

Our Doctors



Shannon M. Sheu, MD
Dermatologist

Dr. Shannon M. Sheu is a dermatologist with the Cedars-Sinai Medical Group.

Dr. Sheu earned her bachelor's degree (*summa cum laude*) in Biomedical Engineering from the University of Southern California. She attended Yale University School of Medicine where she was a Farr Scholar, receiving the Yale University School of Medicine Student Research Award. Dr. Sheu completed her internal medicine internship and dermatology residency at the Stanford University Hospital and Clinics. She is also a graduate member of the American Academy of Dermatology.

Dr. Sheu practices at 200 N. Robertson Blvd., Suite 202, Beverly Hills, CA 90211. Her telephone number is (310) 385-3300.



Raena Sadeghi Olsen, DO
Gastroenterologist

Dr. Raena Sadeghi Olsen is a gastroenterologist with the Cedars-Sinai Medical Group.

Dr. Sadeghi Olsen was an internal medicine resident and a gastroenterology fellow at the University of Medicine and Dentistry of New Jersey where she received the Chief's Award of Excellence. She received her Doctorate of Osteopathic Medicine from the University of Health Sciences, College of Osteopathic Medicine in Kansas City, Missouri. She earned her bachelor's degree (*summa cum laude*) in biology from the University of Central Oklahoma. In addition to English, Dr. Sadeghi Olsen is fluent in Farsi.

Dr. Sadeghi Olsen practices at 99 N. La Cienega Blvd., Suite 307, Beverly Hills, CA 90211. Her telephone number is (310) 385-3506.



Steven N. Sykes, MD
Neurologist

Dr. Steven Sykes is a neurologist with the Cedars-Sinai Medical Group.

Dr. Steven Sykes received his bachelor's degree in neuroscience from the University of California, Los Angeles (UCLA). He earned his medical degree from the University of Michigan School of Medicine. Dr. Sykes returned to UCLA to complete his residency in neurology and participate in the residency training program as Administrative and Educational Chief Resident. Dr. Sykes also completed a fellowship in Clinical Neurophysiology at the University of Southern California, Department of Neurology.

Dr. Sykes practices at 250 N. Robertson Blvd., Suite 601, Beverly Hills, CA 90211. His telephone number is (310) 385-6016.



Joe B. Kim, MD, MPH
Internist

Dr. Joe Kim is a board-certified internist in the After-Hours Urgent Care Program at Cedars-Sinai Medical Group.

Dr. Kim received his bachelor's degree from Johns Hopkins University. He obtained his medical degree from the George Washington School of Medicine and Health Sciences, and a master's degree in sociomedical sciences from the Columbia University School of Public Health. Dr. Kim completed his primary care internal medicine residency at the Yale-New Haven Medical Center and also completed a fellowship at the University of California, Los Angeles Medical Center, Division of General Internal Medicine and Health Services Research.

Dr. Kim practices at 8501 Wilshire Blvd., Suite 150, Beverly Hills, CA 90211. His telephone number is (310) 248-7000.

Your Partner in Health

Since 1985, Cedars-Sinai Medical Group has been your Partner in Health, with more than 80 physicians providing primary care and a full array of specialty services, including:

- Cardiology
- Dermatology (medical and cosmetic)
- Disease-specific programs
- Endocrinology
- Ear, nose and throat (ENT)
- Executive Medical Services
- Gastroenterology
- General surgery
- Geriatric medicine
- Hand surgery
- Hematology/oncology
- Internal medicine
- Nephrology
- Neurology
- Obstetrics and gynecology
- Optometry, ophthalmology and LASIK vision correction
- Orthopaedic surgery
- Pediatric medicine
- Plastic and reconstructive surgery
- Pulmonary medicine
- Rheumatology
- Sports medicine
- Women's health

Appointments: Please arrive 15 minutes early to check in. Call your doctor's office if you think you will be late; otherwise, it may be necessary to reschedule your appointment. Please call us 24 hours ahead of time if you need to cancel so we can schedule something more convenient for you. Also, please bring your current medications to every office visit.

