

EDS - San Diego - Provider List + Comments

RULES: NO DOCTOR BASHING. Keep comments as short as possible. Do not post this list on platforms other than the closed San Diego FB group or Inspire without permission from an admin. If any comments made violate the “no doctor bashing” rule, the comment will be removed.

- **NOTE TO NEW MEMBERS-** This is a patient compiled (subjective) list of many different providers in the San Diego area. Physicians that one person may find amazing, may be not-so-amazing to others.

See one of your providers here, but feel very differently? Feel free to leave your own review, or simply add your own rating in the far right column.

If rows are filled up, go to the last filled row and click (control for Mac; right click???for PC) then click add row below.

EDS friendly Provider list- San Diego

Name (first and last if possible)	Specialty (include if pediatric or adult)	Rating (1-10)	Group (e.g. ucsd, scripps, kaiser, private)	Comments (keep it as short as possible)	Additional Comments
Dr. Lysa Ho	Primary Care		Truecare, Ramona 760-736-6767	Members mention being diagnosed by her and that she's very thorough and caring.	
Dr. Eric Nudleman	Neuro ophthalmologist		UCSD Shiley Eye Center 858-534-6290	Several members highly praise this physician.	
Dr. Benjamin Frishberg	Neuro ophthalmologist		Neurology Center, Carlsbad	A couple of members say he's great.	
Dr. Jessica Oswald	Pain Mgmt		UCSD Pain Mgmt Clinic	Recommended by a few different members.	
Ashley Bark and Amelia Mettler	Physical Therapy	10	Scripps Rehab Encinitas	Ashley Took the EDS society's provider course, amazing! Amelia is more for POTS protocol	
Liza Plafsky	GI	10	United Medical Doctors	EDS and gastroparesis knowledgeable, also manages liver	
Paulina Uddin	Cardiology	10	Scripps	Scripps will not schedule if reason for appt is POTS - EDS knowledgeable and does my yearly echo and CT angio to monitor aorta since EDS is high risk	

Sarah Tamai	Chiropractor	10	loop Private	VERY EDS knowledgeable! Will not do manual adjustments on zebras, but uses ART and Graston technique! Does not accept insurance but will provide a superbill!	
Dr. Nina Hein, MD	Allergist	10	Kaiser	Great, helpful, willing to test for MCAS/MCAD. Very supportive and encouraging, especially about doing your own research and being curious about your health. Mentioned she will be out of town from July-September 2025	
Dr. Anchi Wang	Neurology (peds and adult)	3	The neurology center (affiliated w/ multiple groups)	Cold, not a good listener, not particularly understanding	
Dr. Brian Pederson	Rheumatology (adult)	??	UCSD	Warm hearted, EDS knowledgeable, non-dismissive Dismissive, gets upset if you know what you're talking about, disregards pertinent lab results if they're not what he wanted them to be, saw visible symptoms of illness and ignored them.	
Dr Jourdan Frankovich	Rheumatology	10	UCSD in	Oct 2023: Kind, thoughtful, good listener, E knowledgeable (said "zebras are welcome here"). Respected my research and knowledge; did a thorough physical exam that surfaced previously unknown symptoms. Asked what I needed/how she could help me move my own process forward. Wrote very thoughtful and detailed letter to explain why genetic testing is medically necessary.	4/25/25 not at UCSD
Dr. Jorge Alvarado	OB/GYN (adult)	10	UCSD	Attentive, somewhat EDS knowledgeable, kind, willing to learn	
Dr. Sedky	Psychiatry (sub specialty in sleep medicine) (adult)	10	UCSD	Sweet, EDS knowledgeable, understanding NO LONGER PRACTICING	
Dr. Linda T. Brubaker	(female) Pelvic medicine (adult)	10	UCSD	Kind, EDS knowledgeable, understanding	
Dr. Pam Taub	Cardiology-	9.5	UCSD	As of 4/24/24, NOT accepting	

