

Article: MHCS Welcomes New Medical Director
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Mountain Health & Community Services, Inc.
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With the growing need for health care in our communities, Mountain Health & Community Services is excited about their new Chief of Medicine, Rafael Rosado-Cosme, MD MHA FAAFP. Dr. Rosado will be overseeing all five of our community health clinics and working towards bringing the most comprehensive medical care that we can provide to our families.

Having a practice in a small town isn't anything new to Dr. Rosado. He began his Family Practice in the small town of Needles. His practice grew rapidly until he decided to move to Bullhead City where he remained for 6 years. After missing his family and wanting to set down roots, he moved to Fallbrook where he could be close to family and friends and serve the community there.

Dr. Rosado served active duty in the Army, where he was first stationed at the National Training Center at Ft. Irwin near Barstow. He met his wife, Adela and they have been inseparable ever since. The Army then moved him to Ft. Hood, Texas where he spent 4 years. He also had the opportunity to serve on a peacekeeping mission with the First Cavalry Division's Iron Horse Brigade to Bosnia-Herzegovina. There he served 8 months.

San Juan, Puerto Rico is Dr. Rosado's birthplace. He loves his home now with wife, Adela that sits on hill overlooking a valley about 12 miles from the ocean. After receiving his postgraduate medical training in Puerto Rico in the Family Residency Program he decided to practice in California and has loved it ever since. He is currently a Board Certified Family Practitioner and sees patients at Alpine Family Medicine. He does home visits with the elderly as well as performing medical director tasks. Along with his medical degree, he holds a master's degree in Health Administration.

Mountain Health & Community Services is committed to meeting the health needs of our community and know that Dr. Rosado will help us serve our most underserved populations. His goals are to get involved in health care administration and to help provide care to our growing number of elderly patients in the San Diego County area.

Alpine Family Medicine is open Monday-Saturday from 8:30 to 5:00 and can provide routine health screenings, well child exams, immunization updates as well as address most acute illnesses and injuries. We can also perform basic x-ray examinations. MHCS offers counseling, behavioral health and psychiatry with support groups forming for life skills and parenting education.

Appointments can be made by calling Alpine Family Medicine at (619) 445-6200. We look forward to taking care of your family this year. Visit at our website: www.mtnhealth.org.