Big-City Healthcare Right Here in the Antelope Valley

At Palmdale Regional Medical Center, you get the advanced medical technology of a big-city hospital combined with the personalized care of a hometown provider. And the specialties continue to expand:

Emergency Services
Palmdale Regional has the largest Emergency Department in the Antelope Valley, equipped with a helipad, and STEMI Receiving Center Designation.

The Rehabilitation Institute at Palmdale Regional
The Rehabilitation Institute helps patients suffering from disabling physical or neurological conditions such as stroke, brain injury, spinal cord injury and complex orthopedic issues. The unit features 27 private rooms and specialized areas for training including the Vector Gait and Safety System®.

Weight-Loss Center
The center received accreditation as a MBSAQIP Comprehensive Center for safe, high-quality patient care*.

Other specialized services include:
- Advanced cardiac services and cardiothoracic surgery
- Center for Wound Care and Hyperbaric Medicine
- Joint replacement and spine surgery
- Minimally invasive surgery and robotic surgery*
- Neuroscience services
- Oncology program
- Rehabilitation and Orthopedic Institute

All in private, single-occupancy rooms!

Need a Doctor?
Call Direct Doctors Plus® 1.800.851.9780

Healthcare You Deserve – Close to Home.

*Individual results may vary
Physicians are independent practitioners who are not employees or agents of Palmdale Regional Medical Center. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 182606
# Table of Contents

<table>
<thead>
<tr>
<th>Category</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncturists</td>
<td>4</td>
</tr>
<tr>
<td>Ambulance Services</td>
<td>4</td>
</tr>
<tr>
<td>Assisted Living</td>
<td>4</td>
</tr>
<tr>
<td>Blood Bank</td>
<td>4</td>
</tr>
<tr>
<td>Cardiology</td>
<td>6</td>
</tr>
<tr>
<td>Chiropractors</td>
<td>7</td>
</tr>
<tr>
<td>Counseling Services</td>
<td>7</td>
</tr>
<tr>
<td>Dementia Care</td>
<td>8</td>
</tr>
<tr>
<td>Dentists</td>
<td>8</td>
</tr>
<tr>
<td>Dermatology</td>
<td>10</td>
</tr>
<tr>
<td>Drug Testing</td>
<td>10</td>
</tr>
<tr>
<td>Emergency Medicine</td>
<td>10</td>
</tr>
<tr>
<td>Family Planning</td>
<td>11</td>
</tr>
<tr>
<td>Family Practice</td>
<td>11</td>
</tr>
<tr>
<td>Funeral Directors</td>
<td>14</td>
</tr>
<tr>
<td>Gastroenterology</td>
<td>14</td>
</tr>
<tr>
<td>Hearing Aids</td>
<td>14</td>
</tr>
<tr>
<td>Home Health</td>
<td>16</td>
</tr>
<tr>
<td>Hospice</td>
<td>16</td>
</tr>
<tr>
<td>Hospital</td>
<td>16</td>
</tr>
<tr>
<td>Infectious Diseases</td>
<td>16</td>
</tr>
<tr>
<td>In-Home Care</td>
<td>18</td>
</tr>
<tr>
<td>Internal Medicine</td>
<td>18</td>
</tr>
<tr>
<td>Laboratory Services</td>
<td>18</td>
</tr>
<tr>
<td>Medical Education</td>
<td>19</td>
</tr>
<tr>
<td>Medical Insurance</td>
<td></td>
</tr>
<tr>
<td>Providers</td>
<td>20</td>
</tr>
<tr>
<td>Medical Supplies</td>
<td>20</td>
</tr>
<tr>
<td>Medical Transportation</td>
<td>20</td>
</tr>
<tr>
<td>Mental Health</td>
<td>20</td>
</tr>
<tr>
<td>Nursing Homes</td>
<td>22</td>
</tr>
<tr>
<td>Nutrition</td>
<td>22</td>
</tr>
<tr>
<td>Obstetrics &amp; Gynecology</td>
<td>22</td>
</tr>
<tr>
<td>Occupational Medicine</td>
<td>23</td>
</tr>
<tr>
<td>Oncology</td>
<td>23</td>
</tr>
<tr>
<td>Ophthalmology</td>
<td>25</td>
</tr>
<tr>
<td>Optometrists</td>
<td>25</td>
</tr>
<tr>
<td>Oral Surgery</td>
<td>25</td>
</tr>
<tr>
<td>Orthopedic Surgery</td>
<td>25</td>
</tr>
<tr>
<td>Orthopedics</td>
<td></td>
</tr>
<tr>
<td>Pathology</td>
<td>27</td>
</tr>
<tr>
<td>Pediatrics</td>
<td>27</td>
</tr>
<tr>
<td>Pharmacy/Pharmacists</td>
<td>28</td>
</tr>
<tr>
<td>Physical Therapy</td>
<td>29</td>
</tr>
<tr>
<td>Podiatry</td>
<td>29</td>
</tr>
<tr>
<td>Psychiatry</td>
<td>29</td>
</tr>
<tr>
<td>Radiology</td>
<td>29</td>
</tr>
<tr>
<td>Respiratory</td>
<td>30</td>
</tr>
<tr>
<td>Senior Services</td>
<td>30</td>
</tr>
<tr>
<td>Sleep</td>
<td>30</td>
</tr>
<tr>
<td>Speech Therapy</td>
<td>30</td>
</tr>
<tr>
<td>Surgery</td>
<td>32</td>
</tr>
<tr>
<td>Transitional Care &amp; Rehab</td>
<td>34</td>
</tr>
<tr>
<td>Urgent Care</td>
<td>34</td>
</tr>
<tr>
<td>Urologist</td>
<td>35</td>
</tr>
<tr>
<td>Vascular Surgeon</td>
<td>35</td>
</tr>
<tr>
<td>Wellness Resources</td>
<td>35</td>
</tr>
<tr>
<td>Women’s Services</td>
<td>35</td>
</tr>
<tr>
<td>ERs Focus on Geriatric Care</td>
<td>36</td>
</tr>
<tr>
<td>Pain Managing</td>
<td>38</td>
</tr>
</tbody>
</table>
ACUPUNCTURISTS
Acupuncture Center of Ridgecrest ...................... 760-371-1520
Lovett Acupuncture ......................................... 760-574-6049
Tawney Sparks, L.A.C ....................................... 760-373-7939

AMBULANCE SERVICES
Hall Ambulance Service ..................................... 760-373-2869
Liberty Ambulance ............................................ 760-375-6565

ASSISTED LIVING
High Desert Haven
1240 College Heights Blvd.
Ridgecrest, CA 93555
Lic. #157200576
For Information please call ................... 760-371-1989
Sierra View Home Care Services, LLC ........ 760-446-8800

BLOOD BANK
Houchin Community Blood Bank ...................... 661-323-4222
HOME is where the HEART is
Bringing full time cardiac care, right here at home.

