

Diabetes Resource Guide



Serving the following zip codes:

91324; 91325; 91331; 91335; 91402;
91405; 91434; 91601; 91606



Dignity Health®

Northridge Hospital
Medical Center

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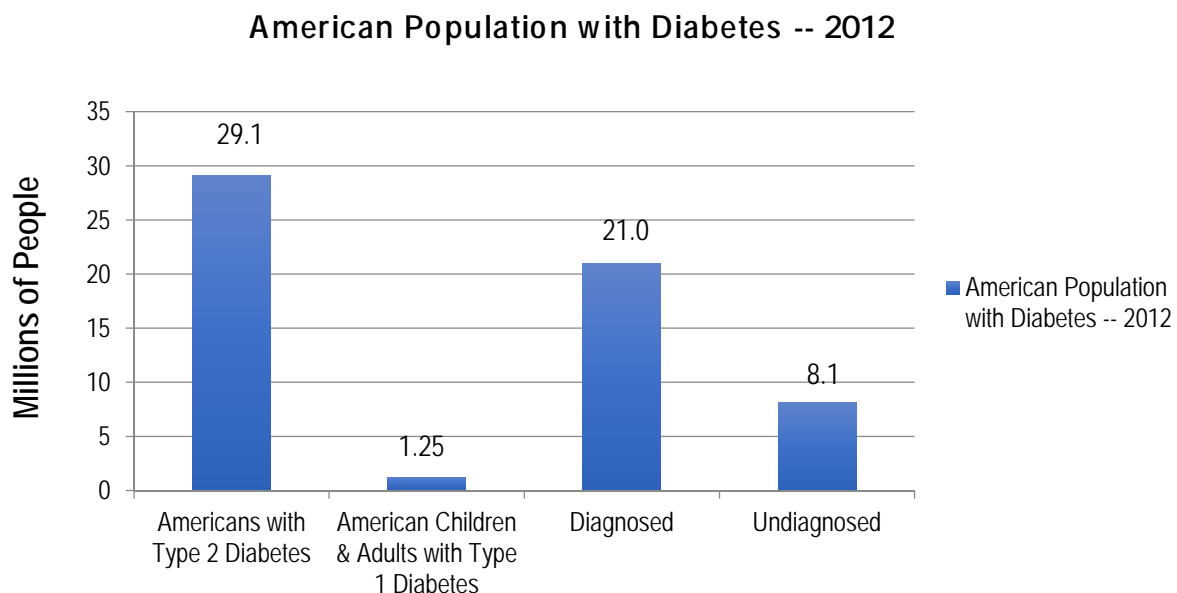
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What is Diabetes?

Individuals are diagnosed with diabetes when their blood glucose, also known as blood sugar, is too high. Blood glucose is the main type of sugar found in your blood and your main source of energy. Having high levels of glucose can affect the way insulin is produced in one's body, how it works or both. Insulin helps your blood carry glucose to all your body's cells. When one's body does not make enough insulin, or does not work the way it should, glucose remains in the blood, not being able to reach your cells, which then causes blood glucose levels to rise and may result in diabetes or prediabetes¹.

What is Prediabetes?

Prediabetes is a condition in which the amount of glucose in one's blood is considered to be above normal, however, is not high enough to be classified as diabetes¹. Individuals who are prediabetic may have a higher chance of developing type 2 diabetes, heart disease and having a stroke. Research has shown that lifestyle intervention can prevent or delay Type 2 diabetes by simply increasing physical activity and weight loss¹.



Source: American Diabetes Association, 2015

Diabetes in the United States

Diabetes is a chronic condition that many people in the United States are diagnosed with. Diabetes was the 7th leading cause of death in 2010, based on the 69,071 death certificates. In 2012, the Center of Disease Control and Prevention (CDC) reported 28.9 million people aged 20 years or older as being diagnosed or undiagnosed with diabetes. Children are also living with diabetes and in 2012 it was reported that about 208,000 people younger than 20 years of age have either been diagnosed with Type 1 or Type 2 diabetes³.

Type 1 Diabetes

Overview



Type 1 diabetes is a chronic condition known as juvenile diabetes or insulin-dependent diabetes. In Type 1 diabetes, the pancreas produces little or no insulin, a hormone needed to allow sugar (glucose) to enter cells to produce energy⁴. People who are diagnosed with Type 1 diabetes must take insulin to live since the pancreas can no longer produce insulin. Type 1 diabetes can happen at any age, but it is common in children and young adults⁴.

Symptoms

Type 1 diabetes signs and symptoms can come on quickly. They may include increased thirst, frequent urination, extreme hunger, blurred vision, fatigue and weakness. Untreated, it can lead to serious problems with your heart, eyes, kidneys, nerves, and gums and teeth⁵.

The cause of diabetes is still unknown. Genetics may play a role in this process, and exposure to certain environmental factors, such as viruses, may trigger the disease⁶.

Risk Factors

Some known risk factors for Type 1 diabetes include genetics, family history, geography and age. A person who has a parent or a sibling with Type 1 diabetes has a higher chance of developing the condition. Age is a huge factor in developing Type 1 diabetes because it occurs in two peaks. The first peak occurs in children between 4 and 7 years old, and the second is in children between 10 and 14 years old⁷.

