

# Frederick Arredondo, MD

Dr. Frederick Arredondo recently moved from New York where he had a solo practice for 19 years. He exclusively made house call to disabled homebound patients. The vast majority of his patients were in their 80s and older. He did have a few younger patients with disabilities such as cerebral palsy, Multiple Sclerosis and other movement disorders that made them unable to seek medical care outside of their homes.

For his homebound patients, he handled their chronic medical problems such as hypertension, diabetes, heart failure, post stroke issues, dementia, arthritis, rashes as well as hospice care. When acute illness occurred, such as urinary tract infections, pneumonia, etc., he would also treat appropriately. Patients and caregivers were always informed of their choice to seek medical care in ER or hospital. He also recommended when home care would not be their best option. He administered appropriate vaccinations when indicated. He also changed indwelling catheters, gastrostomy tubes and tracheostomy tubes when needed. Due to many of his patient's inability or desire not to seek outside care, he would also manage their wounds with visiting nurses. When necessary, he would be able to do bedside debridement of necrotic wounds and work with wound specialists.



Dr. Fred did Medical School with the State University of New York Upstate Medical Center in Syracuse, NY and residency at Highland General Hospital in Oakland, CA. He joins Senior Care Clinic House Calls in 2020. He is Board Certified in Family Practice with AAPS Board Certification.

Dr. Fred has worked with Alta Bates and Herrick Hospitals (Oakland, CA, 1984-2000); *locum tenens* with Western Physicians Medical Group (1980-1981); was Chief of Medicine of Alturas Medical Group (Alturas, CA, 1981-1983); was in group practice with Alcatraz Medical Group (Berkeley, CA 1983-1986); and Berkeley Family Practice Medical Group (Berkeley, CA 1986-2000). He moved to Merrick, NY in 2000 where he had his private house call practice until 2019.