



Congratulations! You are entering adulthood! It has been our honor to take care of you and watch you grow into the young adult you are today. Desert Shores Pediatrics wants to help you and your family make a smooth transition from pediatric to adult health care. This will be a major shift from a pediatric care model where parents make most health choices to an adult care model where you make your own health choices. We will continue to provide medical care until you have turned 18 years old and graduated from high school. Please make sure you have scheduled your annual physical and are up-to-date on recommended vaccinations including Tdap, Menactra, Trumenba, and Gardasil.

We have enclosed a list of local primary care physicians for your convenience. We do not endorse any specific practice but wanted to give you a starting point for reference. When you establish care at the new practice, we will gladly transfer your records when we receive a signed medical release from their office.

We respect that many of our young adult patients choose to continue to involve their families in health care decisions. Only with your consent will we be able to discuss any personal health information with family members. Additionally, online portal access will be restricted to only your own personal email account. If you currently do not have portal access and desire it, please contact our office.

As you continue your path to adulthood, we hope you follow your passions, reach for the stars, and stay healthy! You are our future!

Sincerely,

Desert Shores Pediatrics

Recommended Resources:

Got Transition [www.gottransition.org](http://www.gottransition.org) (website about the move from pediatric to adult care)

Young Women's Health [www.youngwomenshealth.org](http://www.youngwomenshealth.org)

Young Men's Health [www.youngmenshealthsite.org](http://www.youngmenshealthsite.org)

Primary Care Physicians (rev 3/2026)

(List provided for reference and is not considered an endorsement of any specific physician/APP)

Anu Nutakki, MD (Optum Primary Care)	3048 E Baseline Rd, Ste. 120	Mesa	480-505-3276
Associated Internists	4530 E Muirwood Dr	Ahwatukee	480-961-2303
Chamberlin Internal Medicine	6242 E Arbor Ave, Ste 123	Mesa	480-930-4600
Cloonan-Schulte MD, Melanie	595 N Dobson Rd, D76	Chandler	480-821-0788
Desert Foothills Family Medicine	5505 W Chandler Blvd, Ste B13	Chandler	480-361-4780
Desert Valley Family Medicine	2730 S Val Vista Dr	Gilbert	480-324-0300
East Valley Family Physicians	1455 W Chandler Blvd, Bldg A	Chandler	480-899-2900
East Valley Internal Medicine	2081 W Frye Rd, Ste 200	Chandler	480-821-3821
Fountains Family Care, Dr. Le	3930 S Alma School, Ste 1	Chandler	480-726-6632
Gilbert Center for Family Medicine	652 E. Warner Road Suite 107	Gilbert	480 539-8680
Healthcare Delivered	4111 E Valley Auto Dr Suite, 209	Mesa	480-939-3409
Ijaola MD, Hope	1720 E Boston Street, Ste 104	Gilbert	844-775-3511
Infinity Internal Medicine	1110 S Dobson Rd, Ste 7	Chandler	480-855-3229
Kyrene Internal Medicine	4545 E Chandler Blvd, Ste 201	Phoenix	480-598-4145
Ocotillo Internal Medicine	353 S Mercy Rd	Gilbert	480-895-5870
Premier Family Care- Dr. James Loo	1870 W Frye Rd	Chandler	480-821-4701
Wright Family Medicine	3800 W Ray Rd, Ste 21	Chandler	480-889-0508
One Medical (annual fee)	Gilbert/Queen Creek		888-663-6331