Ghassan Mohsen, M.D.
Board Certified in Cardiovascular Disease & Internal Medicine

SPECIALIZING IN:
- Early detection and aggressive prevention
- Advanced non-invasive cardiac imaging
- Echocardiography
- Nuclear cardiology
- Vascular ultrasound

Open: Monday - Friday: 8am - 5pm
(760) 499-3277 | 1111 N. CHINA LAKE BLVD., SUITE 201

RIDGECREST REGIONAL HOSPITAL
DERMATOLOGY

DR. LASHGARI, M.D.
Dr. Lashgari is a board-certified dermatologist and a member of the American Academy of Dermatology. Dr. Lashgari had his own private practice since 1999 and joined the Ridgecrest Hospital Team in 2015.

services
- GENERAL DERMATOLOGY
- SURGICAL REMOVAL OF SKIN CANCERS - INCLUDING MOHS SURGERY
- COSMETIC PROCEDURES SUCH AS BOTOX® AND FILLERS

FOR AN APPOINTMENT PLEASE CALL (760) 499-7260
☎️ RRH.ORG
Goonesinghe, Iresha C., M.D., F.A.C.P., F.A.C.C. ..... 760-371-3008  
Khanal, Sanjaya, M.D., F.A.C.C. .......................... 661-674-4222  
Mondkar, Avinash M., MD .................................. 760-446-0018  

To be included in our next Directory call 1-760-375-4481
Bluhm's Chiropractic Clinic.......................... 760-373-2234
Flower Family Chiropractic ...................... 760-375-2426
Hayman Chiropractic .................................. 760-375-9711
Hodges Chiropractic ................................ 760-373-5553
Ledesma Chiropractic .................................. 760-499-2367
Vegher, Mary, B.S., D.C. ............................ 760-446-2200

Bork, Guinivere, L.M.F.T ................................ 760-371-7777
Braithwaite, Dianne, L.M.F.T ........................ 760-446-2102
Christian Research & Counseling Center ...... 760-499-9220
College Community Services ..................... 760-499-7406
Crisis Stabilization Unit ............................... 760-463-2880

Serving Ridgecrest Since 2003

- Cosmetic and Restorative Dentistry
- CEREC Same-Day Crowns
- Implants
- Oral Surgery
- ZOOM Whitening
- Dental Emergencies

133 E. California Ave, Ridgecrest, CA
760-375-3988
www.ridgecrestdentistry.com
Darrelyn, Dorias, L.M.F.T........................................... 760-977-1286
Huey, Bob, M.A. L.M.F.T.......................................... 760-382-1783
Seely, Lynn.............................................................. 760-384-3000
Sierra View Counseling............................................ 760-375-0348
Weidner-Alvarez, Lori, M.F.T..................................... 760-499-7448

**DEMENTIA CARE**

<table>
<thead>
<tr>
<th>High Desert Haven</th>
</tr>
</thead>
<tbody>
<tr>
<td>1240 College Heights Blvd.</td>
</tr>
<tr>
<td>Ridgecrest, CA 93555</td>
</tr>
<tr>
<td>Lic. #157200576</td>
</tr>
<tr>
<td>For Information please call...................... 760-371-1989</td>
</tr>
</tbody>
</table>

**DENTISTS**

<table>
<thead>
<tr>
<th>Ahn, Jong Gill, D.D.S., M.S.D., M.A.G.D.</th>
</tr>
</thead>
<tbody>
<tr>
<td>133 E. California Ave, Ridgecrest, CA 93555</td>
</tr>
<tr>
<td><a href="http://www.ridgecrestdentistry.com">www.ridgecrestdentistry.com</a></td>
</tr>
<tr>
<td>For Information or Appointment call........ 760-375-3988</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bachman Family Dentistry</th>
</tr>
</thead>
<tbody>
<tr>
<td>700 N. Sanders St., Suite B</td>
</tr>
<tr>
<td>Ridgecrest, CA 93555</td>
</tr>
<tr>
<td>For Information or Appointment call......... 760-375-8512</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Brett, Anne, D.D.S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ridgecrest Family Dentistry &amp; Orthodontics</td>
</tr>
<tr>
<td>900 N. Heritage Dr. Suite D</td>
</tr>
<tr>
<td>Ridgecrest, CA 93555</td>
</tr>
<tr>
<td>For Information or Appointment call......... 760-446-9011</td>
</tr>
</tbody>
</table>
Rural HEALTH CLINIC

CARE PROVIDED
AT THE RURAL HEALTH CLINIC

- Adult & Adolescent Primary Healthcare
- Annual Health Assessments
- Chronic Disease Management
- Women’s Health & Family Planning
- Adolescent Sports Physicals
- Well & Acute Pediatric Care

OPEN: MONDAY - FRIDAY: 8AM - 5PM
WITH URGENT CARE AVAILABLE 7 DAYS A WEEK
CALL (760) 499-3846 FOR PEDIATRICS OR (760) 499-3855 FOR PRIMARY CARE

TRONA CLINIC NOW OPEN – for Adult Primary and Preventative care.
Trona Clinic: (760) 372-4728
Lab Draw Station – contact (760) 499-3855 for questions or to make an appointment.

