

# UCI Family Medicine

## Residency Program Newsletter



### Congratulations

#### Class of 2019

- David Adler, MD
- Tammy Chew, MD
- Jeanine Gore, MD
- Renee Kreidl, MD
- Timothy Lee, MD ,MS
- Linda Lin, MD, MS
- Kevin Riutzel, DO, MS
- Sadaf Sareshwala, DO
- Nina Tsai, MD

### Happenings

- Congratulations **Dr. Cindy Haq** for receiving the UCI Medical Education Department Chair Award!
- Thank you **Joana Godoy** and **Dr. Roger Liu** for your commitment to the Family Medicine Residency. We miss you!
- Congratulations **Dr. Tan Nguyen** for the Excellence in Teaching Award from the UCI School of Medicine
- Congratulations **Dr. Lisa Gibbs** for receiving the UCI Campus wide Faculty Engage Award!
- Congratulations **Dr. Baotran Vo** for your 2018 ARIISE Award for Service!



**UCI Family Medicine**  
Discover • Teach • Heal • Serve

# UCI Department of Family Medicine

## 50th Anniversary Gala Celebration | October 26-27, 2019

As one of the first 15 family medicine programs in the nation, we began training residents in 1969. We have served tens of thousands of patients, trained more than 400 family physicians, and have contributed to innovative medical student education, scholarship, and community outreach.

Our celebrations will highlight 50 Years of Excellence in UCI Family Medicine. We will include time for reunions of residency cohorts, interactive workshops, a gala, a beach walk, and brunch.

The Saturday night gala will include a reception with dinner, music, posters, and brief presentations. We are expecting surprise guests to delight us with stories and pictures. Dr. Robert Rakel, one of the great leaders of US family medicine and founding chair of the UCI Department of Family Medicine, will be our guest of honor.

We are seeking 'ambassadors' willing to reach out to their classmates, submit photos, and plan informal reunions on Friday evening. Let us know if you may be interested in serving as an ambassador and we can help you contact your classmates.

Saturday, October 26: 9-11 am and 11 am-1 pm optional workshops on culinary medicine, geriatrics, sports medicine, medical humanities to be held at various sites.

Saturday, October 26: 4-8 pm, Gala at the UCI Student Center, 311 W Peltason Dr, Irvine, CA 92697 faculty, staff, residents, alumni, and guests welcome.

Sunday, October 27: 10 am ceremony, walk, and picnic at Crystal Cove State Park ; families and children welcome.

Cynthia Haq MD, Johanna Shapiro PhD, Michael Prislin MD, and Emily Dow MD  
Current and Former Chairs, 50<sup>th</sup> Anniversary Planning Committee Members, UCI Family Medicine

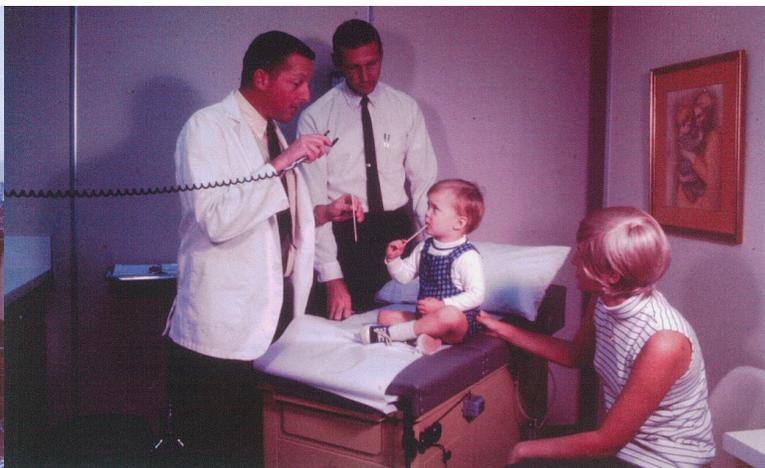
RSVP for the 50th Anniversary Celebrations by Friday, September 13th

[Click Here to RSVP](#)

If you need a hotel, the Hyatt Regency Newport Beach offers a UCI discount: Group Code CR20258.



