



GROSSMONT

MEDICAL CENTER

OFFICE AND MEDICAL SUITES FOR LEASE

5565 GROSSMONT CENTER DRIVE
LA MESA, CA 91942



BUILDING FEATURES



Surface Parking
4 Stalls: 1,000 RSF



Campus Adjacent To Sharp
Grossmont Hospital



On-site Security and
Property Maintenance



Utilities:
Electricity Included,
Janitorial Excluded

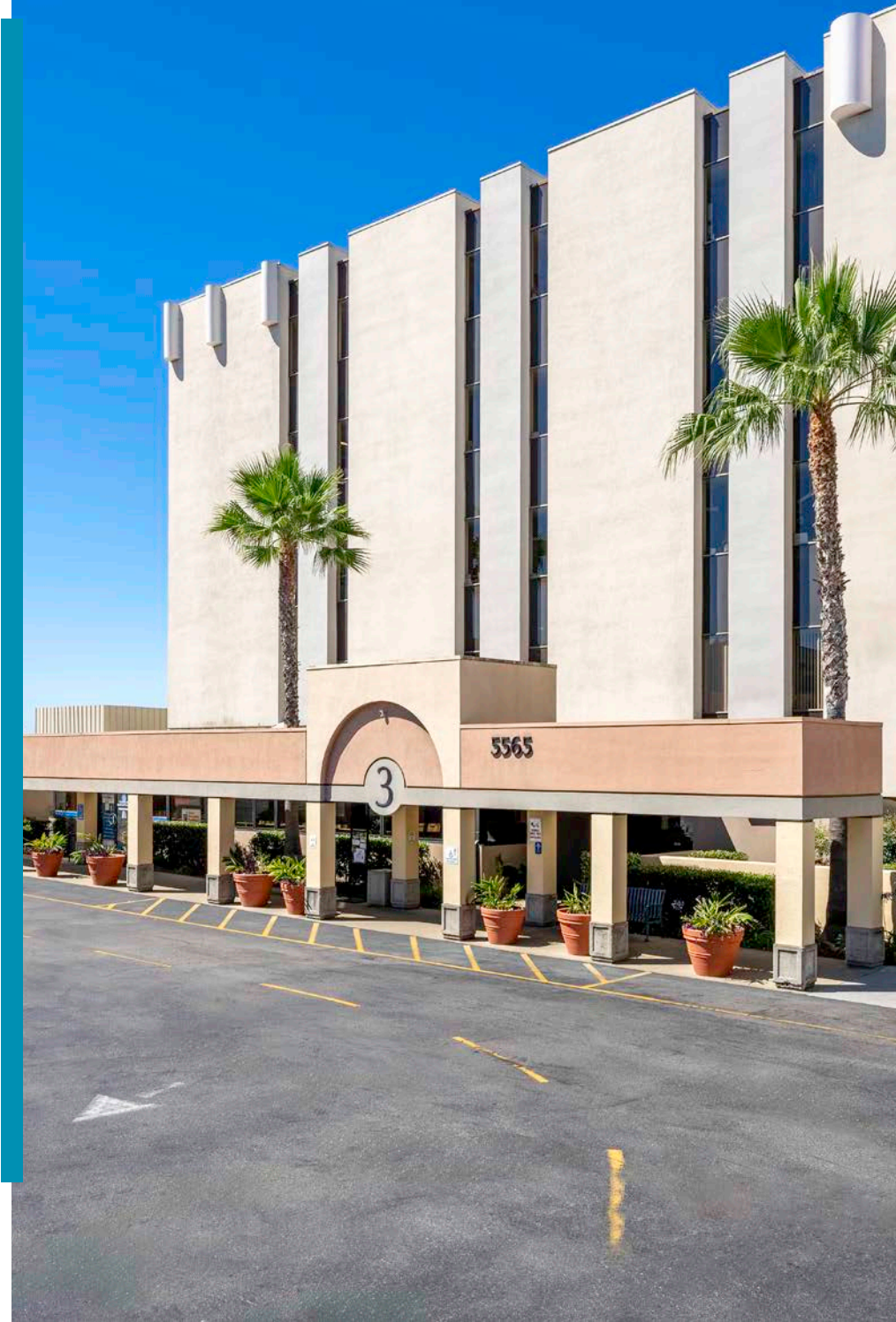
AVAILABILITIES

SUITE	SIZE	COMMENTS
455	2,524 SF	Three (3) exam rooms, four (4) offices, in-suite restroom, Existing nuclear, reception and waiting room
461	1,374 SF	Three (3) exam rooms, in-suite restroom, reception area
462	393 SF	Flex/storage space

CURRENT TENANTS

SYNERGISTIC TENANT BASE

- Grossmont Surgical Associates
- Grossmont Orthopedic Medical Group
- ENT Associates of San Diego
- Balance Health
- Biosolutions Clinic Research Center
- Gentle Dental Grossmont



SITE PLAN



PROJECT AERIAL



125

SHARP

Grossmont Shopping Center
(Under Renovation)

8

Grossmont Center Drive

GROSSMONT
MEDICAL CENTER

Cush Medical Plaza
(New Development)

Center Drive

PROJECT AERIAL



COMPELLING DEMOGRAPHICS



1,433,850

POPULATION



