Member Self-Referral

See a Specialist without a Referral!

TORRANCE MEMORIAL IPA

Torrance Memorial IPA is the only medical group in the South Bay allowing HMO Members to see a specialist in several select specialties within the network, without a referral from their primary care physicians

* No additional premiums or deductibles, A No-Cost service offered by Torrance Memorial IPA above and beyond the coverage provided by your HMO insurance plan

* The above is not a complete list of our specialties in the Torrance Memorial IPA network, only those in our Torrance Memorial IPA self-referral program. Torrance Memorial IPA has a network of more than 450 Primary Care and Specialist Doctors. See a complete list of Torrance Memorial IPA Physicians at www.TorranceMemorialIPA.org/physiciandirectory.

* Please note the self referral benefit applies to the initial visit with the physician only,the physician will direct further treatment and/or tests.

Behavioral Health Psychology Marriage & Family Counseling

**Medicare Advantage Members Only*

Alina Añorga, LCSW
24520 Hawthorne Blvd., #116
Torrance, CA 90505
Phone: 310-378-0302
Fax: 310-544-2411
Additional languages: Spanish

Jamie Gelbart, MFT
24445 Hawthorne Blvd.
#202
Torrance, CA 90505
Phone: 310-257-5785

Bensen F. Ho, MFT
2790 Skypark Dr., #205
Torrance, CA 90505
Phone: 310-855-3990
Fax: 424-276-7676

Brandi M. Zamora, MFT
2790 Skypark Dr., #205
Torrance, CA 90505
Phone: 310-855-3990
Fax: 424-276-7676

Behavioral Health Psychiatry

**Medicare Advantage Members Only*

Harold P. Ceasar, MD
3655 Lomita Blvd., #412
Torrance, CA 90505
Phone: 310-373-7989
Fax: 310-373-0309
Not accepting new patients

Audrey Chen, MD
Vanessa Hernandez, MD
3400 Lomita Blvd.,#104
Torrance, CA 90505
Phone: 310-517-1262
Fax: 310-517-1277

Mindpath Health

Irina Addes, MD
Isabel Puri, MD
Robert Winston, MD
3333 Skypark Dr., #220
Torrance, CA 90505
Phone: 310-257-5750
Fax: 310-257-5753

Behavioral Health Psychiatry (Continued)

Pacific Pain & Wellness Group

Gelareh Solomon, PHD
Kartik Ananth, MD
23150 Crenshaw Blvd., #100
Torrance, CA 90505
Phone: 310-437-7399
Fax: 310-437-7398

Kartik Ananth, MD
2809 N. Sepulveda Blvd #C
Manhattan Beach, CA 90266
Phone: 424-218-6073

Regeneration Psychiatry

Tashlee Brown, PhD
Wenqi Feng, MD
Justin Key, MD
Arjun Kumar, MD
Celena J. Pentagulio, MD
Jobert Poblete, MD
Stephanie Sabra MD
Brittany Tarrant MD
2512 Artesia Blvd. #320
Redondo Beach, CA 90278
Phone: 424-277-2899

Behavioral Health Psychiatry (Continued)

Celena J. Pentagulio, MD
Veronica I. Sanchez, MD
5757 Wilshire Blvd.#448
Los Angeles, CA 90036
Phone: 424-277-3899

Rebecca Salamo, MD
Veronica I. Sanchez, MD
2512 Artesia Blvd. #320
Redondo Beach, CA 90278
Phone: 424-277-2899

Thomas Willett, MD
4477 W. 118th St., #400
Hawthorne, CA 90250
Phone: 310-978-0884
Fax: 310-978-1214

Behavioral Health Psychology

**Medicare Advantage Members Only*

Sandra Brown, PhD
3424 Carson St., #580
Torrance, CA 90503
Phone: 310-370-1173
Fax: 310-542-9858

Cristine Bruzzone, PsyD
Daniel E. Bruzzone, PsyD
2790 Skypark Dr., #205
Torrance, CA 90505
Phone: 310-855-3990
Fax: 424-276-7676

Stephen Friedman, PhD
609 30th St.,
Hermosa Beach, CA 90254
Phone: 310-308-1321

Behavioral Health Psychology

Cristina Moldovan, PhD
Ingrid Jacobs Hicks MFT
3400 Lomita Blvd, # 104
Torrance, CA 90505
Phone: 310-517-1262
Fax: 310-517-1277

Diana M. Siguenza Lizarde, LCSW
4401 Atlantic Ave., #200
Long Beach, CA 90807
Phone: 562-984-2031
Fax: 562-685-0459

