

UNIVERSITY OF CALIFORNIA, DAVIS, WOMEN'S CARDIOVASCULAR MEDICINE PROGRAM

Directory of Heart Resources in the Sacramento Area

**Listings For:
Cardiologists, Cardiothoracic Surgeons, Dieticians, Wellness and
Weight Loss Programs, and Community Resources and Clinics**



Women &
Heart Disease

**University of California, Davis
Women’s Cardiovascular Medicine Program
Directory of Heart Resources in the
Sacramento Area**

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Women &
Heart Disease

**Women's Cardiovascular Medicine Program
Directory of Heart Resources in the
Sacramento Area**

Cardiologists and Cardiovascular Medicine Specialists

Name, Address and Telephone #

Achtel, Robert A MD

5301 F St # 316, Sacramento, CA 95819
916-451-9900

5609 J St, Sacramento, CA 95819
916-452-5391

Amsterdam, Erza A MD

4860 Y St # 0200, Sacramento, CA 95817
916-734-3761

Arthur, Arvin MD

500 University Ave, Sacramento, CA 95825
916-830-2000

Awan, Najam MD

5440 Laurel Hills Dr, Sacramento, CA 95841
916-488-8034

1207 Fairchild Ct, Woodland, CA 95695
530-668-2666

Bach, Philip M MD

1111 Kennedy Pl, Davis, CA 95616
530-757-1999

500 University Ave, Sacramento, CA 95825
916-830-2000

Name, Address and Telephone #

Baron, Scott B MD

6347 Coyle Ave, Carmichael, CA 95608
916-967-4278

Bayne, David A MD

3941 J St # 260, Sacramento, CA 95819
916-736-2323

6401 Coyle Ave # 416, Carmichael, CA 95608
916-966-3501

Bellinger, Raye L MD

1111 Kennedy Pl, Davis, CA 95616
530-757-1999

500 University Ave, Sacramento, CA 95825
916-830-2000

Berte, Larry MD

500 University Ave, Sacramento, CA 95825
916-830-2000

1111 Kennedy Pl, Davis, CA 95616

530-757-1999

Bhaskar, Rohit MD

3941 J St # 260, Sacramento, CA 95819
916-736-2323



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Cardiologists and Cardiovascular Medicine Specialists, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Bommer, William J MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	Chiamvimonvat, Nipavan 451 East Health Sciences Drive, Davis, CA 95616 530-754-9867
Bonilla, Victor O MD 2261 Douglas Blvd, Roseville, CA 95661 916-783-7109	Chin, John MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323
Breen, Dennis R MD 500 University Ave, Sacramento, CA 95825 916-830-2000 8120 Timberlake Way # 207, Sacramento, CA 95823 916-830-2000	8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551
1111 Kennedy Pl, Davis, CA 95616 530-757-1999	Choy, Michael MD 2521 Stockton Blvd # 3200, Sacramento, CA 95817 916-734-3112
Cabrera, Alan R MD 6600 Mercy Ct # 100, Fair Oaks, CA 95628 916-864-8520	Daquipa, Antonio S MD 6444 Coyle Ave # 2, Carmichael, CA 95608 916-967-2273
Casas, Jack MD 3160 Folsom Blvd, Sacramento, CA 95816 916-733-3344	Davis, Michael A MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323
Chang, Michael L MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323 8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551	8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551
	Desai, Jawahsar MD 406 1/2 Sunrise Ave # 250, Roseville, CA 95661 916-784-2021