	POTS specialist (adult)			new patients EDS knowledgeable, hyper-POTS specialist, nice but often reschedules and a bit pushy	
Dr. Sean Evans	Neurology (adult)	0	UCSD	Very Dismissive. LEAST eds/pots/chiari/cqi knowledgeable MD I've ever met.	
Sharon Mick	NP, audiology	10	UCSD	thorough, EDS knowledgeable	
Irena Y Bilenkaya	NP, spinal clinic (adult)	5	UCSD	Doesn't know much about the spinal comorbidities of eds. Trained at Stanford (meaning, no-go if you deal with instability etc.)	
Dr. Anne Emily Match	Neurology (adult)	10	Kaiser	Empathetic and thorough. Took note of patient's hypermobility and referred out to genetics for EDS eval.	
Dr. Mark Nunes	Genetics (pediatric and adult)	8	Kaiser	Knowledgeable in clinical eval. for hEDS as well as other types. A bit brusque but not uncaring. NO LONGER PRACTICING	
Angela Filose	Genetics Counseling	10	Kaiser	Works with Dr. Nunes. Very warm and caring. Thorough..	
Dr. Lynne Bird	Pediatric geneticist	7	Affiliated w/ multiple groups.	Knows the hEDS criteria, but not very EDS knowledgeable otherwise.	
<u>Dr. Smarandache</u> – no longer practicing in CA	Primary care	5	Scripps	She is fantastic! Great listener, receptive. Knows a little about EDS, willing to learn. Only a 5 because her office staff is the pits.	
Dr Orme	Dermatologist	10	UCSD	Wonderful. EDS knowledgeable	
Dr Gold	Geneticist	10	UCI (Orange)	Knows EDS. Dxed hEDS and excluded other forms.	
Dr Gupta	Immunologist	10	UCI (Orange)	Dxed primary immune deficiency, very thorough and good listener	

Dr Matthew Wade	Ophthalmologist	10	UCI Health Gavin Herbert Eye Institute	DXed Keratoconus, EDS knowledgeable.	
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Dr Charlton	Dentist	10	Del Mar View Dental	Not EDS expert but makes any required accommodation and is an expert dentist.He and his cleaning techs are GENTLE!	Chiola, hygienist, is very gentle and is knowledgeable about EDS and dental implications.
Dr. Joshua Alexander, DO	Neurologist (adult)	10	Scripps	As of 4/24/24, NOT accepting new patients EDS knowledgeable, kind and empathetic, not at all dismissive	6 - great bedside manner, but does not diagnose or refer to physicians for EDS diagnosis, despite prevalent symptoms. Mild recognition of hypermobility issues that may contribute to cervical instability and focused on potential surgical consult. Focused on teaching residences standard clinical evall, not unique EDS cases. Very responsive. August 2023 - He's been promoted to Director of Neurology and no longer seeing patients.

Dr. Nidhi Goyal	Pediatric Gastroenterology	6	accepts multiple med groups- rady children's MD	Late to appointments, took a year to realize i had gastroparesis, eventually just referred me to the motility team		
Dr. Hayat Mousa	Pediatric Gastroenterology- head of RCHSD Motility Team and GI department	9	Accepts multiple med groups- radys	On top of it, eds knowledgeable, called me after hours on bad days to check on me		
Dr. David C. Kunkel	Adult gastroenterology- motility specialist	10	UCSD	Empathetic, EDS knowledgeable	Rating 3: Did not have any interest in running any tests or trying to diagnose my GI problems. Had to fight/argue with him to get the most basic tests, was continuously referred to the ER, which couldn't do anything for me, very difficult to schedule appointments with. Rating 1. Dxd esophageal spasm but no tests during flare. He told me I could not schedule sooner than general followup 5 months later while in acute GI flare. Had to travel to Cedars Motility center (which he would not refer me to).	

