



Health care services in the Antelope Valley are provided by a network of hospitals, major physicians groups, freestanding surgical facilities, long-term care hospitals, home care, public health agencies, public and private paramedic services and local ambulance services.

The major hospital institutions are as follows:

Antelope Valley Hospital (AVH) is a full-service hospital with 420 licensed beds and is owned and operated by the Antelope Valley Health Care District; a public, non-profit agency.

Services: Critical Care, Neonatal Intensive Care, Definitive Observation, Emergency Department, Medical Surgical, Obstetrics, Pediatrics, Surgery including Open Heart, Cardiac Catheterization Laboratory, Home Health, Physical Therapy, Occupational Therapy, Laboratory, Radiology, CT Scan and MRI, Nuclear Medicine, Outpatient Clinics. Call 661/949-5000 for information or visit www.avhospital.org.

Lancaster Community Hospital (LCH) is a 117-bed community hospital and is owned and operated by a subsidiary of Universal Health Services, Inc. (UHS), a King of Prussia, PA-based company, that is one of the largest healthcare management companies in the nation.

Services: Critical Care, Telemetry, Emergency Department, Medical Surgical, Surgery including: Weight-loss surgery, Open Heart, Cardiac Catheterization Laboratory, Physical Therapy, Occupational Therapy, Pediatric Speech Therapy, Acute Rehabilitation Center Laboratory, Radiology, CT Scan, MRI, Nuclear Medicine, Free Senior Advantage Membership, and Free Physician Referral and Health and Information Line — 800/851-9780. For more information visit www.lancastercommunityhospital.net.

Universal Health Services is constructing a 239-bed full-service hospital in Palmdale on the corner of Tierra Subida and Avenue Q-5. The new Palmdale Regional Medical Center (PRMC), is owned and operated by a subsidiary of Universal Health Services, Inc. (UHS), a King of Prussia, PA-based company, that is one of the largest healthcare management companies in the nation; PRMC is expected to open with 127-licensed beds in 2009 with a total of 239 private rooms in the future, and will open with the largest emergency room in the Antelope Valley with 35 beds. There will also be two 60,000 square-foot professional medical office buildings on the site, one of which is ready for occupancy. For more information on Palmdale Regional Medical Center, access the website at www.palmdaleregionalmedicalcenter.com.

The major medical groups are:

High Desert Medical Group, Heritage Health Care and California Desert Medical Group

Since 1983 High Desert Medical Group, Heritage Health Care and California Desert Medical Group have been committed to providing the highest quality healthcare in the Antelope Valley. With facilities in Lancaster, Palmdale, Boron, Victorville and coming soon in Acton, we continue to grow to meet the medical needs of our community.

High Desert Medical Group is located in Lancaster at 43839 N. 15th Street West, near Avenue K and the 14 Freeway. High Desert Medical Group offers a wide range of general and specialized medical services. Our services include Family Practice, Internal Medicine, a 24 Hour Urgent Care Center and an on-site CVS Pharmacy. Our Lancaster facility also houses Primary Care Providers and specialty clinics, including Radiology, a Lab, and a full service Occupational Medicine Center.

Our Occupational Medicine Center is staffed with a Board-Certified Occupational Medicine physician and highly trained staff to help accommodate the employers of the Antelope Valley and surrounding areas. The goal of our Occupational Medicine Center is to provide comprehensive and proactive medical services to injured employees. Dr. Nathaniel Bautista, the Medical Director, is committed to returning injured employees to their job in the safest, most cost-effective means possible through light-duty work assignments and aggressive back to work programs.

Heritage Health Care is located in Palmdale, at 2260 Palmdale Boulevard. Heritage Health Care offers services focusing on Internal Medicine and Family Practice. Patients of Heritage Health Care may access the full range of services, programs, specialist and 24 Hour Urgent Care offered by High Desert Medical Group.

California Desert Medical Group is a group of physicians located throughout the Antelope Valley, including California City, Tehachapi and Rosamond who have joined together to form an Independent Physician Association (IPA). The IPA physicians remain affiliated with HDMG while practicing in their own private offices. Patients of California Desert Medical Group may also utilize the full range of services offered by High Desert Medical Group, including the 24 Hour Urgent Care Center.

In addition, we are affiliated with each of Antelope Valley's local hospitals. Should a patient require medical treatment not readily available locally, a physician might refer the patient to a recognized out-of-the-area medical facility in Los Angeles or neighboring cities.

High Desert Medical Group and Heritage Health Care proudly accept: PPO, POS, EPO, Medicare, private insurance and Employer/State Sponsored Health Plans. If you have questions regarding our physicians or services, our Patient Services department is available 24 hours a day, seven days a week. To learn more about High Desert Medical Group, Heritage Health Care and California Desert Medical Group, please call 1-(800) 266-HDMG, or visit our website at www.hdmg.net. For more information regarding High Desert Medical Group's Occupational Medicine Center and its services, please call (661) 951-3320.