\$7,219.15

ANNUAL AVERAGE
HEALTHCARE SPENDING PER
HOUSEHOLD



14.9%

POPULATION AGED 65+



35.9

MEDIAN AGE

TRAFFIC COUNTS



228,000

CARS PER DAY
Interstate 8 and CA 125

**20 MINUTE
DRIVE RADIUS**



\$114,197

AVERAGE
HOUSEHOLD INCOME

INSURANCE COVERAGE

46%

PPO

19%

HMO

19%

MEDICARE

16%

OTHER

GROSSMONT

MEDICAL CENTER



RESTAURANTS & CAFE

1. 5565 Grossmont Center Drive
2. Olive Garden Italian Restaurant
3. Chick-fil-A
4. Casa Gabriela
5. Igotyourcake
6. Brigantine Seafood & Oyster Bar
7. Senor Burro
8. Farmer's Table La Mesa
9. Smokey and The Brisket BBQ
10. Antica Trattoria
11. Brew Coffee Spot
12. Starbucks
13. Public Square Coffee House
14. Dark Horse Coffee Roasters
15. Denny's

RETAIL

1. Trader Joe's
2. Vine Ripe Market
3. Walmart
4. Grossmont Center
5. Target
6. Hobby Lobby
7. Urbn Leaf
8. Alan's Music Center Inc.
9. Tubbys TCG
10. JOANN Fabric and Crafts
11. Sprouts Farmers Market

SERVICES

1. Sharp Grossmont Hospital
2. Grossmont Blvc Park & Ride
3. Philip H Dyson Law Offices
4. Murray Manor Elementary School
5. The Lamplighters Community Theatre