Hoag Memorial Hospital Family Practice Residency was affiliated with the University of California, College of Medicine, 1969



Dr. Benjamin Wright with patients—our first resident, 1969

# Integrative Medicine for the Underserved Track

## IM Track and FM Residency

- Scripps Natural Supplements Conference
- University of Arizona Center for Integrative Medicine Leadership Conference
- Supplement Scavenger Hunt
- Tour of Fermentation Farm (and tasting)
- Mindful Living series incorporated into resident didactics
- Helping to develop a Psychiatry IMR Track
- Working with the Susan Samueli Integrative Health Institute

## Integrative Health at FHC

- Piloted cooking demos with Chef Wendy as part of Group Medical Visits for Diabetes Self-Management and Healthy Weight
- Integrative Medicine Consult Clinic and Acupuncture Clinic, Healing Touch Clinic, Yoga and Zumba classes; monthly Mobile Food Pantry
- Family Health Center Teaching Kitchen will be ready for our first patient classes in Summer 2019. Thank you to Drs. Gore and Lin, who have been regular contributors to our Curriculum Development Committee under Dr. Suskin's leadership!

## Congratulations Graduates!

Jeanine Gore, MD

Renee Kreidl, MD

Linda Lin, MD, MS

Kevin Riutzel, DO

Sadaf Sareshwala, DO



Arizona Center for Integrative Medicine Leadership Conference

## Program in Medical Education for Latino Communities (PRIME-LC) Track

Thank you Dr. Roger Liu for your leadership in the PRIME-LC track. We look forward to Dr. Jeffrey Arroyo's continued leadership and Dr. John Bilimek's new leadership for the 2019-2020 year!

## Congratulations Graduates!

David Adler, MD and Timothy Lee, MD, MS



LGBT Center OC



Homeboy Industries

Thank you to our Integrative Medicine and PRIME-LC Track residents!  
Looking forward to continuing growth in 2019-2020!

## Spotlight on Katherine De Azambuja, MD | Class of 2020

**Where did you grow up?** I was born in Anaheim, CA and grew up in Tustin, CA.

**College?** UCLA for undergrad and New York Medical College for medical school.

**What are your medical interests?** Community health, PRIME-LC, and the aging Latino population. When I was in college, I wrote a research paper about health care among the Latino elderly in the United States. It was one of my proudest achievements in college. Unfortunately, I have been unable to locate that paper for the past 10 years!

**What is your favorite restaurant in Orange County?** My gut instinct answer is "my mom's kitchen" because she cooks the best Peruvian food, hands down. Orange County has some really great restaurants; I can't pick one.

**How do you de-stress outside of work?** Listening to music I can dance to. I have recently found adult coloring books to be super de-stressing, so I love doing that, too. Spending time with my Dachshund, London, is very comforting and relaxing. Just having a good laugh with friends and family. Anything I can get lost in is de-stressing.

**What is your favorite UCI/FHC moment?** One of my patients was grieving the sudden loss of her young grandson. I spent the visit listening to her and offering my support. She thanked me and gifted me a rosary. It was a really special and touching moment for me. In one way, as a Catholic person myself, I felt blessed by her gift. In another way, as a physician, it really highlighted to me the power of therapeutic silence. It reminded me of the unique honor we have as physicians to be allowed to be a part of our patient's lives when they are at their most vulnerable, be it physically or emotionally. As Family Physicians, we oftentimes get lost in mayhem of "doing" everything for our patients. In that chaos, we forget that sometimes it is enough just "being" with them.

**What is the biggest adjustment you've made since med school?** I don't think there has been any one big adjustment I have made since med school. I think I have become much more comfortable being myself and realizing that the way each physician practices of medicine is personalized. Now, I have a better understanding of what kind of physician I want to be and that realization is exciting.

**Where do you see yourself in 5 years?** Hopefully, that would be in a clinic setting where I can work with an underserved population, contribute to community projects to improve medical literacy and education. I also want to work with the elderly population. Maybe become a CMO someday. I have ideas of what I would want to do but I can't pinpoint where that would be quite yet.

