

hoag.

SUMMER 2025

Hoag *in* San Clemente



Our trusted physicians provide clear, expert answers on health topics that matter most to the South County community.

One Town, *One Team*



Dear Neighbors,

As a resident of San Clemente myself, I know how special our town is.

The “One Town, One Team” spirit runs deep here, and it’s part of what makes this community so vibrant. I’m excited that the new Hoag Health Center San Clemente is here to support our town with a full range of healthcare services right in our backyard.

Hoag’s goal is to provide personalized care and an exceptional experience for every patient. We’ve designed the center with our community in mind, offering a welcoming environment, and access to advanced technology and expert healthcare.

Whether you need primary or urgent care, specialized services in sports medicine, women’s health, neuroscience, or radiology, or want to explore our innovative Hoag Compass program—you’ll find it all close to home. In these pages, you’ll learn more about the services at our center and you’ll meet some of the center’s dedicated healthcare professionals who share a commitment to providing the highest level of care. From the moment you walk through Hoag’s doors, our team works to ensure your visit is as seamless and supportive as possible.

It’s an honor to serve this community and to help keep our neighbors healthy and thriving. I invite you to stop by, meet our team, and see all that Hoag Health Center San Clemente has to offer.

Thank you for welcoming Hoag to your town and team.

With gratitude,

Robert T. Braithwaite

Robert T. Braithwaite
President and Chief Executive Officer
Hoag Memorial Hospital Presbyterian

Table of Contents



Ask a Doctor: Your Questions, Answered

How Often Should I See My Primary Care Doctor?	05
Should Sore Knees Sideline Exercise?	07
What Women’s Health Screenings Should I Prioritize?	09
How Is AI Being Used in Radiology?	11
When Should I Consider Hip Replacement Surgery?	13
When Does Back Pain Warrant a Specialist?	15
What Are the Early Signs of Parkinson’s Disease?	17
When Should I Go to Urgent Care Instead of the Emergency Department?	19
How Does Hoag Compass Support Preventative Wellness?	21
How Can I Optimize My Health at Every Age?	23

PRIMARY CARE

How Often Should I See My Primary Care Doctor?



Christina D. Jones, MD
Internal Medicine

Q I feel pretty healthy, and I don't have any chronic conditions. How often should I see my primary care doctor?

A Even if you're feeling well and don't have any chronic conditions, it's still a good idea to see your primary care physician at least once a year for an annual wellness exam, says **Christina D. Jones, MD** who provides internal medicine care at the Hoag Health Center San Clemente.

These visits are more than just a checkup. They help us establish a baseline for your health and catch potential issues early, often before you notice any symptoms.

During an annual visit, we review your medical history, check vital signs, and may recommend routine screenings based on your age, sex, and risk factors. It's also an opportunity to discuss lifestyle habits like diet, exercise, sleep, and mental health. Many preventive services, such as vaccinations and health screenings, are covered during these visits.

Regular visits are especially important as we age. They help us monitor changes in your health over time, manage risk factors, and ensure that you're up to date with recommended care. Taking a proactive approach to your health by maintaining a strong relationship with your primary care



provider is one of the best ways to support your overall well-being.

In addition to Dr. Jones, the on-site primary care providers include Drs. Sarah S. Teymoorian, Kayla N. Ramsey, and Devyn Gibby.

Expanding Primary Care in Your Hometown

Hoag Health Center San Clemente is expanding Hoag's primary care services in town by adding new providers, building out a more comprehensive care team, and increasing access to personalized care for residents and nearby communities.

With more providers, patients can expect shorter wait times and more flexibility when scheduling appointments. Same-day

appointment options are available, helping patients address non-emergent health concerns more quickly.

The expanded primary care team at Hoag offers services such as annual physicals, wellness exams, and chronic disease management for conditions like diabetes, hypertension, asthma, and more. Preventive care services include vaccinations, health screenings, and educational resources to help patients maintain their health.

Hoag Health Center San Clemente provides you and your neighbors with quality healthcare to support your overall well-being through accessible and coordinated services. ❖

For more information and to book your appointment, visit Hoag.org/San-Clemente.

SPORTS MEDICINE

Should Sore Knees Sideline Exercise?

Q I've started running to get in shape, but my knees are really sore. Should I push through the pain or take a break?

A Knee pain is common when you start running, especially if you're new to it, says Hoag Sports Medicine Physician **Marvin T. Dang, DO** who cares for patients at Hoag Health Center San Clemente.