Kaiser Permanente

- Medical Offices and 24 Hour Urgent Care Services
43112 N. 15th St. West, Lancaster
- Medical Offices (Behavioral Health and Nephrology)
44444 20th St. West, Lancaster
- Medical Offices:
4502 E. Avenue S, Palmdale

Kaiser Permanente—America's leading integrated health plan—has been helping people get and stay healthy in the Antelope Valley since 1968. There are three Kaiser Permanente locations in the

area—two in Lancaster and one in Palmdale—with more than 90 physicians and 500 employees providing high quality care.

Primary care services—obstetrics and gynecology, pediatrics, internal medicine, and family practice—are available in Lancaster and Palmdale. Each location houses its own diagnostic imaging, pharmacy, and laboratory with extended hours to accommodate patients' busy schedules.

In Lancaster, the following specialty care services are offered: Audiology, Behavioral Health, Cardiology, Dermatology, Endocrinology, Gastroenterology, General Surgery, Head and Neck Surgery, Hematology/Oncology, Infectious Disease, Nephrology, Neurology, Occupational Medicine, Ophthalmology, Optometry, Orthopedics, Physical Medicine, Physical Therapy, Podiatry, Pulmonary, Respiratory Therapy, Rheumatology, and Urology.

The Palmdale medical offices offer preventive services to both Kaiser Permanente members and non-members through its health education center, which features classes such as weight management, prenatal care, and diabetes management; a literature and video room; a health store, three family education rooms; and four conference rooms.

Kaiser Permanente leads the industry with a fully-functional electronic medical record system. Patient records, including lab results, prescriptions, and digital imaging, are available at the caregiver's fingertips at all Kaiser Permanente facilities nationwide via KP HealthConnect. This system provides our physicians and health care team with instant access to patient records, which increases accurate patient diagnosis, patient safety, and convenience.

To help meet the needs of today's community, Kaiser Permanente's Web site, kaiserpermanente.org, allows patients to order pharmacy refills, view lab results, schedule appointments, read health assessments, download healthy recipes, e-mail doctors, and more.

In 2008, Kaiser Permanente received the highest rating on the HMO Quality Report from the California Office of the Patient Advocate (OPA).

More information is available at kaiserpermanente.org or 800/464-4000.

Sierra Medical Group (SMG) is a physician network with 15 primary care physicians in Lancaster and Palmdale. SMG contracts with community-based primary care and specialists to provide services to its patients.

Services: Primary care services for Family Practice, Internal Medicine and Pediatrics. Other services include Laboratory, Radiology, EKG, and Urgent Care. Specialty services are provided by contract community-based physicians. Call 661/945-9411 for more information or go to www.sierramedicalgroup.com



Palmdale Medical Center

Freestanding surgical centers

- Antelope Valley Surgery Center
- Regional Valley Surgery Center

Long Term care is provided by

- Antelope Valley Convalescent Hospital
- Antelope Valley Hospital
- Antelope Valley Nursing Care Center
- Lancaster Convalescent Hospital
- Mayflower Gardens Convalescent Hospital

Home Care and Hospice

- Antelope Valley Home Care
- AV Home Care with Services
- Accredited Home Care Services
- Advantage Home Care
- GT Home Health Care Services
- Hoffmann Hospice
- Kaiser Permanente Home & Hospice Care
- Masters Medical Home Care
- ProCare Hospice
- St. Jude Home Care
- Sun Alliance Hospice
- Sun Plus Home Care

Adult Day Health Care Centers

- AV Adult Day Health Care
- Chateau La Petite
- Lancaster Adult Day Health Care
- Ultra Care Adult Day Health Care

Dialysis Centers

- AV Dialysis Center on AVH campus
- East Palmdale Dialysis
- Fresenius Dialysis Center (Kaiser Permanente)
- High Desert Hemodialysis
- Palmdale Regional Dialysis

Chiropractic

There are approximately 92 Chiropractic Doctors in the Antelope Valley. Most are solo practitioners.

Dentists

There are approximately 210 Dentists in the Antelope Valley of which five are Oral & Maxillofacial surgeons and 13 are Orthodontists.

Ambulance

- American Medical Response Paramedic and BLS
- Antelope Ambulance BLS

Public Health

■ Antelope Valley Health Center
Services: Family Medicine Primary Care, Family Planning Clinic, Immunizations, OB/Gynecology - Prenatal, Pregnancy Test, T.B./Chest Clinic, Walk-In Clinic.

- LA County High Desert Hospital Complex

Services: While the hospital is closed, the facility provides a full spectrum of outpatient services.

Childcare

There are 110 childcare facilities listed in the yellow pages for Lancaster/Palmdale only.