

## Our Doctors



**Charmian Lewis, MD**  
Obstetrics and Gynecology

Dr. Lewis received her bachelor's degree from Stanford University and her medical degree from the University of California, Los Angeles (UCLA) School of Medicine. She completed her internship and residency at Kaiser Permanente, Los Angeles Medical Center and joined Cedars-Sinai Medical Group in 2006. Dr. Lewis currently practices at 99 La Cienega Blvd., Suite 202.



**Jeffrey Gramer, MD**  
Internal Medicine

Dr. Gramer received his bachelor's degree from the University of California, Los Angeles in physiological psychology. He received his medical degree from UCLA School of Medicine and completed his internship and residency at St. Mary's Medical Center in Long Beach, California. Dr. Gramer is board certified in internal medicine and currently practices at 250 N. Robertson Blvd., Suite 505.



**Sushma Bhadauria, MD**  
Obstetrics and Gynecology

Dr. Bhadauria received her medical degree at the S.N. Medical College. She also completed a master of surgery, an internship in general medicine and residency in obstetrics and gynecology at the S.N. Medical College, Agra University in Agra, India. She completed her residency in obstetrics and gynecology at the UCLA Medical Center and at the Robert Wood Johnson Medical Center in New Jersey. Dr. Bhadauria currently practices at 99 La Cienega Blvd., Suite 202.



**Howard Liu, MD**  
Dermatology

Dr. Liu received his bachelor's degree from the University of California, Berkeley in molecular cell biology. He completed his medical degree at the University of California, Davis where he graduated as valedictorian. He completed his internal medicine internship and dermatology residency at Stanford University Hospital and Clinics where he was Chief Resident of the Department of Dermatology. Dr. Liu currently practices at 200 N. Robertson Blvd., Suite 202.



**Vicki Shimoyama, MD**  
Pediatrics

Dr. Shimoyama earned a bachelor's degree in biological sciences and graduated *summa cum laude* from the University of Southern California. She attended the University of Southern California School of Medicine where she was a Dean's Scholar. She completed an internal medicine internship at St. Mary Medical Center in Long Beach. At the UCLA Medical Center, she spent one year as a resident in the Department of Anesthesiology before completing a residency in pediatrics. Dr. Shimoyama is a board-certified pediatrician with Cedars-Sinai Medical Group and practices at 200 N. Robertson Blvd., Suite 303.



**Raquel Vasquez, PA-C**  
ENT

Raquel Vasquez graduated from California State University, Northridge with a bachelor of arts and a bachelor of science in biology. She obtained her master of science in the physician assistant program from Western University of Health Science in Pomona, California. She currently practices at 250 N. Robertson Blvd., Suite 506.



**Danielle Blum, NP**  
Obstetrics and Gynecology

Danielle Blum graduated from the University of California, Santa Cruz with a bachelor's degree in women's studies. She received her nursing degree from Columbia University in New York. She earned a master of science degree in nursing from the University of California, San Francisco with a concentration in midwifery. She currently practices at 99 N. La Cienega Blvd., Suite 202.



**Lalima Anwar Hoq, MD**  
Internal Medicine

Dr. Hoq received her bachelor's degree from Scripps College in Claremont, California. She completed her medical degree at The Chicago Medical School in Chicago, Illinois. Dr. Hoq performed her internal medicine internship and residency at Loma Linda University Medical Center. Dr. Hoq was an Assistant Clinical Professor of Internal Medicine at the UCLA/UC Riverside Biomedical Program. A member of the American Medical Association and the California Medical Association, Dr. Hoq currently practices at 200 N. Robertson Blvd., Suite 200.

## Your Partner in Health

Since 1985, Cedars-Sinai Medical Group has been your Partner in Health, with more than 75 physicians providing primary care and a full array of specialty services, including:

- Cardiology
- Dermatology (medical and cosmetic)
- Endocrinology
- Ear, nose and throat (ENT)
- Executive Medical Services
- Gastroenterology
- General surgery
- Geriatric medicine
- Hand surgery
- Hematology/oncology
- Internal medicine
- Nephrology
- Obstetrics and gynecology
- Optometry, ophthalmology and LASIK vision correction
- Orthopedic surgery
- Pediatric medicine
- Plastic and reconstructive surgery
- Pulmonary medicine
- Rheumatology
- Sports medicine
- Disease-specific programs
- 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](http://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  
Pediatrics: (310) 385-3345  
Orthopedic 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

### Los Angeles

5901 W. Olympic Blvd.  
Los Angeles, CA 90036  
Internal Medicine: (800) 700-6424

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

Message from the CEO Continued from page 1

committees. In 2001, he earned the Golden Apple Award for excellence in teaching young surgeons.