Sharp or persistent pain isn't something to push through—it could lead to bigger issues, like tendinitis or stress fractures.

Take a break from running and try low-impact exercises like cycling or swimming.

Ice your knees to reduce inflammation, and if needed, take over-the-counter anti-inflammatory medication. Check your shoes to make sure they're providing enough support and build up your mileage slowly.

If the pain sticks around for more than a week, gets worse, or if you notice any swelling, we recommend seeing a sports medicine specialist. They can evaluate your form, suggest physical therapy, or explore other treatments to get you back on track safely.

Introducing Comprehensive Sports Medicine Care in San Clemente

Whether jogging along the beach trail, finding the green room at Trestles, or getting in some cardio while power shopping at the outlets, this town is made for physical activity.

But sometimes injuries happen, and that's why Hoag Health Center San Clemente includes a broad range of advanced comprehensive sports medicine services with a focus on enhancing performance and accelerating recovery without surgery whenever possible.

The Sports Medicine Program at Hoag Health Center San Clemente offers non-operative treatments to reduce downtime and support a safe return to activity. Services include ultrasound-guided procedures that provide precise, minimally invasive treatments to speed up recovery and reduce pain.

Rehabilitation and prevention programs address muscle strains, ligament tears, Achilles injuries, ACL tears, and more. These programs help with recovery and focus on preventing future injuries by building strength and stability.

The program offers care for sports-specific injuries like stress fractures, joint dislocations, and contusions. Non-operative therapies such as ultrasound-guided injections and steroid treatments help manage conditions like bursitis, calcific tendinitis, and chronic exertional compartment syndrome.

Hoag's sports medicine team partners with organizations like NFL's Brain & Body Program, USA Surfing, USA Volleyball, Orange County Soccer Club, and runDisney. Hoag sports medicine physicians provide care for these professional athletes making them well-equipped and poised to handle any injuries

experienced by patients at Hoag Health Center San Clemente.

We emphasize a holistic approach, combining injury prevention, advanced diagnostics, and customized treatment plans. The focus is on restoring range of motion, improving flexibility, and helping athletes get back to the activities they love.

Hoag Health Center San Clemente offers sports medicine support for everyone, from professional athletes to active community members. ❖

For more information and to book your appointment, visit Hoag.org/San-Clemente.

Marvin T. Dang, DO
Sports Medicine



What Women's Health Screenings Should I Prioritize?



Ann Marie Raffo, MD
Obstetrics/Gynecology



Angelika Priestley, MD
Obstetrics/Gynecology

Q I want to make sure I'm staying on top of my health. As a woman, what screenings should I prioritize?

A Staying proactive about your health is a great approach. The screenings you need depend on your age, medical history, and specific health risks, but there are some key screenings every woman should consider, says **Angelika Priestley, MD** who provides obstetric and gynecological services at Hoag Health Center San Clemente.

Starting in your 20s, routine pap smears and pelvic exams are important for a woman's health. Breast self-exams can also help you become familiar with your body and detect any changes early. By age 40, annual mammograms are recommended to screen for breast cancer, though those with a family history may need to begin earlier.

Bone density scans (DEXA scans) are recommended for women over 65, or earlier if there are risk factors for osteoporosis. Screenings for heart health, including blood pressure and cholesterol checks, should be part of your regular healthcare routine at every age.

At Hoag Health Center San Clemente, we offer a full range of women's health services, including on-site mammograms, bone density scans, and other essential screenings. Our expert team will help you create a personalized screening schedule that meets your needs and supports your long-term health.

Joining Dr. Priestley in San Clemente are Drs. Mary C. O'Toole; Elizabeth Johnson; Ann Marie Raffo; Norene Norris-Walsh; and Jessica Van Fleet. Additionally on staff are Nurse Practitioner Carolyn Patchett and Certified Nurse Midwives Lisa B. Sherwood, Kimberly Benton, Mallory A. Munroe, and Alisa K. Sajadi.

Personalized Women's Health Services at Hoag Health Center San Clemente

Hoag Health Center San Clemente offers a full range of women's healthcare services, supporting women through every stage of life—from adolescence through menopause.

With a dedicated team of OB-GYNs, midwives, and nurse practitioners, we provide personalized care tailored to meet the unique needs of each patient.

The center's OB-GYN services include prenatal and postnatal care, well-woman exams, and specialized treatments for gynecologic problems. The goal is to ensure that women in the San Clemente community have convenient access to high-quality care close to home.