Test Results: The time needed to receive laboratory test results varies depending on the test. During your visit, please ask your doctor how and when you will receive your results.

Prescription Refills: If you need a prescription refill, you will be served most quickly if your pharmacy calls or faxes your doctor's office directly during regular office hours. Please plan for it to take up to two working days for your refill(s) to be authorized.

Referral to a Specialist: Depending on your insurance, you may need a referral from your physician to see a specialist. If so, and your physician decides it is medically necessary, please allow seven to 10 working days for this process. All utilization management decision-making is based only on the appropriateness of care and service. None of our physicians or staff members are encouraged or rewarded (financially or otherwise) for issuing denials.

Insurance: Cedars-Sinai Medical Group accepts most health insurance plans and Medicare. Please check with your doctor's office to see which plan he or she accepts. Please bring your insurance card and co-payment (if required) to every doctor's office appointment.

Learn More about Us: You can learn more about your Cedars-Sinai Medical Group physician, office locations, telephone numbers, services and wellness classes on our website at www.cedars-sinaimedicalgroup.org.

For more information about Cedars-Sinai Medical Group, please contact Patient Services, Monday through Friday, from 8 a.m. to 5:30 p.m. at (800) 700-6424.



Locations

To meet your needs, we are conveniently located in Beverly Hills and Los Angeles. Please call our offices during our hours of operation to schedule an appointment, Monday through Friday from 9 a.m. to 5 p.m. Urgent Care hours are from 5 to 8 p.m. Monday through Friday and 9 a.m. to 1 p.m. Saturday.

Beverly Hills

200 N. Robertson Blvd.
Beverly Hills, CA 90211
Dermatology: (310) 385-3300
Hematology/Oncology:
(310) 385-3297/385-3343
Internal Medicine: (310) 385-3262
Orthopaedic Surgery/Sports Medicine:
(310) 385-3326

250 N. Robertson Blvd.
Beverly Hills, CA 90211
Internal Medicine: (800) 700-6424
Vision Center: (310) 385-3450

99 N. La Cienega Blvd.
Beverly Hills, CA 90211
Endocrinology/Internal Medicine:
(310) 385-3228
Gastroenterology: (310) 385-3506
Internal Medicine: (310) 385-3353
Obstetrics/Gynecology: (310) 385-3380

8501 Wilshire Blvd.
Beverly Hills, CA 90211
Internal Medicine: (800) 700-6424
Pediatrics: (310) 385-3345
Urgent Care: (310) 248-7090

Los Angeles

8635 W. Third St.
Los Angeles, CA 90048
Executive Medical Services:
(310) 423-2374
General Surgery: (310) 423-0289
Hand, Orthopaedic, Plastic and
Reconstructive Surgery:
(310) 423-5900
Nephrology/Internal Medicine:
(310) 659-4320

Our pharmacists, Drs. Irina Avidon and Parastoo Rezai, and our Certified Diabetes Educator, Diane McWhorter, FNP, will provide Disease State Management Services at our new Wilshire location, keeping their current schedule of Thursdays and Fridays. The services include anticoagulation and asthma management, the Cholesterol, Hypertension and Congestive Heart Failure Clinics, and advice on diabetes and smoking cessation.

For your convenience, we also have a blood draw station and an X-ray facility in the new location.

The new building has an underground parking lot. Please note that we do not validate parking. Public transportation is available; Metro bus numbers 20 and 21, and Rapid 720 stop on Wilshire in front of the building.

We are proud of our new office and hope you will be impressed. We designed each suite with patients' comfort in mind. We took your suggestions to heart throughout the design process. The result of this collaboration is a beautiful new medical building that will make your next visit to the doctor's office as pleasant as possible. If you have any questions about the new office, please call your doctor's office or our Patient Services Department at (800) 700-6424.