HOTELS

1. The Barn
2. San Diego Hotel

PATIENT DEMAND FORECAST

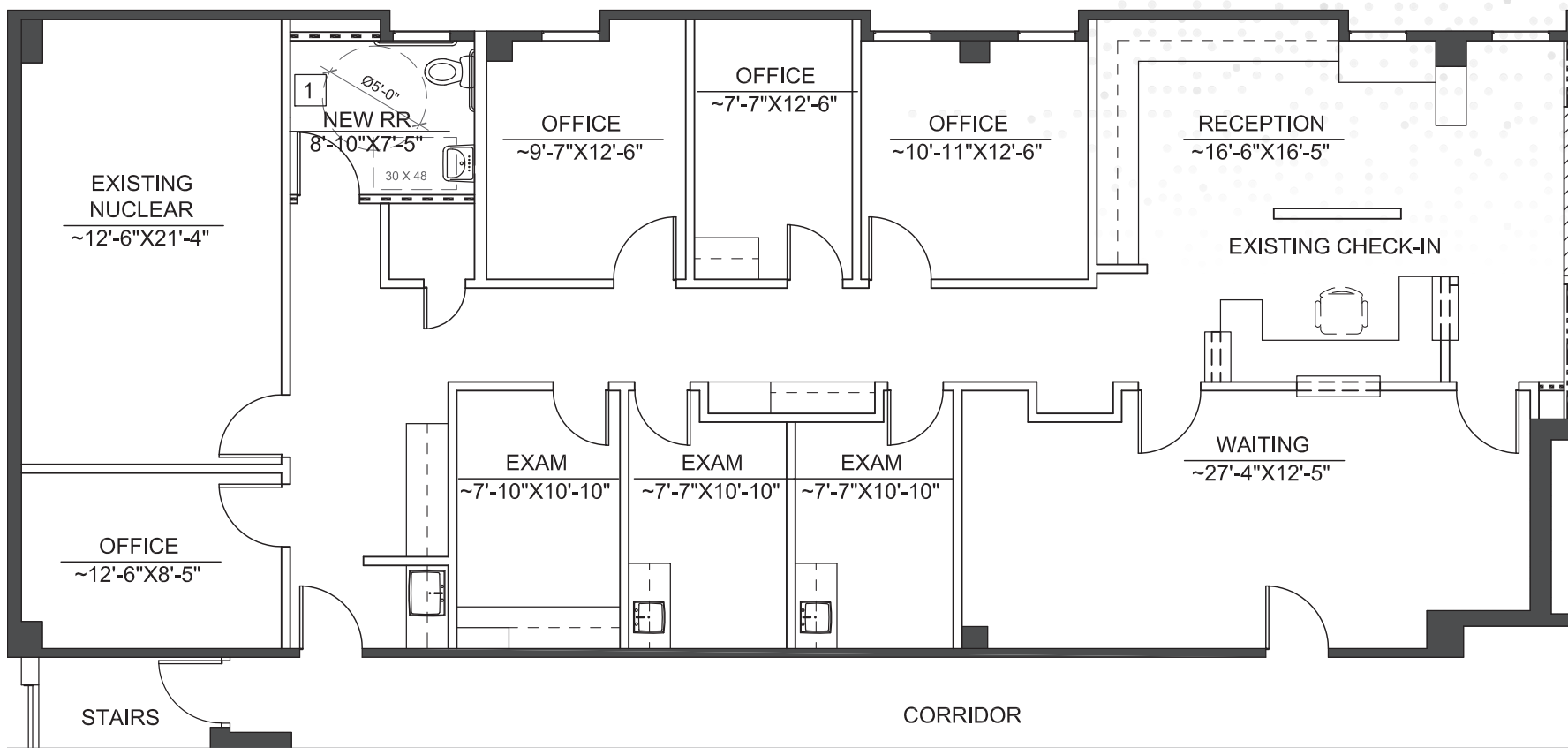
Service Line	2025 Volume	2030 Volume	2035 Volume	5 Yr Growth	10 Yr Growth
Physical Therapy/Rehab	52,007	56,458	59,393	8.6%	14.2%
Podiatry	4,010	4,322	4,490	7.8%	12.0%
Psychiatry	26,726	28,680	29,351	7.3%	9.8%
Vascular	3,645	3,912	4,103	7.3%	12.5%
Ophthalmology	19,556	20,788	21,577	6.3%	10.3%
Cardiology	21,390	22,662	24,584	5.9%	14.9%
Orthopedics	6,191	6,521	6,948	5.3%	12.2%
Pain Management	2,403	2,525	2,562	5.1%	6.6%
Lab	92,608	96,866	99,933	4.6%	7.9%
ENT	6,464	6,708	7,001	3.8%	8.3%
Oncology	3,047	3,154	3,253	3.5%	6.8%
Trauma	1,563	1,615	1,652	3.3%	5.6%
Evaluation and Management	214,841	218,896	212,721	1.9%	-1.0%
Neurology	3,345	3,396	3,423	1.5%	2.3%
Radiology	60,860	61,574	61,528	1.2%	1.1%



