Reshmin Ashraf, MD
Internal Medicine
瑞斯敏・阿什拉夫 醫生
內科

Clinic Location:
NEMS Sullivan Clinic
1850 Sullivan Ave., Suite 150
Daly City, CA 94015
1-888-500-1886

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

指定診所
帝利市 Sullivan 街診所
1850 Sullivan Ave., Suite 150
Daly City, CA 94015
電話 1-888-500-1886

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

Dear NEMS Member,

My name is Reshmin Ashraf 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 at the Bengladesh Medical College in Dhaka, Bengladesh. After I graduated, I completed my residency at St. Barnabas Hospital in Bronx, New York.

I joined NEMS in 2022 and have been providing health care to the community ever since. I am particularly interested in asthma management, diabetes, and hypertension care. In addition to English, I also speak Bengali, Hindi, and Urdu. In my spare time, I enjoy travel, cooking vegan food, and music.

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. Ashraf, your PCP.

尊敬的東北會員，

我是東北醫療中心的瑞斯敏・阿什拉夫醫生，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。

我畢業於孟加拉醫學院 (Bangladesh Medical College Hospital)。之後在聖巴拿巴醫院 (St. Barnabas Hospital) 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。我對糖尿病、高血壓護理和哮喘管理有專業興趣。除了英文，我還可以說孟加拉語、印度語和烏爾都語。在我空閒的時間，我喜歡旅遊、烹煮素食和聽音樂。

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。

Reshmin Ashraf, MD
瑞斯敏・阿什拉夫 醫生 謹啟

NEMS NORTH EAST MEDICAL SERVICES
東 北 醫 療 中 心