout our region  
in an easy-to-use format*

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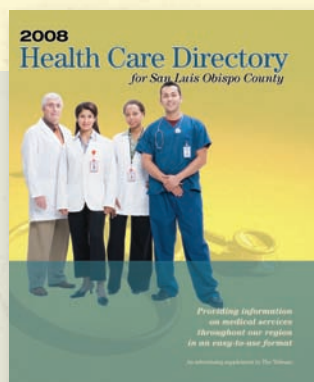
Welcome to the 2008 edition of The Tribune's Health Care Directory, servicing San Luis Obispo County.

Searching for a new physician or healthcare service can, at times, prove to be a discouraging procedure. Insurance acceptability, acceptance of new patients, accessibility and quality of service are issues of concern. We hope this handy directory aids you in your search.

The following pages contain pictorial listings of local physicians, listed alphabetically by specialty. Services of local hospitals, clinics, healthcare facilities and other health-related businesses are also listed by specialty. Specialty headings are provided with definitions of the specialty whenever possible. The specialty category index can be found on this page, at the right. An alphabetical listing of all advertisers and physicians by last name, referencing their ad page has been provided for you on page 34. Our area emergency hospital locator is on page 10.

These directory listings are also available online with links to all advertisers who have their own websites. Look for the healthcare directory link on the front page of SanLuisObispo.com in the right-hand rail. As you browse the directory online, click on any ad of interest and it will bring it up full screen.

In order to keep current with new physicians coming into the area and changes in existing physician offices, The Tribune's advertising department publishes this handy directory yearly. Should you want an extra issue for a friend or neighbor, or you have any comments or suggestions regarding this directory, please contact us at 805-781-7818 or email [lhaynes@thetribunenews.com](mailto:lhaynes@thetribunenews.com)



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American Board of Allergy,  
Asthma and Immunology

**Medical School:**

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**Fellowship Trained:**

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**Janet Kershaw-McLennan, M.D.**

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PhD, ACA, BC-HIS, NAIAP**

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Hearing Instrument Sciences and  
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**Medical School:**

Accredited in Audioprosthology

**Fellowship Trained:**

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**Medical School:**  
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**Lisa Lu Davis, D.M.D.**

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**Jeffrey L. Hollister,  
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**Residency Trained:**

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*Dr. Copp is a former classmate of Dr. Damon Barbieri. He recently relocated to SLO from his hometown of Portland, Oregon, where he has been in private practice for the past two years. Dr. Copp is currently accepting both new and emergency patients.*

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San Luis Obispo	French Hospital Medical Center .....	.805-543-5353	Child Protection Hotline .....	.800-540-4000
	1911 Johnson Ave., San Luis Obispo		Hotline .....	.800-549-8989
San Luis Obispo	Sierra Vista Regional Medical Center ..	.805-546-7600	San Luis Obispo County Sheriff ....	.805-781-4550
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North County/Templeton	Twin Cities Community Hospital .....	.805-434-3500	or .....	.800-784-2433
	1100 Las Tablas Rd., Templeton		California Youth Crisis Hotline .....	.800-843-5200
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steps to help women prevent heart attack and stroke.

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#### Medical School:

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Hearing Aids

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Paso Robles, San Luis Obispo

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**Aaron Marquis**  
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### Central Coast Better Hearing Aid Center

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**160 N. 9th Street  
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### Home Health Care

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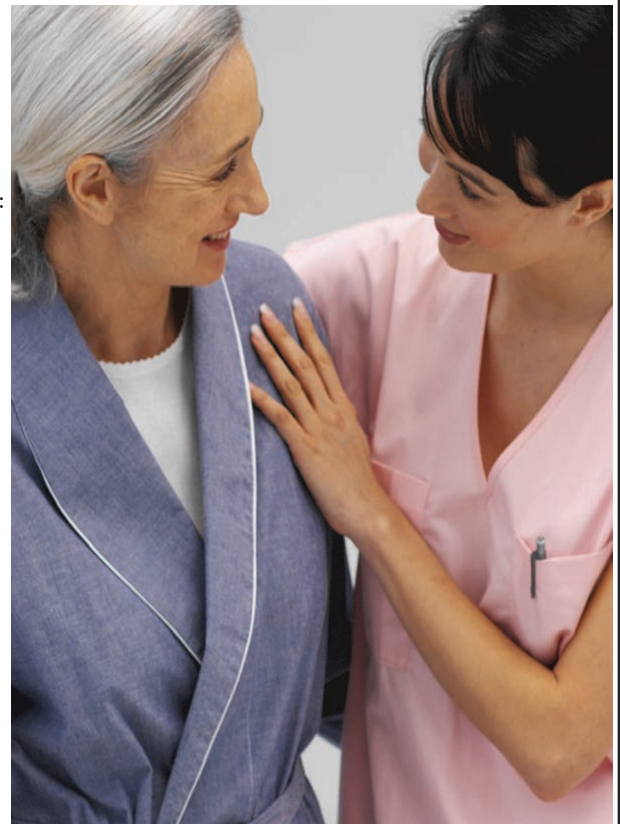
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# Got veins?