Type 2 Diabetes

Overview

Type 2 diabetes is known as adult-onset diabetes or noninsulin-dependent diabetes. People diagnosed with this chronic condition are affected by the way their body metabolizes sugar (glucose). Insulin is a hormone that regulates the movement of sugar into cells. People with Type 2 diabetes either resist insulin or they can't produce it⁸. Type 2 diabetes is normally diagnosed in overweight adults ages 40 or older⁹. Since childhood obesity is becoming more prevalent in the United States, Type 2 diabetes is now often found in young people as well. There is no cure for Type 2 diabetes, but eating healthy, exercising, and maintaining a healthy weight can help you to manage it⁸.



Symptoms

Many adults may not know that they have diabetes for years. Signs and symptoms of Type 2 diabetes often develop slowly. Early symptoms can include constant hunger, a lack of energy, blurry vision and frequent urination. Untreated, symptoms will continue to get worse and become more dangerous to one's health. A person who has high blood pressure for a long time may also experience these symptoms: yeast infections, foot pain, and dark patches on your skin¹⁰.

Risk Factors

Scientists do not know what causes the body to resist insulin or to not produce insulin. They do, however, know some risk factors that can increase a person's risk of developing Type 2 diabetes. One of the biggest risk factors is being overweight and having a family member being diagnosed with this condition. According to a recent article, "Being overweight means that you have more fatty tissue, which makes your cells more resistant to insulin¹⁰." Other risk factors include inactivity, ethnicity and age. Scientists do not know why Type 2 diabetes is more common in African-Americans, Latinos, Asian-Americans and American Indians in comparison to Caucasians¹⁰.

Gestational Diabetes

Overview

Gestational diabetes can develop during pregnancy, and usually occurs around 24 to 28 weeks of pregnancy. Gestational diabetes causes high blood pressure during pregnancy, which is harmful to the baby. During pregnancy, a mother will produce increased amounts of the three hormones: human placental lactogen, estrogen and cortisol, and they develop in the placenta where the baby is growing¹¹. The increase in hormones may interfere with how insulin is produced in the mother's body. Blood glucose levels then increase because insulin is not being produced effectively and causes gestational diabetes.

Symptoms

Women who develop gestational diabetes usually have mild symptoms. Symptoms of gestational diabetes and high blood pressure during pregnancy include blurred vision, fatigue, excessive thirst, vomiting and nausea that are not associated with normal pregnancy¹¹.

Risk Factors

The following risk factors can all increase the onset of gestational diabetes: being overweight prior to pregnancy, family history, having previously given birth to large babies (usually more than nine pounds) and having high blood pressure¹³. Women older than 25 years in age and women who are African American, Hispanic, American Indian and Asian have a higher risk of developing gestational diabetes¹².

How to Manage Diabetes

Learn About Diabetes

- Take classes to learn more about living with diabetes. To find a class, check with your health care team, hospital or area health clinic.
- You can also search online at:
cahealthierliving.org/find-a-workshop
dignityhealth.org/socal/locations/northridgehospital/classes-events
- Join a support group — in-person or online — to get peer support with managing your diabetes.
- Read about diabetes online¹⁴.

Ask your doctor what type of diabetes you have. Keeping your glucose levels normal will result in more energy, better health, the need to pass urine less often and being less tired¹⁴.

Learn How to Live with Diabetes

Many people who are diagnosed with diabetes may feel sad, angry, confused and not know how to live with diabetes. The steps below can be used to cope with diabetes.

Eat Well

- Make a diabetes meal plan with help from your health care team.
- Choose foods that are lower in calories, saturated fat, trans fat, sugar and salt.
- Eat foods with more fiber, such as whole grain cereals, breads, crackers, rice or pasta.
- Choose foods such as fruits, vegetables, whole grains, whole grain breads and cereals, and low fat or skim milk and cheese.
- Drink water instead of juice and regular soda¹⁴.

Be Active

Be active and exercise at least twice a week. Physical activity is essential to managing diabetes. Being active can increase a person's self-esteem and maintain a long-term healthy weight. In addition, physical activity can maintain normal glucose levels. When exercising you can use weights and stretch bands to increase muscle strength¹⁴.

Know What to Do

- Take medications as directed.
- Check your feet every day for cuts, blisters, red spots, and swelling.
- Keep track of your blood sugar.

Eye Care Specializing in Diabetes



Eye Care Specializing in Diabetes

Amerisight Institute and Valley Eye Center

14914 Sherman Way
Van Nuys, CA 91405
Located on the corner of Sherman Way and Kester, about 4 blocks east of the 405 freeway.

Phone: 818.787.2020

Fax: 818.787.8652

Toll-free: 800.367.7444

Office Hours:

Mon-Fri, 8 a.m. to 5 p.m.

Website: amerisight.com

Andrew Chang, MD Mitchell Shultz, MD

18350 Roscoe Blvd #101
Northridge, CA 91325

Phone: 818.349.8300

Fax: 818.349.2214

Office Hours:

Mon-Fri, 8 a.m. to 5 p.m.

Website: Shultz.chang.com

De La Pena Eye Clinic

7100 Van Nuys Blvd #120
Van Nuys, CA 91405
Between Vanowen and Sherman Way

Phone: 323.728.5500

Office Hours:

Mon-Fri, 7 a.m. to 6 p.m.

Sat, 7:30 a.m. to 4 p.m.