DENTISTRY
SERVICES PROVIDED
BY OUR DENTAL TEAM

- Restorative Dentistry
- Root Canals
- Extractions
- Wisdom teeth extractions
- Nitrous Oxide Sedation
- Dentures
- Children’s Dentistry

Preventative and Deep Cleanings by our Registered Dental Hygienist’s, Jennifer Tuttle and Harriet Luzinas-Smith

OPEN: MONDAY - FRIDAY: 8AM - 6PM
(760) 499-3296 | 1111 N. CHINA LAKE BLVD.

MICHAEL CHONG, DDS
WILLIAM CHUNG, DDS
DENTISTS CONT.

Chong, Michael, D.D.S.
Rural Health Clinic
1111 N. China Lake Blvd.
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3296

Chung, William, D.D.S.
Rural Health Clinic
1111 N. China Lake Blvd
Ridgecrest, CA  93555
For Information or Appointment call.................760-499-3296

DERMATOLOGY

Gunter, Jeffery Ross, M.D.
Ridgecrest Dermatology & Surgery Center
801 N. Downs, # B
Ridgecrest, CA 93555
For Information or Appointment call...............760-384-2592

Lashgari, Ali, M.D.
Southern Sierra Specialty Clinic
1011 N. China Lake Blvd., Ste. B
Ridgecrest, CA 93555
For Information or Appointment call...............760-499-7260

DRUG TESTING

Staffing Alteratives & Specialized Services
Accredited Drug & Alcohol and Paternity Testing
808. W. Ridgecrest Blvd
Ridgecrest, CA 93555
For Information or Appointment call...............760-375-1003

EMERGENCY MEDICINE

Shull, Charles A., M.D. .................................760-446-3551
FAMILY PLANNING

Pregnancy Care Center .............................................760-384-2273
RRH Women’s Health Services ...............760-499-3827/3640
Southern Sierra Medical Clinic .........................760-446-6404

FAMILY PRACTICE

Litzinger, Jo, F.N.P
Rural Health Clinic
1111 N. China Lake Blvd,
Ridgecrest, CA  93555
For Information or Appointment call.............760-499-3855

Lacoviello, Cecilia, F.N.P
Rural Health Clinic
1111 N. China Lake Blvd,
Ridgecrest, CA  93555
For Information or Appointment call.............760-499-3855

Rowland, Todd, F.N.P.
TCRU/Hospitalist Service
1081 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call..............760-446-3551

Schwartz, Christian, P.A.-C.
Rural Health Clinic
1111 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call.............760-499-3855

Singh, Love, M.D.
Southern Sierra Medical Clinic
1041 N. China Lake Blvd., Ste. B
Ridgecrest, CA 93555
For Information or Appointment call.............760-446-6404
Our goal at Southern Sierra Medical Clinic is to provide the highest quality medical care to all age groups. We combine a friendly, personal office setting with caring physicians and staff that are dedicated to providing excellent service to you and your family.

Our Providers

Megan Stone, D.O.  Family Practice
Gul I. Anwar, M.D.  Family Practice
Hope Wildenberg, M.D.  Family Practice
Aisha Rollins, M.D.  Pediatrician
Love Singh, M.D.  Family Practice
Luigi Cendana, M.D.  Pediatrician

Visit us for:

- Routine Examinations
- Camp & Sport Physicals
- Allergies
- Infectious Diseases
- Adolescent Medicine
- ENT
- ADHD
- Mental Health
- Weight Loss
- And Much More...

760-446-6404
1041 N. CHINA LAKE BLVD. RIDGECREST, CA 93555

DEsert Oasis Clinic

Pedro Farinha, M.D.  Internal Medicine
(760) 446-2984
MON - FRI: 9AM - 5PM

Southern Sierra MEDICAL CLINIC
24/7 ON CALL | MON - THURS: 8AM - 7PM | FRI: 8AM TO 5PM
Jothikumar, Thankarajam, M.D. ...........................760-446-1691
Lusk, David, M.D..................................................760-446-4571
RRH Women’s Health Services .....................760-499-3827/3640
Southern Sierra Medical Clinic.............................760-446-6404

Jothikumar, Thankarajam, M.D. ...........................760-446-1691
Lusk, David, M.D..................................................760-446-4571
RRH Women’s Health Services .....................760-499-3827/3640
Southern Sierra Medical Clinic.............................760-446-6404

Non-emergency medical transportation
Need local or long distance transportation?
Questions about insurance coverage
or just in need of some info...

Specializing In: HealthNet & Kern Family Health Services Members

Call us 760-495-2394 / 760-608-2840
FUNERAL DIRECTORS

**Holland & Lyons**

216 S. Norma
Ridgecrest, CA 93555
FD 1184

For Information please call.................................760-371-1376

Stickel Mortuary ..........................................................760-824-2328

GASTROENTEROLOGY

**Dusol, Maurice, M.D.**

Southern Sierra Specialty Clinic
1011 N. China Lake Blvd., Ste. B
Ridgecrest, CA 93555

For Information or Appointment call....................760-499-7260

**Frey, Eric, M.D.**

Southern Sierra Specialty Clinic
1011 N. China Lake Blvd., Ste. B
Ridgecrest, CA 93555

For Information or Appointment call....................760-499-7260

High Desert Gastroenterology........................................760-446-2196
Sierra Gastroenterology Group .................................760-446-3813

HEARING AIDS

**Beltone**

Hearing Aids
801 N. Downs, Suite H
Ridgecrest, CA 93555

For Information or Appointment call..............760-375-HEAR

Metz, Thomas, M.S.-A.U.D., F.A.A.A. ......................760-375-9399

VISIT

HighDesertMD.com
HOME HEALTH & HOSPICE

RRH understands the most comfortable place to receive care is in your home.

RRH Home Health has a caring staff of nurses, therapists, home health aides and social workers.

AVAILABLE 24/7 | CALL (760) 499-3617 FOR MORE INFORMATION

1653 TRIANGLE DRIVE, RIDGECREST, CA 93555 (NEXT TO RIDGECREST CINEMAS)

RIDGECREST REGIONAL HOSPITAL

Personal Care Services

Ridgecrest Regional Hospital now offers personal care services because we understand home is where you want to be. Our qualified personal care assistants are available to help you live independently in your home. We are available to assist you anywhere from 2 to 24 hours a day.