Varicose veins are the blue or purplish enlarged veins you typically see bulging out of one's leg. Any vein in your body may become varicose, however, varicose veins exist most often in the legs and feet. This is because standing and walking increases the pressure in the veins in the lower half of your body.

For many men and women, varicose veins and spider veins (these are the smaller and more common variation of varicose veins) makes them feel less attractive. However, varicose veins can cause aching pain and discomfort. This condition may lead to serious problems if not treated. Moreover, varicose veins may also serve as an indication that the individual is at

a higher risk of other disorders of the circulatory system.

### **SYMPTOMS**

Although some people do not experience any discomfort with varicose veins, there are some who experience discomfort such as:

- **Achiness or heavy feeling in one's legs; burning, throbbing, muscle cramping and swelling in the lower legs**
- **Itching around one or more of your veins in the legs**
- **Skin ulcers near your ankle, which represent a severe form of vascular disease and require immediate attention.**

If you have varicose veins, typically prolonged sitting or standing tends to make your legs feel worse. The most common spot they appear is on the inside of the leg or on the backs of calves. But beware – they can form anywhere on your legs, from your groin to your ankle.

As with many other health related issues, self-help measures work well for prevention; compression stockings and changing certain aspects on one's lifestyle.

### **SCREENING AND DIAGNOSIS**

Prior to making a diagnosis, your doctor will most likely examine your legs while you're standing and will look for swelling. Also, he or she may ask you if you have any of the symptoms listed above. As an ancillary test, your doctor may do an ultrasound test to see if the valves in your veins are working normally or if there's any evidence of a blood clot.

### **VARICOSE VEIN TREATMENT OPTIONS**

Treatment today usually doesn't mean a hospital stay or a time consuming, uncomfortable recovery. Less invasive techniques are available that can be done fairly quickly.

Prior to getting treatment for your varicose veins, you should ask a physician about the affects of: compression stockings, exercising, losing weight, not wearing tight clothes, elevating your legs, avoiding long periods of standing or sitting. These are helpful in prevention and slowing the progression of the condition.

The more you get to know us...  
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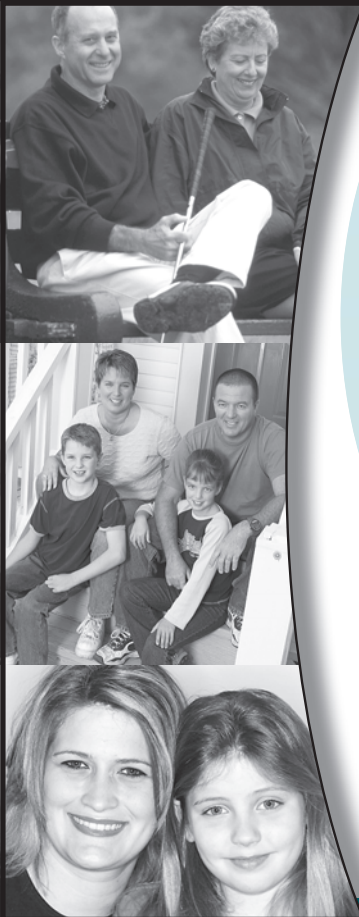
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Working closely with affiliated physicians, Twin Cities places special emphasis on clinical services important to local residents, including hip and knee replacement, surgical care, stroke

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Twin Cities and its sister facility Sierra Vista Regional Medical Center together employ more than 1,200 people, making Tenet the second largest private employer in San Luis Obispo County.

More than 127 active medical staff members practice at Twin Cities and 100 local residents volunteer at the hospital. The hospital is fully accredited by the Joint Commission on the Accreditation of Healthcare Organizations, the nation's oldest and largest hospital accreditation agency.

