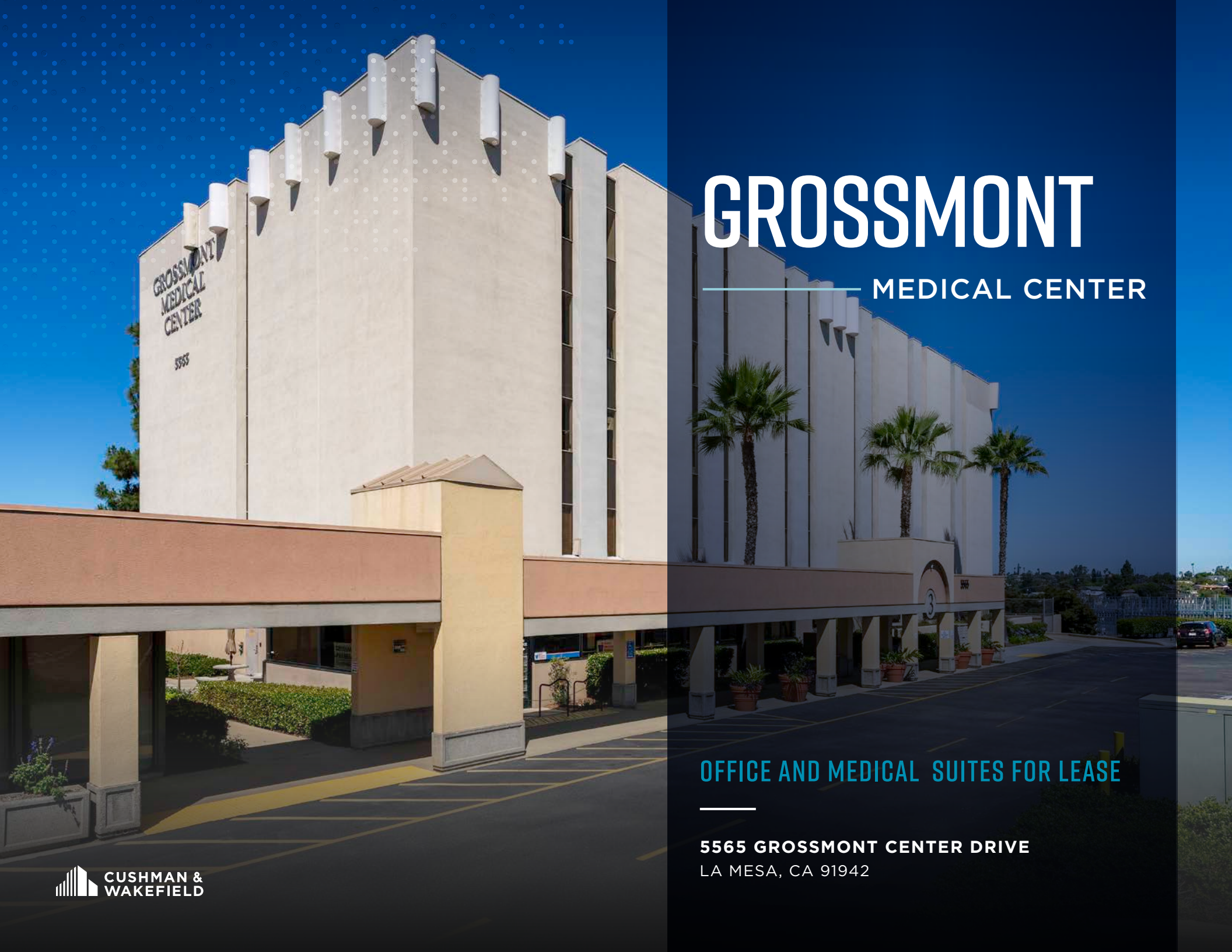




GROSSMONT

MEDICAL CENTER

OFFICE AND MEDICAL SUITES FOR LEASE

5565 GROSSMONT CENTER DRIVE
LA MESA, CA 91942

CURRENT TENANTS

SYNERGISTIC TENANT BASE

- Grossmont Surgical Associates
- Grossmont Pharmacy
- Windsor Life Body Center
- Sessions Plastic Surgery Center
- Grossmont Orthopedic Medical Group
- ENT Associates of San Diego