OUR SERVICES INCLUDE

- Companionship & Socialization
- Bathing, Grooming & Dressing Assistance
- Activity & Exercise Promotion
- Housekeeping Services
- Shopping & Meal Preparation
- Errand Running
- Medication Reminders

AVAILABLE BY APPOINTMENT: (760) 499-3617
HOSPITAL

Ridgecrest Regional Hospital
1081 N. China Lake Blvd.
Ridgecrest, CA 93555
For Information or Appointment call..............760-446-3551

Palmdale Regional Medical Center
38600 Medical Center Drive
Palmdale, CA 93551
For Information or Appointment call..............661-382-5300

Ridgeway Regional Hospital Hospice
1653 Triangle Drive
Ridgecrest, CA 93555
For Information or Appointment call..............760-499-3617

HOSPICE

Hoffman Hospice..................................................888-833-3900

INFECTIOUS DISEASES

Bakersfield Heart Hospital.................................661-316-6000
Kern Valley Hospital ............................................760-379-1676
Ridgecrest Regional Hospital.........................760-446-3551
San Joaquin Hospital ...........................................661-395-3000
Tehachapi Valley Health Care .........................661-824-4511

Schauf, Victoria B., M.D. .................................661-384-8042
Women's HEALTH SERVICES

Our practice provides full spectrum Obstetrical and Gynecologic services. Our goal is to provide the highest quality health care possible in a friendly, comfortable environment.

OUR SPECIALISTS

(Ob/Gyn North Campus):
JUDITH BURICHIN, M.D. (OB/GYN)
BILLIE GUERRA, D.O. (OB/GYN)
(Ob/Gyn South Campus):
RAY ISKANDER, M.D. (OB/GYN)
ROSE STONE, M.D. (OB/GYN)
ALESSA SILER, F.N.P.-B.C (OB/GYN)

WOMEN'S SERVICES

Offered at Ridgecrest Regional Hospital

- Well Woman Visits
- Maternity
- Breast Screening
- Mammogram

- Gynecological Care
- Menopause
- Osteoporosis
- And More...

HOURS: MONDAY - FRIDAY: 8:30AM - 5PM
(760)-499-3827 North Campus | (760)-499-3640 South Campus

Are you feeling... Sad? Depressed? Anxious? Stressed?

BEHAVIORAL HEALTH

OUR PSYCHOLOGISTS
ERNEST DE GUZMAN, M.D.
CLINICAL PSYCHOLOGY

OUR TELEPSYCHIATRISTS
ALEJANDRA SUZUKI, M.D.
SWATI THACKER, M.D.
KANCHANAKHIN, PHARCHARAWUT, M.D. (Dr. Joe)

BY APPOINTMENT ONLY (760) 499-3863
IN-HOME CARE

Ridgecrest Regional Hospital Personal Care Services
1653 Triangle Drive
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3617

INTERNAL MEDICINE

Cosner, Jr., Lawrence N., M.D.
Rural Health Clinic
1111 N. China Lake Blvd.
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3855

Farinha, Pedro, M.D.
Desert Oasis Clinic
1041 N. China Lake Blvd., Suite A
Ridgecrest, CA 93555
For Information or Appointment call.................760-446-2984

Goonesinghe, Iresha C., M.D., F.A.C.P., F.A.C.C. .....760-371-3008
Kumar, Kain M.D., Ph.D. ........................................661-824-8282
Reen, Amik ........................................................760-463-1613
Roberts, Jr., Douglas, M.D. ..........................760-446-4571

LABORATORY SERVICES

Ridgecrest Regional Hospital Laboratory
1081 N. China Lake Blvd, North End of Annex
Building to the left of Center Pharmacy
Ridgecrest, CA 93555
For Information or Appointment call...(760) 499-3576/3590

VISIT
HighDesertMD.com
MEDICAL EDUCATION

Cerro Coso Community College
3000 College Heights Blvd.
Ridgecrest, CA 93555
www.cerrocoso.edu
For Information please call.................................760-384-6100

LABORATORY SERVICES CONT.

Ridgecrest Regional Hospital Laboratory
1041 N. China Blvd, OPP Draw Station
Ridgecrest, CA 93555
For Information or Appointment call..............(760) 499-3422

To be included in our next Directory call 1-760-375-4481

EXPERIENCE THE BELTONE DIFFERENCE

• Most trusted name in hearing care
• FREE hearing exams in your home or in our office
• Virtually invisible digital technology
• Convenient payment plans available
• Many insurance plans accepted, including
  Federal Blue Cross & GEHA
Call today to Schedule Your FREE Consultation

Ridgecrest
801 N. Downs, Suite H
760-375-HEAR

Lancaster
753 W. Lancaster Blvd.
661-942-HEAR

www.beltone.com

Ridgecrest Family Dentistry
& Orthodontics

Dr. Anne Brett, DDS
General Dentistry
Implant Dentistry
Surgical Placement &
Complete Restoration

For appointments: (760) 446-9011
900 N. Heritage Dr. Suite D. Ridgecrest, CA 93555
**High Desert Medical & Sleep Supplies**

112 N. China Lake Blvd.
Ridgecrest, CA 93555

For Information or Appointment call.................760-375-3680

**Ridgecrest Medical Transportation**

Non - Emergency Transportation

For Information call..................760-495-2394/760-608-2840

**De Guzman, Ernest, M.D.**

Rural Health Clinic
1111 N. China Lake Blvd.
Ridgecrest, CA 93555

For Information or Appointment call...................760-499-3863

**Kanchananakhin, Phacharawut, M.D.**

Rural Health Clinic
1111 N. China Lake Blvd.,
Ridgecrest, CA 93555

For Information or Appointment call.................760-499-3863

**David Haugen Insurance Agency**

Health Insurance Plans • Senior Supplemental Plans
Prescription Drug Plans • Dental and Vision Plans
1281 N. Norma
Ridgecrest, CA 93555

CA License No: 0608412/0G05847
Choosing health insurance should be easy. Call......760-446-5410
ORTHOPEDIC & Sports Medicine

Michael Pahl, M.D. & Healthy Desai, M.D.