Website: delapenaeyeclinic.com

EyeCare Optometric Center of Northridge

9036 Balboa Blvd
Northridge, CA 91325

Phone: 818.894.8127

Fax: 818.894.8120

Office Hours:

Tue-Fri, 7 a.m. to 5:30 p.m.

Sat-Mon Closed

Website: northridgeoptometrist.com

Eyecon Optometry

7217 Reseda Blvd

Reseda, CA 91335

Phone: 818. 345.2010

Office Hours:

Mon, Tue, Thu, 9 a.m. to 6 p.m.

Wed, Closed

Fri-Sat, 10 a.m. to 4 p.m.

Fax: 818.345.2070

Email: eyeconsee@gmail.com

Website: eyeconsee.com/home

Barry Leonard, OD and Associates

14425 Chase St

Panorama City, CA 91402

Phone: 818.891.6711

Fax: 818.891.5272

Office Hours:

Mon, Tue, 9:30 a.m. to 6 p.m.

Wed, Thu, 9:30 a.m. to 7 p.m.

Fri, 9:30 a.m. to 5 p.m.

Sat, 9 a.m. to 3 p.m.

Walk-ins Welcomed

Website: drbleonard.com

Howard Misheloff, OD

8363 Reseda Blvd # 12

Northridge, CA 91324

Phone: 818.349.1015

Office Hours:

Mon-Fri, 10 a.m. to 6 p.m.

Sat, 10 a.m. to 4 p.m.

Website: misheloff-optometry.net

North Valley Eye Medical Group

11550 Indian Hills Rd. # 341

Mission Hills, CA 91345

Phone: 818.365.0606

Fax: 818.898.0205

Office Hours:

Mon-Fri, 8:15 a.m. to 5:30 p.m.

Sat, once a month; contact our office for details

Sun Closed

Email: northvalleyeye@yahoo.com

Website: northvalleyeye.net

Optometrics of Chatsworth

19600 Plummer St #300

Northridge, CA 91324

Phone: 818.882.9300

Fax: 818.882.9257

Office Hours:

Mon, Wed, Fri, 9:30 a.m. to 5 p.m.

Tue, Thu, 9:30 a.m. to 6 p.m.

Sat, 9 a.m. to 2 p.m.

Website: optometricsofchatsworth.com

Optometry Eye Care Center

12000 Victory Blvd

North Hollywood, CA 91606

Two blocks east of Laurel Canyon Blvd

Phone: 818.985.2321

Fax: 818.985.6873

Office Hours:

Tue, Wed, Thu, 9 a.m. to 6 p.m.

Fri, 9 a.m. to 5 p.m.

Sat, 8:30 a.m. to 4:30 p.m.

Website: optometryeyecare.org

Leon Partamian, MD

18546 Roscoe Blvd #200

Northridge, CA 91324

Phone: 818.993.1112

Fax: 818.993.5994

Office Hours:

Mon-Fri, 9 a.m. to 6 p.m.

RR Optometry

14449 Roscoe Blvd

Panorama City, CA 91402

Phone: 818.894.9582

Office Hours:

Mon-Fri, 10 a.m. to 6 p.m.

Sat, 10 a.m. to 4 p.m.

Sun, Closed

Studio Eyes Optometry Northridge

18661 Devonshire St

Northridge, CA 91324

Phone: 818.368.1234

Office Hours:

Mon-Fri, 9 a.m. to 5:30 p.m.

Website: studioeyes.com

Valley Family Optometry

10176 Mason Ave

Chatsworth, CA 91331

Phone: 818.701.0399

Fax: 818.772.2067

Office Hours:

Mon, Tue, Fri, 9:30 a.m. to 6 p.m.

Wed, 9:30 a.m. to 1:30 p.m.

Thu, 9:30 a.m. to 7 p.m.

Sat, 9 a.m. to 4 p.m.

Sun, Closed

Website:

valleyfamilyoptometry.com/location.html

Valley Optometric Associates

7100 Van Nuys Blvd #208

Van Nuys, CA 91405

Phone: 818.786.0796

Fax: 818.786.1706

Office Hours:

Mon-Fri, 10 a.m. to 6 p.m.

Sat, 9 a.m. to 4 p.m.

Website: valleyoptometricassociates.com

Valley Optometry Eyecare Center

19636 Sherman Way

Reseda, CA 91335

Phone: 818.774.2020

Fax: 818. 774.2021

Office Hours:

Mon-Thu, 10 a.m. to 6 p.m.

Fri, 9 a.m. to 5 p.m.

Sat, 9 a.m. to 4 p.m.

Email: staff@valleyoptometryeyecare.com

Website: valleyoptometryeyecare.com/

West Valley Optometry Family Eye Care Specialists

8391 Topanga Canyon Blvd

West Hills, CA 91304

Phone: 818.348.4666

Fax: 818.348.4283

Office Hours:

Mon, 9 a.m. to 7 p.m.

Tue-Thu, 9 a.m. to 5:30 p.m.

Fri, 9 a.m. to 5 p.m.

Sat, 9 a.m. to 1 p.m.

Website: westvalleyoptometry.com

Mark Winston, OD

9153 Reseda Blvd

Northridge, CA 91324

Phone: 818.701.0123

Fax: 818 701 1762

Office Hours:

Tue, 9 a.m. to 6 p.m.

Wed, 10 a.m. to 5 p.m.