In 1995, Dr. Wood joined Cedars-Sinai Medical Group. He was a vital, greatly respected advisory board member for the Medical Group's board of directors. Recently, he championed adoption and implementation of our new electronic medical record system. He was also chosen to sit on the board of directors for Cedars-Sinai Health Associates.

Serving this community, his patients, his colleagues, Cedars-Sinai and his beloved Cedars-Sinai Medical Group with great distinction and warmth, Dr. Wood's kindness and caring was almost beyond imagination. He is an irreplaceable soul and will be sorely missed.

Dr. Wood's family and Cedars-Sinai are working collaboratively to establish a scholarship fund in memory of Dr. Wood. If you wish to make a donation, please make checks payable to Cedars-Sinai Medical Center and note on the check "In Memory of Dr. Dennis Wood". Mail checks to:

**Cedars-Sinai Community Relations Department**  
North Tower, Rm 2416 • 8700 Beverly Blvd. • Los Angeles, CA 90048

Thank you for your support and expressions of sympathy during this difficult time. As always, we wish you and your loved ones a safe, healthy and happy New Year.

Best regards,

Thomas D. Gordon, Chief Executive Officer



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

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.



Winter 2007

# Your Partner in Health



*Happy New Year* from Cedars-Sinai Medical Group



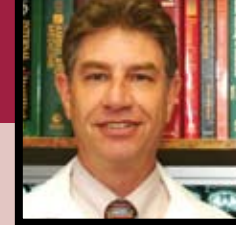
Message from the CEO  
Thomas D. Gordon

I hope all of you had a safe and wonderful holiday season. Our joy at welcoming the New Year has been mixed with deep sadness at the loss of our trusted colleague, friend and exceptional general surgeon Dr. Dennis Wood. We dedicate this newsletter to the memory of Dr. Wood, who passed away unexpectedly on December 21, 2006.

Many of you have been Dr. Wood's patients and knew him well. The loss of Dr. Wood to our medical group is great; even more difficult is the loss of his friendship, leadership and loyalty. We have been overwhelmed with the outpouring of sympathy and love during this difficult time. Messages have come to us from patients, physicians, staff and friends in the community. Dr. Wood's legacy as a caring and involved physician has clearly been felt by all with whom he came in contact.

A native of Grinnell, Iowa, Dr. Wood received his education in California, earning his undergraduate degree with honors from Stanford University in 1979 and his medical degree with honors from the University of California, San Diego Medical School in 1983. He completed general surgery training at Cedars-Sinai Medical Center in 1989 and went on to establish a private general surgery practice in Beverly Hills. Dr. Wood was the clinical chief of the Department of Surgery at Cedars-Sinai Medical Center and served on numerous hospital

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Stephen Deutsch, MD  
Medical Director  
Cedars-Sinai Medical Care  
Foundation

## We Did It Again

Rated top performing medical group

**Cedars-Sinai Medical Group (CSMG) and Cedars-Sinai Health Associates (CSHA) are once again at the top of the charts in Southern California for providing quality clinical care and patient satisfaction.**

In September 2006, CSMG and CSHA received the 2005 Pay-for-Performance Award from the Integrated Healthcare Association (IHA), a not-for-profit, statewide group that promotes quality improvement, accountability and affordability in healthcare. This award recognizes CSMG and CSHA's efforts as two of the highest performing physician groups in the state of California.

### How the Data was Collected

The survey was conducted by Pacific Business Group, a San Francisco based business coalition focused on healthcare, in accordance with criteria established by IHA. Approximately 228 participating HMO medical groups were researched, reviewed and rated on measures including care management, patient satisfaction and the use of information technology to support patient management and care.

Cedars-Sinai Medical Group ranked in the 90th percentile in nine out of 11 clinical measures.

CSMG's patient satisfaction scores reveal primary care physicians rank exceptionally high in the "How well they listen" and "Shows respect for their patients" categories. The medical group achieved above the 80th percentile in patient satisfaction categories, including availability and support staff.