BUILDING FEATURES



Free Surface Parking
4.4 Stalls: 1,000 RSF



Campus Adjacent To Sharp
Grossmont Hospital



On-site Security and
Property Maintenance



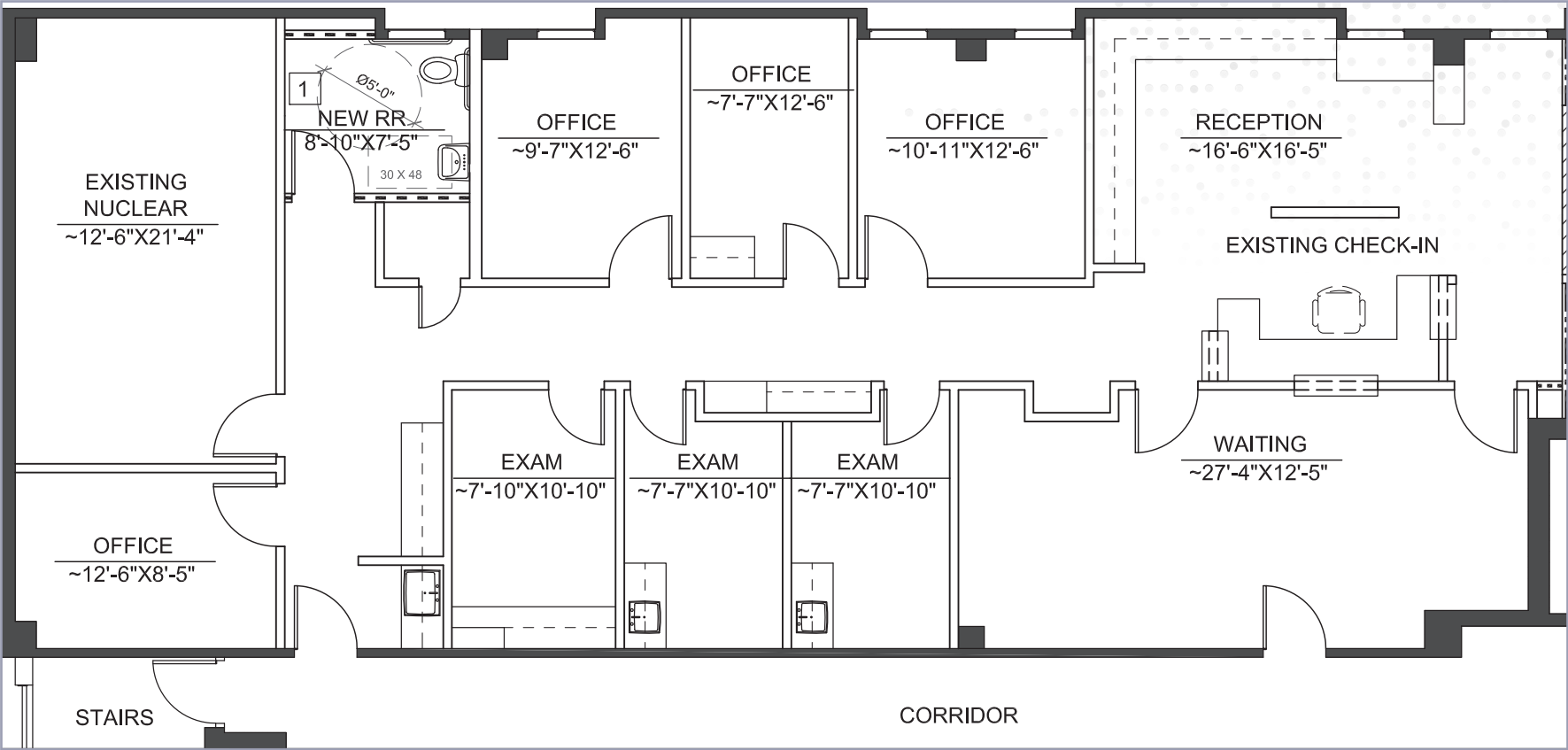
Utilities:
Electricity Included,
Janitorial Excluded

AVAILABILITIES

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

BUILDING 3 | SUITE 455

FLOOR PLAN



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

PROJECT AERIAL



125

SHARP

INTERSTATE
8

BUILDING 1

Grossmont Shopping Center

BUILDING 2

Grossmont Center Drive

BUILDING 3

Center Drive

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

Annual healthcare spending
per household

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	2020 Volume	2025 Volume	2030 Volume	5 Year Growth	10 Year Growth
Physical Therapy	45,964	58,906	64,737	28.2%	40.8%
Pain Management	2,217	2,826	3,153	27.5%	42.3%
Orthopedics	5,597	7,112	7,854	27.1%	40.3%
Podiatry	3,756	4,522	5,188	20.4%	38.1%
Neurology	3,089	3,706	4,069	20.0%	31.7%
Ophthalmology	18,273	21,309	23,110	16.6%	26.5%
Vascular	3,372	3,920	4,296	16.2%	27.4%
Dermatology	8,425	9,765	10,609	15.9%	25.9%
Pulmonology	2,648	3,054	3,224	15.4%	21.8%
ENT	5,843	6,645	6,785	13.7%	16.1%

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.



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.