Thu, 11 a.m. to 8 p.m.

Fri, 10 a.m. to 6 p.m.

Website: eyedocnorthridge.com

Richard Yook, MD

8940 Reseda blvd #103

Northridge, CA 91324

Phone: 818.993.5410

Fax: 818.993.8300

Office Hours:

Mon, Tue, Wed, Fri, 9 a.m. to 5 p.m.

Thu, 9 a.m. to 12 p.m.

Website: yookmd.com

Diabetic Foot Care



Diabetic Foot Care

Chaudry Abid, DPM

9068 Woodman Ave

Arleta, Ca 91331

Phone: 818.892.3196

Fax: 818.830.6700

Office Hours:

Mon-Fri, 9 a.m. to 5 p.m.

Sat, 7 a.m. to 10 a.m.

Access Footcare Podiatry

14624 Sherman Way #303

Can Nuys, CA 91405

Phone: 818.281.6172

Office Hours:

Sat, 8:30 a.m. to 11:30 a.m.

Robert P. Binder, DPM

9535 Reseda Blvd # 109

Northridge, CA 91324

Phone: 818.349.8637

Office Hours:

Mon, Tue, Wed, Fri, 9 a.m. to 5 p.m.

Eric Espensen, DPM

15107 Vanowen St

Van Nuys, CA 91405

Phone: 818.902.5755

Office Hours:

Mon Fri, 8:30 a.m. to 5 p.m.

Family Foot Clinic

18909 Sherman Way Blvd #100

Reseda, CA 91335

Phone: 818.344.6300

Office Hours:

Mon, 9 a.m. to 5 p.m.

Wed, Fri, 1 p.m. to 5 p.m.

Tue, Thu, Sat, Sun Closed

Website: myfootclinic.com

Arthur Fass, DPM

18250 Roscoe Blvd #125

Northridge, CA 91325

Phone: 818.701.5088

Fax: 818.701.1602

Office Hours:

Please call for Office Hours

Website: northridgepodiatry.com

Barry Feinstein, DPM

12840 Riverside Dr #204

North Hollywood, CA 91607

Phone: 818.508.7922

Office Hours:

Mon-Fri, 9 a.m. to 5 p.m.

Website: drbarryfeinstein.com/index

Foot Clinic

10520 ½ Victory Blvd

North Hollywood, CA 91606

Phone: 818.762.1270

Fax: 818.762.1275

Office Hours:

Mon-Fri, 9 a.m. to 5 p.m.

Website: footfoot.com

Foot Specialist Podiatry Group

10515 Balboa Blvd # 140

Granada Hills, CA 91344

Phone: 818.363.9900

Fax: 818.363.9915

Office Hours:

Mon, 10 a.m. to 5:30 p.m.

Tue, 10 a.m. to 7 p.m.

Wed, 8 a.m. to 5 p.m.

Thu, 7:30 a.m. to 3:30 p.m.

Fri, 9 a.m. to 5 p.m.

Email: northridge@2footspecialists.com

Website: 2footspecialists.com

Babak Kosari, DPM

17075 Devonshire St #304

Northridge, CA 91325

Phone: 818.831.1000

Office Hours: Mon-Fri, 9 a.m. to 5 p.m.

Website: drkosari.com

Michael D. Kotzen, DPM

15243 Vanowen #411B

Van Nuys, CA 91405

Phone: 818.782.3338

Fax: 818.782.3337

Office Hours: Mon-Fri 8 a.m. to 5 p.m.

Website: vannuyspodiatrist.com

Vijay Mandyam, DPM FACMSP

6850 Sepulveda Blvd #209

Van Nuys, CA 91405

Phone: 818.904.3338

Office Hours:

Mon, Thu, 9 a.m. to 4 p.m.

Wed, 9 a.m. to 1 p.m.

Ronald E Miller, DPM

15243 Vanowen St #410

Van Nuys, CA 91405

Phone: 818.782.0559

Office Hours:

Mon, Tues, Thu, 9 a.m. to 5 p.m.

Wed, Sat, Sun, Closed

Thomas Neuman, DPM

9017 Reseda Blvd

Northridge, CA 91324

Phone: 818.885.8400

Office Hours:

Mon-Fri, 9 a.m. to 5 p.m.

Wed, Closed

Website: thefoothealthcenter.com

Orthopedic Medical Center

18039 Sherman Way

Reseda, CA 91335

Phone: 818.708.8100

Fax: 818.705.8818

Office Hours:

Mon-Thu, 8 a.m. to 5 p.m.

Fri, 7:30 a.m. to 4 p.m.

Website: orthomedctr.com

SCV Podiatry Associates

14600 W Sherman Way St. 210

Van Nuys, CA 91405

Phone: 818.290.2857

Fax: 818.988.3289

Office Hours: Mon-Fri, 9 a.m. to 5 p.m.

Website: scvpodiatry.com/about_us.html

Southern California Orthopedic Institute

6815 Noble Ave

Van Nuys, CA 91405

Phone: 818.901.6600

Office Hours: Mon-Fri, 8 a.m. to 5 p.m.

Website:

scoi.com/contact/van-nuys-main-office

Vo L. Trieu, DPM

7220 Woodman Ave #103

Van Nuys, CA 91405

Phone: 818.994.9992

Fax: 818.994.9996

Office Hours: Mon, Wed, Thu, 9 a.m. to 5 p.m.