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Cardiologists and Cardiovascular Medicine Specialists, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Eaton, Mark MD 500 University Ave, Sacramento, CA 95825 916-830-2000 1111 Kennedy Pl, Davis, CA 95616 530-757-1999	Fisher, Daniel C MD 6347 Coyle Ave, Carmichael, CA 95608 916-967-4278 Flamm Jr, M Daniel MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788
Ebenezer, Daniel J MD 2 Medical Plaza Dr., Suite 175, Roseville, CA 95661 916-782-2146	Foerster, James M MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323
Emlein, George MD 500 University Ave, Sacramento, CA 95825 916-830-2000 8120 Timberlake Way # 207, Sacramento, CA 95661 916-688-1600 1111 Kennedy Pl, Davis, CA 95616 530-757-1999 2 Medical Plaza Dr, Roseville, CA 95661 916-797-4730	8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551 Glatter, Kathryn A MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761 Hemphill, Jonathan A MD 6347 Coyle Ave, Carmichael, CA 95608 916-967-4278
Fallah, Hessam MD 5609 J St # Ab, Sacramento, CA 95819 916-452-5391	Henjum II, Stanley C MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788
Fehrenbacher, George MD 2 Medical Plaza Dr., Suite 175, Roseville, CA 95661 916-782-2146	Jafarzadeh, Mehrdad MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323 Jammal, Joseph J MD 2 Medical Plaza Dr # 165, Roseville, CA 95661 916-786-3824



Cardiologists and Cardiovascular Medicine Specialists, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Janos, Gregory MD 5609 J St # Ab, Sacramento, CA 95819 916-452-5391	Knowlton, Ann A. 451 East Health Sciences Drive, Davis, CA 95616 530-754-5461
Jurisich, Peter MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323	Kozina, Joseph A MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323 8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551
Kaku, Roy F MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323 8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551	Laslett, Lawrence J MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761
2660 W Covell Blvd, Davis, CA 95616 530-759-2347	Lee, Edmond MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788
1207 Fairchild Ct, Woodland, CA 95695 530-668-2666	Lee, Tennyson G., MD 3111 Professional Drive, Auburn, CA 95603 530-885-0192
Kapoor, Deepak MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788	Lee, Timothy Y MD 6555 Coyle Ave # 280, Carmichael, CA 95608 916-536-3560
Kappagoda, C Tissa MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	Lentzner, Robert C MD 6401 Coyle Ave # 311, Carmichael, CA 95608 916-967-4771



Cardiologists and Cardiovascular Medicine Specialists, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Lewis, William MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	Marquardt, Walt MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323
Low, Reginald I MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551
Magorien, David J MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323	6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501
6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501	Matlof, Harvey MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788
8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551	Mc Donald, Ruth MD 2521 Stockton Blvd # 3200, Sacramento, CA 95817 916-734-3112
Majetich Jr, Nick MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323	Mc Henry, Malcolm MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788
6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501	Miles, Peter, MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761
8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551	Moon-Grady, Anita Jeanne MD 2521 Stockton Blvd, Sacramento, CA 95817 916-734-3112
Marasigan, Francisco MD 9624 Elk Grove Florin Rd, Elk Grove, CA 95624 916-685-7500	Morrison, Stephen L MD 6555 Coyle Ave # 280, Carmichael, CA 95608 916-536-3560



Cardiologists and Cardiovascular Medicine Specialists, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Nemana, Gopal MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323 8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551 6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501	Penkala, Michele MD 8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551 6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501 Peters, Stephen MD 2 Medical Plaza Dr., Suite 175, Roseville, CA 95661 916-782-2146 Pezeshkian, Nayereh G MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788 Powar, Jagbir S MD 6600 Mercy Ct # 100, Fair Oaks, CA 95628 916-864-8520 729 Sunrise Ave # 800, Roseville, CA 95661 916-789-1399
O'Neill, Gearoid MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323 8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551 6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501	Roberts, David K MD 1111 Kennedy Pl, Davis, CA 95616 530-757-1999 500 University Ave, Sacramento, CA 95825 916-830-2000 Rogers, Jason MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761
Park, Jenny K MD 2521 Stockton Blvd, Sacramento, CA 95817 916-734-3112 Parrish, Mark MD 2521 Stockton Blvd # 4200, Sacramento, CA 95817 916-734-3112	
Penkala, Michele MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323	