ALL SURGERIES PERFORMED LOCALLY
- Orthopedic & Hand Surgery
- Sports Medicine & Injuries
- Arthroscopic & Arthroplasty
- Joint Replacement Surgery
- ACL and Ligament Reconstruction
- Pediatrics & Congenital

HOURS:
MONDAY - THURSDAY: 8AM - 5PM | FRIDAY: 8AM - 2PM

(760) 446-8692 | 1041 N. CHINA LAKE BLVD. SUITE C

RIDGECREST REGIONAL HOSPITAL

RADIOLOGY: DIAGNOSTIC IMAGING & WOMEN’S IMAGING

IMAGING SERVICES OFFERED AT RIDGECREST REGIONAL HOSPITAL
- X-Rays
- Ultrasound (High-def)
- CT Scans
- Advanced MRI/MRA
- Orthopedic & Sports
- Pediatric
- Vascular Imaging
- Bone Densitometry
- Mammography
- Oncologic Imaging
- Cardiac Imaging
- Brain and Spinal Imaging
- Nuclear Imaging
- Abdominal Imaging
- Echocardiograms

AVAILABILITY:
24/7 (X-RAYS, CT SCANS & ULTRASOUND)
OUTPATIENT HOURS:
7AM-6PM: MON - FRI;
8AM - 4PM: SATURDAY
WOMEN’S IMAGING:
8AM - 6PM: MON - THURS; 8AM - 4PM: FRI

(760) 499-3702 | 1081 N. CHINA LAKE BLVD. (LOCATED IN MAIN BUILDING)
MENTAL HEALTH CONT.

Suzuki, Alejandra, M.D.

Rural Health Clinic
1111 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3863

Thacker, Swati, M.D.

Rural Health Clinic
1111 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3863

NURSING HOMES

Bella Sera

1131 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call.................760-446-3591

NUTRITION

Nutrition RX..........................................................760-499-1400

OBSTETRICS & GYNECOLOGY

Burichin, Judith, M.D.

Women’s Health Specialists
1111 N. China Lake Blvd., Ste. 301
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3827

Guerra, Billie, D.O.

Women's Health Specialists
1111 N. China Lake Blvd., Ste. 301
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3827
OBSTETRICS & GYNECOLOGY CONT.

Iskander, Ray, M.D.
Women’s Health Specialists
1011 N. China Lake Blvd., Ste. A
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3640

Siler, Alessa, F.N.P.-B.C.
Women’s Health Specialists
1011 N. China Lake Blvd., Ste. A
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3640

Stone, Rose, M.D.
Women’s Health Specialists
1011 N. China Lake Blvd., Ste. A
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3640

OCCUPATIONAL MEDICINE

Ridgcrest Regional Hospital Occupational Medicine Clinic
409 Drummond Ave.
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3580

ONCOLOGY

AV Cancer Center ..............................................760-446-7714

Ridgcrest Regional Hospital Cancer Center
1081 N. China Lake Blvd.
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3360
GASTROENTEROLOGY

COMPREHENSIVE DIGESTIVE HEALTH SERVICES

STOMACH PAIN • CONSTIPATION • ULCERS • GERD • GALLSTONES • CROHN’S DISEASE • IRRITABLE BOWEL SYNDROME • ACID REFLUX • ABDOMINAL PAIN • GASTRITIS • COLONOSCOPIES • COLON CANCER SCREENING

ERIC FREY, M.D.

MAURICE DUSOL, M.D.

HOURS: MONDAY - THURSDAY: 8AM - 5PM

(760) 499-7260 | 1011 N. CHINA LAKE BLVD. RIDGECREST

GENERAL SURGERY

Outpatient surgeries are performed locally at RRH for your convenience. Our operating room features state-of-the-art instrumentation and monitoring equipment for your surgical and anesthesia services.

OUTPATIENT & SURGERY SERVICES & TREATMENTS

- Initiate pre/post op teaching
- Phase II Recovery - patients go home when fully recovered
- Iron Infusions
- YAG Laser Treatments
- Blood Transfusions
- Wound Care
- IV Hydration
- Catheter Care
- IV Antibiotic and more...

- Laparoscopic & Endoscopic Procedures
- Breast Disease
- Head & Neck Surgery, Including Tonsil’s, Adenoid and Thyroid Surgery
- Bronchoscopy
- Reconstructive Plastic Surgery
- Vascular Access for Hemodialysis & Chemotherapy
- Selective Pediatric Surgery

WILLIAM CANNATA, M.D.

KISHORE TONSEKAR, M.D.

CALL (760) 499-7260 FOR MORE INFORMATION
**OPTHALMOLOGY**

Antelope Valley Eye Care Medical Group ..........877-422-7357
Opatowsky, Ira E. MD.............................................661-948-4373

**OPTOMETRISTS**

Focus Optometry Center, Inc.

Dr. Jennifer Chen, O.D.
905 W. Drummond
Ridgecrest, CA 93555

For Information or Appointment call.................760-375-9709

Dare2Care Optometry ...........................................760-375-4496
Mallory, Daniel, O.D. .............................................760-446-5555
Ogren, Ronald L., O.D., Inc.................................760-375-4496
Robison, Caroline, OD ........................................760-375-4496

**ORAL SURGERY**

Ahn, Jong Gill, D.D.S., M.S.D., M.A.G.D.

133 E. California Ave,
Ridgecrest, CA 93555
www.ridgecrestdentistry.com

For Information or Appointment call.................760-375-3988

**ORTHOPEDIC SURGERY/ORTHOPEDICS**

Desai, Healthy, M.D.

Healthy Bone & Joint Center
1041 N. China Lake Blvd., Ste. C
Ridgecrest, CA 93555

For Information or Appointment call.................760-446-8692

Pahl, Michael, M.D.