Valley Foot Clinic

14600 Sherman Way #230

Van Nuys, CA 91405

Phone: 818.784.8420

Office Hours:

Mon, Tue, Thu, 9 a.m. to 5 p.m.

Valley Foot Health Center

22110 Roscoe Blvd

Canoga Park, CA 91304

Phone: 818.716.6964

Office Hours: Mon-Fri, 9 a.m. to 5 p.m.

Website:

valleyfoothealthcenter.com/podiatrist_canoga.php?

Diabetes Education & Prevention



Diabetes Education & Prevention

Center for Family Health & Education

8727 Van Nuys Blvd # 101

Panorama City, CA 91402

Phone: 818.899.5555

Fax: 818.899.5969

Office Hours:

Mon- Fri, 8:30 a.m. to 6:30 p.m.

Sat, 8 a.m. to 2 p.m.

Website: www.cffhae.org

Dignity Health, Northridge Hospital Center for Healthier Communities

Please contact Program Coordinator, Barbara Gonzalez, MPH, for more information about current programs

Phone: 818.718.5903

Office Hours:

Mon-Fri, 8 a.m. to 5 p.m.

Website:

dignityhealth.org/socal/locations/northridgehospital/services/center-for-healthier-communities

Kaiser Permanente Health Education Department, Panorama City

If you are a Kaiser member, please call the numbers below for more information:

Phone: 510.248.3455

510.675.4531

Mission Community Hospital

14850 Roscoe Blvd

Panorama City, CA 91402

Project ALTO-D Free, Eight-Week Diabetes Self-Management Education Series

Phone: 818.361.0428 or 818.361.9596

Information: Please call for dates and times of classes

Website:

mchonline.org/san-fernando

Service Description: If you are prediabetic or have already been diagnosed with diabetes, including the diabetes associated with pregnancy, then this eight-week educational program is for you! Each class teaches important health and lifestyle information to help you live better and stay in control.

These free classes are offered at several locations in the San Fernando Valley

Mission Community Hospital

14850 Roscoe Blvd

Panorama City, CA 91402

Free, Six-Week Diabetes Kitchen Class

Phone: 818.361.0428 or

818.361.9596

Information: Please call for dates and times of classes

Website: mchonline.org/san-fernando

Service Description: Learn the tasty secrets to cooking healthier meals, including your family's favorites. These classes will teach you the skills you need to better control or even prevent diabetes. This free, six-week class is available to anyone who has pre-diabetes or has already been diagnosed with diabetes, including the diabetes associated with pregnancy. You are also welcome to attend if you do not have diabetes — but cook for someone who does.

**North East Valley Health
Corporation- Pacoima Health
Center (Health Education
Department)**

12756 Van Nuys Blvd
Pacoima, CA 91331

Phone: 818.896.0531

Fax: 818.896.5850

Office Hours:

Mon, Thu, Sat, 8 a.m. to 5 p.m.

Tues & Wed, 8 a.m. to 9 p.m.

Fri, 9 a.m. to 5 p.m.

Service description: Diabetes prevention
class

Information: Please call for dates and
times of classes.

**MEND Education and Training
Center**

10641 N. San Fernando Rd
Pacoima, CA 91331

Phone: 818.897.2443

Website:

[mendpoverty.org/programs/education-
and-training-center](http://mendpoverty.org/programs/education-and-training-center)

Information: Please call for dates and
times of classes.

**Valley Community Healthcare
Nutrition and Wellness Counseling**

North Hills Center
9119 Haskell Avenue
North Hills, CA 91343

Phone: 818.763.8836

Office Hours:

Tue-Thu, 10 a.m. to 4 p.m.

Fri, 1:30 p.m. to 4 p.m.

Nutrition Class Hours:

Fri, Spanish, 9:45 to 11 a.m.

English, 11 a.m. to 12 p.m.

Service Description:

Nutrition and Wellness Counseling
Offers nutrition and exercise counseling
to patients with diabetes, digestive
disorders, high cholesterol, hypertension,
and support groups and educational
workshops for weight management and
obesity.

Website: valleycommunityhealthcare.org

Nutrition & Diabetes



Nutrition & Diabetes

Carolina Herrera, RDN

12756 Van Nuys Blv
Pacoima, CA 91331
Phone: 818.896.0531

Panorama City Medical Center

Kaiser Members Only

13652 Cantara St
Panorama City, CA 91402
Food & Nutrition Services Department
Phone: 818.375.2000
818.375.3484
919.989.5105
Fax: 818.375.4107

Diana Shore, RD, PhD

18546 Roscoe Blvd #302
Northridge, CA 91324
Phone: 818.886.1100
Office Hours:
Per Availability on Wednesdays

Valley Community Healthcare Nutrition and Wellness Counseling

North Hills Center
9119 Haskell Avenue
North Hills, CA 91343
Phone: 818.763.8836
Office Hours:
Tue to Thu, 10 a.m. to 4 p.m.
Fri, 1:30 p.m. to 4 p.m.
Nutrition Class Hours:
Friday: Spanish, 9:45 a.m. to 11 a.m.
English, 11 a.m. to 12 p.m.

Service Description:

Nutrition and Wellness Counseling offers nutrition and exercise counseling to patients with diabetes, digestive disorders, high cholesterol, hypertension, and support groups and educational workshops for weight management and obesity.