For women seeking a low-intervention birth experience, we offer midwifery care. The midwives provide personalized support throughout pregnancy, labor, and delivery, helping women feel empowered and informed every step of the way.

Specialized care for perimenopause and menopause is also available, including

hormone therapy and symptom management. Several of our physicians are certified by the North American Menopause Society (NAMS), ensuring the most current and effective treatments for managing this phase of life.

We also focus on the health needs of younger women, providing gynecologic care for teens, including contraception counseling, and menstrual health support. Whether navigating adolescence or planning for adulthood, young women have access to comprehensive care designed to support their overall well-being.

To make care even more accessible, the center offers on-site diagnostic services such as mammograms, bone density scans (DEXA scans), and ultrasounds.

Hoag Health Center San Clemente is committed to supporting women's health at every stage of life. With a focus on personalized care, expert providers, and convenient access to a wide range of services, we aim to be a trusted healthcare partner for your community.

"I have been seeing my OB-GYN at Hoag for several years, and the care has always been excellent," said patient Kim Greuel. "It is reassuring to know that I can now find all my health services—from women's health to sports medicine—under one roof in San Clemente. This makes me feel more confident about my long-term health because I don't have to travel far to get the trusted care I need." ❖

For more information about women's health services and to book your appointment, visit [Hoag.org/San-Clemente](https://www.hoag.org/San-Clemente).

How Is AI Being Used in Radiology?



Scott T. Williams, MD
Radiology

Q I've heard that artificial intelligence is being used in medical imaging. How does this work, and what does it mean for my care?

A Artificial Intelligence (AI) is becoming an important tool in radiology, helping to improve the accuracy and efficiency of medical imaging, says Scott T. Williams, MD who is the Medical Director of Radiology.

Throughout the Hoag Health System, AI is a standard part of our radiology practice, enhancing the quality of care we provide. In breast cancer screening, for example, AI can assist radiologists in reading mammograms by identifying subtle changes in breast tissue that might be early signs of cancer. AI not only helps detect existing cancers, but also shows promise in predicting future risk, allowing for more personalized screening and prevention strategies.

With AI tools analyzing images using advanced algorithms, they can often detect patterns that might not be visible to the human eye. This can lead to more accurate results and potentially

earlier diagnoses, which can improve treatment outcomes.

While AI is a powerful support tool, it does not replace the expertise of our radiologists, who review and validate all findings to ensure the highest standard of care. Combining advanced technology with expert clinical oversight helps us provide accurate, reliable, and timely diagnostic services to our patients. New services provide the community with greater access to the latest diagnostic tools, supporting early detection and effective treatment of a wide range of medical conditions.

Advanced Imaging Services Available in San Clemente

Hoag Health Center San Clemente offers advanced imaging services, providing the community with access to state-of-the-art diagnostic technology.

These new imaging capabilities are designed to support a wide range of healthcare needs, from routine screenings to specialized diagnostics.



With comprehensive imaging options, including X-ray; ultrasound; 3D Mammography (both screening and diagnostic breast tomosynthesis); breast ultrasound; and DEXA scans, we also offer walk-in access for X-ray services. Advanced imaging services such as CT and MRI (3.0T), including cardiac MRI, are also available. The goal is to offer accurate and timely diagnostics to help healthcare providers develop effective treatment plans.

Advanced imaging services are supported by a longstanding partnership with Newport Harbor Radiology Associates. With more than 65 years of collaboration, this relationship ensures that patients benefit from subspecialized radiology expertise (including dedicated fellowship trained breast radiologists for all breast imaging exams), precise interpretations, and timely results.

Scheduling imaging appointments is simple, with a centralized scheduling team available

to assist with both appointment booking and insurance verification, in addition to online scheduling for screening mammograms and DEXA scans. The team is committed to making the process as smooth as possible, helping patients focus on their health without added stress.

Bringing advanced imaging services to San Clemente is part of Hoag Health Center's mission to offer exceptional care to all. These new services provide the community with greater access to the latest diagnostic tools, supporting early detection and effective treatment of a wide range of medical conditions. ❖

For more information about imaging services at Hoag Health Center San Clemente or to book your appointment, call (949) 764-5573 or visit [Hoag.org/San-Clemente](https://www.hoag.org/San-Clemente).

When Should I Consider Hip Replacement Surgery?



Michael D. Hunter, MD
Orthopedic Surgery

Q I've been struggling with hip pain for a while, and it's starting to limit my activities. How do I know if hip replacement surgery is the right option for me?