					Cedars found found IBS, SIBO, and visceroptosis).	
Dr. Marlene Miller **NOT ACCEPTING NEW PATIENTS**	Adult Internal Medicine	10	UCSD, Sorrento Valley	Empathetic, very helpful, knowledgeable about EDS & POTS. She Has POTS and hypermobile herself.		
Dr. Kristen Wigby	Genetics (Both adult and pediatric)	10	UCSD, La Jolla Rady's	Very knowledgeable and great at explaining options. Empathetic and thorough		
Alyssa Quam (and all staff)	Physical Therapy	10	Water & Sport Physical Therapy, Downtown	Knowledgeable, thorough, compassionate. Has experience with EDS.		
Dr. Watson	Pain Management	9	Kaiser SD at Garfield	Thinks outside the box, has anesthesiology background. Is a DO. Attentive.	2) Would not recommend this guy. Ignored our calls and messages for weeks and ultimately had nothing to offer for hEDS or pain management in general but heavy drugs	
Dr. Rachel Pack	Physical Medicine	10	Kaiser SD at Kearny Mesa Rehab	Very compassionate. Willing to try endlessly. Familiar with EDS.		
Dr Gali Goldwasser	Psychiatrist in Pain Management	0	Kaiser Garfield	A bully who I have reported. Absolutely avoid him.		
Arnold Ceponis, MD, PhD	Rheumatology	0	UCSD	WORST, dismissive, unknowledgeable; did not even look in chart at EDS dx by gen		
Dr. Pam Taub (not accepting new patients - call to verify)	Electro-Cardiology	10	UCSD (La Jolla)	Treats Primary hyperadrenergic type of POTS, gives referrals to other md's and knowledge and NICE! :) A+ (cannot treat autoimmune subtype)		
Dr. Viirre	Neurology (headache only)	5	UCSD	Dismissive, belittles, can be nice, can also make you wait 2 hrs and mis-diagnose due to	6 (agree about him being dismissive. I gave him a quick lesson about being	

				ignorance Jan 2020 Update*-he's starting to listen, but not sure how I feel yet. Will update with another visit or two.	a woman with chronic illness and how he needs to be more understanding about why we have to advocate for ourselves.	
Dr. Erbe	Psychiatry	6	FHC-Hillcrest No longer working there, possibly left SD.	Hard worker, caring, EDS IGNORANT, but will try to help any psych needs, not pushy, overall helpful		
N/A-rotates	PT-Aquatherapy	0	San Diego Spine and Sport	GROUP session only, OUTDOOR, bright sunlight, NO individual guidance		
STACY WILLIAMS, RPT	P	3	UCSD-Hillcrest	Knows of EDS, other member loved, I was too weak for her to help, did not feel encouraged		
Dr. Kim	PCP	10	Kaiser- La Mesa on Parkway Dr	Is a good listener and doesn't hesitate to refer you out if she is out of her league. Will seek out Dr. Nunes (Genetics specialist) without hesitation.		
Dr. Scheuster	Pain and migraine (IR)	7	UCSD	Rushes, empathetic but pushed me too hard. Made me "prove" my hypermobility. Not the best for joint issues.		
Suzan Khoromi, MD	General Neurology	1	UCSD	She wouldn't let me list my current problems or symptoms. Literally told me HEY I'M THE NEURO. Will not get back to you, nor help you.	-10 -2: was great on our first visit (virtual) then lacked understanding and empathy when I had issues with the medications. -0: waited months for transfer of care to her and she spent the appointment questioning why I left treatment with her colleague and deferred to neurosurgery for further follow up.	