Website: valleycommunityhealthcare.org

VA Sepulveda Ambulatory Care Center

Veterans Only

Judy Matsuoka, RD
Kimaya Joshi, RD
Wallon Hamilton Jr., RD

16111 Plummer St
North Hills, CA 91343
Phone: 818.891.7711
Fax: 818.895.9559

Endocrinology, Diabetes & Metabolism



Endocrinology, Diabetes & Metabolism

Greenstadt and Barakat MDs

Sawsan Barakat, MD
Mark Greenstadt, MD
18350 Roscoe Blv #300
Northridge, CA 91325
Phone: 818.717.3021
Fax: 818.717.3028

Internal Medicine Associates

Michael Polisky, MD
Joshua Rokaw, MD
Linda J. Sevilla, MD
Sylvain Silberstein, MD
15211 Vanowen St #100
Van Nuys, CA 91405
Phone: 818.778.1920
Office hours:
Mon to Fri, 8 a.m. to 5 p.m.

Kook Chang, MD

14600 Sherman Way #270
Van Nuys, CA 91405
Phone: 818.780.7771
Office Hours:
Mon to Fri, 9 a.m. to 6 p.m.

Michael Tuck, MD

18433 Roscoe Blvd #212
Northridge, CA 91325
Phone: 818.349.1872
Office Hours:
Thursday afternoons

VA Sepulveda Ambulatory Care Center

Veteran's Only

Mark Rosenthal, MD
Michael Golub, MD
16111 Plummer St
Sepulveda, CA 91343
Phone: 818.891.7711
Fax: 818.895.9559

Cardiology Specialists



Cardiology Specialists

Mehrdad K. Ariani, MD

Jahandar R. Saleh, MD

18350 Roscoe Blvd #400

Northridge, CA 91325

New Patients: 818.839.2442

Existing Patients: 818.678.4900

Raluca Arimie, MD

18350 Roscoe Blvd # 600

Northridge, CA 91325

Phone: 818.710.8045

Office Hours:

Mon-Fri, 9 a.m. to 5 p.m.

Cardiac Rhythm Specialists

Leo Polosajian, MD

7640 Tampa Ave #101

Reseda, CA 91335

New Patients: 818.945.0710

Existing Patients: 818.718.1600

Office Hours:

Mon-Wed, 8:30 a.m. to 5:30 p.m.

Zouheir H. Elias, MD

Sam Kalioundji MD, FACC

18350 Roscoe Blvd #401

Northridge, CA 91325

New Patients: 818.839.2442

Existing Patients: 818.734.4888

Saman Fakheri, MD

17075 Devonshire St # 201

Northridge, CA 91325

Phone: 818.923.5453

Office Hours:

Mon-Fri, 10 a.m. to 4:30 p.m.

Ravi Gupta, MD

Office #1: 17075 Devonshire St #201

Northridge, CA 91325

Phone: 818.366.9666

Fax: 818.366.4666

Office #2: 8737 Van Nuys Blvd

Panorama City, CA 91402

Phone: 818.647.6429

Fax: 818.647.6479

New Patients: 818.945.0710

The Heart Medical Group

16119 Vanowen St

Van Nuys, CA 91406

New Patients: 818.945.0710

Existing Patients: 818.904.6782

Office Hours:

Mon-Fri, 9 a.m. to 5 p.m.

Website: caliheartdocs.com

Panorama City Medical Center

Cardiologists:

Kaiser members only

13652 Cantara St

Panorama City, CA 91402

Phone: 818.375.2000

The Clinics



The Clinics

Center for Family Health & Education

8727 Van Nuys Blvd. # 101
Panorama City, CA 91402

Phone: 818.899.5555

Fax: 818. 899.5969

Primary Care Clinic Hours:

Mon- Fri, 8:30 a.m. to 6:30 p.m.

Sat, 8 a.m. to 2 p.m.

Website: cffhae.org

Clinica Medica General

6511 Van Nuys Blvd
Van Nuys, CA 91401

Phone: 818.901.9090

Clinic Hours:

Mon-Fri, 8 a.m. to 6 p.m.

Sat, 9 a.m. to 2 p.m.

Sun, Closed

Website: clinicadrdaniel.com

Clinica Medica San Miguel

8781 Van Nuys Blvd
Panorama City, CA 91402

Phone: 818.920.0808

Clinic Hours:

Mon-Thu, 9 a.m. to 8 p.m.

Fri, 9 p.m. to 6 p.m.

Sat, 8:30 a.m. to 2 p.m.

Website:

clinicamedicasanmiguel.com

Clinica Medica de 24 Horas

12134 Victory Blvd
North Hollywood, CA 91606

Phone: 818.762.8702

Clinic Hours: Open 24 hours a day

Website: laclinicamedicade24horas.com

Comprehensive Community Health Center

12157 Victory Blvd
North Hollywood, CA 91606

Phone: 818.755.8000

Clinic Hours:

Mon-Fri, 7:30 a.m. to 7 p.m.

Sat, 8:30 a.m. to 5 p.m.

Sun, Closed

Website: cchccenters.org

El Proyecto Del Barrio, Inc Arleta Family Health Clinic

8902 Woodman Avenue
Arleta, CA 91331

Phone: 818.380.7133

24 hour on-call coverage:

818.830.7033

Clinic Hours:

Mon to Fri, 8 a.m. to 7 p.m.

