

**O U R 2 0 1 1 G O A L**  
**Continuing Education in PPS for Southern California physicians and therapists !!!**

We had 45% return rate on questionnaires. 200 physicians and therapists are rated positive. 400 caregivers listed.

Kasier Permanente is considering how it could host the PPS education program. But no need to wait. If you are not satisfied with a physician or therapist, find one rated positive by another survivor(s) and talk to your HMO about switching. If you are on "straight medicare" or in a PPO, switching is as easy as picking up the phone and making an appointment with the new doc or PT. Later, you might want to switch to a doctor or therapist who attends *Continuing Education in PPS*.

Continued on Page 2

**Missed Occupational Therapist Kathleen Shanfield on SAFETY IN THE HOME?**

Find her slide presentation with many links to services on our website [ppsupportoc.org](http://ppsupportoc.org)

You can contact **Center for Applied Rehabilitation Technology** at 562-401-6800

Inside this Issue

<b>+ Rated docs &amp; therapists</b>	Pgs 2-6
"Blue Zone Blues"	Pgs 6-7
Contact Info	Pg 7
Meeting Info	Pg 8

**Would you be willing to receive your Orange County PPS Newsletter by email?**

If yes, please send an email to [editorbaldwin@ppsupportoc.org](mailto:editorbaldwin@ppsupportoc.org)

**This will save money, time, and trees.**

Besides sending you the newsletter, we will send you notices of events and articles of interest to polio survivors.

If getting the newsletter by email is not for you, **don't worry**, we will continue to mail paper copy to those who need it.

**Breathing and Sleep Symposium 2010**

For the second year in a row The Salk Institute, with the monumental efforts of survivor Gladys Swensrud, hosted a day long program on the proper care for persons (mostly polio survivors) with neuromuscular respiratory impairments as well as offering Continuing Education credits for 34 Respiratory Therapists in attendance. Here are two of the many advocated guidelines:

1. **Annual Vital Testing** if survivors has indications of respiratory impairment.
2. This group of survivors, in particular, should have surgeries done at a university hospital.

View and listen to the whole symposium at: <http://poliotoday.org/ExpertOpinions-Videos.php#BreathingAndSleep2010>

## Need a doctor or therapist recommended by another survivor?

The doctors and therapists whom our readers judged to be learning about PPS and/or giving good care for PPS are listed by **city**. Cities are listed alphabetically. Please note that many physicians practice in two or more cities. Note that physicians affiliated with Kaiser have “Kaiser” next to their name. However, some of them see patients with original Medicare or other insurance. If you are in an HMO and need a polio caregiver in a particular specialty, you might want to show the list to a service representative and see if they have one of the listed docs or therapists under contract. Remember that no one is going to automatically make sure that you only get care from polio trained doctors and therapists. The survey results speak loud and clear. Polio survivors with PPS are getting some good care whether they have “straight Medicare”, or are with Kaiser or another HMO. Our care will only get better if we continue to provide caregivers with information on PPS. And let’s get them to the Continuing Education in PPS which we hope Kaiser will host. We have the challenge of leading Southern California to have quality PPS care **throughout** the largest and most densely populated state region in the USA. What we do for our own health will also mean that at least some of the **58,000 polio survivors in Southern California** who are not part of our support groups will have a good chance of getting a PPS diagnosis and good polio care. This is a LA and Orange Counties’ list with some cities to the north. The *Southern California PPS Manager Newsletter* is working on listing the positively rated providers in San Diego and the Inland Empire.



Name	Specialty	Address	City	Phone
Tenzing Wangyal MD	Primary Care Internal Med	1236 N. Magnolia Ave	Anaheim 92801	714 995-1000
Janet Schreiber MD	Primary Care	3010 W Orange Ave #503	Anaheim 92804	(714) 821-8250
Ivan Martinez MD	Primary Care Internal Med	500 S Anaheim Hills Rd #200	Anaheim 92807	(714) 974-1717
Hwa Mu Lee MD	Pulmonology	3010 W Orange Ave #103	Anaheim 92804	(714) 821-7420
Richard Subin MD	Neurology	665 West Naomi Ave #201	Arcadia 91007	(626) 445-8481
David Dinwiddie MD <i>Kaiser</i>	Primary Care Internal Med	1011 Baldwin Parks Boulevard	Baldwin Park 91706	(626) 851-1011
Bradley E Steele MD <i>Kaiser</i>	Orthopedics	9400 Rosecrans Ave	Bellflower 90706	(562) 461-3000
Cathie-Ann Lippman MD	Primary Care	291 S La Cienega Blvd #409	Beverly Hills 90211	310 289-8430
Robert C Jones MD	Pulmonology	1601 Monte Vista Ave #270	Claremont 91711	(909) 865-9152
Thomas Eng MD	Neurology	770 Magnolia Ave #1H	Corona 92879	(909) 371-8109
Michael Molinari MD	Primary Care Internal Med	341 Magnolia Avenue #207	Corona 92879	(951) 734-9930