A When hip pain starts to interfere with your daily life, it may be time to consider hip replacement surgery, says **Michael D. Hunter, MD**, a Hoag Orthopedic Institute (HOI) orthopedic surgeon who sees patients at Hoag Health Center San Clemente.

Common signs include difficulty with everyday tasks like walking, standing up from a chair, or putting on socks and shoes. If non-surgical treatments such as physical therapy, medications, or injections are no longer effective, surgery could be the next step.

Persistent pain that disrupts sleep, stiffness that limits movement, or pain that persists even when resting are all indicators that surgery might be necessary. The goal of hip replacement is to reduce pain, improve mobility, and restore your quality of life.

HOI orthopedic surgeons can perform a rapid recovery anterior total hip replacement. This minimally invasive procedure often results in less pain and a faster return to normal activities. The team will evaluate your condition, discuss all treatment options, and develop a personalized care plan to help you get back to doing what you enjoy.

Also providing services in San Clemente are HOI orthopedic surgeons Drs. Taylor R. Dunphy, Sports Medicine; Nicholas J. Wegner, Foot and Ankle; Michael W. Eng, Spine; and John M. Ibrahim, Hand and Wrist.

Orthopedic Care in San Clemente: Innovative Treatments Close to Home

Hoag Health Center San Clemente includes orthopedic services provided by HOI surgeons who offer advanced care for a range of conditions—from sports injuries to joint replacements. In fact, HOI is the #1 provider of hip, knee, and shoulder replacement in the Western US.

The orthopedic surgeons provide specialized orthopedic diagnostics, consultations, and pre-surgical care to South Orange County, making high-quality care more accessible to the local community. Should surgery be needed, procedures are scheduled at HOI's orthopedic hospital or five ambulatory surgical centers.

Orthopedic services include advanced knee replacement surgeries, with robotic-assisted procedures that provide greater precision and support faster recovery. Patients with knee pain—from arthritis, injury, or other conditions—can expect personalized care and improved mobility.

For those experiencing hip pain, surgeons offer rapid recovery anterior total hip replacement. This minimally invasive procedure focuses on a quicker recovery, less pain, and a faster return to an active lifestyle.

Services also include orthopedic sports surgery for injuries like ACL tears, rotator cuff injuries, and joint issues. Surgeons work with athletes and active individuals to restore function and help them get back to their favorite activities.

Foot and ankle care is another key service to treat both complex and routine issues. Orthopedic surgeons create customized treatment plans to help patients recover and regain mobility.

Specialized wrist surgeries treat fractures, ligament damage, and overuse injuries, using advanced procedures to relieve pain and restore function.

For pediatric patients, care is available for injuries such as fractures and dislocations, while tailoring treatments to meet the needs of growing bodies, offering both surgical and non-surgical solutions.

With a focus on meeting the needs of all ages, from young athletes to older adults, orthopedic surgeons at Hoag Health Center San Clemente aim to support the health and well-being of the community. ❖

For more information and to book your appointment, visit Hoag.org/San-Clemente.

SPINE AND PAIN MANAGEMENT

When Does Back Pain Warrant a Specialist?



Erin E. Wood, MMS, PA-C
Neurosurgery, Spine

Q I've been dealing with back pain for a while. When should I see a specialist?

A If back pain lasts longer than a few weeks, keeps coming back, or starts to affect your daily activities, it may be time to see a specialist, says **Erin E. Wood, MMS, PA-C**, a physician assistant specializing in neurosurgery and spine who sees patients in San Clemente.

Additionally, keep in mind some concerning symptoms that should prompt specialist evaluation—these include worsening pain over time, radiating pain down your leg, numbness or tingling, or interference with sleep. If you experience severe symptoms such as weakness, difficulty walking, or loss of bladder or bowel control, this may need immediate attention.

Back pain can have many causes, from muscle strains to issues with the spine, and early evaluation can help determine the best treatment approach.

Red flags include pain that gets worse over time, radiates down your leg, causes

numbness or tingling, or interferes with sleep. You should also see a specialist if the pain persists despite rest, physical therapy, or over-the-counter medications.

At Hoag Health Center San Clemente, our Spine and Pain Management Program offers a range of treatment options. Our specialists provide non-surgical therapies such as physical therapy, pain management techniques, and minimally invasive procedures. If surgery is needed, advanced spine surgery options are available. Our goal is to create a personalized care plan that not only manages pain, but also improves your overall quality of life.

In addition to Erin E. Wood, Dr. Karim B. Fahmy provides services to the community in San Clemente.