Cardiologists and Cardiovascular Medicine Specialists, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Rutledge, John C MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	Singh, Karanjit MD 8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551
Schaefer, Saul MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501
Schott, Robert J MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788	Srivatsa, Uma 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761
Shah, Sailesh N MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788	Sobkowicz, Diane 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761
Shapiro, Joel A MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788	Stack, Richard MD 6555 Coyle Ave # 280, Carmichael, CA 95608 916-536-3560
Sharma, Arjun D MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323	Stokke, Kevin L MD 1207 Fairchild Ct, Woodland, CA 95695 530-668-2666
8120 Timberlake Way # 108, Sacramento, CA 95823 916-688-5551	Takeda, Patricia A MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323
6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501	8120 Timberlake Way #108, Sacramento, CA 916-688-5551
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Cardiologists and Cardiovascular Medicine Specialists, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Valente, Richard MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	Vismara, Louis A MD 3941 J St # 260, Sacramento, CA 95819 916-736-2323
Van Gundy, Jeff MD 3100 Douglas Blvd # 200, Roseville, CA 95661 916-782-2225	6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501
Van Hamersveld, Daniel D MD 1111 Kennedy Pl, Davis, CA 95616 530-757-1999	Wampold, David B MD 2 Medical Plaza Dr., Suite 175, Roseville, CA 95661 916-782-2146
500 University Ave, Sacramento, CA 95825 916-830-2000	Wertz, Andrew W MD 5151 F St # 2S, Sacramento, CA 95819 916-733-1060
8120 Timberlake Way # 207, Sacramento, CA 95823 916-688-1600	Whitcomb, Charles MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761
Vera, Zakauddin MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	Winchester, Mark A MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788
Vetter, William MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788	Wolff, Larry J MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788
Villablanca, Amparo MD 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761	Woodruff Jr, David E MD 5301 F St # 117, Sacramento, CA 95819 916-733-1788



Cardiologists and Cardiovascular Medicine Specialists, Cont.

Name, Address and Telephone

Wright, Stanley MD

5609 J St # Ab, Sacramento, CA 95819
916-452-5391

Name, Address and Telephone

Yadlapalli, Sanjay MD

2261 Douglas Blvd, Roseville, CA 95661
916-783-7109
2 Medical Plaza Dr., Suite 175, Roseville, CA
95661
916-782-2146



Women &
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Cardiothoracic Surgeons

Name, Address and Telephone

Allen, Robert H MD

3941 J St # 270, Sacramento, CA
916-733-6850

Calhoun, II, Royce F, MD

2221 Stockton Blvd, Sacramento, CA 95817
(916) 734-3861

Dein, John R MD

3941 J St # 270, Sacramento, CA 95819
916-733-6850

Delius, Ralph E MD

2221 Stockton Blvd, Sacramento, CA 95817
916-734-3861

Follette, David M MD

2221 Stockton Blvd, Sacramento, CA 95817
916-734-5360

Ingram, Michael T MD

5301 F St # 111, Sacramento, CA 95819
916-452-8291

Junod, Forrest L MD

5301 F St # 111, Sacramento, CA 95819
916-452-8291

Kaplon, Richard J MD

3941 J St # 270, Sacramento, CA 95819
916-733-6850

Name, Address and Telephone

Kincade, Robert C MD

5301 F St # 111, Sacramento, CA 95819
916-452-8291

Longoria, James MD

5301 F St # 111, Sacramento, CA 95819
916-452-8291

Morris, Allen S MD

3941 J St # 270, Sacramento, CA 95819
916-733-6850

Raff, Gary Wayne MD

2315 Stockton Blvd, Sacramento, CA 95817
916-734-3861

Rossiter, Stephen MD

3941 J St # 270, Sacramento, CA 95819
916-733-6850

Schuch, Douglas R MD

5301 F St # 111, Sacramento, CA 95819
916-452-8291

Shankar, Kuppe G MD

5301 F St # 111, Sacramento, CA 95819
916-452-8291

Shortt, Kevin G MD

5301 F St # 111, Sacramento, CA 95819
916-452-8291



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Cardiothoracic Surgeons, Cont.