**Do you have any advice for residents?** Ask a lot of questions. Get as much sleep as you can. Enjoy Southern California when you have time to do so. Be yourself. But above all: work honestly, respect every person you come across and be kind to others and to yourself.



## Spotlight on Araceli Vicab | Medical Assistant



**Where did you grow up?** I was born and raised in Santa Ana.

**Tell us about yourself:** I am the youngest of four siblings, married and I have two wonderful boys.

**How long have you been working at UCI?** January 2018

**What is your favorite part of working with the family medicine residents?** I really enjoy working with the residents; I particularly appreciate how everyone has their own personalities and everyone is unique in their own way.

**What is your funniest FHC-SA moment?** My most funny, embarrassing moment was when I was having a very busy day, and Dr. Danny Ngo ordered an EKG. Since I was so busy I did not notice that in the "ordering provider" space I entered "Daddy" Ngo instead of Danny Ngo, I didn't notice until Dr. Ngo asked me if I had seen what I typed for his name, and of course, he was laughing. I was so embarrassed.

**Any words of advice for our new family medicine first-year residents?** Don't be shy, ask questions, and I will help you the best way I can. But most importantly, enjoy your new journey!

# Scholarship in Family Medicine

John Billimek, PhD

Assistant Professor in Residence

Creativity has always been at the core of the identity of UC Irvine's Department of Family Medicine. We were among the first in the country to establish a training program in Family Medicine, and lead our region and our nation with training and service in medically underserved communities, geriatric medicine, hospitalist care, sports medicine, reproductive health and integrative medicine. And we have renewed our commitment to harness and propagate this creativity through rigorous research and scholarship among our Faculty and Residents. In the current academic year, our faculty have reported publishing 15 articles in peer reviewed journals, giving 15 presentations at professional conferences, and obtaining 4 extramural grants supporting creative and research projects. We mentor dozens of undergraduate, graduate and medical students in research, and lead a Summer Research Enrichment Initiative for high school students. All of these activities support our broader mission of service, education and health equity.

Even more exciting than what we have done is where we are going. Our faculty and residents are developing and conducting creative, scholarly projects including developing and evaluating new training programs in Sports Medicine and Integrative Medicine, launching a Teaching Kitchen with co-primary missions of teaching, service and research, a photojournalistic project capturing stories and images of the Humans of Santa Ana, an NIH-funded study of Spanish-speaking patients' barriers to blood pressure management, and innovative projects in geriatric medicine, reproductive health and quality improvement in our clinic and hospital settings. To support these interests, we have added to the department a Director of Research, strategic guidance from national experts in research development, and an explicit commitment from our faculty and leadership to scholarly excellence. We have challenged our faculty to support the scholarly interests of residents, helping them harness their interests in mentorship, quality improvement and health equity with rigor and collaboration with student and community partners. Scholarship in our department is an important part of our history, and provides energy and direction for our future.



# Family Medicine Residency Class of 2019



David Adler, MD  
UCLA



Tammy Chew, MD  
University of Toledo  
Chief Resident



Jeanine Gore, MD  
UC Davis



Renee Kreidl, MD  
Rush Medical  
College



Timothy Lee, MD, MS  
University of Illinois  
Chief Resident



Linda Lin, MD, MS  
Oregon Health &  
Sciences University



Kevin Riutzel, DO, MS  
Touro University Nevada  
Chief Resident



Sadaf Sareshwala, DO  
Touro University California  
Chief Resident



Nina Tsai, MD  
Saint Louis University



## David Adler, MD

**Hometown:** Thousand Oaks

**Med school and undergrad:** David Geffen School of Medicine at UCLA (Undergrad UC Berkeley)

**How do you unwind?** Surfing, kayaking, ocean sports, running, playing guitar and making music with my wife, playing in nature with my wife + dog, hanging out with friends + family

**Favorite Residency memory:** Late night chats with co-residents, TEAM-T!

**Favorite place to eat in Orange County:** Uroko, Bosscat Libations

**Shout-outs:** My beautiful wife, my co-residents who were always there for random advice and chats (you know who you are), my seniors who inspired me strive towards humble excellence, my junior residents who are so smart and challenge me to keep improving, and the faculty who have had my back during good and tough times, and advocated for my success. Special shout out to Wonder Woman, a.k.a. Dr. Ho (I figured you all know her true identity by now, so no need to hide it!)