Sat, 8 a.m. to 5 p.m.

Website: elproyecto.us

El Proyecto Del Barrio, Inc Esperanza Clinic

9140 Van Nuys Boulevard
202-207

Panorama City, CA 91402

Phone: 818.892.8630

Clinic Hours:

Mon, Wed Thu, Fri, 8 a.m. to 5 p.m.

Tue, 12 p.m. to 9 p.m.

Website: elproyecto.us

El Proyecto Del Barrio, Inc Northridge Clinic

18250 Roscoe Blvd # 200
Northridge, CA 91325

Phone: 818.721.4783

Fax: 818.721.4825

Clinic Hours:

Mon-Fri, 8 a.m. to 5 p.m.

Website: elproyecto.us

MEND Clinic

10641 N. San Fernando Rd
Pacoima, CA 91331

Phone: 818.897.2443
818.896.0246

Fax: 818.897.0128

Office Hours:

Tues-Fri, 8 a.m. to 5 p.m.

Sat Front Desk, 9 a.m. to 12 p.m.

Website: mendpoverty.org

Mission City Community Network Northridge Clinic

8363 Reseda Blvd #11
Northridge, CA 91324

Phone: 818.895.3100

Office Hours:

Mon-Fri, 9 a.m. to 6 p.m.

Website: mccn.org/northridge

Mission City Community Network North Hills Clinic

8527 Sepulveda Blvd
North Hills, CA 91343

Phone: 818.895.3100

Office Hours:

Mon- Thu, 9 a.m. to 5 p.m.

Fri, 8:30 a.m. to 12:30 p.m.

Website: mccn.org/sepulveda.html

Mission City Community Network Pacoima Middle School

9919 Laurel Canyon Blvd
Pacoima, CA 91331

Phone: 818.895.3100

Office Hours:

Mon-Fri, 8 a.m. to 5 p.m.

Website: mccn.org/pacoima

Mission City Community Network Panorama Clinic

8771 Van Nuys Blvd
Panorama, CA 91402

Phone: 818.895.3100

Office Hours:

Mon-Fri, 8 a.m. to 5 p.m.

Website: mccn.org/panorama

Mission City Community Network Parthenia Clinic

15206 Parthenia St
North Hills, CA 91343

Phone: 818.895.3100

Office Hours:

Mon-Sat, 8:30 a.m. to 5:30 p.m.

Website: mccn.org/parthenia

Nordhoff Medical Clinic

15424 Nordhoff St #B
North Hills, CA 91343

Phone: 818.891.2218

Fax: 818.891.5505

Clinic Hours:

Mon-Fri, 10 a.m. to 6 p.m.

North Hollywood Urgent Care

4942 Vineland Ave
North Hollywood, CA 91601

Phone: 818.428.1009

Clinic Hours: Mon-Sun, 8 a.m. to 8 p.m.

North Hollywood Health Center

5300 Tujunga Ave
North Hollywood, CA 91601

Phone: 818.766.3982

Mon-Fri, 8 a.m. to 5 p.m.

Sat-Sun, Closed

Pacoima Health Center

12756 Van Nuys Blvd
Pacoima, CA 91331

Phone: 818.896.0531

Fax: 818.896.5850

Clinic Hours:

Mon, 8 a.m. to 5 p.m.

Tue, Wed, 8 a.m. to 9 p.m.

Thu, Sat 8 a.m. to 5 p.m.

Fri, 9 a.m. to 5 p.m.

Languages Spoken: English and Spanish

St Paul Medical Clinic

7400 Van Nuys Blvd #112
Van Nuys, CA 91405

The clinic is located at the northeast corner of Van Nuys Blvd and Valerio Street between Sherman Way and Saticoy St

Phone: 818.989.2406

Fax: 818.989.0696

Email: stpaulmedical@gmail.com

Clinic Hours:

Mon-Fri, 9 a.m. to 5 p.m.

Lunch break: 1 p.m. to 2 p.m.

Closed on Saturday and Sunday

Website: stpaulmedicaloffice.com

Tarzana Treatment Centers

8330 Reseda Blvd
Northridge, CA 91324

Phone: 818.534.1820

Clinic Hours: Open 24/7

Website: tarzanatc.org

Van Nuys Pediatric Health Center

7138 Van Nuys Blvd
Van Nuys, CA 91405

Phone: 818.778.6240

Fax: 818.994.8005

Clinic Hours:

Mon, Wed, Thu, Fri, 8 a.m. to 5 p.m.

Tue, 9 a.m. to 5 p.m.

Languages Spoken: English and Spanish

Valley Urgent Care

9335 Reseda Blvd
Northridge, CA 91324

Phone: 818.349.9966

Fax: 818.349.5615

Email: info@sfvalleyurgentcare.com

No appointment needed.

Website: sfvalleyurgentcare.com

Valley Community Healthcare

North Hills Center
9119 Haskell Ave
North Hills, CA 91343

Phone: 818.763.8836

Office Hours:

Mon to Fri, 8:30 a.m. to 5 p.m.

Tue, Thus, 8:30 a.m. to 8:30 p.m.

Sat 8, a.m. to 12 p.m.