Name, Address and Telephone

Slachman, Frank N MD

3941 J St # 270, Sacramento, CA 95819
916-733-6850

Name, Address and Telephone

Young, J Nilas MD

2221 Stockton Blvd, Sacramento, CA 95817
916-734-3861



Women &
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Cardiology/Cardiothoracic Surgery Medical Groups and Health Systems

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
<p>Capitol Interventional Cardiology 6347 Coyle Ave, Carmichael, CA 95608 916-967-4278 408 Sunrise Ave # 7, Roseville, CA 95661 916-782-5332</p>	<p>Medclinic 3160 Folsom Blvd, Sacramento, CA 95816 916-733-3344 6555 Coyle Ave # 280, Carmichael, CA 95608 916-536-3540</p>
<p>Cardiac & Thoracic Surgery 3941 J St # 270, Sacramento, CA 95819 916-733-6850</p>	<p>Northern California Cardiology 729 Sunrise Ave # 800, Roseville, CA 95661 916-789-1399</p>
<p>Children's Specialists Medical 5151 F St # 315, Sacramento, CA 95819 916-733-6050 5609 J St # Ab, Sacramento, CA 95819 916-452-5391</p>	<p>Northern California Cardiology Associates 4718 Engle Rd # I, Carmichael, CA 95608 916-485-4184 5301 F St #117, Sacramento, CA 95819 916-733-1788</p>
<p>5275 F St # 3, Sacramento, CA 95819 916-733-6050</p>	<p>Regional Cardiology Associates 6401 Coyle Ave # 416, Carmichael, CA 95608 916-966-3501</p>
<p>Daquipa Medical Inc 6444 Coyle Ave # 2, Carmichael, CA 95608 916-967-2273</p>	<p>Roseville Cardiology Medical Associates 2 Medical Plaza Dr. Suite 175, Roseville, CA 95661 916-782-2146</p>
<p>Kaiser Permanente Group 6600 Bruceville Rd, Sacramento, CA 95823 916-688-2086</p>	<p>Sacramento Cardiovascular Surgeons 5301 F St # 111, Sacramento, CA 95819 916-452-8291</p>
<p>Kaiser Permanente Medical Ctr 6600 Bruceville Rd, Sacramento, CA 95823 916-688-2000</p>	<p>Sacramento Heart 8120 Timberlake Way # 207, Sacramento, CA 95823 916-688-1600</p>



Women &
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Cardiology/Cardiothoracic Surgery Medical Groups and Health Systems, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
<p>Sacramento Heart & Vascular 500 University Ave, Sacramento, CA 95825 916-830-2000</p>	<p>UC Davis School of Medicine, Academic Office 4860 Y St # 2820, Sacramento, CA 95817 916-734-3764</p>
<p>1111 Kennedy Pl, Davis, CA 95616 530-757-1999</p>	<p>UC Davis Health System, Cardiology Outpatient Services (Clinic) 4860 Y St # 0200, Sacramento, CA 95817 916-734-3761</p>
<p>Sacramento Heartscan 500 University Ave, Sacramento, CA 95825 916-830-2007</p>	<p>UC Davis School of Medicine, Division of Cardiothoracic Surgery Academic Office 2221 Stockton Blvd, #2108, Sacramento, CA 95817 916-734-3861</p>
<p>Sutter Medical Group 2801 K St # 305, Sacramento, CA 95816 916-733-8909</p>	<p>UC Davis Health System, Outpatient Surgery Clinic 2221 Stockton Blvd, Sacramento, CA 95817 916-734-2680</p>
<p>5301 F St # 117, Sacramento, CA 95819 916-733-8711</p>	<p>Woodland Clinic Medical Group 1207 Fairchild Ct, Woodland, CA 95695 530-668-2666</p>
<p>UC Davis Med Center Pediatric Cardiology 2521 Stockton Blvd # 2100, Sacramento, CA 95817 916-734-3112</p>	<p>Woodland Healthcare 2660 W Covell Blvd # A, Davis, CA 95616 530-756-2364</p>
<p>UC Davis School of Medicine, Academic Office One Shields Ave, TB172, Davis, CA 95616 530-752-0717</p>	