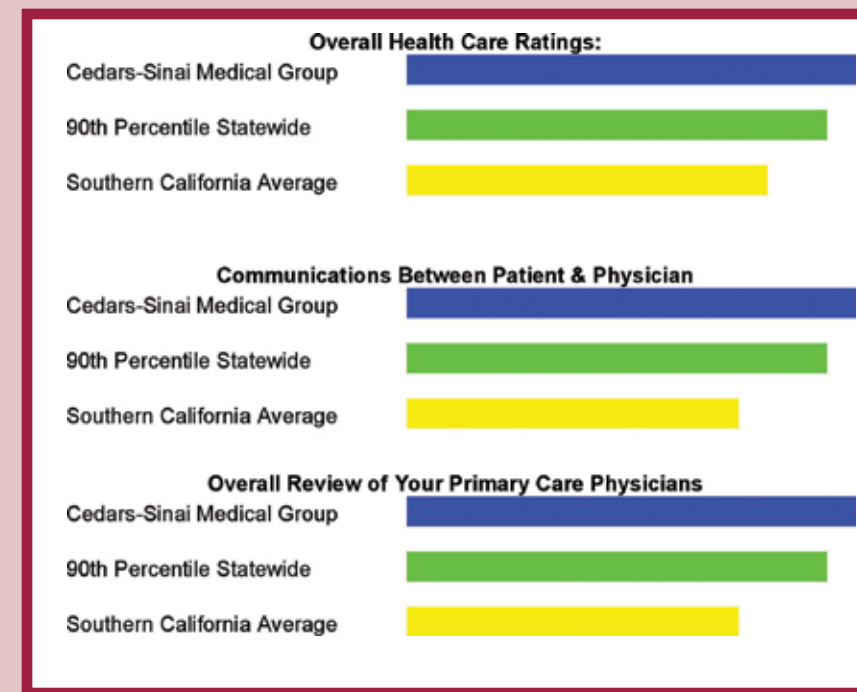
### A Warm Thank You

We would like to express our gratitude to those patients who participated in the survey. By taking the time to complete the questionnaire, you helped us learn about the areas where we excel and the areas where we need to improve.

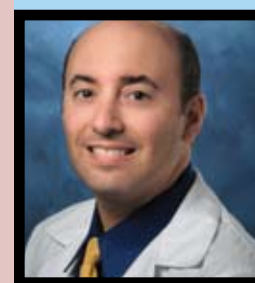
We hope that you continue to respond to these questionnaires. We gain valuable insight and knowledge from your feedback.

### Our Promise for the Future

We are extremely proud of our group for achieving these outstanding scores and our commitment to continue to strive for improvement is strong.



## Tips for Staying Healthy for the New Year



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

About this time of year many of my patients ask me, "Hey doc, how do you keep from getting sick?" The truth is, since my little ones were born, I get sick a lot more often. Here are some tactics to avoid those nasty viruses:

### Wash your hands:

Not just a quick rinse. Use warm soapy water and scrub for 30 seconds. Don't even think of putting your hands on your face without washing them first.

Carry around a small bottle of antibacterial gel. If it's not possible to wash your hands, this is a good alternative in an emergency situation. Maybe you've touched a doorknob after someone who had sneezed into their hand touched it.

### Get plenty of rest:

Studies show that your body's immune system doesn't function as well when you are exhausted, so quit staying up for the 11 o'clock news and get a full night's sleep.

### Don't go outside with wet hair:

Just kidding! You can't catch a cold just from being outside with wet hair. That said, wet hair can reduce your body temperature and potentially reduce immune functions making you susceptible to a virus.

### If you do get sick:

The days of the three-day cold are over. With the viruses that are in the air these days, most people have the typical symptoms (runny nose, stuffy nose, and sore throat) for seven to 10 days. You may be left with a cough that lasts two or three weeks after all your other symptoms are gone.

### In general, I always recommend the following:

- Acetaminophen for any fever or chills
- Diphenhydramine at night—it cuts down the postnasal drip and reduces the cough while making you drowsy
- Pseudoephedrine hydrochloride during the day—does the same as diphenhydramine, but doesn't make you drowsy
- Lots of fluids and lots of steam, if possible
- Chicken soup—There's really no microbial benefit but it sure makes your throat feel better. Add matzoh balls for extra strength.
- If you're still having fevers after 5 days, check with your doctor.

My best wishes for a healthy new year.

## HPV Vaccine – What You Need To Know



Amy Weimer, MD  
Internal Medicine/  
Pediatrics

In the past year, you may have heard news about a new vaccine available that offers protection against human papillomavirus (HPV). Many of you have questions regarding this vaccine, including who should receive it and what purpose does it serve. Some frequently asked questions are addressed here.

### What is HPV?

Human papillomaviruses are a group of more than 100 types of viruses. Different HPVs cause different types of health problems. Some types cause common warts (for example, on the hands or feet). Some cause genital warts. High-risk types are the major cause of cervical cancer and may also play a role in other genital cancers.

Infections with high-risk HPVs generally do not have symptoms. The body's immune system will clear most infections. Some HPV infections, however, can cause the cells of the cervix to become abnormal and eventually develop into cervical cancer, although this may take many years.

### What is cervical cancer and how is it detected?

Cervical cancer (cancer of the lower end of the uterus) is a common female cancer, which is preventable and curable if detected early. It can be detected with a Pap smear test which involves collecting cells from the cervix to look for abnormalities that may eventually develop into cancer. Your doctor may also check for certain types of HPV infection if an abnormality is seen on your Pap test to determine if you are at higher risk of developing cervical cancer. In general, Pap tests should be started after an individual becomes sexually active, at least by the age of 21, and should continue every three years if no abnormalities are detected.