Website: valleycommunityhealthcare.org

Amputation Prevention Centers



Amputation Prevention Centers

Amputation Prevention Center

4911 Van Nuys Blvd, 1st Floor
Sherman Oaks, CA 91403

Phone: 818.205.1995

Website:

shermanoakhospital.org/Services/Medical-Services/The-Center-for-Reconstruction-Wound-Healing.aspx

Valley Presbyterian Hospital Amputation Prevention Center

15107 Vanowen St
Van Nuys, CA 91405

Phone: 818.902.5755

Office Hours:

Mon-Fri, 8 a.m. to 4 p.m.

Sat & Sun, Closed

Website:

valleypres.org/Our-Services/Amputation-Prevention-Center.aspx

Diabetes Supplies



Diabetes Supplies

Colonial Medical Supply

Cash Only

6819 Sepulveda Blvd

Van Nuys, CA 91405

Phone: 818.997.0344

Hope Pharmacy

Limited Supplies

10222 Reseda Blvd

Northridge, CA 91324

Phone: 818.832.2757

Pharmacy Hours:

Mon to Fri, 9:30 a.m. to 6 p.m.

Website: hopesp.com

Medtronic Inc.*

Phone orders only

18000 Devonshire St

Northridge, CA 91325

Phone: 800.646.4633

Pharmacy Hours:

Mon-Fri, 8 a.m. to 6 p.m.

Sat & Sun, Closed

Website: medtronicdiabetes.com/home

La Cienega Pharmacy

Cash Only

7137 Kester Ave

Van Nuys, CA 91405

Phone: 818.786.0590

Pharmacy Hours:

Mon-Fri, 9 a.m. to 6 p.m.

Plaza West Pharmacy

8704 Sepulveda Blvd

North Hills, CA 91343

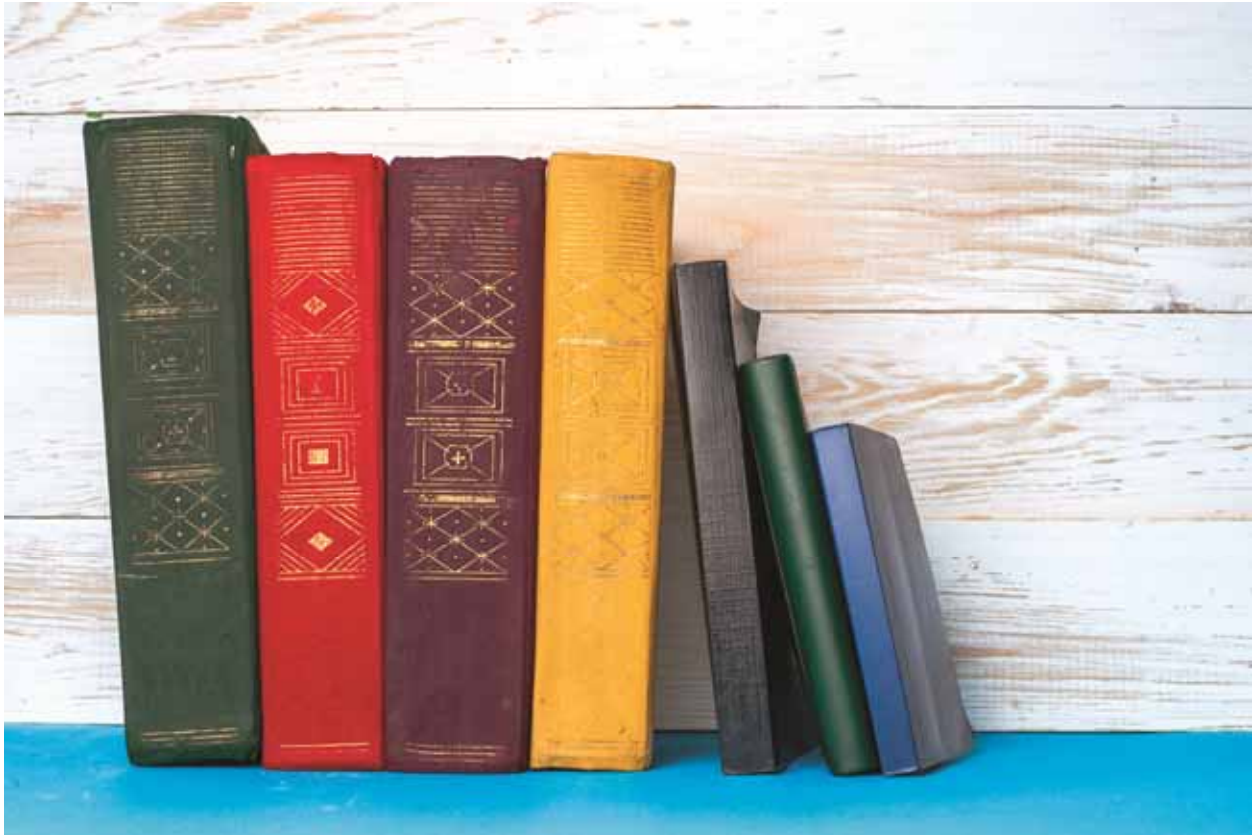
Phone: 818. 894.3333

Pharmacy Hours:

Mon to Fri, 9 a.m. to 6 p.m.

Website: plazawestpharmacy.com

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**Dignity Health – Northridge Hospital Medical Center
Center for Healthier Communities**

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dignityhealth.org/northridgehospital