Women &
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Dieticians

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Blankenship, Jeanne MS RD Western Human Nutrition Research Center One Shields Ave., Davis, CA 95616 530-754-5844	Kennedy, Stacey C. MS RD 4400 Auburn Blvd #200, Sacramento CA 95841 916-929-9761
Burns, Jill RD 4860 Y St # 0200, Sacramento, CA 95817 916-734-8410	Kennedy-Mason, Kathleen MPH RD 1741 Baines Ave, Sacramento, CA 95835 916-419-2114
Elliot-Sisterson, Laura A. RD 2509 Capitol Ave. #23, Sacramento CA 95816 Email: laurard@sbcglobal.net	4919 Windplay Dr, Ste 4, El Dorado Hills CA 95762 916-939-6800
Fields, Judith D. RD 4125 Temescal #J, Fair Oaks, CA 95628 916-965-4012	Leard, Sheila M. RD CPT 530 Post Ct, El Dorado Hills, CA 95762 916-730-9118
Gazzaniga Moloo, Jeannie PhD RD 2 Medical Plaza Dr, #150, Roseville CA 95661 916-791-2988	Lucus, Debbie RD 4860 Y St # 0200, Sacramento CA 95817 916-734-6473
Forrest, Amy J. MS RD 719 2 nd St, Ste 13, Davis CA 95616 530-759-8167	McMurdo, Tammy J. MS RD 3470 Jumilla Way, Sacramento CA 95834 916-359-0397
Gilles, Michele C. RD MPA 6001 Fair Oaks Blvd, Carmichael, CA 95608 916-481-5004	Norris, Jack E. 408 Safflower Pl, W. Sacramento CA 95691 916-375-0014
Horning, Linda S. RD CDE 11670 Atwood Rd, Auburn, CA 95603 530-887-2840	Parker, Katherine M. MS RD 2509 Capitol Ave, Sacramento CA 95816 916-616-5266 5030 J St, Ste 201, Sacramento CA 95819 916-616-5266

Dieticians, Cont.

Name, Address and Telephone #
Reidy, Randee L. MA RD

2025 P St, Sacramento CA 95814
916-446-4449

8105 W. Hidden Lakes Dr, Granite Bay CA
95746
916-788-2888

Rewick, Carol A. CDE

615 2nd St, Davis CA 95616
530-756-8546

Name, Address and Telephone #
Saly, Dana S. MPH RD

5136 Adamstowne Way, Sacramento CA
95835
916-515-1093

Souza, Elaine C. MPH RD

828 4th St., Woodland, CA 95695
530-848-4339



Women &
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Wellness Programs

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Belton & Cohen Enterprises 3671 J St, Sacramento, CA 95816 916-519-3288	Sheri Plummer Wellness Edctr 4009 Bridge St, Fair Oaks, CA 95628 916-961-6720
Body Therapy & Wellness Center 9198 Greenback Ln, Orangevale, CA 95662 916-337-4877	Tworock Help 315 W Pine St # 3, PO Box 1968, Lodi, CA 95240 209-339-1099
Folsom Wellness & Sports 990 Riley St, Folsom, CA 95630 916-355-1250	Wellness Know-How Educational 3220 Riverside Blvd, Sacramento, CA 95818 916-443-6795
High Street Health & Wellness 1234 High St, Auburn, CA 95603 530-887-5406	Women Only Wellness 820 Wales Dr, Folsom, CA 95630 916-984-9222



Women &
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Weight Loss Programs