Best regards,



Thomas D. Gordon
Chief Executive Officer

Continuous Quality Improvement

Voice of the Customer Program WE CARE

At CSMG, our Voice of the Customer Program allows you, our customer and patient, to provide us with feedback about the quality of care and services you have received. Your questions and concerns are important to us and we want to hear from you, so please call our Patient Services Department at (800) 700-6424. If you have any billing questions, please call (800) 851-0211.



200 N. Robertson Blvd., Suite 101
Beverly Hills, CA 90211

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Your Partner in Health



Message from the CEO
Thomas D. Gordon

New Wilshire Blvd. Location

I am proud to announce that Cedars-Sinai Medical Group has moved our Olympic Blvd. offices to new suites at 8501 Wilshire Blvd., Beverly Hills, on the corner of Wilshire and La Cienega Blvds. We will offer the same level of excellent service at the new offices as at the old, with the added advantage that the new suites are designed to be even more patient friendly. Though they are an improvement over the old offices, we will continue to enhance the new offices by adding doctors to offer expanded services as well as renovating the outside of the building to include new landscaping. For the convenience of our patients, we are seeking a café or deli to open onsite.



The following doctors have moved to our new location, 8501 Wilshire Blvd., Beverly Hills, CA 90211:

Internal Medicine Suite 100

Dr. Andrew Chuang (310) 248-7070
Dr. Caroline Lee (310) 248-7072
Dr. Virginia Russell (310) 248-7004

Suite 200

Dr. Alice Dick (310) 248-7006
Dr. Cheryl Dunnett (310) 248-7002
Dr. Kenneth Redcross (310) 248-7077

Pediatrics

(310) 385-3345
Dr. Jeffrey Brown
Dr. Nicole Herzog
Dr. Evan Koursh
Dr. Frances Pang
Dr. Vicki Shimoyama
Dr. Jerome Wang
Dr. Amy Weimer

After Hours Urgent Care Suite 150

Hours of service remain the same:
Monday through Friday, 5 to 8 p.m.
and Saturday 9 a.m. to 1 p.m.
The telephone number is (310) 248-7000.

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Medical Director's Corner



By Stephen Deutsch, MD
Medical Director,
Cedars-Sinai Medical Care
Foundation,
Internal Medicine

Let Us Help!

We are committed to offering the finest quality of care to our patients and our community. Part of this commitment rests on offering comprehensive chronic illness management programs overseen by dedicated teams of specialists. Other medical groups and health plans offer chronic illness management programs, but Cedars-Sinai Medical Group (CSMG) programs offer certain advantages over other programs.

We have teams of specialists who work together to help you manage your illness. Our pharmacists, who hold doctoral degrees in pharmacology, offer

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Back-to-School Health Checklist



Vicki Shimoyama, MD
Pediatrician

With the end of summer, parents start stocking up on school supplies, new clothes and this year's must-

have backpack. Along with these annual preparations, parents are well advised to take inventory of their children's vaccination and immunization needs before colds and flu invade schoolrooms and the risk for other conditions increases. Taking action now can help your child avoid missing school days and the discomfort of illness.



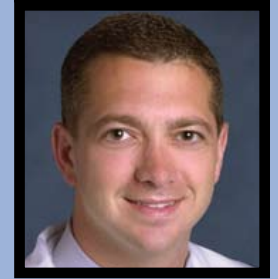
Based on the latest research, here are recommendations that offer increased protection against illnesses that can affect your school-age kids, as well as children bound for college:

- **Chickenpox booster shot.** The Advisory Committee on Immunization Practices to the Centers for Disease Control and Prevention recommends that children already vaccinated against chickenpox get a second dose of the vaccine when they are four to six years old. Older children and adults also may receive a second dose of the vaccine unless they have already had the disease.
- **Tetanus (lockjaw) booster shot.** A series of tetanus immunizations is usually required before a child starts school. An injection of Adacel® is important when a child reaches 11 years of age. This updated vaccine provides protection against whooping cough as well as tetanus.
- **Meningococcal meningitis vaccine.** This injection prevents the onset of a condition where membranes that cover the brain and spinal cord become inflamed due to a bacterial infection by an organism called *Neisseria meningitidis*. Outbreaks can happen among students who live in dormitories or other crowded places. Menactra® is a one-time vaccine given after the age of 11 that protects against meningococcal meningitis.
- **HPV (human papillomavirus) vaccine.** Gardasil® is the first vaccine developed to prevent some cervical cancers, precancerous genital lesions and genital warts caused by HPV. The Centers for Disease Control recommend that the vaccine be given to girls between the ages of nine and 26 years old. The vaccine is given in a series of three injections over a six-month period.
- **Flu vaccine.** The flu season peaks from December through mid-March. Therefore, vaccinations against the condition are ideally given in October or November. The vaccine comes in two types. One is made from inactive (dead) viruses and is injected into the muscle. The other is made from live viruses that have been weakened. This type is sprayed into the nose.

Flu vaccines do not cause a person to get the flu. Although it is a reason some people use to avoid getting an annual flu shot, this is a common misconception that has no basis in fact. Side effects from the vaccine similar to those of flu may occur for a short time after, but they are simply that – side effects, not flu itself.

Now is the time to give your child the best chance for a sickness-free school year. If you haven't already done so, start keeping a written record of all of your child's immunizations and vaccinations. In the meantime, don't delay in talking to your pediatrician about what needs to be done to bring your children up-to-date and make them fully protected so they can have a successful and healthy school year.

Treating Meniscus Tears of the Knee



David Golden, MD
Orthopaedic Surgeon

The knee has two types of cartilage: the smooth joint surface of the femur and the tibia bones; and the meniscus. The meniscus is a firm tissue that absorbs shock, lubricates the knee and contributes to knee stability. Tears or injury of the meniscus can occur with trauma, repetitive stress, such as running or other high-impact activities, or as part of the natural aging process.

Symptoms of meniscal tears may include pain, tenderness at the joint line, swelling and catching or locking of the knee. Bending, squatting, other impact or even non-weight bearing activities can be painful. Small tears can cause pain that may improve with rest, but also may return with increased activity. When you injure your knee, even before you see a doctor, you should start the RICE method: Rest, Ice, Compression and Elevation. The use of anti-inflammatory medications available by prescription or over the counter may provide relief.

Your physician will examine the knee, take a history of your symptoms and may use X-rays or MRI studies to diagnose the injury. Your orthopaedist will review the treatment options available for your particular condition. In some cases, your physician may drain excess fluid from your knee to decrease pain temporarily. Arthroscopic surgery also might be considered, during which two small incisions are made in the front of the knee to allow the physician to look at the area with a miniature camera and remove small amounts of damaged tissue. The procedure is usually done on an outpatient basis.

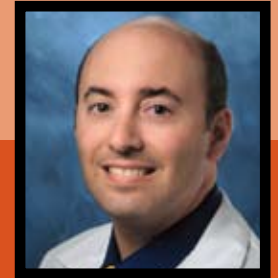
Recovery can vary with each patient. Crutches, ice and pain medication are often used for a brief period following the arthroscopic procedure. If the meniscus is repaired rather than partially removed, crutches may be required for a longer time.

Appropriate and prompt treatment of a meniscal injury can relieve pain and increase your ability to function normally. If you are having knee pain, please contact your orthopaedist to discuss the appropriate option for you.





The Role of Physician Extenders



Howard Wynne, MD
Medical Director
of Cedars-Sinai
Medical Group,
Internal Medicine

A growing trend in healthcare is the use of physician extenders such as nurse practitioners (NP) and physician assistants (PA). Cedars-Sinai Medical Group has been using these highly skilled professionals for several years to the benefit of our patients and physicians.