					Waste of time.	
<u>Al Kunz</u>	Physical therapy	9	Kaiser- El Cajon Travelodge Location	Knowledgeable and experienced. Familiar with eds and doesn't hesitate to use soft tissue manipulation and treatment. Advocates for you if he suspects something out of the ordinary/undiagnosed. Take his time (this also means he will be running late, but it won't be by much). He's a bit forgetful so if that eds or hyper mobility diagnosis isn't at the top of your chart, you may have to remind him.	1/8/24 Member gives this doctor a very poor rating because he told her is unfamiliar with EDS and was surprised that he's on our list. He didn't understand her concerns, nor did he seem to want to help. Also mentioned that he's retiring soon, so maybe he's completely burned out, but it's odd that he said he doesn't know EDS after he was very different for another member. I was going to remove him, but thought I should leave him here so others know not to see him if possible.	
Jessica Altman	PT; Evals med Necessity of Wheelchair (WC) & Adaptations. Requires PCP referral	10	UCSD	Kind, Well-prepared, knew my needs & EDS. Keen observer of hypermobile movements, creative problem-solver w/ adaptations. Eval incl. specialist in WC working alongside PT.		
Zunera Tahir	Rheumatologist	10	Sharp	Willing to help, not fully knowledgeable on EDS but can see if you fit the criteria. Will to refer and place tests	Would not schedule appt for EDS issues, determined untreatable.	
Dr. Alexander Kim	Allergy/Immunology	10	UCSD (la jolla only for Immunology)	MCAS specialist; was extremely thorough because of my complex allergy and immuno related issues/long history. EDS aware; but very busy!	10: He responds to my email messages really quickly and has squeezed me in for last minute appointments 10: Very responsive and open to preliminary testing on first	

					<p>appointment.</p> <p>10- Denied MCAS diag in 2018, but after EDS diagnosis noted he can get me Secondary MCAS diagnosis due to new standards. Got me Xolair prescription even after insurance denied. Best.</p>	
Dr. Erin Gross	OB/GYN	7	UCSD	I had 8 things and she let me ask all my questions in the first visit!!! She specializes in vulvar issues and pelvic floor problems.		
Dr. Ashley Maher	Doctor of Physical Therapy	10	<p>Symbiotic – Miramar Road (Use to be at Water Sport PT)</p> <p>9020 Kenamar Dr., Ste #201 San Diego, CA 92121</p>	<p>Several EDS patients, very informed on EDS, excellent at releasing muscles/trigger pt</p> <p>ashleydpt@symtraining.com</p> <p>(619) 736-3466</p>	<p>Expertise working with EDS patients, extremely helpful.</p> <p>I've had a lot of PT in my lifetime, and she's the best with regard to knowing EDS and working with the patient vs trying to take a cookie-cutter approach. Highly recommend.</p>	I think she is the most knowledgeable provider I have worked with
Natalie Ruffe Liz (PT PFT)	Physical Therapist	10	<p>FunctionSmart PT</p> <p>https://www.functionsmart.com</p>	Kind, good listener. EDS and hypermobility knowledgeable. Does Active Release Technique to release & reposition locked muscles and subluxed joints. Adjusts exercises for specific patient's atonia and symptoms.	love Nat. had Pelvic floor issues so switched to Liz. She is super knowledgeable about the body & some knowledge of EDS (I'd say as much as Nat) & open to learning	
Dr. Steven Brody	<p>Fertility Specialist.</p> <p>Gyn/Ob, Metabolic Disorders, Endocrinology, Internal Med</p>	10 +	Lifespan Medical Institute - La Mesa, Alvarado med ctr	Excellent doctor, spans several sub-specialities and is well-connected for referrals. Understands EDS. Uses alt pain therapies like BioMat & Needleless Acupuncture (Be prepared to wait, he takes his time with		

				everyone)		
Dr. James Peairs	Ophthalmologist	10	CA Retina Assoc -near Grossmont Hospital	Very thorough and kind, informed on EDS retina issues, Easy testing on site		
Dr. Moses Salgado	ENT- Head & Neck Surgeon	10	Pacific ENT in Carlsbad	Understands EDS, tests pressure, tests allergies. Understands leaks. Only surgeon I've met who doesn't immediately rec surgery.		
Dr. Miguel del Campo (not accepting adults)	Genetics	10	Rady's Children's Hospital	Spent over an hour on initial appointment, diagnoses EDS in adults but can't treat. Very nice and documented everything well for insurance.		
Sara S. Siavoshi, DO	Neurology	0	UCSD	WORST. Told me PTSD caused neuropathy ...delayed my diagnosis and is official reason for permanent damage.	0: Failed to provide treatment or referrals for emergency brain findings of high CSF pressure. Instead decided symptoms were based on mental health issues and suggested long covid despite no prior positive covid test or diagnosis.	
Dr. Luigi Simone *** NOT ACCEPTING NEW PATIENTS	GP	10	Scripps Enc.	He's great and his NP Carolyn Herrera is wonderful. Can't usually get immediate appts. w/him		
Dr. Einat Duhamel ** NOT ACCEPTING NEW PATIENTS UNLESS PREGNANT 8/2021	OB/GYN	10 +	Scripps Enc	Excellent all around		
Dr. Douglas Triffon	cardiologist	10	Scripps Center for Integrative Med	Monitors my aneurysm & gave me DX	1/13/25 not taking new patients	
Dr. Ivan	Ophthalmology	8	Scripps	Did both my		

