



The Right Doctor for Your Pregnancy Care!

Care for your family with a physician you trust

While some mothers-to-be turn to an OB/GYN during pregnancy, a family doctor is also a great choice for your pregnancy care. At Pomona Valley Health Centers, our family physicians are board-certified to provide the same obstetric care as a specialist, from prenatal and high-risk care to postnatal and newborn care. Our Family Medicine doctors offer complete care from a physician you trust and who is familiar with your medical history.

When you choose your family doctor at Pomona Valley Health Center, you'll receive high-quality continuity of care for you and your family for years to come with accessible doctors across five locations in the Pomona Valley area. You'll also have access to the region's most advanced maternal and neonatal medical care at our birthing center. When deciding on the right doctor for your pregnancy and family care, consider the ease, continuity of care and complete services we offer. It could be the most important decision you make for you and your family.

Who do you wear a mask for?

“ I wear a mask for my family, to keep them safe and healthy. ”

— Manish Patel, PA

“ I wear a mask for my grandma and her friends at the assisted living home. I would love to visit her, but right now her health is more important. ”

— Janae Harris, NP



Meet our newest Premier physicians!

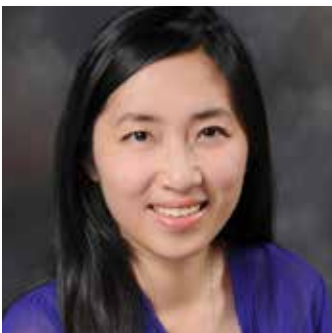
Join us in welcoming three more outstanding doctors to our team.



“*I wear a mask for my children and their teachers trying to navigate school.*”

— Andy Cardenas,
Urgent Care Center
Supervisor, La Verne

Our Premier Family Medicine physicians make PVHC one of the best healthcare providers in the region. We are actively growing our team with doctors specialized in providing comprehensive, convenient, compassionate care for you and your family. Welcome Drs. Yun, Lakhanpal and Cheung!



Tina Yun, MD

“I look forward to journeying with patients through the ups and down of life together and navigating to better health as a team. I feel privileged to be trusted to guide people and hear their stories.”

Board-Certified: American Board of Family Medicine

Focus: Family Medicine, Women’s Health

Other languages: Mandarin, Japanese

Location: Claremont



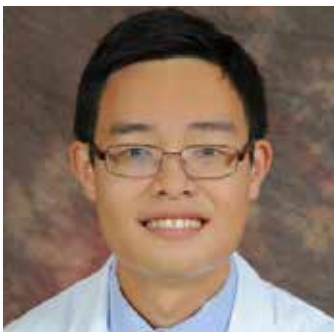
Surya Lakhanpal, MD

“I most enjoy getting to know my patients and helping them live their lives the way they want to. I really enjoy caring for women in their pregnancies during some of the most special times of their lives.”

Board-Certified: American Board of Family Medicine

Focus: Family Medicine, Women’s Health , Obstetrics

Location: La Verne



Jesse Cheung, MD

“My aim, when I meet every patient, is to get know them, so I can provide personalized medical care. Continuity of care is especially important, so I try to leave each patient with a goal for their next visit, giving them practical tips to improve their well-being.”

Board-Certified: American Board of Family Medicine

Focus: Family Medicine, Women’s Health , Obstetrics

Other languages: Spanish, Cantonese

Location: Chino Hills Grand



Your Appointment From Home

Keep your appointment safely with telemedicine

Now you can see your doctor remotely with telemedicine. This option at PVHC allows you to visit your doctor from the comfort, convenience and safety of your own home. All you need is a computer, laptop or smart device to keep that appointment. Call today to see if your appointment qualifies for this option **909.479.5148**.



A More Comfortable Mammogram

Don't delay scheduling your annual screening

We have new technology you'll want to make an appointment for. Pomona Valley Hospital Medical Center is the first in the region to offer Genius 3D Mammography exams with built-in SmartCurve technology. This innovation is clinically proven to deliver a more comfortable screening with better breast cancer detection.