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
40-30-30 Diet Center 1125 Orlando Ave, Roseville, CA 95661 916-729-3990	Bermudez, Rita MD 630 Alhambra Blvd, Sacramento, CA 95816 916-444-7137
A Center-Wellness & Personal Roseville, CA 95661 916-774-6564	Body Inspirations For Women 2221 Sunset Blvd # 121, Rocklin, CA 95765 916-435-4004
A Natural Weight Loss Clinic 2351 Sunset Blvd # 110, Rocklin, CA 95765 916-624-2500	Bravo-Mathews Medical Ctr 87 Scripps Dr # 308, Sacramento, CA 95825 916-564-1111
A New Day Hypnotherapy 3275 Fortune Ct, Auburn, CA 95602 530-823-0191	Cambridge-Food For Life-Area 2832 California Ave, Carmichael, CA 94509 916-486-0655
A New You 701 High St, Auburn, CA 95603 530-887-8446	Capital Rehab 630 Alhambra Blvd, Sacramento, CA 95816 916-444-7137
A Plus Image 1712 Picasso Ave # C, Davis, CA 95616 530-750-3500	Capitol City Health Club 1381 Florin Rd, Sacramento, CA 95816 916-427-5454
ABC Health & Wellness Inc 5608 Spilman Ave, Sacramento, CA 95819 916-451-7543	Compulsive Eaters Anonymous Sacramento, CA 95816 916-733-2149
Ameri Cal Weight Clinic 9230 Bruceville Rd, Elk Grove, CA 95758 916-691-4141	Curves 8698 Elk Grove Blvd, Elk Grove, CA 95624 916-686-2878
Auburn Racquet & Fitness Club 1255 Racquet Club Dr, Auburn, CA 95603 530-885-1602	Curves For Women 1223 J St, Sacramento, CA 95814 916-447-4901



Women &
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Weight Loss Programs, Cont.

Name, Address and Telephone # **Curves For Women**

1001 Jefferson Blvd, West Sacramento, CA
95691

916-373-1020

1600 W El Camino Ave, Sacramento, CA
95833

916-929-7688

5283 Folsom Blvd, Sacramento, CA 95819

916-453-1500

7485 Rush River Dr, Sacramento, CA 95831

916-421-0790

970 Oak Ln, Rio Linda, CA 95673

916-991-3633

4141 Manzanita Ave # 105, Carmichael, CA
95608

916-973-9900

8027 Watt Ave, Antelope, CA 95843

916-348-8900

Laguna & Franklin Blvd, Elk Grove, CA 95758

916-684-1440

8753 Auburn Folsom Rd, Granite Bay, CA
95746

916-789-7822

Name, Address and Telephone

Curves For Women

1472 Grass Valley Hwy, Auburn, CA 95746

530-887-9300

1000 Lincoln Rd # C, Yuba City, CA 95991

530-821-5898

225 E Weber Ave, Stockton, CA 95202

209-464-1346

Diet Center

636 Watt Ave, Sacramento, CA 95864

916-978-9533

Du-Fur Your Body

2224 J St, Sacramento, CA 95816

916-962-4252

Epstein, Jerry MD

3701 J St # 100, Sacramento, CA 95816

916-454-3668

Gail Brandt Neo-Life Center

3125 Boeing Rd, Cameron Park, CA 95682

530-677-2181

Hillswood Medical Clinic

805 Wales Dr # 2, Folsom, CA 95630

916-984-6596

Hopkins, Thomas MD

2025 P St, Sacramento, CA 95814

916-446-4449



Women &
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Weight Loss Programs, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Howe Medical Clinic Inc E Stockton Blvd, Elk Grove, CA 95624 916-686-8048	Jenny Craig Weight Loss Center 3346 Coach Ln, Cameron Park, CA 95682 530-676-3000
Howe Medical Management 10120 Fair Oaks Blvd, Fair Oaks, CA 95628 916-961-4240	7465 Rush River Dr # 430, Sacramento, CA 95831 916-399-0900
Howe Medical Weight Clinic 1565 Exposition Blvd # 110, Sacramento, CA 95815 916-927-2201	5325 Sunrise Blvd, Fair Oaks, CA 95626 916-962-2600
Howe Medical Weight Management 6693 Folsom Auburn Rd, Folsom, CA 95630 916-988-9111	1950 Douglas Blvd # B, Roseville, CA 95661 916-782-5300
Image Awareness Corp 1271 High St, Auburn, CA 95603 530-823-7092	565 Howe Ave # 1, Sacramento, CA 95825 916-922-6000
Incentive Fitness 6031 Fair Oaks Blvd # C, Carmichael, CA 95608 916-481-5004	L A Weight Loss Center 1582 Howe Ave, Sacramento, CA 95825 916-568-0900
Inside Out for Weight Loss Inc 294 Placer, Auburn, CA 95603 530-889-2200	7801 Greenback Ln, Citrus Heights, CA 95610 916-725-1922
Janice's Health & Weight Loss 1533 41st St, Sacramento, CA 95819 916-456-8308	9150 Bruceville Rd, Elk Grove, CA 95758 916-478-3791