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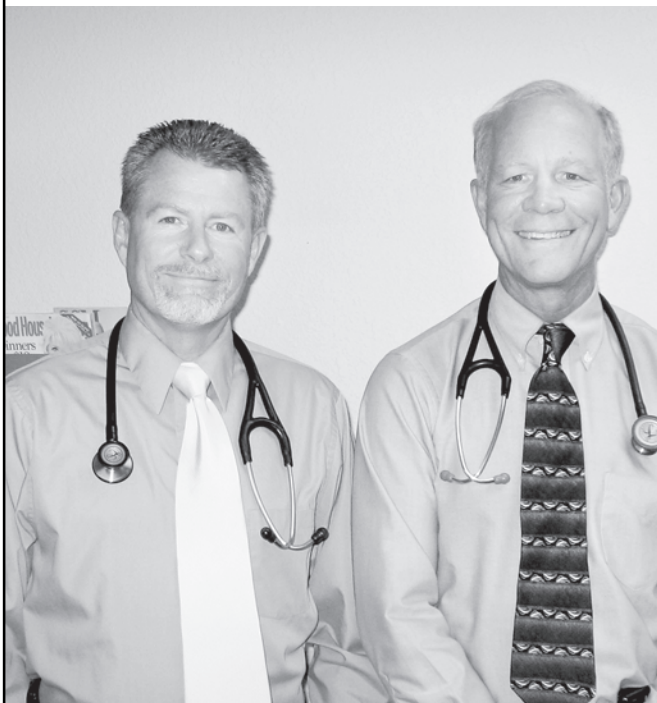
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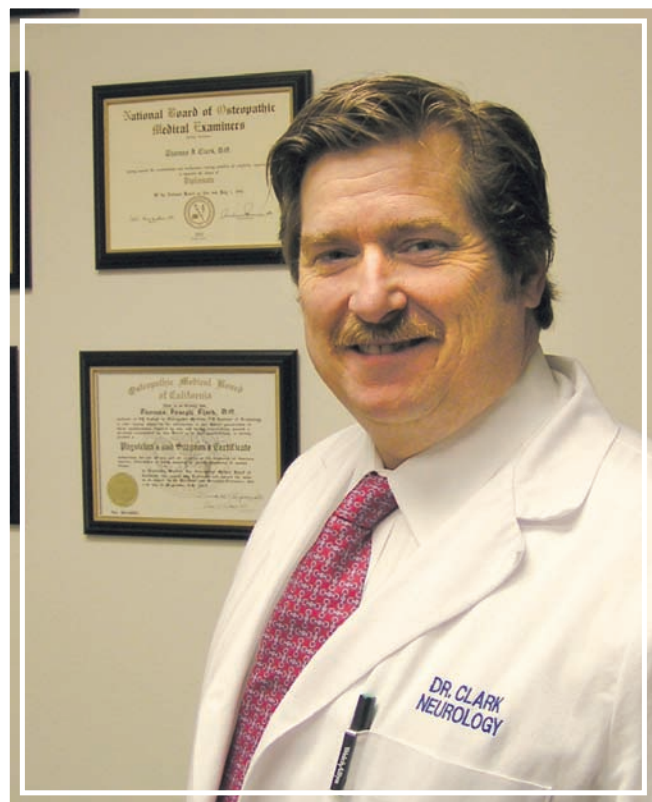
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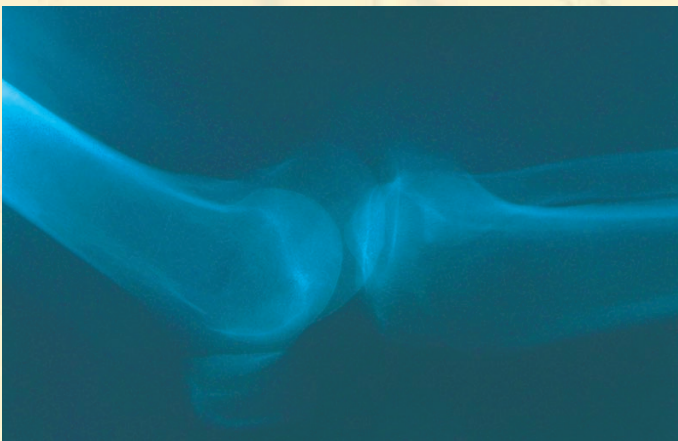
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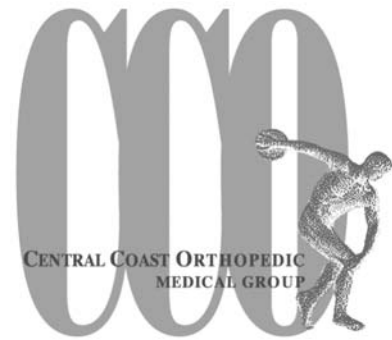
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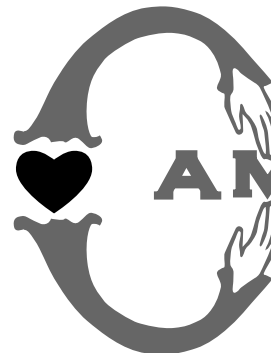
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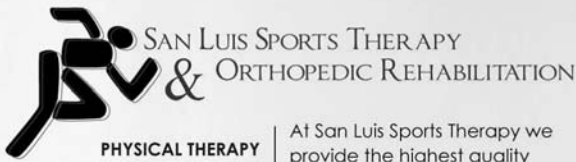
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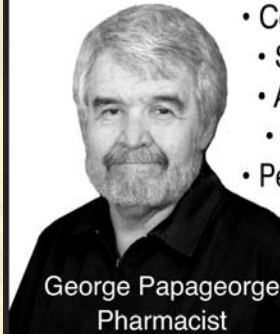