If the Pap test is abnormal, your doctor may recommend a more detailed exam of your cervix or a biopsy of the abnormal area. If the cells are

determined to be precancerous, various treatments can destroy or remove the abnormal area and prevent cervical cancer from developing.

### How can cervical cancer be prevented?

The HPVs that cause cervical cancer are sexually transmitted so the best way to prevent cervical cancer is to avoid risky behavior such as a multiple sex partners. Latex condoms can decrease the risk of infection with HPV, as well as other sexually transmitted infections, but HPV can still be transmitted in the areas not covered by a condom. Of course, the only certain way to avoid some cervical cancers is abstinence from sexual activity.

### Who is eligible for the HPV vaccine?

The Food and Drug Administration has recently approved a vaccine against four types of HPV, which together are responsible for 90 percent of genital warts and 70 percent of cervical cancers. It is given to females nine to 26 years of age, in three doses over a period of six months. At this time it is not approved for other ages, or for males, and it is unknown whether booster doses will be needed. The vaccine is most effective if given before the onset of sexual activity.

The vaccine only protects against a few HPV type cancers. It does not treat an existing HPV infection nor does it prevent other sexually transmitted diseases. Because the vaccine will not prevent all cases of cervical cancer, it is important for all women to continue to have routine cervical cancer screening.

For more information about the HPV vaccine (Generic name: Quadrivalent Human Papillomavirus [Types 6, 11, 16, 18] Recombinant Vaccine) or other vaccines, visit [www.immunizationinfo.org](http://www.immunizationinfo.org) and <http://www.cedars-sinai.edu>.

If you have any questions, please contact your doctor at Cedars-Sinai Medical Group or call Patient Services at (800) 700-6424.

## New Services in Cosmetic Dermatology

Howard Liu, MD  
Dermatologist



I am delighted to have joined Cedars-Sinai Medical Group's Dermatology Department at a time when we are expanding our cosmetic dermatology services. The introduction of an advanced cosmetic laser program, several soft tissue filler procedures and the latest non-abrasive microdermabrasion technology combine to offer you state-of-the-art cosmetic procedures.

The cosmetic laser program includes intense pulsed light (IPL) and fractional resurfacing. IPL is extremely effective in removing sun spots, unsightly blood vessels, unwanted hair, redness from rosacea and improves overall skin texture with minimal down time.

Fractional resurfacing, a new laser technology, can be quite effective in improving skin texture, deeper wrinkles, and pigment irregularity also with less down time.

Presently, we provide a choice of three soft tissue fillers (Botox®, collagen and Restylane®) that rejuvenate the aging face and body. Radiesse®, Sculptra®, and Juvederm® (a hyaluronic acid filler recently approved by the FDA) are the latest additions to help improve deeper lines and soft tissue loss.

Our new aesthetician Alexandra Nicole will be offering specialized microdermabrasion—combination of topical rejuvenation products and simultaneous microdermabrasion. New patients: Mention this article and Alexandra will give you an introductory facial at 50 percent off the regular price. Alexandra, located at 200 N. Robertson, can be reached at (310) 385-3300.

I look forward to bringing my prior experience in cosmetic dermatology to CSMG to help you look and feel your best.

## INDULGE IN SOMETHING REALLY HEALTHY.

### THE CEDARS-SINAI WOMEN'S HEALTH CONFERENCE

FRIDAY, MARCH 16, 2007



**Don't put it off.** For the last five years, The Cedars-Sinai Women's Health Conference has sold out. Now at the Hyatt Regency Century Plaza Hotel, more than 1,200 women can finally attend the conference that's focused exclusively on you and your health.

Featuring 30 world-class physicians who will discuss topics ranging from heart disease – to osteoporosis and from fertility issues to aching backs – each of the almost 20 sessions will focus on practical, accessible information that can help you take better care of yourself, your friends, and your family.

- Five of this year's key presenters are CSMG physicians:
- Dr. David Golden -osteoporosis and back pain
  - Drs. Taz Varkey and Mina Ryu - sexual health and hormones
  - Dr. Amy Weimer - childhood obesity
  - Dr. Joyce Fox - dermatology and skin diseases

*Cedars-Sinai Medical Group Members*  
receive \$10 off the ticket price just by putting CSMG in the code box.  
**Discounted ticket prices: General – \$65; Preferred – \$85**

To register or for more information visit [www.WomensHealthConference.org](http://www.WomensHealthConference.org) or call 1-800-CEDARS-1 (1-800-233-2771)