

Tiffany Young, AGPCNP-BC
Gerontology
楊靖 醫護師
老人科

Clinic Location:
NEMS Portola Clinic
2574 San Bruno Avenue
San Francisco, CA 94134
1-888-500-1886

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

指定診所
三藩市波特羅區診所
2574 San Bruno Avenue
San Francisco, CA 94134
電話 1-888-500-1886

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 Tiffany Young and it is a privilege to serve 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 pursued my nurse practitioner degree at the University of California, San Francisco (UCSF) School of Nursing, focusing on Geriatric Medicine. I joined NEMS in 2026 and have been providing health care to the community ever since. I hold a board certification from the American Nurses Credentialing Center and am particularly interested in sleep medicine, preventive care, chronic disease management, and women's health. I'm fluent in several languages, including Cantonese, Mandarin, and English. In my spare time, I enjoy Pilates, traveling, arts and crafts, trying new restaurants, and spending time with family, friends, and my golden retriever, Tobi.

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, Nurse Practitioner Young, your PCP.

尊敬的東北會員，

我是東北醫療中心的楊靖醫護師，很高興能夠成為您的主診醫師。了解您的主診醫師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。

我畢業於加州大學三藩市分校護理學院 (UCSF School of Nursing)，專注於老人科。從 2026 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。我擁有美國護理認證中心 (American Nurses Credentialing Center) 頒發的認證書。我可以說流利的粵語、國語及英語，專業興趣包括睡眠醫學、預防保健、慢性病管理和女性健康。在業餘時間，我喜歡普拉提、旅行、手工藝、嘗試新餐廳，以及花時間陪伴親友和我的金毛犬 Tobi。

作為您的主診醫師，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。

Tiffany Young, AGPCNP-BC
楊靖醫護師 謹啟

NEMS NORTH EAST MEDICAL SERVICES
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