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- Prostate Cancer
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- Lymphomas
- Multiple Myeloma
- Melanoma
- Skin Cancer
- Head and Neck Cancers
- Esophageal Cancer
- Cancer of Pancreas
- Colon and Rectal Cancer
- Anal cancer
- Kidney Cancer
- Bladder Cancer
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- Prostate Cancer
- Breast Cancer
- Ovarian Cancer
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- Brain Tumors
- Thyroid Cancer
- Colon Cancer
- Lung Cancer
- Prostate Cancer
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- Anal cancer
- Kidney Cancer
- Bladder Cancer



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## RHEUMATOLOGY • SLEEP MEDICINE



### Rheumatology

Rheumatologists are board-certified physicians with specialized training in the diagnosis and treatment of musculoskeletal disorders, including arthritis, or any disorder that affects and joints, muscles, tendons, ligaments, connective tissue and bones.



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This specialty is dedicated to disorders causing disruption of sleep or inability to maintain sleep resulting in excessive sleepiness or fatigue. Examples include obstructive sleep apnea syndrome, limb movement disorders, narcolepsy and insomnia.



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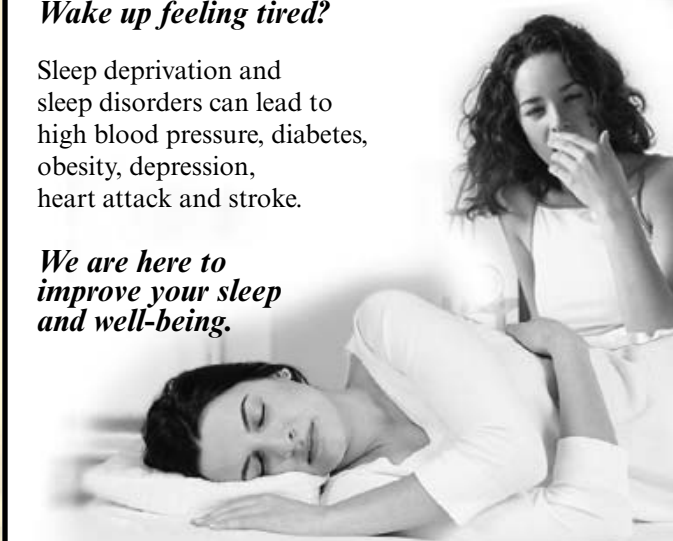
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## Ask-the-doctor checklist

### BEFORE YOUR APPOINTMENT:

- Make a list of all symptoms, noting when they started
- Describe any pain (dull ache or stabbing). Note vital signs such as temperature, pulse, heart rate etc.
- Note if this is a recurring problem and if you have any recent changes in your life
- Assemble a list of all medications you are currently taking

### DURING THE VISIT:

- State your main problem first
- Describe your symptoms using your list
- If this problem is a recurrence, describe past experience
- For medications, tests and treatments, ask:  
What's the name of the medication (or test, or procedure)?  
What are the risks?  
Are there alternatives?