Name	Specialty	Address	City	Phone
Abdul A Khan MD	Primary Care Internal Med	275 Victoria St #1E	Costa Mesa 92627	(949) 574-3615
Bradley Rosenberg MD	Neurology	420 West Rowland Street	Covina 91723	(626) 331-6411
Shaw MD <i>Kaiser</i>	Primary Care	5620 Mesmer Ave	Culver City 90230	(310) 737-3215
Richard Winkle MD	General Surgery	11741 Valley View St #A	Cypress 90630	(714) 897-1071
Sophia Chun MD	Physiatry PM&R	7601 Imperial Hwy	Downey 90242	562 904-3579
Augustus Ohemeng MD	Primary Care Internal Med	8311 Florence Ave	Downey 90240	562 923-4911
William Sim MD	Primary Care Internal Med	11480 Brookshire Ave #200	Downey 90241	(562) 806-0874
Vance Eberly MD	Orthopedics	11525 Brookshire Ave #405	Downey 90241	562 923-6112
Vijav Kadmar MD	Pulmology	11411 Brookshire Ave	Downey 90241	(562) 861-5533
John P Kumar MD <i>Kaiser</i>	Orthopedics	9353 Imperial Hwy	Downey 90242	(562) 461-3000
Christine Phan MD <i>Kaiser</i>	Physiatry PM&R	9353 Imperial Hwy	Downey 90242	562 657-2424
Jan Furumasu PT	Physical Therapy	7503 Bonita Street	Downey 90242	(562) 401-6800
Morris Baumgarten MD	Orthopedics	931 Buena Vista Street #505	Duarte 91010	(626) 357-9931
Julie Guthrie PT	Physical Therapy	325 Main Street	El Segundo 90245	310- 648-3167
Jeff Angarola DPM	Podiatrist	11420 Warner Avenue	Fountain Valley 92708	(714) 549-1300
Staff of Non Surgical Spine Care	Physical Therapy	18055 Bushard St.	Fountain Valley 92708	714-979- 8981
Keton Bhakta MD	Primary Care Internal Med	8700 Warner Ave	Fountain Valley 92708	(714) 847-6727
Steve Nichols PT	Physical Therapy	101 Laguna #B	Fullerton 92833	714 871-5342
James Benoit MD	Primary Care	2151 North Harbor Bl #3200	Fullerton 92835	(714) 446-5101
Shanfield Stewart MD	Orthopedics	101 Laguna #A	Fullerton 92835	(714) 879-0050
Louis McNabb MD	Pulmology	1915 Sunnycrest Dr	Fullerton 92835	(714) 446-7240
Sharon Kawai MD	Physiatry PM&R	101 E Valencia Mesa Dr	Fullerton 92835	(714) 992-3000
Lori Morris PT Julie Simpson	Physical Therapy	101 E. Valencia Mesa Dr.	Fullerton 92835	714 871-3280