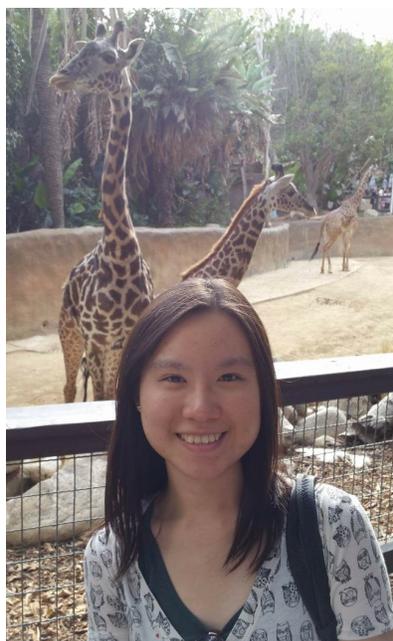
**Post Residency Plans:** Rural full-spectrum medicine (hospitalist/intensivist + FP doc) on Kauai with my family! Come visit!

**Where do you see yourself in 5-10 years:** I plan to do full-spectrum (minus OB) for about 3-5 years on Kauai, then likely transition to administrative position with part-time clinic on Kauai or Oahu. Possibly do some work and/or teaching at the University of Hawaii and hopefully continue some connections with the University of California through my research in sustainability and scalability of healthcare systems.

**Advice to incoming interns:** Residency is rough. If you feel you're struggling, it's important to know that you're not alone and to find people with whom you can allow yourself to be vulnerable. Reach out to your co-residents, seniors, and faculty for support and guidance. Reach out to recent grads for motivation to help you see the light at the end of the tunnel.



## Tammy Chew, MD | Clinic Chief



**Hometown:** Carlsbad, California

**Med school and undergrad:** I studied at UCLA for undergrad and at The University of Toledo for medical school.

**How do you unwind?** Enjoying my freshwater aquarium at home and gardening.

**Favorite Residency memory:** Relaxing at the annual residency retreats! Lunch with co-residents at 4th Street Market when we have full day clinics at FHC-SA.

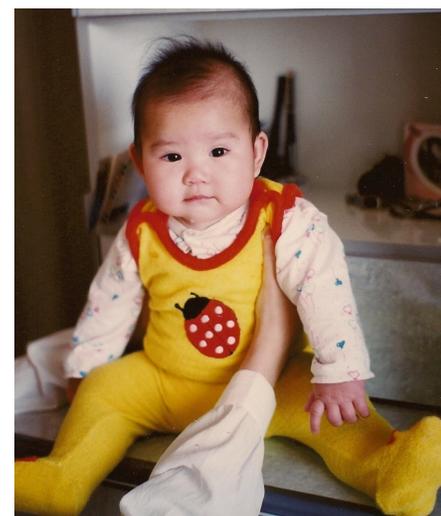
**Favorite place to eat in Orange County:** Ohshima Japanese Cuisine for their Omakase

**Shout-outs:** My mom, dad, brother, and husband for always being there for me.

**Post Residency Plans:** Primary care in San Francisco.

**Where do you see yourself in 5-10 years:** Caring for patients as their primary care doctor. Traveling on my vacations.

**Advice to incoming interns:** Remember that you are amazing!!



# Jeanine Gore, MD

**Hometown:** Half Moon Bay, California

**Med School and undergrad:** CSU Chico for undergrad and UC Davis for medical school

**How do you unwind?** There once was a land and time far, far away wherein I did unwind. I vaguely, fondly recall it — lazy days filled with many hobbies and interests, oil painting, reading novels, backpacking, scuba diving, testing out new gourmet recipes on family and friends, goofing around with my two adorable kids. Currently, I really don't unwind. Mostly, I just stay wound up! Keep pushing toward the goal. So much to do and learn. I am VERY much looking forward to a little well-earned post-residency R&R.