Crystal Quarry, PhD
225 Ave I #204,
Redondo Beach, CA 90277
Phone: 424-903-6520
Fax: 424-772-6993

Care Management

23326 Hawthorne Blvd., #200
Torrance, CA 90505
310-257-7282

Cardiology

William K. Averill, MD
3400 Lomita Blvd., #603
Torrance, CA 90505
Phone: 310-326-5142
Fax: 310-326-3154
Patients age 18 and over only

Cardiology (Continued)

COR Healthcare Medical Associates

Torrance location:
Arash Aghel, MD
Salman Azam, MD
Gaurav Banka, MD
Brenton Bauer, MD
Eric Castleman, MD
Ankush Chhabra, MD
Wilson Kwan, MD
Michael Healy, MD
James Matchison, MD
Ram Reddy, MD
Ray Michael Wyman, MD
2841 Lomita Blvd., #100
Torrance, CA 90505
Phone: 310-257-0508
Fax: 310-325-8109

Redondo Beach location:
Bruce Jackson, MD
James Matchison, MD
520 N. Prospect Ave., #300
Redondo Beach, CA 90277
Phone: 310-372-1156
Fax: 310-372-6504

San Pedro location:
Arash Aghel, MD
1360 6th St., #315
San Pedro, CA 90732
Phone: 310-547-9922

Emad Khaleeli, MD
4305 Torrance Blvd., #301
Torrance, CA 90505
Phone: 310-793-4327
Fax: 310-793-4307
Patients age 18 and over only

Cardiology (Continued)

Torrance Memorial Physician Network – South Bay Heart

Nadia Jafar Curran, MD
Wilson Kwan, MD
Victoria Y. Shin, MD
2841 Lomita Blvd., #235
Torrance, CA 90505
Phone: 310-517-8950
Fax: 310-326-6054
Patients age 18 and over only

Nadia Jafar Curran, MD
855 Manhattan Beach Blvd., #101
Manhattan Beach, CA 90266
Phone: 310-257-0505

Dermatology

**Self-referral for adults*

Clear Dermatology

Merrick Brodsky, MD
Melissa Camouse, DO
Malcolm Ke, MD
Dennis Nguyen, MD
23456 Hawthorne Blvd., #100
Torrance, CA 90505
Phone: 310-540-5272
Fax: 310-540-5271

CSI Medical Group

Roy Blumenstrauch, MD
Andrew Breithaupt, MD
Julia Kwan, MD
4201 Torrance Blvd.,#640
Torrance, CA 90503
Phone: 310-543-4444
Fax: 310-543-4446

Gastroenterology

South Bay Gastroenterology Medical Group

Daniel Cho, MD
Jerome Cohen, MD
Tonny Lee, MD
Melissa Munsell, MD*
Minh Nguyen ,MD
Gloria Sze, MD
Oren Zaidel, MD
23456 Hawthorne Blvd., #300
Torrance, CA 90505
Phone: 310-539-2055
Fax: 310-539-0199
Patients age 18 and over only
**Patients age 12 and over only*

Obstetrics/Gynecology

**Self-referral for adults. Consults and routine preventive services*

Zachary Abelson, MD
3440 Lomita Blvd., # 240
Torrance, CA 90505
Phone: 310-784-6822
Fax: 310-517-9002

Christine Djapri, MD
3440 Lomita Blvd., #427
Torrance, CA 90505
Phone: 310-325-9400
Fax: 310-325-9406

Soha Elgharib, MD
510 N. Prospect Ave., #320
Redondo Beach, CA 90277
Phone: 310-376-2716
Fax: 310-374-9163

29409 S. Western Ave.,
San Pedro, CA 90274
Phone: 310-784-6848
Fax: 310-514-4902

Obstetrics/Gynecology (Continued)

Erica Flores, DO
824 E. Carson St.,#203
Carson, CA 90745
Phone: 310-543-5448
Fax: 310-316-5318

Sunetris Fluellen, MD
3440 Lomita Blvd., #240
Torrance, CA 90505
Phone: 310-784-6822
Fax: 310-517-9002

Aviv Herzlich, MD
2110 E. El Segundo Blvd., #220
El Segundo, CA 90245
Phone: 310-784-8745
Fax: 310-893-0431

Ricardo E. Huete, MD
824 E. Carson St., #203
Carson, CA 90745
Phone: 310-543-5448
Fax: 310-316-5318

Savannah Kimball, MD
2110 E. El Segundo Blvd., #220
El Segundo, CA 90245
Phone: 310-784-8745
Fax: 310-893-0431

