



Sam Zand, MD

LANGUAGES SPOKEN

English
Spanish
Farsi

SPECIALTIES

Primary Care

EDUCATION

St. George's University
AMITA Health, Saints Mary and Elizabeth
Medical Center
University of California San Diego

ASSOCIATIONS

American Academy of Family Physicians

MY CENTER

“My favorite part of being a physician is giving back to the community, making people smile, getting to know about them and their families, and forming long-lasting relationships.”

About Sam Zand, MD

Dr. Sam Zand strives to go “above and beyond” for his patients. His favorite part of being a physician is “giving back to the community, making people smile, getting to know about them and their families, and forming long-lasting relationships.” Dr. Zand wants patients to feel safe sharing their concerns and says that a long-term goal of his is to “provide easy and affordable access to medical care.” He is grateful for the opportunity to care for “a generation that sacrificed their lives to give us a better life.”

In his free time, Dr. Zand enjoys relaxing by the beach and spending time with family and friends. He also loves soccer and used to play semi-professionally before pursuing a career in medicine.