Healthy Bone & Joint Center
1041 N. China Lake Blvd., Ste. C
Ridgecrest, CA 93555

For Information or Appointment call.................760-446-8692
At Bella Sera we understand being away from home is difficult but we strive to make our residents and families feel at home and to feel that they are part of the team managing their care. Whether your needs are short term or long term placement, we partner with the resident and family to ensure that our residents are given the best care possible right here in their community.

**SERVICES PROVIDED**

- Wound Care
- Occupational & Physical Therapy
- Social Services: Counseling & Grief Intervention Activities: Group Setting or One-on-One
- Hospice: Suites Available for Overnight Guests

For further information on the full services provided at Bella Sera, please visit rrh.org/services.

**SKILLED NURSING FACILITY WITH 24 HOUR RNs, LVNs, CERTIFIED NURSE ASSISTANTS, AND RESTORATIVE AIDS.**

(760) 446-3591 | 1131 N. CHINA LAKE BLVD. RIDGECREST, CA 93555

---

**PODIATRY SERVICES**

Dr. Rivello comes to Ridgecrest with a wealth of experience from Kaiser Permanente South Sacramento Hospital as a foot and ankle attending surgeon.

**VISIT US FOR:**

- Sprains & fractures
- Bunions
- Hammertoes
- Diabetic wound management
- Pediatric & adult conservative & reconstructive surgical care
- Ingrown & fungal nails
- Tendon tears
- Diabetic foot care
- Care of sports injuries

RRH North Medical Plaza: 1111 N. China Lake Blvd., Ridgecrest CA 93555

Call 760.499.3277 to make an appointment RRH.ORG
ORTHOPEDIC SURGERY/ORTHOPEDICS CONT.
Brooks, Leon H. .............................................................760-446-4571
Smith, Thomas L., M.D.....................................................760-446-9112

PATHOLOGY

Tadros, Reda, M.D.
Board Certified in Clinical, Anatomical Pathology & Cytopathology
1081 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call..............760-446-3551

PEDIATRICS

Bautista-Azores, Richelle, M.D.
Rural Health Clinic
1111 N. China Lake Blvd., Ste. 501
Ridgecrest, CA 93555
For Information or Appointment call..............(760) 499-3846

Cendana, Luigi, D.O., F.A.A.P.
Southern Sierra Medical Clinic
1041 N. China Lake Blvd., Ste. B
Ridgecrest, CA 93555
For Information or Appointment call...............760-446-6404

Rice, Diana, C.-P.N.P.
Rural Health Clinic
1111 N. China Lake Blvd. Ste. 501
Ridgecrest, CA 93555
For Information or Appointment call...............(760) 499-3846

Rollins, Aisha, M.D.
Southern Sierra Medical Clinic
1041 N. China Lake Blvd., Ste. B
Ridgecrest, CA 93555
For Information or Appointment call...............760-446-6404
**PEDiatrics cont.**

**Rural Health Clinic**
1111 N. China Lake Blvd., Ste. 501
Ridgecrest, CA 93555

For Information or Appointment call..............(760) 499-3846

**Mobile Health Clinic**
A Service of Ridgecrest
Regional Hospital Rural Health

For Information or Appointment call ..........760-499-3853

**Satou, Gary, M.D.**
Pediatric Cardiology, UCLA Medical Center
10833 LeConte Avenue
Los Angeles, CA 90095

For Information or Appointment call ..........310-267-7667

Schauf, Victoria, B., M.D. ..................760-446-7978
Southern Sierra Medical Clinic ..............760-446-6404

**PHARMACY/PHARMACISTS**

**Center Professional Pharmacy**
1109 N. China Lake Blvd.,
Ridgecrest, CA 93555

For Information or Appointment call ............760-446-4141

Albertsons/Savon ..................760-384-4020
Mojave Pharmacy ..................661-824-1800
Rite Aid ................................760-375-0223
Valu-Rite Pharmacies .................760-446-4141
Walgreens ..........................760-384-2318
Walmart ................................760-371-4974
PHYSICAL THERAPY

Ridgecrest Regional Hospital Total Rehab Services
1081 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call..............760-499-3631

Allcare Therapy Services..................................760-371-1411
Bishop & Associates.......................................760-384-4441
Heritage Physical Therapy ...............................760-446-3611
High Desert Yoga & Pilates .............................760-446-1546
Ridgecrest Physical Therapy.............................760-371-1606

PODIATRY

Rivello, George, D.P.M.
Rural Health Clinic
1111 N. China Lake Blvd., Ste. 201
Ridgecrest, CA  93555
For Information or Appointment call............760-499-3277

ADVANCED THERAPY

McNutt, Lawrence, M.D.
Radiology Department
1081 N. China Lake Blvd.
Ridgecrest, CA  93555
For Information or Appointment call ..........(760) 499-3702

AV Cancer Center ...........................................760-446-7714
Ridgecrest Regional Hospital Radiology ..........760-499-3702
Women’s Imaging-Ridgecrest Regional Hospital ..760-499-3820
Ridgecrest Regional Hospital Respiratory Therapy
1081 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3766

Ridgecrest Regional Hospital Senior Services
417 Drummond Ave.
Ridgecrest, CA 93555
For Information or Appointment call..............(760) 371-1445

Desert Area Independent Living.......................760-375-8470
Kern County Senior Nutrition Program.............661-824-4816

Ridgecrest Regional Hospital Sleep Lab
1081 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call...............760-499-3766

Singh, Harmandeep., M.D..............................760-446-2312

Ridgecrest Regional Hospital Speech Therapy
1081 N. China Lake Blvd.
Ridgecrest, CA 93555
For Information or Appointment call..............760-499-3939

To be included in our next Directory call 1-760-375-4481
SERVICES WE OFFER:

- Drug and alcohol screening
- Blood borne pathogen screening
- Post-accident screening and testing
- Return to work and fitness for duty exams
- EKGs
- X-rays
- Hearing test
- Flu shots
- Immunizations
- Lab work, including blood testing
- Worker's compensation
- Respiratory surveillance and evaluations
- DOT physical exam / DMV licensing
- HazMat physical exams
- Flight physicals
- Sports physicals
- Pre-employment physicals for employees in various industries such as healthcare, explosive handlers, forklift and crane operators