Quiceno				cataracts;monitors my eyes		
Dr. Adam Burdick	Neurosurgeon	9	Scripps Green	Conservative; understands EDS 3 nice enough guy, though admits knowing nothing about EDS, denies existence of hypermobility, dismisses multiple h-eds diagnoses. No knowledge of or ability to diagnose CCI. discussed the general principles of spine health, namely avoidance of nicotine products, weight loss, and physical fitness. (All factors not relevant in my case.)	Recommends steroid use for cervical canal issues. No specific recommendations or suggested referrals, pain management. Frustrating, unless perhaps surgical cutting is prominently indicated.	
Dr. Daniel Zelac	Dermatologist	8	Scripps	Listens regarding scarring	10 I found him to be a good listener and he seems to have some knowledge and interest in EDS and skin manifestations, like scarring, etc.	
Erwin Caalaman	Physical Therapist	9	accepts many insurances-through rehab health la mesa	Very kind, empathetic. Listens well, bends over backwards for his patients		
Dr Andrew White Dr Kate Luskin	Immunologist for MCAS	10	Scripps	Thorough, great listeners, intelligent	Impossible getting appt unless already diagnosed with MCAS. "Only treats MCAS. Does not diagnose MCAS." according to repeated convos with schedulers.	
Neenah Grade PA	Rheumatologist	10	Institute for Specialized Medicine	Great listener, thorough	I liked Neenah, but their office staff wasn't easy to work with and we had billing issues that took months to straighten out.	
Dr. Anna Halbeisen	Osteopath	10	UCSD and independent office in SD	Empathetic, kind, thinks outside of the box. Looks at all- of the affected patient's symptoms and care. Cares about the needs of the patient.	10 - EDS knowledgeable and open to learning more. Made great EDS specific recommendations.	

					Actual osteopathic treatments more successful, greater pain management, with other osteopaths.	
Dr. Ahmad Mansour	GI	10	Scripps	Empathetic, thorough, knowledgeable. Great for gastroparesis/ dysmotility or other EDS GI comorbidities	5 - Very nice but didn't help me at all. I went to someone else and ended up Dx with SIBO, H-Pylori, etc 3 - was knowledgeable but just focused on my weight and BMI (I'm overweight)	
Dr. Sandeep Mehta	Cardiologist	7	Scripps Integrative Medicine	h Only has basic POTS knowledgeable but is very compassionate, good listener, willing to try new things		
Dr. Namee Kim	Cardiologist	2	Scripps	Trained under Dr. Ahern but doesn't know much beyond the basic stuff. Dismissive, rigid, just tried a few things for my POTS and then gave up		
Dr. Rachel Abbott	Pediatrics	10	Kaiser	Excellent doctor, Excellent listener. Great with treatment and specialists. Learned a lot about EDS for us and I think she saved our Kaiser experience.		
Dr. Dana A Patton-ku	Pediatric Gastro	10	Kaiser	Just great in all aspects and she is very knowledgeable and full of recommendations to go onto other options. Awesome all around.		
Dr. Marni Hillinger	Integrative Medicine/Pain/Alt. therapies	10	Scripps Integrative Medicine	She understands EDS, works with the patient and is kind and understanding. She helped me with topical pain and muscle relief.		
Dr. Rosemarie Rohatgi	Sleep Disorders (UARS / OSA), TMJ	10	San Diego Sleep Therapy	Retired Very understanding and friendly. At home sleep test, many EDS'ers have UARS - she's familiar and		