Spine and Pain Management Services: Specialized Care for Lasting Relief

Hoag Health Center San Clemente has expanded its services to include a comprehensive Spine and Pain Management Program.

This new offering focuses on helping patients find relief from acute and chronic pain, while restoring comfort and mobility.



Karim B. Fahmy, DO
Pain Medicine

With a multidisciplinary team of specialists, our program delivers personalized treatment plans that prioritize quality of life and long-term health.

With a full range of pain management services, including both surgical and non-surgical treatments, patients have access to advanced surgical options for spine care, as well as minimally invasive procedures designed to reduce pain and shorten recovery times. For other non-invasive options, we offer non-surgical therapies led by psychiatrists, physical therapists, and pain intervention specialists.

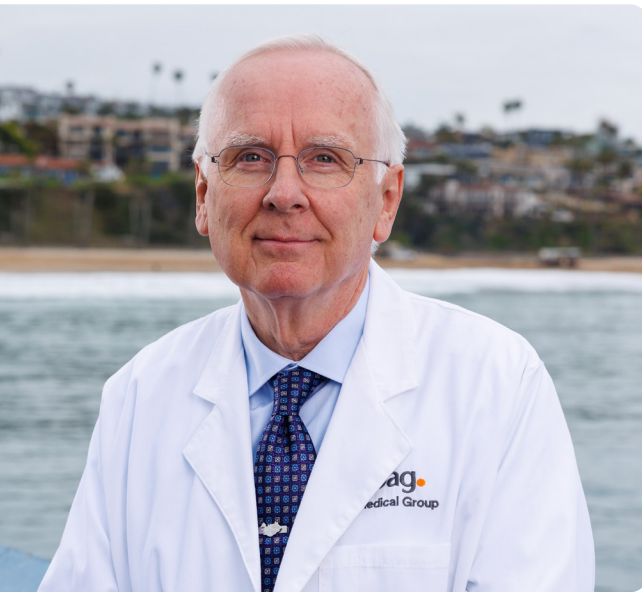
A key feature of the program is its holistic approach to healing. Our team integrates traditional medical treatments with alternative

therapies, lifestyle modifications, and stress management techniques to create well-rounded care plans. Collaboration between spine neurosurgeons, interventional pain management specialists, and physical therapists ensures that each patient receives comprehensive support throughout their treatment journey.

The Spine and Pain Management Program at Hoag Health Center San Clemente aims to help patients achieve lasting pain relief and receive world-class pain management without the need to travel far. ❖

For more information and to book your appointment, visit [Hoag.org/San-Clemente](https://www.hoag.org/San-Clemente).

What Are the Early Signs of Parkinson's Disease?



Neal S. Hermanowicz, MD
Neurology

Q I've noticed some tremors in my hands and occasional stiffness. Could this be Parkinson's disease?

A Tremors and stiffness can be early signs of Parkinson's disease, but they can also be related to other conditions, says Neurologist **Neal S. Hermanowicz, MD** who specializes in movement disorders such as Parkinson's and provides neuroscience care.

Parkinson's often starts subtly, with symptoms like a slight tremor, reduced facial expression, or changes in handwriting. You might also notice slowed movement, balance issues, or a softer speaking voice.

Early signs can vary widely from person to person. Some people might experience a change in their gait, difficulty with fine motor skills, or even a loss of sense of smell. Others might notice a change in mood or experience sleep disturbances. Because these symptoms can develop gradually, they are sometimes mistaken for normal aging or other health issues.

If you are experiencing these symptoms, it's important to talk to a healthcare provider who specializes in movement disorders. An early diagnosis can make a significant difference in managing the condition effectively. At Hoag Health Center San Clemente, our team offers comprehensive evaluations and personalized care plans, including therapies and support services to help manage symptoms and maintain quality of life.

Also providing services is Dr. Yasir N. Jassam, a neurologist who specializes in multiple sclerosis.



Yasir N. Jassam, MD
Neurology

Neuroscience Services: “Whole-Person Care” for Parkinson's, Movement Disorders, and MS

Hoag Health Center San Clemente includes neuroscience services focusing on personalized care for Parkinson's disease, movement disorders, and multiple sclerosis (MS).

The goal is to treat the whole person and improve quality of life through a comprehensive, compassionate approach.

The Parkinson's program will ultimately offer a wide range of services, including physical, occupational, and speech therapy, along with specialized Parkinson's classes. Care goes beyond the clinic, with support from nurse navigators, social workers, home health services, educational classes,

support groups, nutritional consultation, and case management.