824 E Carson St., #203
Carson, CA 90745
Phone: 310-543-5448
Fax: 310-316-5318

3440 Lomita Blvd., # 240
Torrance, CA 90505
Phone: 310-784-6822
Fax: 310-517-9002

Obstetrics/Gynecology (Continued)

Freya Marshall, MD
3400 Lomita Blvd., #602
Torrance, CA 90505
Phone: 310-326-5150
Fax: 310-326-0762

Frances McKindsey, MD
2110 E. El Segundo Blvd.,
220
El Segundo, CA 90245
Phone: 310-784-8745
Fax: 310-893-0431

Alexander Mejia, MD
2110 E. El Segundo Blvd., #220
El Segundo, CA 90245
Phone: 310-784-8745
Fax: 310-893-0431

3440 Lomita Blvd., #240
Torrance, CA 90505
Phone: 310-784-6822
Fax: 310-784-6839

Astrid Mendoza, DO
4201 Torrance Blvd., #780
Torrance, CA 90503
Phone: 310-543-2532
Fax: 310-540-9707

Erika Morikawa, MD
3440 Lomita Blvd., #240
Torrance, CA 90505
Phone: 310-784-6822
Fax: 310-784-6839

Obstetrics/Gynecology (Continued)

Beni Naghi, MD
3400 Lomita Blvd., #602
Torrance, CA 90505
Phone: 310-326-5150
Fax: 310-326-0762

855 Manhattan Beach Blvd.,
#209
Manhattan Beach, CA 90266
Phone: 310-939-1881
Fax: 310-939-1882

Megan Oakes, MD
2888 Long Beach Blvd., #400
Long Beach, CA 90806
Phone: 562-997-8510
Fax: 562-997-8520

Hilda Elena Rodriguez, MD
3440 Lomita Blvd., #427
Torrance, CA 90505
Phone: 310-325-9400
Fax: 310-325-9406
**Gynecology only*
Not Accepting New Patients

Cheryl Sanders, MD
510 N. Prospect Ave., #320
Redondo Beach, CA 90277
Phone: 310-376-2716
Fax: 310-374-9163

29409 S. Western Ave.,
San Pedro, CA 90274
Phone: 310-784-6848
Fax: 310-514-4902

Barbara L. Schulz, MD
510 N. Prospect Ave., #320
Redondo Beach, CA 90277
Phone: 310-376-2716
Fax: 310-374-9163

Podiatry

Robert Anavian, DPM
3440 Lomita Blvd., #137
Torrance, CA 90505
Phone: 310-793-1158
Fax: 310-793-1161

Phillip E. Darragh, DPM
2850 Artesia Blvd., #204
Redondo Beach, CA 90278
Phone: 310-370-1980
Fax: 424-378-1207

3440 Lomita Blvd., #137
Torrance, CA 90505
Phone: 310-370-1980
Fax: 424-378-1207

Pulmonology

Jamie M. Kagihara, MD
2841 Lomita Blvd #235
Torrance, CA 90505
Phone: 310-517-8950
Fax: 310-326-6054

2110 E. El Segundo Blvd., #230
El Segundo, CA 90245
Phone: 310-257-5741
Fax: 310-909-7315

Torrance Memorial Physician Network – Pulmonary and Sleep

John Abe, MD
Khalid M. Eltawil, MD**
Richard Huynh, MD
Mladen A. Rasic, MD**
Deren Sinkowitz, MD
Torrance Memorial
Specialty Center
2841 Lomita Blvd., #200
Torrance, CA 90505
Phone: 310-517-8950
Fax: 310-326-6054
*** Sleep Medicine Specialist*

Urology

South Bay Urology Medical Group

Timothy Lesser, MD
Marcus Kauffman, MD
Shelby Morrisroe, MD
20911 Earl St., #140
Torrance, CA 90503
Phone: 310-542-0199
Fax: 310-542-4652
Accepting new patients

Urology Institute of the South Bay

Kambiz Dardashti, MD
Lawrence Flechner, MD
23600 Telo Ave., #220
Torrance, CA 90505
Phone: 310-534-8400
Fax: 310-534-0463

Urology Specialty Group

Alec Koo, MD
Royal Park, MD
23600 Telo Ave., #220
Torrance, CA 90505
Phone: 310-602-5005
Fax: 310-373-7898
Accepting patients age 2 and over only

Not a Member Yet?

310-257-7239 | TorranceMemorialIPA.org/learnmore
Torrance Memorial IPA members: 310-257-7250, option #1 | TTY: 711
Monday through Friday, 8:30 am – 5 pm
Torrance Memorial IPA Administrative Office: 310-257-7250
TorranceMemorialIPA.org