

Nellie Rising Sgambelluri, MD

Biography

I am originally from the island of Guam, a territory of the United States. I received my bachelor's degree from UC Berkeley, and obtained a master's in public health from UCLA. I worked in the community to decrease minority disparities in healthcare. While doing this work, I realized that I could do more to help people by becoming a physician. I attended medical school at the University of Hawaii, and did my residency at Loma Linda University.

About my practice

I specialize in women's health and disease prevention. My team and I partner with you to maximize your wellness, whether you are essentially healthy or have some health challenges. I believe in respect of all human beings, regardless of beliefs, and practice medicine with cultural sensitivity.

How I thrive

I am married with two boys, and love to garden, cook, and hike. Together with my family we explore new hiking trails, go to the beach, and dig in the dirt. I make sure to exercise regularly, and eat locally grown foods as much as possible. I believe in taking time for a bit of tranquility to clear your mind. I reserve time each day to quietly unwind with a book, relax in the garden, or sit quietly with my dog. I believe emotional wellbeing is very important, so I make time to hug my kids and laugh together. These are the things that help me thrive.