For MS patients, the program uses advanced diagnostics to accurately identify MS subtypes and stages. The team combines clinical expertise with patient input to create personalized care plans. Innovative therapies and predictive tools help manage disease progression, keeping the focus on quality of life.

These expanded services at Hoag San Clemente aim to provide exceptional care that supports patients at every step of the healthcare journey. ❖

For more information and to book your appointment, visit [Hoag.org/San-Clemente](https://www.hoag.org/San-Clemente).

URGENT CARE

When Should I Go to Urgent Care Instead of the Emergency Department?



Felix Y. Horng, MD
Family Medicine

Q I'm not sure whether to go to an urgent care center or the emergency department. How do I decide?

A Most illnesses and injuries can be treated in urgent care, says Hoag Urgent Care Medical Director **Felix Y. Horng, MD**.

Urgent care is ideal for illnesses like colds, flu symptoms, sore throats, and minor infections. It's also a good choice for treating injuries such as fractures, cuts, and mild burns. Services like X-rays and lab tests may also be available at urgent care centers.

However, if you experience crushing chest pain, loss of consciousness, severe bleeding, trouble breathing, or signs of stroke, call 9-1-1 immediately. The emergency department (ED) is the right place for serious health concerns. Go to the ED if you have chest pain, trouble breathing, severe bleeding, sudden weakness



or numbness, or signs of a stroke. Major injuries, head trauma, and any situation that could be life-threatening require emergency care.

Hoag Urgent Care San Clemente is open Monday through Friday (8 AM – 8 PM) and Saturday and Sunday (8 AM – 5 PM). Online reservations and video visits are available, allowing our providers to give expert and compassionate care when and where you need it.

If you're ever in doubt, don't hesitate to seek medical attention; between Hoag Health Center San Clemente and our two emergency departments, Hoag is ready to provide the right care at the right time.

Hoag Urgent Care San Clemente: Here to Help You Feel Better Faster

Hoag Urgent Care, offering patients of all ages quick and convenient care for unexpected illnesses and injuries.

This marks Hoag's 18th Urgent Care location, providing a seamless healthcare experience close to home.

The experienced team treats most illnesses and injuries, including coughs and fevers; cuts and burns; urinary tracts infections, and more. Plus, with on-site X-rays and labs, the team can quickly diagnose and treat patients in a single convenient visit.

Additionally, Hoag Urgent Care offers video visits, providing a convenient option for patients to connect with the same providers from the comfort of home. If your provider determines that an in-person exam or testing is needed, you can come in as part of the same visit without an additional insurance copay.

The experienced medical professionals at Hoag Urgent Care San Clemente are dedicated to delivering high-quality care compassionately and efficiently. Its providers serve both adults and children, ensuring the whole family has access to trusted healthcare services. ❖

For more information on urgent care reservations and to book your appointment, visit [Hoag.org/San-Clemente](https://www.hoag.org/San-Clemente).

How Does Hoag Compass Support Preventative Wellness?

Hoag Health Center San Clemente is home to Hoag Compass, a preventative wellness program emphasizing lifestyle changes to help you live a longer, healthier life.

Designed to seamlessly integrate data-driven lifestyle interventions, Hoag Compass offers expanded diagnostics, specialist integrations, and digital experiences to help support your preventative wellness journey.

Hoag Compass is built around the idea that prevention and early intervention are key to maintaining long-term health. The program uses cutting-edge digital tools and comprehensive testing to analyze over 120 biomarkers in the body. This detailed analysis provides a clear picture of each patient's health status and potential risks, offering valuable insights that go beyond standard medical assessments.

One of Hoag Compass' standout features is its focus on nutrigenomic (DNA) testing. This testing evaluates biological processes, nutrient levels, weight management, and how an individual's body responds to exercise. Combined with regular health assessments and personalized care plans, the program helps patients make informed decisions about nutrition, fitness, sleep, and mental wellness.

Members of Hoag Compass benefit from individualized care plans with lifestyle interventions designed to meet specific health goals. Health coaching sessions offer personalized support, while access to clinical therapy and wellness services within the Hoag network ensures a well-rounded approach to care. The program also includes regular retesting to track progress and adapt care plans as needed.

In addition to medical and wellness services, Hoag Compass offers practical tools like in-app messaging with the clinical team and a care coordinator to help navigate referrals, prescriptions, and general questions.