**Favorite Residency memory:** Sadaf's baby reveal using my portable iPhone ultrasound. Priceless!

**Favorite place to eat in Orange County:** For a quick, yummy bite I hit up Poke Sushi on Katella.

**Shout-outs:** To everyone who has worked to improve the residency experience and decrease the burden of stress on new interns. I hope the classes below us continue to push for positive changes so that we can all turn out to be the best, but also the most well-balanced, physicians possible.

**Post Residency Plans:** Hiking in the sierras, drive up to bodega bay for oysters, relaxing with friends at our backyard firepit (that we built!), painting, cooking, doing puzzles with kids. Start regular work by August/September.

**Where do you see yourself in 5-10 years:** I'd like to get back to doing some kind of global health work

**Advice to incoming interns:** Log your blue cards! Always be nice to nurses, even if it's difficult. Chances are that any disagreement is based in some kind of miscommunication. Smile, nod, pin down the miscommunication. Remember that everyone is on the same team — the patient's team. Residency is hard. Sometimes even ridiculous! Laugh as much as possible. Learn as much as possible. Call your loved ones regularly! They keep you sane. Keep trying to improve things for those who come after you. It will be over before you know it.



# Renee Kreidl, MD

**Hometown:** Wheaton, IL

**Med school and undergrad:** Loyola University of Chicago for undergrad and Rush Medical College for medical school.

**How do you unwind?** Dance, meditation, weight lifting, catching up with friends over wine

**Favorite Residency memory:** I don't have any particular favorite, but some of the best moments of residency have been hearing the successes of my patients, whether it is them losing weight and becoming vegetarian, decreasing their stress levels by meditating, or finally having stable housing.

**Favorite place to eat in Orange County:** Cream Pan in Tustin

**Shout-outs:** To all my co-residents for being amazing, compassionate people!

**Post Residency Plans:** Geriatrics fellowship at UCI

**Where do you see yourself in 5-10 years:** Outpatient geriatric group practice

**Advice to incoming interns:** Don't fall asleep at the wheel! You can take a

## Timothy Lee, MD, MS | QI Chief

**Hometown:** Chicago, IL

**Med school and undergrad:** University of Illinois at Champaign-Urbana for undergrad, University of Illinois at Chicago for med school (UIC)

**How do you unwind?** I love to go running, camping and hiking!

**Favorite Residency Memory:** Residency retreats where our attendees sing karaoke or random conversations with my co-residents in the resident lounge

**Favorite place to eat in Orange County:** Musubi Monster

**Shout-outs:** To all my co-residents who made my residency experience full of laughter and support

**Post Residency Plans:** 2 year fellowship in Clinical Informatics at UCLA

**Where do you see yourself in 5-10 years:** Probably working at an academic center doing part Clinical Informatics, part-patient care and part-teaching/research.

**Advice to incoming interns:** Find something/someone (an activity outside of residency or a group, etc.) to keep you grounded throughout residency and that continues to remind you why you are doing what you are doing. Residency can be tough (obviously...) but remembering why we are doing it keeps you passionate...and sane



## Linda Lin, MD, MS

**Hometown:** Southern California, home is wherever my family is

**Med school and undergrad:** Oregon Health and Science University, University of California Berkeley

**How do you unwind?** Play piano, walk my dog, read Chinese novels, listen to music and podcasts

**Favorite Residency memory:** Annual Retreats

**Favorite place to eat in Orange County:** Tasty Garden in Irvine

**Shout-outs:** All my wonderful co-residents and faculty for your unwavering heart-warming support. Thank you for embracing me with your love when I need it the most!

**Post Residency Plans:** Work per diem for a little while so I have flexibility to travel and spend time with family and friends

**Where do you see yourself in 5-10 years:** Not sure, anything is possible. For now, I see myself most likely working in an outpatient setting, preferably no more than 4 days out of a week and volunteering my free time teaching or serving the underserved.