				treats with oral device not CPAP		
Dr. Ian Purcell	Oto-Neurology	10	Own clinic in SD	Works with NASA, very intelligent but also friendly and empathetic. Very thorough workup (plan for an hour). Does standard neuro tests/imaging plus checks for vertigo, ear issues (crystals), balance disorders, etc. Understands all EDS neuro /chiari / POTS	0: Dr Purcell was nice but his office staff were incapable of coordinating specialty pharmacy meds for pain injection follow ups. Had to order meds myself and reschedule appointments based on delivery dates. Also was not made aware of pricing on vestibular testing and got stuck with a large medical bill. I've never had a problem before or since, where a clinic doesn't keep necessary meds on hand in time for appointments.	
Whitney Landis fDPT	Physical Therapy, Pelvic Floor & Women's Therapy	10	Rehab United	Knows EDS. Super friendly and empathetic. Treats all levels of hypermobility, wheelchair okay		
Dr. Manisha Kumar	Rheumatology	10	Scripps	Lots of EDS patients, evaluates/confirm diagnosis, manages referrals like cardio, neuro, PT. Won't complete paperwork for insurance.	Not 10. Declines seeing patients if already seen by Rheumatologist in Scripps system, even if that Rheumatologist is unfamiliar with EDS and how to diagnose. I've been seeing Dr. Kumar for years and find her helpful in getting to see other doctors. She's sharp and to the point but knowledgeable and I feel she makes an effort to help. 8:Prior to me mentioning hEDS	

					as the reason for my request to Rheumatology, Dr. Kumar had made comments about my visible hypermobility; after I requested it, Dr.Kumar evaluated me for hEDS and confirmed diagnosis, she also diagnosed my fibromyalgia; she suggested medication and PT for treatment and offered assistance with referrals; kind and empathetic, seemed rushed and busy	
Yvonne Le	Physical Therapy	10	UCSD (usually La Jolla, but has been at Hillcrest location for a while)	Super compassionate and knowledgeable about EDS, fibromyalgia, and the intersecting issues of fatigue and chronic pain		
Dr. Soo In Choi	Rheumatology	8	UCSD	Knowledgeable about EDS, super open to making referrals to other specialists, and <i>usually</i> very understanding. Can sometimes be a little short with you and dismissive.	2: Dismissive, told me no one in either San Diego or LA counties has any interest in treating chronic/pathological fatigue symptoms when asked about programs at UCSD. 7: confirmed my hypermobility, didn't want to give me an hEDS diagnosis and said she couldn't help me	
Dr. Michael Smith	PCP	8	UCSD	Knows about EDS, open to learning about more, willing to refer to specialists both in and out of network, appointments can feel rushed, but he'll slow down and answer any questions		
Felicity Rice *** NOT PRACTICING	Physical Therapy (Pelvic Floor)	10	Gaspar Doctors of Physical Therapy	Knowledgeable about EDS! Willing to work around hypermobility limitations.	10 - was amazing! Ended up focusing more on working through my	