Hoag Compass provides a convenient and flexible solution for those who want to prioritize their health. The program offers both virtual and in-person appointments, making it easy to integrate into busy lifestyles. ✦

To learn more or to sign up, visit HoagCompass.com and take the first step toward a healthier future.

The image shows a woman and a man jogging on a beach. Overlaid on the image are three digital interface elements: a chat window at the bottom left, a cholesterol status card at the top right, and a cardiovascular risk assessment card at the bottom right.

Chat

Dr. Gibby
Sent a video

Yesterday

LDL Cholesterol

200
mg/dL

HIGH

MORE ABOUT YOUR
Cardiovascular Risk

Define your baseline risk for heart disease via comprehensive analysis of lipids.

LABS INCLUDED
✓ Lipid Panel

Order →

How Can I Optimize My Health at Every Age?

We're excited to announce the opening of the Hoag Health Lab, a new cutting-edge wellness space located inside Hoag Health Center San Clemente.

It offers advanced testing, personalized assessments, and recovery tools—all designed to help you optimize your health at every stage of life.



Complimentary Community Classes

Find your balance with free classes that support both body and mind. From yoga and Pilates to nutrition talks and guided stretching, our sessions welcome all fitness levels and offer a space to move, connect, and grow.



Cross-Functional Approach to Care

After your assessments, our team helps you navigate next steps with access to Hoag's expert network—including sports medicine, orthopedics, women's health, physical therapy, and nutrition counseling.



Strength Testing and Mobility Assessments

Functional assessments help identify imbalances, improve movement quality, and reduce the risk of injury. They also provide benchmarks to track your progress over time.



VO2 Max and Endurance Testing

VO2 max testing measures how efficiently your body uses oxygen during exercise. Often used by athletes, this test offers valuable data to improve cardiovascular endurance, stamina, and training outcomes.



Rest and Recovery

Through innovative partnerships with Hyperice and Garmin, you'll have access to the latest tools. Garmin wearable devices track sleep, heart rate variability, stress levels, and recovery trends. Hyperice technology supports muscle recovery and injury prevention. Together, these tools offer real-time feedback to help you manage stress, avoid injury, and perform at your best.

For more information about the Hoag Health Lab, visit Hoag.org/San-Clemente.



Marvin T. Dang, DO
Sports Medicine



Taylor R. Dunphy, MD
Orthopedic Surgery



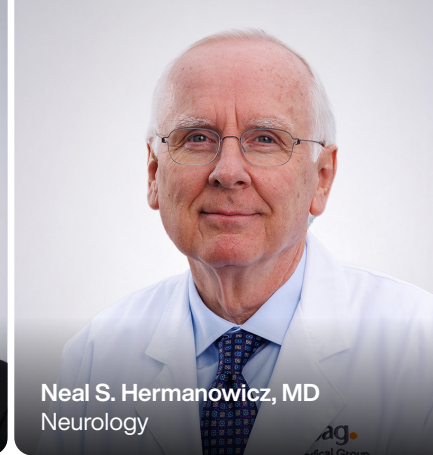
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Orthopedic Surgery



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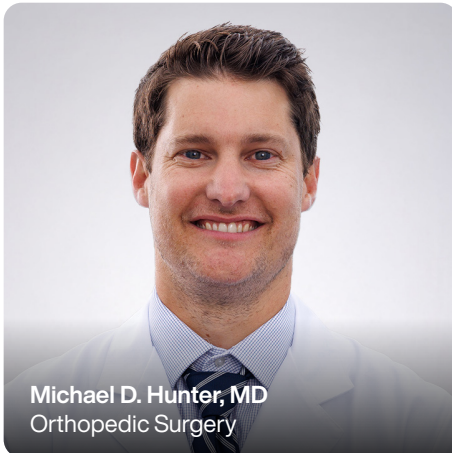
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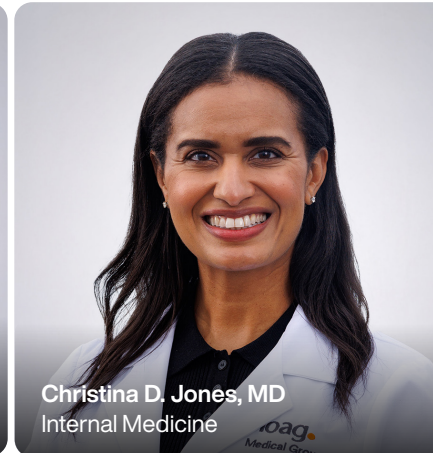
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Yasir N. Jassam, MD
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Elizabeth Johnson, MD
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Christina D. Jones, MD
Internal Medicine