To expand access to our breast health services, we're offering \$50 mammograms for patients without insurance during National Breast Cancer Awareness Month this October. Mammograms are the most important tool doctors have to screen for breast cancer. With a more comfortable and

cost-effective option, there's no reason to postpone this important yearly screening. **Call us today and make an appointment 909.310.4250.**

Don't let fear of COVID-19 prevent you from getting your mammogram. Your health and safety are always our top priority.

We are adhering to all guidelines and recommendations from the CDC and California Department of Public Health for infection prevention. We are committed to universal precautions to protect our patients, staff and physicians, such as masking for all, observance of hand hygiene and social distancing measures, and enhanced disinfection standards.

“I wear a mask for the patients I treat and their families at home.”

— Jennifer Guerra, PA



Family Health Center Renovations

A makeover is underway in Pomona

Our Family Health Center in Pomona is going through some big renovations. We're expanding our facility with more space and five additional exam rooms to match the expansion of our Family Medicine Residency Program and the growth of our team. Soon, we'll be able to care for even more patients. Renovations are set to be complete in November. Schedule an appointment and see the new-and-improved facility for yourself.

“I wear a mask for a better 2021.”

— Dr. Saman Aboudi, Medical Director, Urgent Care/Occupational Medicine



“I wear a mask for the health and safety of our patients and staff.”

— Nancy Oakley, NP, Chino Hills Grand



Pomona Valley Health Centers

CHINO HILLS

2140 Grand Avenue
Chino Hills, CA 91709

Family Medicine • Digital Radiology
Physical Therapy • Women's Health
Sports Medicine • Geriatric Medicine
Milestones Center for Child Development

CLAREMONT

1601 Monte Vista Avenue
Claremont, CA 91711

Urgent Care (No Appointments–Walk-In Only)
Family Medicine • Occupational Medicine
Digital Radiology • Physical Therapy
Sleep Disorders Center • Women's Health
Geriatric Medicine • Sports Medicine
Milestones Center for Child Development

CHINO HILLS CROSSROADS

3110 Chino Avenue
Chino Hills, CA 91709

Urgent Care (No Appointments–Walk-In Only)
Family Medicine • Occupational Medicine
Digital Radiology • Women's Health
Geriatric Medicine • Sports Medicine

POMONA

1770 North Orange Grove Avenue
Pomona, CA 91767

Family Medicine • Women's Health
Sports Medicine • Geriatric Medicine

LA VERNE

2333 Foothill Blvd.
La Verne, CA 91750

Urgent Care (No Appointments–Walk-In Only)
Family Medicine • Occupational Medicine
Digital Radiology • Physical Therapy

MyPVHC.com



Scan the QR code to visit our website.

Take Control of Your Blood Pressure

Take your medication, talk to your doctor and commit to lowering it



High blood pressure puts you at risk for heart attack, stroke and kidney disease. "Elevated blood pressure" is a term doctors and nurses use as a warning. People with elevated blood pressure do not yet have high blood pressure, but their blood pressure is not as low as it should be for good health.

If your doctor has prescribed blood pressure medicine, the most important thing you can do is to take it. If it causes side effects, talk to your doctor or nurse. They might be able to lower your dose or switch you to another medicine. If cost is a problem, mention that too. They might be able to help with a lower-cost alternative. Taking your blood pressure medicine can keep you from having a heart attack or stroke, and it can save your life!

You have control to lower your blood pressure:*

- Lose weight (if you are overweight)
- Choose a diet low in fat and rich in fruits, vegetables, and low-fat dairy products
- Reduce the amount of salt you eat
- Do something active for at least 30 minutes a day on most days of the week
- Cut down on alcohol (if you drink more than two alcoholic drinks per day)

It's also a good idea to get a home blood pressure meter. People who check their own blood pressure at home are better at keeping it low and can even reduce the amount of medicine they need.

* Always talk to your doctor about making lifestyle changes.



“We wear our masks for our patients and our community.”

— Chino Hills Crossroads Medical Providers (left to right) – Dr. Hanh Larson; Margaret Galileo; PA-C, Julia Grienit; PA-C, Dr. Ryan Agenda; Dr. Sula Safar

GET YOUR FLU SHOT TODAY

Your flu shot is extra important this year. Get ahead and schedule your flu shot today before flu season is in full swing **909.479.5148**.