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Weight Loss Programs, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
L A Weight Loss Center 404 Blue Ravine Rd, Folsom, CA 95630 916-984-1400	Medical Weight Control 2310 Professional Dr # 200, Roseville, CA 95661 916-773-1191
Lanzarotta, Suzette DC 148 Maple St, Auburn, CA 95603 530-889-9359	Medifast Lifestyle Program 3714 Mission Ave # 20, Carmichael, CA 95608 916-489-0890
Lifetime Fitness & Rehab 528 Auburn Ravine Rd, Auburn, CA 95603 530-889-0811	Personal Freedom 4245 Crestline Ave, Fair Oaks, CA 95628 916-962-7010
M S Laboratories 5325 Elkhorn Blvd # 288, Sacramento, CA 95842 916-852-8456	Physician Plans Weight Mgmt 5505 Whitney Blvd # 2G, Rocklin, CA 95677 916-625-1523
Mabery's Optimal Weight and Wellness Medical Center 805 Wales Dr # 2, Folsom, CA 95630 916-984-6596	Physicians Weight Management 6693 Folsom Auburn Rd, Folsom, CA 95630 916-988-5729
406 Sunrise Ave, Roseville, CA 95661 916-774-4348	Positive Changes Hypnosis Center 5951 Birdcage Centre Ln # 133, Citrus Heights, CA 95610 916-965-1100
Medical Weight Clinic 100 S Harding Blvd # 3D, Roseville, CA 95661 916-783-4708	Practitioner's Choice 194 W Main St, Woodland, CA 95695 530-668-4011
Medical Weight Control 1700 Alhambra Blvd # 106, Sacramento, CA 95816 916-736-1999	Profound Changes 2020 29th St # 104, Sacramento, CA 95817 916-451-4300



Weight Loss Programs, Cont.

<u>Name, Address and Telephone #</u>	<u>Name, Address and Telephone #</u>
Ron Stone Weight Management 6693 Folsom Auburn Rd, Folsom, CA 95630 916-988-9111	Surgi-Lite Weight Control Center 1 Scripps Dr, Sacramento, CA 95825 916-565-0552
Shape Shifters Body Wraps 3300 Coach Ln, Cameron Park, CA 95682 530-676-1090	Sutter Healthy Weight 2000 Sutter Pl, Davis, CA 95616 530-757-5122
Shape Shifters Body Wraps & More 893 Embarcadero Dr, El Dorado Hills, CA 95762 916-941-0836	Total Body Works 2224 J St, Sacramento, CA 95816 916-442-4998
Slender Lady of Fair Oaks 8066 Sunset Ave, Fair Oaks, CA 95628 916-966-5900	U Medical 701 High St, Auburn, CA 95603 530-889-8661
Sunrise Health Medical Group 3120 O St, Sacramento, CA 95816 916-452-8466	Weigh of Life 1712 Picasso Ave # C, Davis, CA 95616 530-750-3500
11230 Gold Express Dr # 305, Gold River, CA 95670 916-853-1300	Women's Weight & Wellness 3007 J St, Sacramento, CA 95816 916-448-7414
Sunrise Health Medical Group 1133 Coloma Way # B, Roseville, CA 95661 916-771-0234	



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Community Resources and Clinics

