Once on Coast Highway (also known as PCH or Pacific Coast Highway) go to 7th Avenue, towards the big white hospital building, uphill and away from the beach. Once on 7th Avenue, take an immediate left onto the very first driveway, and you will see Physician’s Center West. DO NOT DRIVE UP THE HILL! Dr. Alinsod's office is the white building with the bronze statue of the seals at play. Go inside 31852 and take the elevator up to the second floor. Once on the second floor exit the elevator, take a right on the hallway, and take another right at the elbow, and Dr. Alinsod’s office will have a sign with his name.