AS OF 2022 ***			(Encinitas)		gastroparesis issues (which did help my suspected endo pain at the same time anyways). Super kind and funny, great to work with! Super supportive and helped me feel great.	
Dr. Andrew Beros	Head/Neck Surgeon (Adult)	3	Scripps (La Jolla location)	At least seemed to grasp basics of EDS, but didn't seem to actually understand all the niches of it.	1 - Extremely dismissive towards me! I've read that he is rude towards younger people so it's possible that's part of why he treated me so bad, but he refused to actually believe me. I've heard he's good for swimmer's ear though.	
Innovative Physical Therapy, Dr. Justin Lalonde (and others)	Physical Therapy, including virtual physical therapy	10	Private; clinic is located in Mission Valley	Clinic is owned by two of the therapists. I have been going there for almost 9 years. No therapist specializes in EDS but all have knowledge about it.		
Proactive Physical Therapy	PT, Aqua PT	10	Carlsbad location off Avenida Encinas	Incredible staff, Bill, Carol, and Alberto are knowledgeable of EDS as they have researched and worked with me both pre and post diagnoses		
Dr Eric Yuan	pcp sports medicine specialty	10	ucsd - rancho bernardo	As of 4/2/24 NOT accepting new patients eds knowledgeable, willing to learn, wants more eds patients. focuses on chronic illnesses, very friendly and responsive, very sharp.		
Richard Keating	Rheumatology		Scripps	EDS knowledgeable, friendly, responsive.		
Dr. David Michelson	Ophthalmology	0	Private practice affiliated w/ Scripps	Charges 220% for everything including glasses and did not care about income challenges for care not covered by	0 - Office staff is horrible. I had 2 appointments during the Covid shutdown and when	

				medicare. Had me come 4-5 times per year.	I got there the office was closed and nobody notified me.	
Dr. Ginsberg	Rheumatology	2	UCSD	Does not seem to be knowledgeable about hEDS	Very dismissive, told me that because I was overweight and not a super athlete that I most likely did not have any issues and that I am most likely experiencing these issues from stress	
Bianca Schoeller	PA	10	UCSD	Is in the process of getting me a diagnosis. Got me the referrals I wanted, and was super nice. Also trying to help me handle my headaches/migraines.		
Dr. Schlitt	PCP		Scripps Suite 120 12395 El Camino Real, SD 92130	<i>[Someone added this name at the bottom of this document but didn't put any other notes or info.]</i>		
Dr. Adva Kornblitt	PCP	10	Scripps Carmel Valley (858)764-3059	She has experience working with a rheum in LA who worked with EDS Patients so she seems to understand it. She wants to help people get referrals to the right MDs for help. (Oct 2023)	Feb 2024, not currently taking new patients. Suggest calling periodically to check this.	
Dr. Todd Hitchcock	Cardiologist	10	Scripps Carmel Valley 858-764-3059	He's more knowledgeable about EDs than any cardio I've had so far at Scripps. Also has a good attitude and seems kind. (2023)		
Dr. Quan Nhu	Gastroenterologist		Scripps Torrey Pines	This Dr is very knowledgeable in EDS and is one of those Doctors that goes above and beyond for his patients. He calls me at home to check on me, has fought for me to get insurance to cover my costs. Listens, kind, and really cares. (oct 2023)		
Kelly	Myofascial	10	https://www.h	Most relief I've ever gotten		

Lawrence	Release Therapist	+	oldingspacemfr.com/	from any therapy ever! She's a zebra herself and is the person who suggested I look into EDS. Closest thing to a "put my bendy skeleton back where it goes" practitioner that I've been able to find! Also a lovely human.		
Nina Wheeler (Highline PT)	Physical therapist	9	https://www.highlinept.net	She is eager to learn more and has helped with exercises to build muscle around my weaker areas. She is kind, empathetic, EDS aware, and always seeking more knowledge. I think she is just ok with manual manipulations, but is constantly doing extended learning.		
Dr. Paul Brion	Rheumatologist	10	https://arthritisconsultants.net	Best provider I have seen as far as listening. Gave me EDS diagnosis, refers to whatever is needed. Seems very common sense oriented		
Melanie Chang	Physical Therapist			Recommended by member Jan '24		
Dr. Tara Quesnel	Neurologist with focus on neuropathy		Neurology Center 760-631-3000	This doctor helped me after I'd had my SFN biopsies done (by Dr. Zelac at Scripps, ordered by Dr. Kumar at Scripps). Dr. Quesnell ordered in depth autonomic testing at their own lab to include a QSART for neuropathy. I found her to be helpful and a good listener. There wasn't much she could do for me for the SFN, but she would if she could.		
Dr. John Li	Neurologist at Scripps with focus on neuropathy		Scripps Torrey Pines 858-554-8203	I saw him for a second opinion on SFN. He had some good ideas and I liked him. Would go back if needed.		
Dr. Wendy Buchi	Gyno	9	IGO Medical (858) 455-7520	Believed my POTS and hypermobility (possible EDS) symptoms and referred me to a Rheumatologist, attentive	Also with Scripps 858-455-7520 Does not accept Medi-Cal/ Blue	

