

# UC Irvine Health

Fall 2014

Helping you live well



Defying Cancer to  
Deliver the Gift of Life

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Therapy Through Artistry

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Taming Parkinson's Disease

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*Casting his line. Waiting for a bite. This was Jeff Post's idea of an idyllic afternoon. That relaxing hobby became a melancholy memory after Parkinson's disease ended his fishing days. But deep brain stimulation calmed his tremors. Now he's catching his dinner again.*



## One of 'America's Best Hospitals' for the 14th consecutive year!

**UC Irvine Medical Center is listed among America's Best Hospitals by *U.S. News & World Report* for the 14th consecutive year.**

Part of UC Irvine Health, the medical center was recognized for its programs in geriatrics, nephrology, and ear, nose and throat. To learn more, visit [ucirvinehealth.org](http://ucirvinehealth.org)

# Therapy Through Artistry

## 'Art for the Soul' helps cancer patients cope

### Being diagnosed with cancer can make you feel like your life's been turned upside down.

You want the most advanced treatment you can get—and the caring support you need to help you or your loved one cope and thrive through your journey. At UC Irvine Health, we provide the best of both worlds.

"Even though treatments have greatly improved, there's still tremendous fear and anxiety around cancer," says oncologist Dr. Leonard Sender. "That's why our support programs are so important."

"Art for the Soul" is a prime example of these programs. Taught by Val Engstrom, a three-time cancer survivor, and his wife Rolanda, Art for the Soul enables cancer patients to express their fears and emotions through art.

The Engstroms started the program in 2007 at the urging of social worker Jennifer Higgins, who met the couple at a cancer support group. "When I learned they

were both artists, it just seemed like this could be a great outlet for our patients," says Higgins.

No art experience is needed. "If all you can draw is a stick figure, that's great," says Engstrom. "But most people are surprised to learn they can do much more—and they really enjoy it."

Creating a painting or sketch can be more than just a temporary distraction for patients undergoing cancer treatment. "It's a chance to create something durable and lasting," says Engstrom. "It adds a permanence to your life at a time when that's in question."

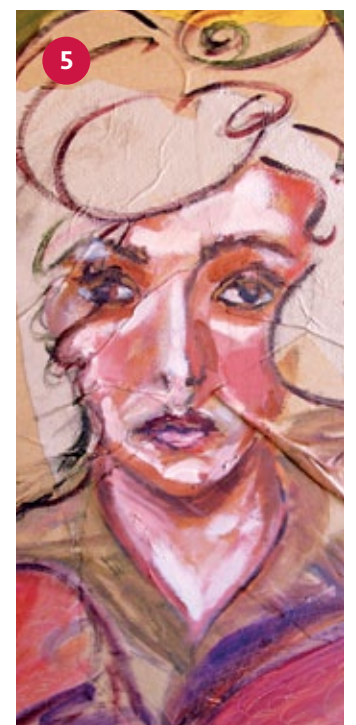
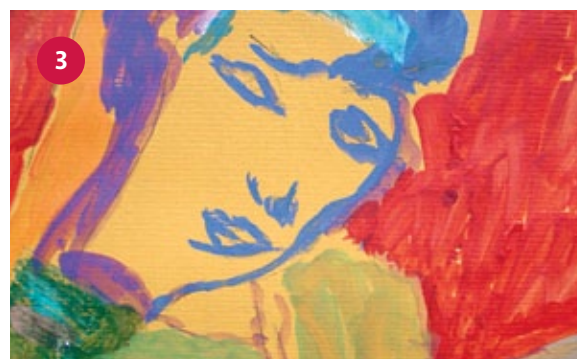
**Another support service, the Cancer Buddy program, offers patients a different, but equally important outlet,** pairing newly diagnosed cancer patients with a volunteer who's been successfully treated for the same type of cancer. "Being able to talk to someone who's gone through the same thing as you really helps," says Bob Griffith, program coordinator.

"Some patients don't want to reveal their fear or anxiety to their families—they want to be strong," says Higgins. "A buddy gives them someone to open up to."

For Griffith, who was diagnosed with stage IV melanoma in 2002, the buddy program is a way to give back. "I had incredible support from those around me—that's why I'm still here," he says. "I want others to have that, too—and know they're not alone."

**For more information and a list of cancer support groups, visit [ucirvinehealth.org/events](http://ucirvinehealth.org/events) or see page 11. You can view our online gallery of patient artwork at [ucirvinehealth.org/artforthesoul](http://ucirvinehealth.org/artforthesoul)**

*Below: UC Irvine Health's Art for the Soul helps cancer patients express themselves through drawing, painting and sculpting. Artists include: 1. Bev Kilpatrick 2. Ricardo Perez 3. Mike Perez 4. Ben Franco 5. Pam Harris*



# Defying Cancer to Deliver the Gift of Life

## Treating pancreatic cancer during pregnancy

### Imagine learning you're pregnant, then being diagnosed with pancreatic cancer a few weeks later.

That was the predicament 36-year-old Karalayne Maglinte found herself in not too long ago.