**Advice to incoming interns:** Three years go by really fast, and no matter how difficult a rotation or situation is, it too will pass. This training process is no doubt grueling and draining for all but there are many moments that are sweet, touching and quite memorable. So keep an open mind, and remember that learning and growth come in all forms and encounters.



## Kevin Riutzel, DO, MS | Administrative Chief

**Hometown:** Glendale, CA

**Med school and undergrad:** UC San Diego for undergrad and Touro University for Medical school.

**How do you unwind?** Enjoying time with friends, mentoring, staying active

**Favorite Residency memory:** Helping a patient lose 250lbs and advocating to get her the surgery she needs

**Favorite place to eat in Orange County:** Ddonggo Pocha, Buena Park

**Shout-outs:** To every single one of my co-residents who have supported me and each other throughout this entire experience. You all are not just colleagues. You are family.

**Post Residency Plans:** Working for Hoag Urgent Care, Northeast Clinics in LA, and other side jobs/personal passions

**Where do you see yourself in 5-10 years?** Working part-time clinically, part-time teaching, and working with media efforts in some fashion. Hopefully married, happy with life, and surrounded with lots of friends.

**Advice to incoming interns:** Lean on each other. Residency will put you through a lot of hard nights, an amazing amount of non-clinical tasks, and pressure from lots of different directions. The support you need is within the group of 28 residents who are also going through many of the same experiences as you. Admit your flaws. Let people know you are not doing well. To our patients, yes, we need to be strong. To each other, we need to be human.



## Sadaf Sareshwala, DO | Academic Chief



**Hometown:** I grew up in the San Francisco Bay Area in San Ramon, California

**Med school:** Touro University School of Medicine California

**Undergrad:** University of California, Berkeley

**How do you unwind?** Exploring new restaurants (maintaining my Yelp Elite status!), enjoying the beach, hiking, cooking in my Instant Pot!

**Favorite Residency memory:** Feeling the camaraderie on wards and clinic as we work together as a team to give the best patient care. Debriefing about our lives in the resident room. Delivering my continuity patient and seeing her and her baby as patients afterward. This past residency retreat when we all competitively tried to win at the various games on behalf of our color teams.

**Favorite places to eat in Orange County:** Breakfast: Anepalco, Lunch: Crave, Dinner: Nomad Asian Bistro

**Shout-outs:** My inspirational faculty and staff who have trained me, my co-chief residents and my supportive co-resident family who have helped me thrive, and my loving husband and family who have encouraged and supported me through this journey

**Post Residency Plans:** Urgent Care and eventually joining a group practice as a Primary Care Provider

**Where do you see yourself in 5-10 years:** Working in an environment where I can teach residents & medical students, care for the underserved, and do women's health!



# Nina Tsai, MD

**Hometown:** Monterey Park, CA

**Med school and undergrad:** St. Louis University School of Medicine, UC Berkeley

**How do you unwind?** Playing the piano and the cello, collecting ornaments, and magnets

**Favorite Residency memory:** When my continuity patient told me that he trusted me in my first month of intern year and continued to trust me with his care all 3 years of residency.



Sat 4/28/90



**Favorite place to eat in Orange County:** Chef Hung  
**Shout-outs:** To my family, friends, mentors, thank you for your support and motivation throughout my training.

**Post Residency Plans:** Joining a group practice as a full-time PCP; traveling

**Where do you see yourself in 5-10 years:** Having my own practice, more traveling :)

**Advice to incoming interns:** Don't be afraid to make mistakes. There's always room to learn and grow, even beyond residency.

## Welcome 2019-2020 Resident Chiefs!

Thomas Azeizat, MD | Academic Chief

Dylan Hanami, MD | Quality Improvement Chief

Maria Kim, MD | Administrative Chief

Laetitia Truong, MD | Clinic Chief



"As clinic chief, I hope to be a voice and advocate for my co-residents. FHC SA is our home and I want all of us to feel like we have a say in how this clinic operates. Whether it's Cyacom issues or improving the pod system, I will work hard to make positive and sustainable changes :)" - Laetitia Truong, MD

# Thank You to Our Faculty, Residents, and Staff

