



Christina Spandler, MD
Family Practice
柯莉娜·斯盼蕾 醫生
家庭科

Clinic Location:
NEMS Eastmoor Clinic
211 Eastmoor Avenue
Daly City, CA 94015
(650) 550-3923

Clinic Hours:
Mon-Fri 8:00am-6:00pm
Saturdays 8:00am-12:00pm &
1:00pm-5:00pm
Closed Sundays & Holidays

指定診所
帝利市診所
211 Eastmoor Avenue
Daly City, CA 94015
電話 (650) 550-3923

診所營業時間
週一至週五 8:00-6:00
週六 8:00-12:00 及
1:00-5:00
週日及假日休息

Dear NEMS Member,

My name is Christina Spandler and it is a privilege to serve you as your primary care provider (PCP) at North East Medical Services (NEMS). Knowing who your PCP is and working with the same provider is very important in building trust and better health. That's why I wanted to tell you a little bit more about me.

I received my medical degree from the University of Colorado School of Medicine in Denver, Colorado. After I graduated, I completed my residency at UC Davis Medical Center, Department of Family Medicine.

I joined NEMS in 2022 and have been providing health care to the community ever since. I hold a board certification from the American Board of Family Medicine and am particularly interested in diabetes care, geriatrics, and women's health. I speak English and Medical Spanish. In my spare time, I enjoy hiking, travel, listening to audio books, and spending time with loved ones.

So remember, the next time you need quality health care, whether it's for a sore throat or an annual physical check-up, make sure to ask for me, Dr. Spandler, your PCP.

尊敬的東北會員，

我是東北醫療中心的柯莉娜·斯盼蕾醫生，很高興能夠成為您的主診醫生。了解您的主診醫生並長期與其合作對於建立互信和跟進您的健康非常重要，我想藉此機會作一個簡單的自我介紹。

我畢業於科羅拉多大學丹佛分校醫學院 (University of Colorado Denver School of Medicine)。之後在加州大學戴維斯分校醫學院 (UC Davis School of Medicine) 完成見習醫生培訓。

從 2022 年加入東北醫療中心開始，一直致力於為社區人士提供優質的醫療服務。我持有美国家庭科委員會 (American Board of Family Medicine) 頒發的認證，專注於糖尿病護理、老人科和婦女健康。除了英文，我還可以說西班牙語醫療用語。在我空閒的時間，我喜歡遠足、旅遊、聽有聲書和抽時間陪伴至親。

作為您的主治醫生，我會比較了解您的健康狀況，可以迅速回答您的問題，確保您獲得最佳的醫療照顧。這將節省您向另一位醫生重新解釋保健需求的時間，也有助於進一步提高我們的工作效率和服務質量。下次當您要做例行檢查、或遇到緊急醫療狀況、或者有任何健康問題，請與我聯繫。

Christina Spandler, MD
柯莉娜·斯盼蕾醫生 謹啟



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