Name	Specialty	Address	City	Phone
Jason Luk PT	Physical Therapy	1530 E Chevy Chase Dr	Glendale 91208	818 240-5012
Donald Barber MD	Primary Care Internal Med	1809 Verdugo Bl #200	Glendale 91208	(818) 790-6225
Martin Andrade DPT	Physical Therapy	17122 Beach Bl #101	Huntington Bch 92647	(714) 848-7191
Ryan Klein MD	Primary Care Internal Med	17822 Beach Blvd	Huntington Bch 92647	(714) 842-4491
James Lee DPT	Physical Therapy	4482 Barranca Pkwy #195	Irvine 92604	949 697-3337
William Cable MD	Neurology	1100 Gottschalk Med Plaza	Irvine 92617	Irvine 92617
Sharon George MD	Primary Care	10 McClintock Ct	Irvine 92617	(949) 387-5504
Stephen Waldman MD	Neurology	1400 S Harbor Bl #C	La Habra 90631	714 879-7577
Paramjit S Takhar MD <i>Kaiser</i>	Primary Care	5 Centerpointe Dr	La Palma 90623	714-562-3370
Kenneth Lynn MD	Physiatry PM&R	24411 Health Center Dr #690	Laguna Hills 92653	(949) 452-7034
Thomas Di Julio MD	Neurology	1703 Termino Avenue	Long Beach 90804	(562) 498-1182
Alex Kutas MD	Primary Care Internal Med	3300 E South Street #103	Long Beach 90805	(562) 634-9803
Barry Ceverha MD	Neurology	2865 Atlantic Avenue #202	Long Beach 90806	(562) 427-5388
Ellis R Levin MD	Pulmology	5901 East 7th Street	Long Beach 90803	(562) 826-5748
Jeffrey Riker MD Thomas Asciuto MD	Pulmology	701 East 28th St #318	Long Beach 90806	(562) 290-8888
Robert Melikian MD	Primary Care Internal Med	3801 Katella Avenue	Los Alamitos 90720	(562) 594-8149
Ramy Elias MD	Orthopedics	5122 Katella Avenue	Los Alamitos 90720	(562) 431-9404
Luis Moreta-Sainz MD <i>Kaiser</i>	Pulmology	4733 West Sunset Bl	Los Angeles 90027	(323) 783-4011
Perlman Susan MD	Neurology	300 UCLA Med Plz #B200	Los Angeles 90095	(310) 794-1195
Michelle Zeidler MD	Pulmology	37-131 Cnt for HS 10833 Le Conte	Los Angeles 90095	(310) 828-0174
Diana Guth RPT (LA and OC)	Respiratory Therapist	2370 Westwood Bl #D	Los Angeles 90064	310 441-4640
David Austin MD	Primary Care	2501 N Sepulveda Bl #100	Manhattan Bch 90266	310 545-6627
Mark Ishimaru MD	Orthopedics	26401 Crown Valley Pkwy #101	Mission Viejo 92691	(949) 348-4000

Name	Specialty	Address	City	Phone
Justin Fesler DPT	Physical Therapy	26034 Acero	Mission Viejo 92691	949 837-9074
Edmund Evangelista MD	Orthopedics	26401 Crown Valley Pkwy	Mission Viejo 92691	949 348-4000
Janet Yuzdi MD	Primary Care	26732 Crown Valley Pkwy #131	Mission Viejo 92691	(951) 929-8121
Bruce Tammelin MD	Pulmnology	26800 Crown Valley Pkwy	Mission Viejo 92691	(949) 916-8100
Warren G Kramer MD	Orthopedics	1401 Avocado Ave #307	Newport Bch 92660	(949) 720-1944
M VanHouten MD	Neurology	361 Hospital Road	Newport Bch 92663	(949) 548-4111
Lakshmi Shukla MD	Pulmnology	320 Superior Ave #240	Newport Bch 92663	(949) 548-5111
William Klein MD	Primary Care Internal Med	1501 Superior Ave #111	Newport Bch 92663	(714) 842-4491
Peter Mattar MD	Primary Care	1901 Town and Country Drive	Norco 92860	(951) 737-8141
Jean Hawkins MD	Pulmnology	18546 Roscoe Blvd #308	Northridge 91324	(818) 349-2931
Hal Shimazu MD	Primary Care	845 East Chapman Ave	Orange 92866	(714) 997-2899
Tasheen Mozafar MD	Neurology	101 the City Drive South	Orange 92868	(714) 456-7239
Miguel Prietto MD	Orthopedics	280 South Main Street	Orange 92868	(714) 538-8549
Michael Danto MD	Physiatry PM&R	280 South Main Street	Orange 92868	(714) 634-4567
Calvin Okey DO <i>Kaiser</i>	Physiatry PM&R	4201 West Chapman Ave	Orange 92868	(714) 748-7622
Michael Fox MD	Primary Care Pulmnology	1310 West Stewart Dr #410	Orange 92868	(714) 639-9401
Christine Won MD	Primary Care Internal Med	950 S Arroyo Pkwy 3rd Flr	Pasadena 91105	(626) 795-0415
Carl Buckhorn MD	Primary Care Internal Med	1275 N Rose Dr #110	Placentia 92870	310 998-7598
Christopher Chalian M.D.	Orthopedics	255 E Bonita Ave #3B	Pomona 91769	909 257-0600
Kathy San Martino PT	Physical Therapy	255 E Bonita Ave	Pomona 91769	909 596-7733
Ricardo Davolos MD	Primary Care	150 Avenida Cabrillo # A	San Clemente 92672	(949) 366-1053
David Valentine PT	Physical Therapy	653 Camino De Los Mares #110	San Clemente 92673	(949) 496-0122
Linda Doan MD	Primary Care	5015 W Edinger	Santa Ana 92704	(714) 418-2040