Hours of Operation:
Monday - Friday 8am - 5pm. Closed 12:00pm - 1:00pm for lunch

CLINIC: (760) 499-3580 | 409 DRUMMOND AVE. RIDGECREST

Senior Services of Ridgecrest Regional Hospital
Providing services to senior 60 years and older

Services include:
- Information and Assistance
- Case Management and Homemakers

Hours are Monday through Friday 8:30am - 4:30pm.
Surgery

Cannata, William, M.D.
Southern Sierra Surgical
1041 N. China Lake Blvd., Ste. A
Ridgecrest, CA 93555
For Information or Appointment call.................760-446-8692

Stemmer, Paul F., M.D.
900 Heritage Drive, Ste. A
Ridgecrest, CA 93555
For Information or Appointment call.................760-446-3700

Tonsekar, Kishore, M.D.
Southern Sierra Specialty Center
1011 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-7260

“Living with Dignity and Pride”
High Desert Haven
Assisted Living & Memory Care Facility
www.highdeserthaven.com
1240 College Heights Blvd • 760-371-1989
Full-time Medical Oncology Care & Support

- Biopsy
- Chemotherapy Infusions
- Chemotherapy Medications
- Diagnosis and Prognosis
- Post Chemo Care and Support

Access to University-based Cancer Network & Resources

- Access to Cutting-edge Clinical Trials
- Clinical and Operational Support
- Evidence-based Treatment Options
- Expert Oncology Nursing
- Network of Cancer Specialists

RRH’s affiliation with UC Davis brings the highest standard of care to its patients.

For more information, visit www.rrh.org/cancercenter or call 760-499-3360
Bermani, Jawad, M.D. ...........................................760-446-4488
China Lake Surgery Center.................................760-446-8100

TRANSITIONAL CARE & REHAB

Transitional Care & Rehab Unit
1081 N. China Lake Blvd.,
Ridgecrest, CA 93555
For Information or Appointment call.................760-499-3380

URGENT CARE

Ridgecrest Regional Hospital Urgent Care
1111 N. China Lake Blvd.,
Ridgecrest, Ca 93555
For Information call.............................................760-499-3800

Heatherstone Medical Clinic ................................760-446-4571

Notes:

CAREER TECHNICAL EDUCATION

Learning Today... Earning Tomorrow!

Offering Certified Programs in:
- Certified Nursing Aide
- Emergency Medical Technician
- Home Health Aide
- Human Services Worker
- Medical Assisting - Administrative/Clinical
- Vocational Nursing

760-384-6219 www.cerrocoso.edu

This was produced pursuant to grant agreement number 02-C01-023. It is supported by Carl D. Perkins Vocational and Technical Act of 1993 (VTEA), Title I, Port C funds awarded to Kern Community College District grants by the California Community College Chancellor’s Office.
UROLOGIST
Urologic Institute ..................................................760-382-9269

VASCULAR SURGEON
Surval, William, M.D .............................................760-446-3000

WELLNESS RESOURCES

Community Wellness & Resource Center
900 Heritage Dr., Ste. A
Ridgecrest, CA  93555
For Information or Appointment call.................760-499-3825

WOMEN’S SERVICES
Chambers, Cherish, P.A.-C........................................760-446-4571
Childers, Pam, P.A.-C ...........................................760-446-4571
Roberts, Jessica, P.A.-C.......................................760-446-4571
Women’s Imaging-Ridgecrest Regional Hospital......760-499-3820

Jeffrey Ross Gunter, M.D.
General Cosmetic & Laser Dermatology
Board Certified in Dermatology
Diplomate American Board of Dermatology
Fellow American Society MOHS Surgery
Fellow American Academy of Dermatology

SKIN CANCER & LASER CENTER
“The Mole, Birthmark & Skin Cancer Treatment Facility”

Prefered Provider For Blue Cross, Blue Shield, Tricare, Sierra Health,
United Healthcare, Operating Engineers, Medicare Assignment.
Most Major Insurances Accepted · Courtesy Insurance Billing

Jeffrey Ross Gunter, M.D.
General Cosmetic & Laser Dermatology
Board Certified in Dermatology
Diplomate American Board of Dermatology
Fellow American Society MOHS Surgery
Fellow American Academy of Dermatology

SKIN CANCER & LASER CENTER
“The Mole, Birthmark & Skin Cancer Treatment Facility”

SKIN CANCER SPECIALIST
MOHS Micrographic Surgery
Cutaneous Surgery
Pre Skin Cancer Cryo Surgery

SKIN DISEASES
Birthmarks· Skin Growths
Rashes· Warts

SKIN REJUVENATION
Fruit Peels· Facial Capillaries
Photo Facials

SKIN ALLERGIES
Contact Dermatitis
Skin Allergy Testing

ACNE / ROSACEA
Retin-A· Acne Surgery
Photo Facials

Preferred Provider For Blue Cross, Blue Shield, Tricare, Sierra Health,
United Healthcare, Operating Engineers, Medicare Assignment.
Most Major Insurances Accepted · Courtesy Insurance Billing

A.V. DERMATOLOGY
& SURGERY CENTER
44215 15th St West #309
Lancaster, CA 93534
661-949-0004

RIDGECREST DERMATOLOGY
& SKIN CANCER CENTER
801 N. Downs. #B
Ridgecrest, CA 93555
760-384-2592

“New Patients Always Welcome”
By Melissa Erickson
More Content Now

A relatively new program that uses transitional-care nurses to identify specific health needs of geriatric patients in emergency rooms is cutting their rates of hospitalizations and leading to better medical outcomes.

About one-third of patients older than 65 who visit an emergency room nationwide end up being hospitalized, but this new program can cut that rate, according to a study by researchers from Mount Sinai Health System in New York City; St. Joseph’s Regional Medical Center in Paterson, New Jersey; and Northwestern Memorial Hospital in Chicago.

The Geriatric Emergency Department Innovations in Care through Workforce, Informatics and Structural Enhancements, or GEDI WISE, program launched in 2012. At the three hospitals that were part of the study, a patient was 10 percent more likely to be discharged from the hospital when compared to the same type of patient not seen by such a transitional nurse.

