

Family medicine at its best

By Georgine Jorgensen, MD, MPH

Connor's little pink fists clench into the air as I place my cool stethoscope on his rising chest. A shrill squeal escapes his tiny lips and his eyes strain to peel open under the bright hospital lights. Kate is watching us both intently. At 4 years old she is already fiercely protective of him.

She strokes his fine, blonde curls and whispers in her best big girl voice, "It's OK, Katie's here." I reassure her that she has a perfect little brother.

Still weary from a 3 a.m. delivery, Jenny beams proudly at both of them from her bed, her own blonde curls matted down against her face by the sweat of labor. The large door to their room suddenly swings open as Mike and his parents burst in buzzing with anxious delight.

They set down the paper grocery bag teeming with sandwiches and drinks. Grandma Donna whips out one of the three new onesies she just purchased and proceeds to change Connor.

Grandpa Jack gives me a big bear hug and thanks me for being there. I tell him there is no place else I'd rather be. Everyone in this room is my patient. I am their family doctor.

The doctors of North Coast Family Medical Group (NCFMG) have been caring for the families of Coastal North County San Diego for over 35 years. As family physicians, we have been trained in all areas of medicine to provide comprehensive care to our patients through all stages of life.

We partner with our patients and families to anticipate their acute, chronic and preventive care needs. We can diagnose and treat the full range of problems patients typically bring to their doctors, regardless of age or gender. At NCFMG, we take care of the physical, mental and emotional health of both our patients and our patients' families using evidence-based medicine and established practice guidelines, while accounting for individual preferences.

We are at the center of patient care, coordinating and guiding our patients through what can be a very confusing and fragmented health care system.

NCFMG is proud to be named the only private practice group listed among the top five medical practices in San Diego for two consecutive years. We are also honored with the distinction of having all six of our physicians named as Top Doctors by San Diego Magazine — recognized by their physician peers as doctors they would recommend to their family members. We truly are committed to treating every patient as we would want our family members to be treated.

Our modern office maximizes the use of state of the art technology to provide this highly personalized care. As pioneers of medicine's digital age, we have been using electronic medical records for nearly a decade.

Our patients can email their doctors directly, check test results securely online and schedule appointments through our virtual office.

For the convenience of our patients, we are open from 8 a.m. to 8 p.m. Monday through Friday and every Saturday from 9 a.m. to 1 p.m. We have easy access to appointments — most patients can be accommodated within 24 hours of their request to be seen. NCFMG accepts many different insurance plans.

Two days later, it's time to go home. Connor is bundled tightly in his blue and white striped fleece blanket. A cozy matching hat keeps falling over the hazel eyes he can barely keep open.

Three generations are ready to bring him home. I tell Katie that we'll see each other again in a few days when Connor visits our office for the first time. "I'm excited to show him what it's like," she calls out as she gives me a high five on her way out the door.

To learn more about NCFMG or schedule an appointment, call (760) 942-0118 or visit www.ncfmg.com.



All your local doctors in one convenient location

GET TO KNOW YOUR DOCTORS

North Coast Family Medical Group

Specialty: Family Medicine

Founded in 1978 by James Hay, M.D., North Coast Family Medical Group has grown over the past 30 years and has become one of the most recognized and respected practices in San Diego's North County. They provide continuing, comprehensive healthcare for the individual and family. Your family physicians at North Coast Family Medical Group understand the breadth and depth of medicine necessary to provide for the entire family's medical care from newborns to the golden years.

The physicians at North Coast Family Medical Group are among the best in the county and continuously receive "Top Doctor" honors by the San Diego County Medical Society. This team of knowledgeable physicians include: Dr. James Hay, Dr. Richard Payne, Dr. Craig Duck, Dr. Georgine Jorgensen, Dr. Amy Kakimoto, Dr. Christine Clotfelter. To learn more about North Coast Family Medical Group or schedule an appointment, call (760) 942-0118 or visit www.ncfmg.com.



**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