- **An NP is a registered nurse who has completed either a master's or doctoral degree, and works under his or her own license.**
- **A PA is a healthcare professional licensed to practice medicine under a physician's supervision, thereby extending the physician's capacity to provide medical care.**

Both NPs and PAs have special training in the evaluation, diagnosis and management of common medical conditions and chronic illnesses. They provide a broad range of healthcare services and work collaboratively with your physician to provide the most comprehensive care. Services provided by an NP or a PA include taking medical histories and performing physical examinations, ordering and interpreting laboratory tests, diagnosing and treating illnesses, prescribing and dispensing medication, and counseling patients. PAs often assist physicians in the operating room.

Highly trained in their area of specialization, both types of physician extenders are valuable additions to our healthcare family. They give our physicians more flexibility in scheduling same-day and urgent appointments. They are fully supervised by, and consult with, the physicians who regularly review NP and PA charts.

The physician extenders at Cedars-Sinai Medical Group are:

- Maryam Ahmadian, NP - Dermatology
- Celia Kong, PA-C* - Dermatology
- Raquel Vasquez, PA-C* - Otolaryngology
- Danielle Blum, NP - Obstetrics/Gynecology
- Mitzi Perez, PA-C* - Hand/Reconstructive Surgery
- Debbie Tran, PA-C* - Internal Medicine
- Mitra Kahen, PA-C* - Hand/Reconstructive Surgery
- Diane McWhorter, FNP** - Diabetes Educator

* Physician Assistant – Certified

** Family Nurse Practitioner



Medical Director's Corner

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patients one-on-one treatment and design individualized programs to best meet the needs of each patient. These programs are recognized as some of the best in the area, and patients are referred to the programs by our own physicians, as well as by staff at Cedars-Sinai Medical Center.

If you have asthma, diabetes or cardiovascular disease, are trying to quit smoking, or are at risk for blood clots, you may want to consider participating in one of the following CSMG disease management programs:

Anticoagulation Services

We have designed a program in which a clinical pharmacist closely monitors patients who require anticoagulation therapy to avoid blood clots. Patients are educated about anticoagulation therapy, drug and dietary interactions, laboratory monitoring and drug side effects. A simple finger stick determines the international normalizing ratio (INR), the standard scale for blood clotting, and the pharmacist adjusts the dosage to maintain the INR at a safe level.

Smoking Cessation Program

Smokers who receive assistance from a clinician are twice as likely to quit smoking successfully for five or more months as those who do not consult a physician. We offer one-on-one counseling to assist patients in creating an individualized plan that may include prescription medications or nicotine replacement therapy to offer the best chance to quit smoking. Pharmacists in the program also offer strategies for behavior modification and craving control to gradually quit smoking.

Asthma Management Program

We offer one-on-one counseling with a clinical pharmacist who will design individualized treatment and action plans for those with asthma.

Program pharmacists provide education and self-management skills, including identification of asthma triggers and correct use of inhalers, spacers and peak-flow meters.

Cardiovascular Risk Reduction Program

This program is designed to help manage symptoms of heart disease by achieving recommended safer blood pressure and cholesterol levels. Specialists create individualized action plans to optimize results for each patient by providing extensive education about heart disease and adjusting medication as necessary.

Diabetes Management

In this program, patients are educated on the proper techniques for managing diabetes and implementing lifestyle changes. Our certified diabetes educator provides one-on-one counseling, adjusts medication as necessary, and routinely monitors each patient's progress.

Other Programs

We also have a program for the treatment of Hepatitis C, a Travel Clinic to assist with travel immunizations and education, and a Polypharmacy Clinic for patients to review their multiple medications one-on-one with a clinical pharmacist.

Contact Us

If you are interested in more information on any of our disease management programs, please contact your primary care physician. You may also contact the programs directly:

- Disease Management Program
Cedars-Sinai Medical Group
(310) 385-3534
- Diabetes Control Program
Cedars-Sinai Medical Group
Diane McWhorter, FNP
(310) 385-3330

