

Welcome!

Breakthrough Ketamine Infusion and Suboxone therapy is now offered at Achieve Medical Center!



Achieve Medical Center is a unique, multidisciplinary, private psychiatric and wellness center. We provide comprehensive and compassionate mental health wellness services to a wide range of people in the La Jolla/San Diego and Eastlake area. Our clinic specializes in the diagnosis and treatment of psychiatric conditions affecting children, adolescents, young adult and adults.

Ketamine Infusion Therapy

What is Ketamine?

Ketamine is a FDA approved anesthetic drug that is used to relieve depression, post-traumatic stress disorder (PTSD), and chronic pain syndromes. Ketamine has been shown to provide rapid-acting anti-depressant effects with low-dose infusions. It has been associated with quick improvement in depressive symptoms, with results lasting days to weeks. Ketamine may improve your symptoms of depression, but these effects may not be long-lasting.

How does Ketamine work?

Ketamine is an NMDA receptor blocker. In chronic neuropathic pain syndromes, ketamine is used to block the receptors, this can cause the receptors to down-regulate, effectively resetting them to normal levels.

Suboxone Therapy

What is Suboxone?

Suboxone (buprenorphine) is used as a medication-assisted treatment for individuals who are seeking relief from their addiction to or dependence on heroin or other opioids.

What are the benefits of using supplemental Suboxone treatments?

Opioid dependence and addiction is a treatable medical condition that is caused by changes in the chemistry of the brain. Suboxone aids by suppressing withdrawal symptoms while simultaneously reducing cravings, which allows the patient to put their full focus on rebuilding a positive healthy lifestyle.



Medical Director: *Dr. Manish Sheth, MD, Ph.D, DABPN*

Dr. Sheth is board certified in Psychiatry and Addiction Medicine. By applying his extensive background as former Director of Genomics and his knowledge in neuromodulation and neuropharmacology, Dr. Sheth provides treatment options beyond the traditional medications-only approach.

Our Team:



Dr. Shashita Inamdar, MD, Ph.D, DABPN

Dr. Inamdar applies her knowledge in neuropharmacology and ongoing research towards newer treatment options to improve patient health. Her willingness to work with patients seeking to explore alternative and complementary treatments helps to explore treatment options beyond the traditional medications-only approach.



Dr. Mario Salguero, MD, Ph.D

Dr. Salguero previously founded a private laboratory for stem cell genetic characterization. His overall vision is to develop state-of-the-art ways to empower people during their treatment and care using Integrative Medicine, especially with the focus of staying healthy. Currently, Dr. Salguero is training in Psychiatry at the University of California, San Diego Residency Program.



Josh Seaman, MBA, - TMS Coordinator

Josh has hands-on experience with the TMS machine and understands the interactive approach of TMS, medications, and talk therapy in the treatment of depression. Josh truly believes in the healing process and is very excited to be an integral component of the TMS therapy treatments to help his patients/clients.



Sharon Briolo, RN

Sharon graduated from California State University, Long Beach with her Bachelors of Science in Nursing and Public Health certificate. She has 26 years experience at the bedside in a critical care area of nursing and brings nursing clinical expertise to our practice. Sharon maintains certification in Advanced Cardiac Life Support.

To schedule a consult, please call us at 858-427-5060

Eastlake/Chula Vista
900 Lane Ave, Ste. 190
Chula Vista, CA 91914

La Jolla/UTC
4510 Executive Drive, Ste. 115
San Diego, CA 92121
www.achievemedicalcenter.com

ph: 858-427-5060
fax: 619-383-6701