Market Scenario Planner displays the types of services patients in your market are expected to use and allows projections to be customized according to five key growth drivers; disease prevalence, care management, insurance, readmissions and technology shifts. The above data is representative of Grossmont Medical Center which includes areas in zip codes 92119, 91942, and 91941.

SUITE 455

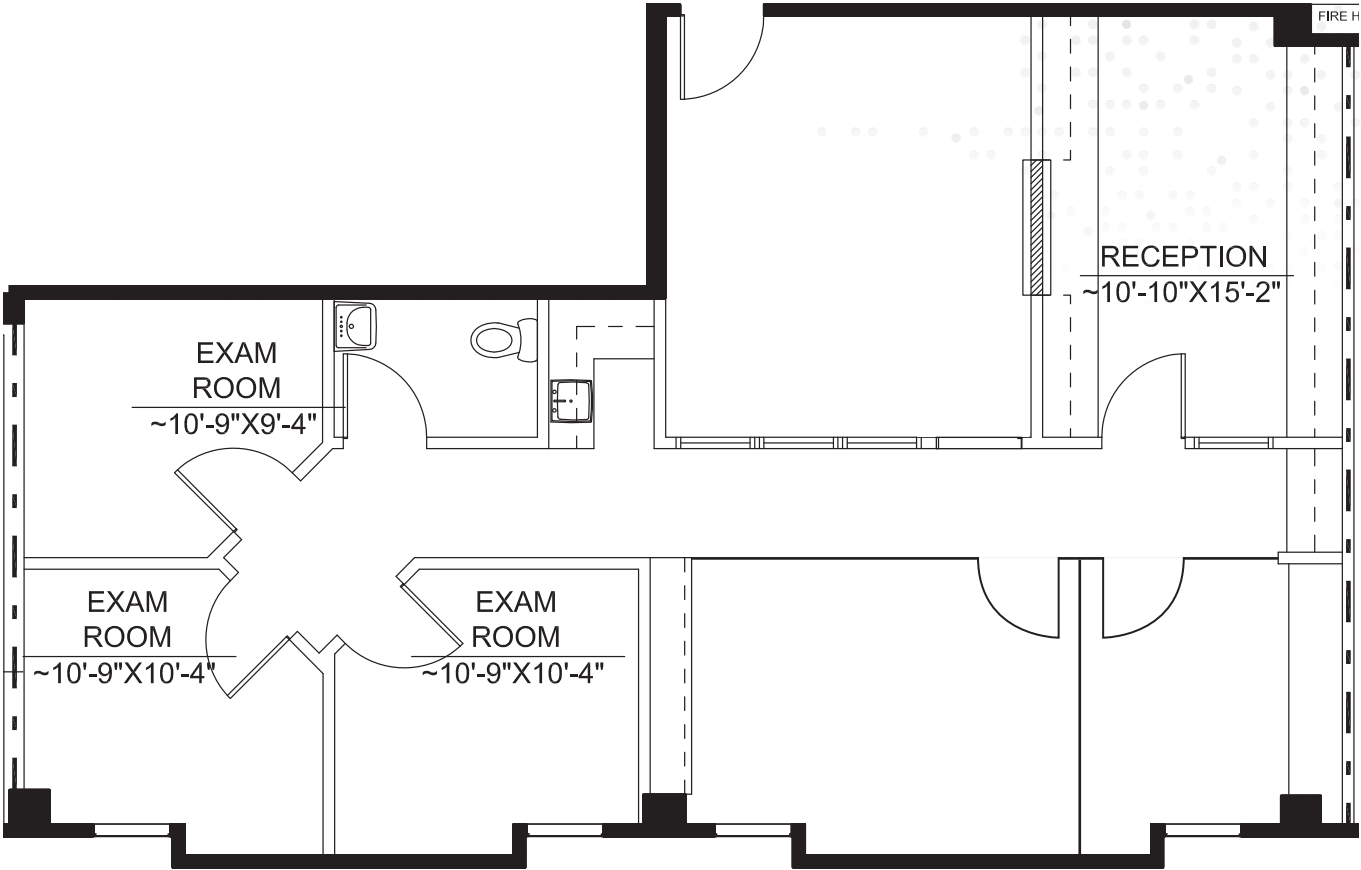
FLOOR PLAN



SUITE	SIZE	RATE	COMMENTS
455	2,524 SF	Negotiable	Three (3) exam rooms, four (4) offices, in-suite restroom, Existing nuclear, reception and waiting room

SUITE 461

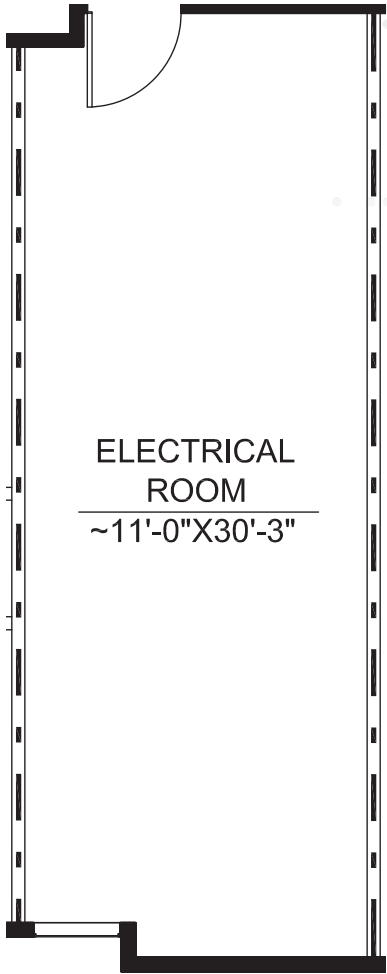
FLOOR PLAN



SUITE	SIZE	RATE	COMMENTS
461	1,374 SF	Negotiable	Three (3) exam rooms, in-suite restroom, reception area

SUITE 462

FLOOR PLAN



SUITE	SIZE	RATE	COMMENTS
462	393 SF	Negotiable	Flex/storage space

GROSSMONT

MEDICAL CENTER

NEHAL WADHWA

+1 858 625 5228

nehal.wadhwa@cushwake.com

CA Lic. #01859922

MATTHEW MELENDRES

+1 619 732 6026

matthew.melendres@cushwake.com

CA Lic. #02162349



©2026 Cushman & Wakefield. All rights reserved. The information contained in this communication is strictly confidential. This information has been obtained from sources believed to be reliable but has not been verified. NO WARRANTY OR REPRESENTATION, EXPRESS OR IMPLIED, IS MADE AS TO THE CONDITION OF THE PROPERTY (OR PROPERTIES) REFERENCED HEREIN OR AS TO THE ACCURACY OR COMPLETENESS OF THE INFORMATION CONTAINED HEREIN, AND SAME IS SUBMITTED SUBJECT TO ERRORS, OMISSIONS, CHANGE OF PRICE, RENTAL OR OTHER CONDITIONS, WITHDRAWAL WITHOUT NOTICE, AND TO ANY SPECIAL LISTING CONDITIONS IMPOSED BY THE PROPERTY OWNER(S). ANY PROJECTIONS, OPINIONS OR ESTIMATES ARE SUBJECT TO UNCERTAINTY AND DO NOT SIGNIFY CURRENT OR FUTURE PROPERTY PERFORMANCE.