Sacramento Family Medical Group

Name, Address and Telephone

Fruitridge Office

4730 47th Avenue, Sacramento, CA 95824
916-391-2229

Del Paso Office

2326 Del Paso Blvd, Sacramento CA 95815
916-923-2229

Downtown Office

3000 L Street, Sacramento, CA 95816
916-737-7120

Rancho Cordova Office

2737 Woodberry Way, Suite #103,
Sacramento, CA 95670
916-363-2229

Name, Address and Telephone

North Highlands Office

6137 Watt Avenue, Suite #5, Sacramento, CA
95660
916-339-2229

West Sacramento Office

2727 West Capitol Ave, West Sacramento, CA
95691
916-371-2275

Broadway Office

600 Broadway, Sacramento, CA 95818
916-455-0370

Molina Medical Centers

Name, Address and Telephone

Florin Office

7215 55th Street, Sacramento, CA 95823
916-399-1100

Fruitridge Office

2370 Fruitridge Rd., Sacramento, CA 95822
916-399-1600

Name, Address and Telephone

Marysville Boulevard Office

3945 Marysville Bl., #2, Sacramento, CA 95835
916-646-1200



Women &
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Internet Heart Resources for Women – Organizations/Institutions

Name and Web Address

UC Davis Health System Women’s Cardiovascular Medicine Program

<http://www.ucdmc.ucdavis.edu/cardiology/wcvhp.html>

American Heart Association – “Go Red for Women”

<http://www.americanheart.org/presenter.jhtml?identifier=3017091>

American Heart Association – En español

<http://www.americanheart.org/presenter.jhtml?identifier=3015971>

American Stroke Association

<http://www.strokeassociation.org/presenter.jhtml?identifier=1200037>

Cardiac Rehabilitation Programs

<http://www.womenshealth.gov/foryourheart>

Healthbanks

<http://www.healthbanks.com/PatientPortal/home.aspx>

Heart Healthy Women

<http://www.hearthealthywomen.org/>

National Heart, Lung, and Blood Institute: The Heart Truth Campaign

<http://www.nhlbi.nih.gov/health/hearttruth/index.htm>

National Heart, Lung, and Blood Institute: Campaign Materials in Spanish

<http://www.nhlbi.nih.gov/health/hearttruth/espanol.htm>

The Office on Women’s Health in the U.S. Department of Health and Human Services

<http://www.womenshealth.gov/>

Women Heart - The National Coalition for Women with Heart Disease

<http://womenheart.org/>



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Internet Heart Resources for Women – Clinical Resources

Name and Web Address

Absolute CHD Risk Calculator

<http://www.nhlbi.nih.gov/guidelines/cholesterol>

Clinical Guidelines on Obesity Treatment

http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm

DASH Eating Plan for the Treatment of Hypertension

<http://www.nhlbi.nih.gov/health/public/heart/hbp/dash>

Diagnosis and Treatment of Diabetes

<http://www.diabetes.org/home.jsp>

Evidence-based Guidelines for Cardiovascular Disease Prevention in Women

<http://circ.ahajournals.org/cgi/content/full/109/5/672>

JNC 7 Report on Hypertension

<http://www.nhlbi.nih.gov/guidelines/hypertension>

Management of Risks of Increasing Omega-3 Fatty Acids in the Diet

<http://www.cfsan.fda.gov/~dms/admehg3.html>

Smoking Cessation

http://www.surgeongeneral.gov/tobacco/treating_tobacco_use.pdf

10-year CHD Risk Assessment Tool

<http://hin.nhlbi.nih.gov/atpiii/riskcalc.htm>

Third Report of the Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III)

<http://www.nhlbi.nih.gov/guidelines/cholesterol>



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About UC Davis Health System

The Women's Cardiovascular Medicine Program is part of UC Davis Health System. One of the leading academic medical centers in the nation, UC Davis is at the forefront of the latest discoveries and best treatments. Its teaching hospital, UC Davis Medical Center, has been consistently ranked one of the best hospitals in the nation by *U.S. News and World Report*, and has been selected by consumers in the Sacramento region for six years in a row for the National Research Corp.'s Consumer Choice award.

UCDAVIS HEALTH SYSTEM

Women's Cardiovascular Medicine Program

Lawrence J. Ellison Ambulatory Care Center
4860 Y St., Sacramento, CA 95817

Consultations: (916) 734-1966
UC Davis Heart Center: (916) 734-5513

www.ucdmc.ucdavis.edu/cardiology/wcvhp.html



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