				and kind, knowledgeable	Shield Promise.	
Katherine Nguyen, MD	Rheumatologist		UCSD Health	2024 - highly recommended (by Buchi), but not accepting new patients		
Julie Mai, DO	Doctor of Osteopathic Medicine		Center for Synergistic Healing http://www.juliemaido.com/contact/	Dr. Mai practices Osteopathic Manipulation and tailors each session to what the body needs at that time. I have been working with her for over a year for drainage and lymphatic issues. She is gentle and kind. She is chronic illness and EDS knowledgeable.		
Dr. Mark Bautista	Physical Therapist (DPT)	10	Balanced Beast Physical Therapy https://www.balancedbeast.com	Dr. Mark is fabulous - helped resolve neck pain that I have dealt with for over a decade. He is hypermobile himself, so really understands it. He is always willing to test out new things, and doesn't make you feel bad for not responding to tests/treatment like someone without hypermobility. Always willing to keep working until he finds a solution.		
Kelley Becherer	Physical Therapist	10	UCSD Health	Kelley is very knowledgeable about EDS and is great at adapting exercises to your needs. She is also disabled herself and understands the challenges with health conditions.		
Hannah Toperczer	Mental Health Therapist (MFT)		Private practice-telehealth https://www.psychologytoday.com/us/therapists/hannah-toperczer-alpine-ca/1426188	Hannah has EDS herself and personally understands what it's like to live with chronic illness. She is empathetic, a great listener, and truly supportive.		
Dr. Shaun Michael Austin	Primary Care		Kaiser	Unsure of location. Recommended by someone not in the FB group but who sees him for PCP and says he's		

				very EDS familiar		
Dr. Bahar Rahnamayi	Primary Care		Perlman Clinic/UCSD Carlsbad location 1-858-5541-212	Recommended by group member.		
Dr. Jamshid Akhavan	Primary Care		UCSD Bankers Hill 800-926-8273	Highly recommended by group member as knowledgeable and caring while not necessarily being an "EDS" specialist.		
Dr. Miriam Hakim	Primary Care		UCSD 800-926-8273	Highly recommended by a group member as a dr who is compassionate and listens to the patient.	1/13/25 says not taking new patients but haven't called to confirm.	
Susan Reynolds DPT	Physical Therapy		Sharp 619-591-7900	Advanced practice with fascia counterstrain and pelvic floor		
Kelly Grimes, DPT	Physical therapist		UCSD 858-657-6590	Supposed to be very good /EDS knowledgeable, located at the Rancho Bernardo Clinic.		
Dr. Mitch Biermann	Primary Care Provider (PCP)		Scripps Scripps Clinic Carmel Valley; Internal Medicine	Slight grasp on EDS, not too knowledgeable; I requested an evaluation for hEDS with my referral to Rheumatology after personal research I did, he gladly included it in my referral to Rheumatology; very helpful overall throughout the process of my fibromyalgia/hEDS diagnosis and getting me the appropriate referrals		
Alice	PT	9	UCSD La Jolla	Knows about EDS, is great with me. I feel she knows how to treat very odd muscle imbalances. She isn't an EDS specialist, is probably better for those with visible muscle weakness or imbalances. Goes very slow, very niche exercises that I had never received.		
Dr. Joni Chapman	Acupuncturist Functional Medicine (Pediatric and Adult)		Lakeside https://drjonicchapman.janeapp.com/#staff	EDS specialist, balances the body inside and out. Reduces pain cellularly using acupuncture, cupping, electrical		

			_member/1	stimulation and body work. Personalized treatments.		