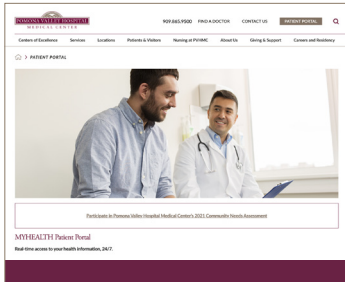


Comprehensive. Convenient. Compassionate.

Winter 2023



Access Your Healthcare Team and Manage Your Health Needs with the MYHEALTH Patient Portal

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Or Text MYHEALTH to 474747 to receive a download link.

Need help or have questions?
Please call 909.865.9995



Mohamed Elsharkawy, MD, specializes in Family Medicine and Obstetrics at our Pomona location.

Beyond Checkups Getting the Most Out of Family Medicine

Family Medicine

You've come to rely on primary care appointments for the basics like routine health exams, minor illnesses, and staying on top of chronic conditions like high blood pressure.

But did you know your primary care doctor can also perform minor diagnostic and surgical procedures?

This means you don't need a referral or to change doctors if you need:

- Biopsy and excision of skin lesions
- Incision and drainage of abscesses
- Joint injections
- Minor surgery, including vasectomies
- Newborn checks
- Well child exams
- Sports physicals
- Circumcisions
- Placement and removal of contraceptive implants
- And more!

Schedule an appointment with your family medicine practitioner today.



Michael Deanda, MD, specializes in Family Medicine and is the Medical Director at our La Verne location.

Healthy Aging After 50 Why Going to the Doctor Regularly Matters

Senior Care

Maybe you're watching what you eat a little more closely, limiting alcohol consumption, and getting your daily steps in – but did you know getting regular checkups is essential to maintaining your overall health?

Older adults who visit their doctor regularly and stay up to date with preventative health screenings are more likely to have a better quality of life and feelings of wellness according to a 2021 study published in the Journal of the American Medical Association.

They're also more likely to lower their risk factors for disease, including:

- High blood pressure
- Blood sugar levels
- Cholesterol levels

Take charge of your health care and age healthfully with the Family Medicine Physicians at PVHC.

2023 Resolutions Achieve Your Weight Loss Goals

Weight Loss

Weight loss can be more difficult with age – unless you know exactly what's causing your weight gain.

There are many potential causes:

- Metabolism gets slower and less efficient
- Muscles naturally start to break down
- Hormones that help control weight naturally decline
- Common lifestyle changes contribute to lower calorie burn and higher stress

With the New Year around the corner, you might be thinking about going on a diet or adopting healthier habits. How about an appointment with your Family Medicine doctor to discuss how weight loss can help with your medical concerns?

We'll help you reach your goals and stay healthy.

CHINO HILLS

2140 Grand Avenue
Chino Hills, California 91709

Family Medicine, Digital Radiology, Physical Therapy, Women's Health, Sports Medicine, Geriatric Medicine, Milestones Center for Child Development

CLAREMONT

1601 Monte Vista Avenue
Claremont, California 91711

Urgent Care (No Appointments-Walk-In Only) Family Medicine, Occupational Medicine, Digital Radiology, Physical Therapy, Sleep Disorders Center, Women's Health, Geriatric Medicine, Sports Medicine, Milestones Center for Child Development

CHINO HILLS CROSSROADS

3110 Chino Avenue
Chino Hills, California 91709

Urgent Care (No Appointments-Walk-In Only) Family Medicine, Occupational Medicine, Digital Radiology, Women's Health, Geriatric Medicine, Sports Medicine

POMONA

1770 North Orange Grove Avenue
Pomona, California 91767

Family Medicine, Women's Health, Sports Medicine, Geriatric Medicine

LA VERNE

2333 Foothill Blvd.
La Verne, California 91750

Urgent Care (No Appointments-Walk-In Only) Family Medicine, Occupational Medicine, Digital Radiology, Physical Therapy

PVHC Welcomes Our New Physicians

New Doctor Welcome

Please join us in welcoming our newest physicians: Drs. Tiffany Kilbas, Christine Kwon, Elaine Roh, and Seema Kamble.



Dr. Tiffany Kilbas

Board-Certified Family Medicine Physician

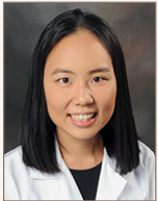
Dr. Kilbas provides holistic, personalized care for people of all ages and stages of life. She has a particular interest in evidence-based medicine and/or chronic disease management.



Dr. Christine Kwon

Board-Certified Family Medicine Physician

Dr. Christin Kwon is passionate about hospice care and palliative medicine. She believes treating patients and their families gives her a unique medical perspective that allows her to better anticipate care needs and provide optimal, patient-driven care.



Dr. Elaine Roh

Board-Certified Geriatric and Family Medicine

Dr. Elaine Roh is keenly interested in caring for older adults struggling with multiple chronic conditions.

She is passionate about helping older generations achieve their best possible health.



Dr. Seema Kamble

Board-Certified Family Medicine Board Eligible

Dr. Seema Kamble specializes in urgent care medicine. She's dedicated to compassionate care and prioritizes patient education in her daily work.



Ryan Agena, DO, specializes in Family Medicine and Sports Medicine and is the Medical Director at our Chino Hills-Crossroads location.

Living With Hypertension When to See Your Doctor

Hypertension

High blood pressure is a significant health problem affecting nearly half of all U.S. adults.

It's often asymptomatic and can go undiagnosed for years, leading to more serious cardiovascular conditions like heart disease, heart attack, and stroke.

Those with chronic hypertension should get rechecked at their doctor's office **every 3 to 4 months** – at least for the first few years following diagnosis. This helps ensure medications and lifestyle changes are working optimally and allows us to make adjustments if they're not.



Tiffany Endo, DO, specializes in Family Medicine and Women's Health at our La Verne location.



Urgent Care Clinic Welcomes Adults and Kids of All Ages. Immediate Care Available for:

- Allergies
- Asthma
- Sunburns
- Bites and Stings
- Rashes
- Sports Injuries
- Sprains, Strains, and Fractures
- Minor Cuts and Lacerations
- Colds and Flu
- Children's Illnesses
- Infections
- Migraine Headaches
- And More

Emergency Pediatric Care Close to Home

Pediatric Care

Pomona Valley Hospital Medical Center's (PVHMC) Emergency Department is open 24/7 to ensure you always have access to advanced pediatric emergency care close to home.

We are designated as an Emergency Department Approved for Pediatrics (EDAP) by Los Angeles County, which means we meet specific standards established for caring for children ages 14 years and under.

You can expect the following:

- Rooms and equipment designed for children
- Dedicated emergency department physicians, nurses, and staff trained and nationally certified in pediatric emergency medicine and advanced life support
- Life specialists available to provide therapeutic play, support, and education to reduce anxieties children may experience in an unfamiliar healthcare setting

No matter the emergency, you can rest assured that our EDAP team is ready to provide expert care for your child.

Walk-Ins Welcome

Please call 909.479.5148

Open Monday-Friday:
8 am to 6 pm

Saturdays-Sundays and
Most Holidays: 9 am to 5 pm

PVHC Urgent Care Locations:

La Verne | Claremont | Chino Hills

Most Major Insurance Accepted