### AT THE END OF THE VISIT, ASK:

- Do I need to return for another visit?
- What danger signs should I look for?
- When do I need to be seen again?
- What else do I need to know?

### AFTER THE VISIT, WRITE DOWN:

- What's wrong
- What might happen next
- What you can do at home

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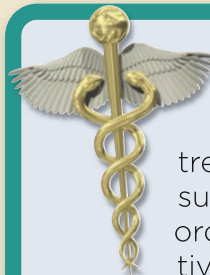


## URGENT CARE



### Urgent Care

Urgent care clinics are alternative medical facilities for injuries that require immediate attention. Urgent Care facilities provide immediate care for the following types of home, sports, auto and work injuries; cuts and lacerations, burns, sprains and strains, whiplash, fractures, allergic reactions, eye injuries, and acute minor illness.



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## Allergy proofing your home

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- Keep windows closed and use air conditioning if you're allergic to pollen. Don't use fans since they can stir up dust.
- Filter the air. Use high efficiency particulate air filters. Clean air filters frequently and air ducts at least once a year.
- Keep the humidity in your house below 50% to prevent mold.
- Animal dander and saliva are common allergens for many people. Do not allow them in the bedroom and be sure to bathe them often.

## Be good to the skin you're in

Skin is the body's largest organ. It weighs between four to eight pounds, covers between nine to 36 square feet and completely renews itself every seven to ten weeks. Approximately five million dead skin cells rub off on a daily basis. It shields our bodies from the elements around us, assists with detoxification, and protects our tissues and organs from damage.

Your skin reflects your state of health and your biological age, being soft and smooth when well cared for, or dry and flaky when taken for granted.

One of the most critical components of healthy skin is water. The body is made up of approximately 70% water and needs replenishment on a daily basis. Many skin problems improve when people make a concerted effort to increase their intake of pure water. The standard recommendation for water is eight cups per day. People with skin conditions may need to increase that amount to ten to twelve cups of water daily.

**COVER UP.** When we look for the reasons for our aging skin, we need to look no further than the sun. The sun causes 90-95% of the wrinkles, lines, brown, red and white discoloration's and more on our bodies. Wear clothing to protect as much skin as possible and use sunscreen with a SPF of at least 15 with UVA and UVB protection.

**STRESS CAN BE HAZARDOUS TO YOUR SKIN.** At work, in our relationships, driving through rush-hour traffic – most of us take it for granted that there is nothing unusual about stressful situations occurring on a regular basis, day after day.

Like termites undermining a structure, stress works insidiously to undermine body, mind and emotions. But the results can become all too obvious by showing up on your skin. Practicing relaxation techniques can help you withstand stress better and also help relax facial muscles and skin. Actively practicing relaxation for short periods several times a day can raise your resistance levels over time.



