Lieutenant Commander Charles D. Martin was assigned to the USS Carl Vinson (CVN 70) and completed...
CURRENT RESIDENTS

Emily Bruno, MD

Emily is a diplomat-turned-doctor, coming to medicine after two years as a Peace Corps Volunteer in Ethiopia.
Amutha Rajagopal, MD

PGY-3

Bryan Long, MD

Bryan is a LCDR in the Navy completing a FTOS residency option. He completed his internship in internal medicine at the University of California, San Diego, and is currently serving as a physician for the 1st Marine Headquarter’s Group Surgeon. Bryan’s interests are the military and medically underserved populations.
CURRENT RESIDENTS

Thomas Kocher, MD

Thomas is a board-certified pathologist with professional interests including cancer epidemiology in special populations and applications of molecular methods to epidemiology.

PGY-2 Residents

Marsha-Gail Davis, MD

Dr. Davis originally hails from the beautiful island of Jamaica. She received her BA from Swarthmore College and completed her medical degree at Howard University College of Medicine. Prior to joining our residency program, she completed an internship in internal medicine and public health in South Africa. She enjoys doing anything creative, cooking and most importantly eating. She also speaks Spanish and is skilled in public speaking.
CURRENT RESIDENTS

Spencer Nadolsky, DO

Dr. Spencer Nadolsky is board-certified in family medicine with specialty boards in obesity medicine and lipidology. He has worked with patients of all ages and weight statuses through weight loss and treatment of sleep apnea, diabetes, and heart disease. He practices weight loss and health coaching remotely via the internet using a combination of personal in-depth coaching and telemedicine. His current telemedicine practice is with SteadyMD.com and his coaching program is with RenaissancePeriodization.com. Dr. Nadolsky has an undergraduate degree in Exercise Sports Science from UNC-Chapel Hill where he also wrestled for his family medicine residency. He speaks all around the world about weight loss and health and is also the author of *The Fat Loss Prescription* and *The Natural Way to Beat Diabetes*. Currently he is working on a Masters in Public Health at SDSU along with another board certification in Preventive Medicine at UCSD.

Angelo Asheh, DO

Angelo was born and raised in New England and has since migrated to the West Coast. Angelo began his journey in medical school at SUNY Downstate in Brooklyn, NY, but has since moved to San Diego for his residency. He enjoys flipping through the pages of a history book, even though he never learned how to flip. He is a big fan of social media and is interested in how we can use all of the tools at one's disposal to prevent illnesses and assist those with addiction disorders.

Angelo

[Image of Angelo and Spencer]
Christopher Granda, DO

Anastasia Maletz, DO

Anastasia is a home grown Oregonian who loves good food and the great outdoors. Having grown up with fresh local produce and a strong emphasis on physical activity, she understands the power of controlling one’s health through what they eat, how they move, and by creating health in the environment around them.
CURRENT RESIDENTS

Michael Austin, DO

Dr. Austin is currently an active duty US Navy physician born and raised in beautiful Sonoma County, Northern California. After completing his undergraduate education at the University of California, Davis, he attended Ohio University College of Osteopathic Medicine with a particular interest in linking diet, exercise and environmental determinants to disease prevention.

AUSTIN