



Top Doctors List of 2008

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West Coast OB/GYN Inc. is an expanding group of dynamic physicians who provide full-spectrum obstetric and gynecologic healthcare for women. The doctors specialize in minimally invasive laparoscopic and robotic-assisted procedures, using cutting-edge surgical techniques and state-of-the-art technologies, allowing patients to return home quickly, with minimal recovery and pain. "Our goal is to find the least-invasive approach to effectively treating illnesses," says Dr. Craig Saffer.

The group, which includes two nurse practitioners and a dedicated, caring medical support staff, is leading the way into the future of women's healthcare, while providing a caring, warm environment.

"Approaching the woman as a whole, keeping in mind how her disease and treatment plan fits into her life, is a key aspect to how we treat our patients," says Dr. Kim Goodwin, named a top doc by *San Diego Magazine*.

Patient visits take place in a relaxed, yet professional, atmosphere at the group's new suite, located adjacent to Sharp Mary Birch Hospital for Women.

"I enjoy the diversity of OB/GYN. Being a part of a woman's total care is a privilege and is so rewarding," says Dr. Lauren Bales, who formerly served with the U.S. Navy prior to joining West Coast OB/GYN.

Cosmetic procedures are also available at West Coast OB/GYN. "We cater to a variety of a woman's health concerns and provide multiple services in one central location," says Dr. Gwendolyn Henao, who spearheaded the group's founding of a state-of-the-art laser and cosmetic center.

The successful rapid growth of West Coast OB/GYN continues with the addition of Dr. Amy French in September, 2008.

The group's five physicians are fully committed to women's healthcare and obstetric care, including high-risk pregnancies and those involving advanced maternal age. All of the group's doctors are on staff at the prestigious Sharp Mary Birch Hospital for Women.