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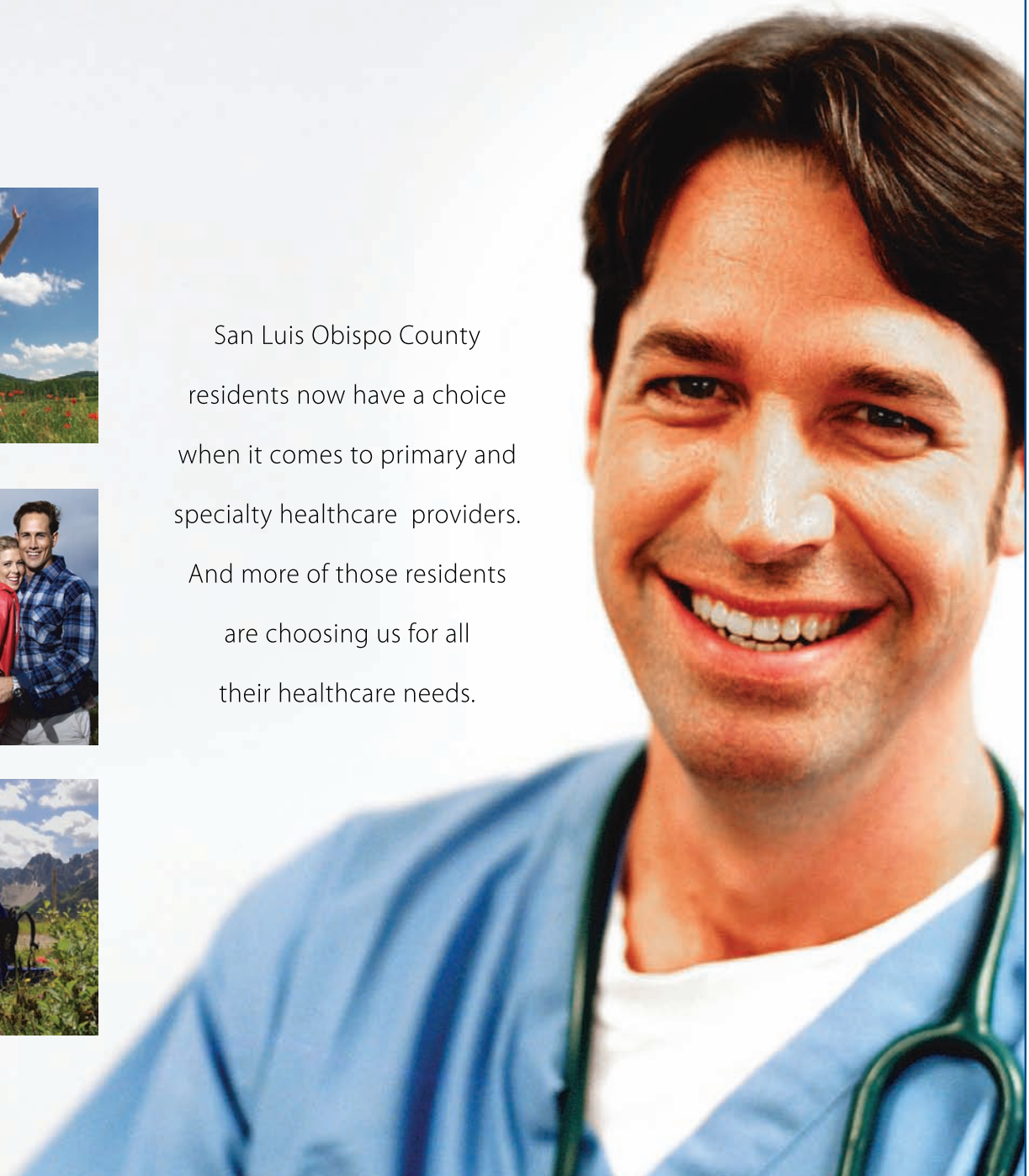
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Frye, Gregory, M.D.	Emergency Medicine	10	Oldenburg, J. Brent, M.D.	Optometry	23	Wells, Robert, D.D.S.	Dentistry	9
Fryer, Kenneth, M.D.	Orthopedic Surgery	24	Olson, Don	Physical Therapy	26	Winingham, Donna, M.D.	Radiology	29
Garcia, Maria, R.N.	Home Health Care	15	Olson, Erik, M.D.	Radiology	29	Woods, Daniel, M.D.	Orthopedic Surgery	24
Garden House	Assisted Living	4	Ombudsman	Age Management	4	Wyndham Residence	Home Health Care	13
Gentiva Health Services	Home Health Care	16	Osborne, Thomas, M.D.	Radiology	29	Yannis, M.D.	Surgery Plastic Facial Reconstructive	31
Gilroy, Jeffrey, M.D.	Radiation Oncology	28	Pacific Arthritis Center	Rheumatology	30	Yin, Elaine, M.D.	Obstetrics/Gynecology	22
			Pacific Coast Dentistry	Dentistry	9			
			Pacific Eye	Optometry	23			
			Pain and Spine Medicine Center	Pain Management & Rehabilitation	25			

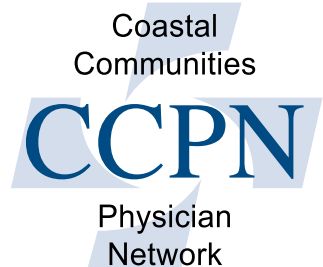
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# Working Together

## to Provide Compassionate Cancer Care for the Central Coast

Catholic Healthcare West continues to be the leading provider of quality services in cancer care for the San Luis Obispo and Northern Santa Barbara counties. The over-arching goal of our programs remain to provide comprehensive, state-of-the-art diagnosis and treatment for all patients in a healing atmosphere committed to caring for the whole person— body, mind, and spirit. Our collaborative, three hospital, community-based Cancer Care Program offers a multidisciplinary approach to comprehensive, compassionate quality care.

**We're here for you. We're your community hospitals.**



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