

PEOPLE IN YOUR NEIGHBORHOOD

Who says house calls are a relic of the past? Not La Jolla doctor Jane Reldan

Reldan's family-medicine practice includes visits to patients' houses and care at her at-home office

By Noah Lyons  
NOAH.LYONS@LAJOLLALIGHT.COM

At a time when doctor visits are defined by their efficiency, La Jolla physician Jane Reldan is delivering care the old-fashioned way.

Reldan, an independent private-practice family doctor and college professor, offers appointments at her home office. But she stands out by providing house calls.

"When I was a child, I was ill and my pediatrician came to visit," Reldan recalled. "Her visit made a big impression on me ... and that's when I developed my vocation to be a doctor."

After examining Reldan, the pediatrician helped ease her family's anxiety.

"By her meaningfully reassuring my loved ones with her knowledge of medicine ... I thought that was true kindness and an expression of wisdom that could help others when they're unwell, as well as their loved ones who were worried about them," Reldan said.

From that point on, she wanted to study nothing else.

At age 16, she enrolled in a seven-year medical program at McGill University in Montreal. She did three years of bachelor of science study and started medical school in 1970 when she was 19.

By 24, she completed her first internship at St. Paul's Hospital in Vancouver, British Columbia.

"I've been a practicing physician since then, and I'm still practicing now because I love it," Reldan said. "I feel I can do the same good in the medicine



Dr. Jane Reldan is a La Jolla resident and independent, private-practice family physician. PHOTOS PROVIDED BY JANE RELDAN

field ... and refer people to specialists I know personally or have seen personally.

"I've thoroughly enjoyed my career, and that's why I continue it now."

Reldan estimates she has one to five patients a week, with a majority being house visits. It's "not a volume practice by any means," she said.

She has offered her services in La Jolla since 2005 and began making house calls in 2019, around the time she changed locations from The Village to her at-home setup.

Her first such patient was unable to arrange an in-person office visit. From then on, house calls stuck.

"Many of the patients have been elderly or incapacitated in some way, making it difficult for them to get to the doctor's appointment and tiring for those who are accompanying them," Reldan said.

House calls were common in the 1800s and still made up 40% of U.S. doctors' visits in the 1940s, according to Forbes magazine. They went into decline in the 1960s and by the

2010s made up less than 1% of consultations.

"It's something that used to be offered since when I was a child ... but it fell out of favor due to, I'd say, the consolidation of practices with emphasis more on efficiency and not what medicine is, in my opinion, meant to be, which is taking care of patients."

Reldan's visits typically last at least an hour. The process starts with a free introductory meeting in which she gauges what the



Dr. Jane Reldan's at-home medical setup includes an exam table and an assortment of equipment. For house calls, she brings the same equipment, minus the table.

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— Dr. Jane Reldan

patient wants and builds rapport. After that, she conducts general checkups, discusses preventive care, makes recommendations and more.

"It's a regular medical visit but with much more time and totally focused on their illness or complaints and needs without a computer screen or a short timeframe of 15 minutes, like most doctors," she said.

Reldan's involvement in the La Jolla community extends beyond her medical practice. She is a former La Jolla Parks & Beaches trustee who has been an advocate for public restrictions at the Children's Pool to help protect the harbor seals there. That advocacy continues to this day, as she serves as president of the Seal Conservancy in La Jolla (formerly known as La

Jolla Friends of the Seals).

She also has been a member of the Rotary Club of La Jolla since 2009 and is a voluntary assistant clinical professor in UC San Diego's Department of Family Medicine.

Outside of her practice and community involvement, Reldan says some of her biggest accomplishments are learning to fly while living in Trona (an unincorporated community in San Bernardino County) and skiing since she was 6.

To learn more about Reldan and her practice, visit [janereldanmd.com](http://janereldanmd.com).

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