

# Member Self-Referral

## See a Specialist without a Referral!

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](http://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

Phone: 310-257-5785  
*Telehealth Services Only*

#### Bensen F. Ho, MFT

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

#### Brandi M. Zamora, MFT

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Torrance, CA 90505  
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### 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

### Pacific Pain & Wellness Group

**Gelareh Solomon, PHD**  
**Annie Nardella, MFT**  
23150 Crenshaw Blvd., #100  
Torrance, CA 90505  
Phone: 310-437-7399  
Fax: 310-437-7398

### Regeneration Psychiatry

**Tashlee Brown, PhD**  
**Wenqi Feng, MD**  
**Justin Key, MD**  
**Arjun Kumar, MD**  
**Jobert Poblete, MD**  
**Stephanie Sabra MD**  
**Brittany Tarrant 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**  
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#### Cristina Moldovan, PhD

**Ingrid Jacobs Hicks MFT**  
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Fax: 310-517-1277

#### Daniel Sherman, PhD

4216 Pacific Coast Hwy.  
# 1607  
Torrance, CA 90505  
Phone: 310-283-6938  
*Accepting New Patients*

#### Diana M. Siguenza Lizarde, LCSW

3605 Long Beach Blvd.,  
# 108A  
Long Beach, CA 90801  
Phone: 213-640-9256  
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*

### 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*

### 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

## Not a Member Yet?

310-257-7239 | [TorranceMemorialIPA.org/learnmore](http://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](http://TorranceMemorialIPA.org)

## Dermatology

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### Clear Dermatology

**Melissa Camouse, DO**  
**Malcolm Ke, MD**

**Lydia Kim 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  
310-543-4444  
Fax: 310-543-4446

## Gastroenterology

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### South Bay Gastroenterology Medical Group

**Daniel Cho, MD**

**Jerome Cohen, MD**

**Tonny Lee, MD**

**Melissa Munsell, MD**

**Alexander Nguyen, 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*

## Obstetrics/Gynecology

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\*Consults and routine preventive services

**Zachary Abelson, MD**

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

2841 Lomita Blvd., #200  
Torrance, CA 90505  
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Fax: 310-517-9002

**Christine Djapri, MD**

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**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  
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**Erica Flores, DO**

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**Aviv Herzlich, MD**

2110 E. El Segundo Blvd., #220  
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Fax: 310-939-1882

**Megan Oakes, MD**

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**Meher Raza, DO**

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Fax: 310-893-0431

**Hilda Elena Rodriguez, MD**

3440 Lomita Blvd., #427  
Torrance, CA 90505  
Phone: 310-325-9400  
Fax: 310-325-9406  
\*Gynecology only

**Steven H. Rosenberg, MD**

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Fax: 310-539-9175

**Cheryl Sanders, MD**

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**Barbara L. Schutz, MD**

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**Deepjot Singh, MD**

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Phone: 310-373-7900  
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## Podiatry

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Scan members require prior authorization.

**Robert Anavian, DPM**

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Torrance, CA 90505  
Phone: 310-793-1158  
Fax: 310-793-1161

**Phillip E. Darragh, DPM**

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

## Pulmonology

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**Jamie M. Kagihara, MD**

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Phone: 310-517-8950  
Fax: 310-326-6054

2110 E. El Segundo Blvd., #230  
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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*

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Torrance, CA 90505

Phone: 310-517-8950

Fax: 310-326-6054

*Accepting Patients All Ages*

## Urology

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\*Consults and routine preventive services

### South Bay Urology Medical Group

**Timothy Lesser, 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*