



Helene Nguyen, D.O.

Clinical Interests	As a family physician, I take care of patients of all ages from infants to the elderly. I emphasize preventive medicine, nutrition, and regular exercise for better health. A good relationship between physician and patient is very important as well as the patient's motivation to stay healthy. Patients with chronic diseases need to understand their diseases and the benefits of treatment. Working at UC Davis Health System allows me to have access to specialists and other resources to give patients the care they need.
Specialty	Family and Community Medicine
Department	UC Davis Medical Group
Division	UC Davis Medical Group, Elk Grove
Clinic	UC Davis Medical Group, Elk Grove
Center/Program Affiliation	UC Davis Medical Group
Address/Phone	UC Davis Medical Group - Elk Grove, 8110 Laguna Blvd. Elk Grove, CA 95758 Phone: 916-683-3955
Additional Phone	Physician Referrals: 800-4-UCDAVIS (800-482-3284)
Languages	Vietnamese
Education	D.O., Touro University College of Osteopathic Medicine, Vallejo, California, 2003 B.S., UC Irvine, Irvine, California, 1997
Internships	Mercy Community Medical Center, Merced, California, 2003-2004
Residency	Mercy Community Medical Center, Merced, California, 2004-2006
Board Certifications	American Board of Family Medicine, 2006
Professional Memberships	American Academy of Family Physician American College of Osteopathic Family Physician American Osteopathic Association



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