Interventions initiated during an older patient’s arrival in the emergency room have a significant impact on care, said lead investigator Ula Hwang, MD, associate professor of emergency medicine and of geriatrics and palliative medicine at the Icahn School of Medicine at Mount Sinai.

“Specifically trained advanced-practice nurses target older adults through questions and assessments to see if they can face a safe discharge,” Hwang said.

Specialized triage

While a patient who has suffered cardiac arrest is not going to be sent home, others who may have come in for a cough or a fall may be. In the past, though, many of these individuals were “social admissions,” Hwang said, meaning no safe discharge arrangements could be made for the patient, so he or she was hospitalized.

Transitional-care nurses assess patients for cognitive function, delirium, agitation, functional status, falls risk and caregiver strain.
A score-based assessment determines the extent of care that will be delivered in the emergency department, Hwang said.

Nurses ask questions to understand the bigger picture of what’s going on in a patient’s life, Hwang said: What medications are you taking, and do you have other underlying medical conditions? What level of social support do you have at home? Can you care for yourself or do you need help?

If discharged, patients will receive follow-up calls, receive counseling from a social worker or sometimes be transferred to a nursing home.

**Ahead of a trend?**

Programs like GEDI WISE are trending nationwide. In 2013, the American College of Emergency Physicians, American Geriatrics Society and Society for Academic Emergency Medicine joined with the Emergency Nurses Association to develop and publish the Geriatric Emergency Department Guidelines. In 2017 the first ACEP Geriatric Emergency Accreditation became available for such ERs.

“Bottom line, the population is aging. Hospitals and health-care systems have to focus on this vulnerable aging population. At a time when the national average for emergency department admissions with older adults is on the rise, programs that can reduce hospitalization risk are crucial,” Hwang said.

Hospitals can be a dangerous place for older adults, Hwang said. Some risks include adverse drug effects, falls, cognitive decline and ulcers. More than 30 percent of older adults develop a hospital-associated disability after an acute admission, and many do not return to their previous functional state.

Nurses are a central part of making programs like this work, Hwang said. “They play an interdisciplinary role working” with other medical professionals including social workers, pharmacists, doctors, physical therapists and home health aides, she said.

“**Bottom line, the population is aging. Hospitals and health-care systems have to focus on this vulnerable aging population. At a time when the national average for emergency department admissions with older adults is on the rise, programs that can reduce hospitalization risk are crucial.**”

Ula Hwang
When it comes to a patient’s pain management, nurses are leading the way. When zero pain is not an option, nurses help alleviate discomfort by understanding and acknowledging pain, being responsive and involved in care, and communicating effectively as patient educators.

Considering herself new in the area of pain research, Janiece Taylor, RN, assistant professor at the Johns Hopkins University School of Nursing, lets frustration drive her instead of holding her back.

“Pain really is outside the box,” Taylor said. For nurses who love caregiving but struggle with doubt about how to treat pain, Taylor says, “Don’t give up.” She hopes her research might one day “be making it just a little bit easier for that brand-new nurse” out there.

**New solutions for pain**

Nurses play a huge role in pain management.

“We advocate for our patients in so many ways whether through research, at the bedside or as advanced-practice nurses,” Taylor said. “It is essential that we stay up to date on current research surrounding pain management and that we don’t treat chronic pain patients all the same. We cannot forget how individualized the pain experience is and how different strategies work differently in our patients.”

A researcher in the area of pain management, Taylor’s current work “focuses on new and innovative ways to address pain among community-dwelling older adults living with various types of pain. I seek to find ways that can be easily used in the community/home setting that are not necessarily pharmacological in nature but can complement pharmacology or serve...
as the main pain management tools in those who are not able to take pain medications,” she said.

Her research is a crucial piece of addressing the opioid crisis.

“Pain researchers are working tirelessly to find alternative options for pain management. Although there is a place for opioids, however, it is important to find practical alternatives to reduce the risk of not just addiction but side effects,” Taylor said.

Especially exciting are new developments in managing pain through the use of virtual reality as well as in mental health, Taylor said.

Keep fighting

Pain can be overwhelming, but Taylor urges people to never give up on pain management. Communication between providers and patients is a simple yet effective component to adequately managing pain, she said.

Patients should “advocate for themselves with their providers and don’t just live with the pain. Express any concerns, questions or challenges to keep communication open with providers. There are other options that can compliment pharmacological pain management,” she said.

For her fellow nurses, Taylor also encourages tenacity.

“It can seem very difficult but we must try to identify effective and successful treatments that can be sustained over the long haul,” she said. “Education in pain management among nurses is a vital component to addressing pain in our aging populations and those experiencing chronic disabling pain.”

“It is essential that we stay up to date on current research surrounding pain management and that we don't treat chronic pain patients all the same. We cannot forget how individualized the pain experience is and how different strategies work differently in our patients.”

Janiece Taylor
STATE-OF-THE-ART
CLOSE-TO-YOUR-HOME

- Emergency Care
- Urgent Care
- Intensive Care
- Cancer Center
- Cardiac Rehab
- Dentistry
- Dermatology
- Gastroenterology
- General Surgery
- Home Health & Hospice
- Laboratory
- OB/GYN & Perinatal Care Unit
- Occupational Medicine Clinic
- Orthopedic Surgeries & Sports Medicine
- Patient Education (Diabetes, Childbirth, Lactation Counseling, CPR and More...)
- Pediatrics
- Physical, Occupational & Speech Therapy
- Podiatry
- Respiratory & Sleep Lab
- Rural Health Clinic
- Southern Sierra Medical Clinic
- Telepsychiatry
- Transitional Care & Rehab Unit
- Wellness Resource Center
- Women's Imaging: Digital Mammograms, DXA and 4D Ultrasound
- X-Rays, MRI, Ultrasound, CT Scans, Nuclear Medicine

760-446-3551 | TDD# 760-446-7505
1081 N. CHINA LAKE BLVD. RIDGECREST, CA 93555