



All your local doctors in one convenient location

GET TO KNOW YOUR DOCTORS

Scripps Coastal Medical Center

Specialties: Family Medicine, Internal Medicine, Rheumatology, General Surgery

The medical team at Scripps Coastal Medical Center in Encinitas provides excellent care when you need it most. With two offices and a laboratory conveniently located in North Coast Health Center, Scripps Coastal Medical Center physicians are your "go-to" doctors - including the primary care physicians you see for annual check-ups, preventative health screenings, wellness information, and lab tests.

Scripps Coastal doctors are committed to providing San Diegans with quality, patient-oriented medical services in a convenient location. They recognize that the doctor-patient relationship is the most important aspect of your care, and are here to help you navigate your medical choices and stay well.

To learn more or to schedule an appointment, call (760) 479-3900 or visit scripps.org/coastal.



NORTH COAST HEALTH CENTER

477 N. EL CAMINO REAL
ENCINITAS, CA 92024

For more than 25 years, physicians at North Coast Health Center have been providing highly personalized care to coastal north San Diego County. With more than 250 physicians to choose from, North Coast Health Center patients have access to primary care, a surgery center, pharmacy, lab, imaging, and over 45 medical and dental specialties all in one convenient location.

To find the right doctor for you, visit:
www.NorthCoastHealthCenter.com



Scripps doctors look forward to 2015

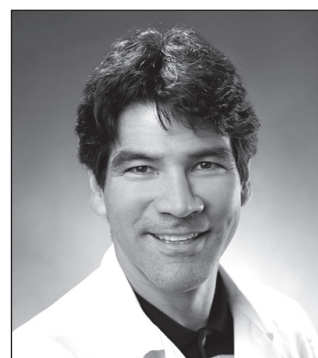
Four local physicians share their resolutions



Thinking about your New Year's Resolutions? As you ponder your goals for the New Year, consider what several local doctors at Scripps Coastal Medical Center in Encinitas hope to accomplish in 2015. Like many of us, they want to focus on physical, mental and emotional health during the upcoming months.

fiction and nonfiction, and recent favorite reads include "The Night Circus," "The Art of Racing in the Rain" and "Being Mortal: Medicine and What Matters in the End."

"My resolution is to be more efficient with my time so I can spend some time reading every day without sacrificing sleep," says Dr. Walker.



Gerard Lumkong, MD
Family medicine doctor Gerard Lumkong, MD, has some milestones approaching and wants to put his friends and family front and center.

"I want to spend more time with my family, especially my mother," says Dr. Lumkong. "I also am excited to plan a 50th birthday adventure and a 20th wedding anniversary celebration."

To maintain his energy and stamina for an eventful year, Dr. Lumkong will stay in shape through biking along San Diego's coast and occasionally on mountain trails.

Rising early two or three mornings for spin classes at the local YMCA will round out his fitness routine.



Elena Dolgonos, MD
Family medicine doctor Elena Dolgonos, MD, enjoys caring for the whole family, and in 2015, she wants to spend more time with her own.

"My New Year's resolution is to focus on the important people in my life—my children, my husband and my parents—and spend more quality time with them."



Trang Le, MD
Family medicine doctor Trang Le, MD, provides compassionate care to her patients, respecting their cultural beliefs and ideals. Originally from Vietnam, Dr. Le enjoys working with teens, as well as focusing on women's health.

"My New Year's resolution is to be more forgiving and always have an open mind," says Dr. Le.

Primary care doctors play an important role in partnering with you on your health, and can help you set and attain your 2015 goals.

This may include helping you start and maintain good habits—like getting more exercise, improving your sleep habits, or adding more nutritious foods into your diet—as well as breaking bad habits, whether that's smoking or overeating.

Scripps Coastal Medical Center in Encinitas includes eight primary care physicians and four nurse practitioners who work together as a team. Located inside North Coast Health Center at 477 North El Camino Real, Building A, the practice also has on-site lab services, rheumatology and general surgery services, as well as free parking and Wi-Fi.

And for those patients who need hospital care, three nationally recognized Scripps hospitals are nearby. Patients also have access to Scripps premier specialty care, including nationally ranked heart and orthopedic programs.

Gay Walker, MD
Internal medicine doctor Gay Walker, MD, resolves to catch up on her reading and not lose needed rest. Dr. Walker enjoys both

For more information or to schedule an appointment with any of the doctors at Scripps Coastal Medical Center in Encinitas, call (760) 479-3900.