Name	Specialty	Address	City	Phone
Kenneth Nudleman MD	Neurology	801 N Tustin Ave #304	Santa Ana 92705	(714) 542-7996
Andrew Kochan MD	Physiatry PM&R	4835 Van Nuys Boulevard	Sherman Oaks 91403	(818) 995-9331
Stephen Hilty MD	Primary Care Internal Med	148 Casa St	San Luis Obispo	(805) 543-8310
Henry Lee MD	Pulmonology	1428 Phillips Ln #203	San Luis Obispo	(805) 781-4230
John Stratton MD	Orthopedics	23456 Hawthorne Bl #310	Torrance 90505	(310) 316-6190
Jay Amin MD	Primary Care Internal Med	13095 Jamboree Rd	Tustin 92782	(714) 547-5431
Richard Ferkel MD	Orthopedics	6815 Noble Ave	Van Nuys 91405	818 901-6600
Brian Wong MD	Primary Care	3291 Loma Vista Rd	Ventura 92003	(805) 652-6075
Robert Bernstein MD	Pulmology	168 North Brent Street #406	Ventura 93003	(805) 653-6371
W Welch DO	Primary Care	7624 Painter Ave # 100	Whittier 90602	(562) 945-9333
Chris Cardoza AT	Physical Therapy	15141 E Whittier Bl #100	Whittier 90603	562 945-1587
Ana Ivanova MD	Primary Care	4900 Prospect Ave	Yorba Linda 92886	714 528-4211

**Check PROVIDERS link on ppsupport.org for more +rated in SoCalif**

## *BLUE ZONE BLUES - TRAVEL ALERT*

(Article derived from Los Angeles Times 11-21-2010)

**Question:** While traveling in Britain this past summer, I parked my car in a Scottish parking garage and went to explore a nearby shopping area. Upon my return, I found a ticket for parking in a designated handicapped spot even though my California parking placard was prominently displayed. Officials told me that the placard was either a fake or not valid. I received a \$130 fine. If I did not pay, I would be taken to court. I had checked BEFORE I left the US and was assured my placard would be honored. What else could /should I have done?



*B. Frame*

**Answer:** When the LA Times contacted Visit-Britain on Mr. Frame's behalf, Katrina Sutton, a spokeswoman, said Scotland had offered to reimburse Mr. Frame for his parking fine. Britain's system allowing disabled parking in designated spots is called a BLUE BADGE SCHEME. The "badge" is recognized in European Union countries and some others as well. But there is NO RECIPROCITY in countries outside Europe to accept other designated "badges/placards", according to Brian Seaman a rep for **Tourism for All**, a British nonprofit that provides travel info and assistance to disabled travelers. He





**Rancho Los Amigos Meeting**

**Saturday  
January 23**  
2pm - 4pm

start 2011 off right with  
**OPEN SHARING**  
of PPS problems and solutions  
see map below

**Future Rancho SG Meetings**

**Saturday  
February 27**

**ANNUAL  
POT LUCK**

**Orange County Meeting**

**FINGER FOOD  
POTLUCK & GREAT  
CONVERSATION**

**Saturday January 8**  
2pm - 4pm  
see map below

**Future PPSG of OC Meeting**

**“Assisted Living in your home”**  
Miguel Ortin of Evergreen Care  
**Saturday February 12**

TENTATIVE

**Upper Body Orthopedics**  
Dr. Michael Rubinstein