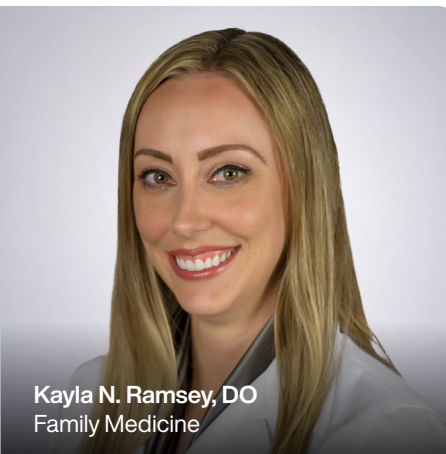
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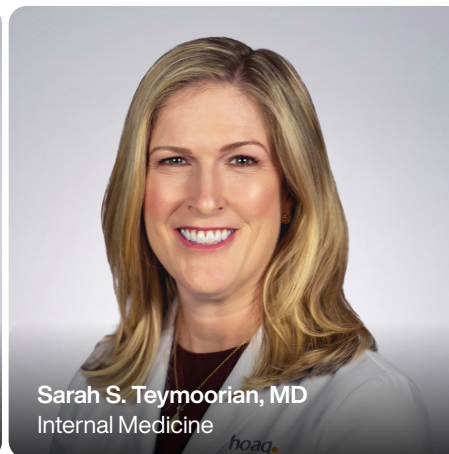
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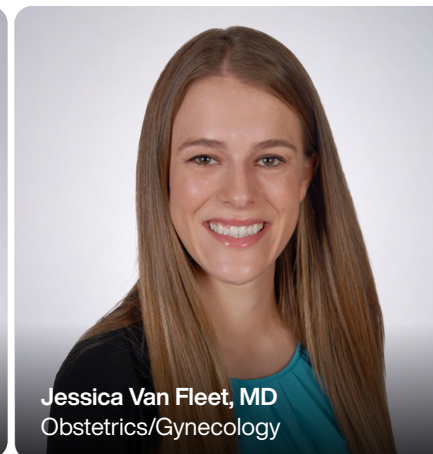
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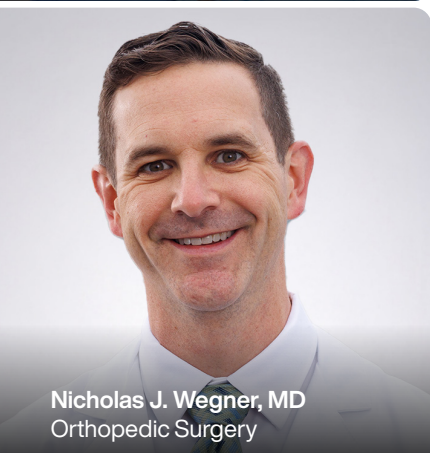
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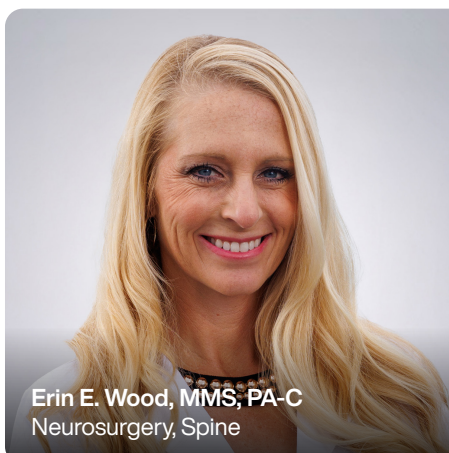
Jessica Van Fleet, MD
Obstetrics/Gynecology



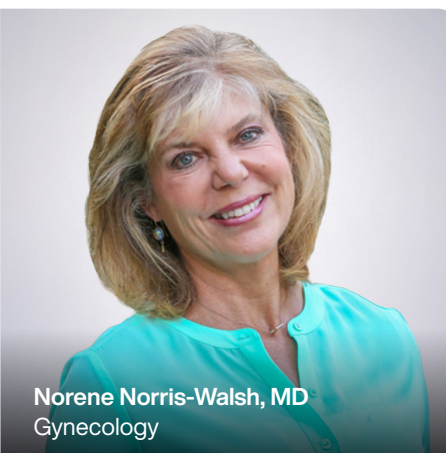
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