The Pomona resident's first inkling of trouble began when she was 15 weeks pregnant. "My hands and feet were so itchy I wanted to tear them off," she recalls. Four weeks later, the mother of two developed jaundice and was admitted to a local hospital. Testing was inconclusive, but suggested gallstones. When her doctors decided they weren't equipped to care for her, Maglinte was transferred to UC Irvine Health by ambulance in the middle of the night.

"Soon after my husband Dennis and I arrived at the hospital, the OB team and liver/pancreas specialists came in to talk with us," says Maglinte.

### "The doctors were right on it. I felt we were finally going to get some answers."

Shortly afterward, Dr. John Lee—an expert in diseases of the liver, pancreas, bile ducts and gallbladder—examined Maglinte using endoscopic ultrasound. His findings led to a biopsy of her pancreas. He also implanted a stent in Maglinte's bile duct to alleviate her jaundice. Although complex, each procedure was minimally invasive and safe for the baby.

"The biopsy showed that Karalayne had an aggressive form of pancreatic cancer in its earliest stage," Lee explains. "Our cancer team recommended immediate surgery because it would be safest for both Karalayne and her fetus."

"I was beyond nervous," recalls Maglinte. "My focus was more on the baby than myself. I wanted to fight for her and was worried she wouldn't survive the surgery or anesthesia."

"The goal was to maximize the health of the mother without jeopardizing the baby," explains Dr. Julianne Toohey, a high-risk pregnancy specialist. She and a host of other subspecialists worked together to keep Maglinte and her fetus safe.

Eleven days after the biopsy, pancreas and liver surgeon Dr. Aram Demirjian performed the Whipple procedure on 21-weeks-pregnant Maglinte. Among the most complex surgeries known today, the six-hour operation included removal of the part of the pancreas in which the tumor was growing, as well as several other structures tightly interwoven with the organ.

"Very few surgeons have the skills to operate on a pregnant patient with pancreatic cancer," says Lee. "Dr. Demirjian saved two lives with one surgery and Karalayne went home seven days later. Today, she's free of cancer but will require periodic exams to check for a recurrence of the disease. It's nothing short of miraculous."

And the miracles continued. Emlee, now 5 months old, was born full term on the second day of spring, joining her two brothers, 7-year-old Ian and 2-year-old Isaac. Perfect in every way, she's a message of abiding hope for the Maglinte family. "I'm now cancer-free and so grateful for the care I received," says Maglinte. "My husband and I try not to look backward. Instead, we're focused on the future and better days ahead with our children."

**To learn more about Karalayne's miraculous story, visit [ucirvinehealth.org/meetkaralayne](http://ucirvinehealth.org/meetkaralayne)**

### ONE SURGERY SAVES TWO LIVES

*"There are only two other published cases of a pregnant woman with pancreatic cancer who had a successful Whipple procedure and carried a baby to full term. Karalayne's was a challenging case, but we're fortunate to be home to many extraordinary specialists. The result of our teamwork was a successful outcome for both mother and baby."*

*- Dr. Aram Demirjian, pancreas and liver surgeon*



Karalayne  
Maglinte

36  
years old

Wife and mother  
Pancreatic cancer patient



# Back-to-School Health

## How to keep your kids healthy this year

As your children head back to school, there's more to think about than math tests, spelling bees and homework. Protecting your family from the many common illnesses that make the rounds each year should also be a consideration. Dr. Shruti Gohil, a UC Irvine Health infectious disease specialist, answers questions about how to keep your kids healthy during the school year.

### Q: Why is fall the riskiest time of year for kids to get sick?

**A:** It's the season when some common viruses associated with the cold and flu season begin to increase in prevalence. It's also when kids return to school and are exposed to each other in greater numbers. Because the immune systems of children are less experienced than those of adults in fending off infectious illnesses, kids are at especially high risk for getting common illnesses such as stomach bugs, sore throats, ear infections, pink eye, flu, colds and more.

### Q: What's the best way to protect children from these "bugs"?

**A:** One of the most effective ways is frequent hand washing. Because people are often infected before they show any symptoms, your children should wash their hands with soap and warm water for 20 seconds—the length of time it takes to sing "Happy Birthday"—after contact with anyone. A hand sanitizer will also work.

### Q: What other hygiene practices are important?

**A:** Children should also soap up before eating and after using the toilet, blowing their nose, playing outside or touching pets. It's also essential that they don't share food, eating utensils, cups or other personal items with others—no matter how tempting. Your kids can also avoid getting many common illnesses by not touching their eyes, nose or mouth—the routes many germs take to enter the body. And when your children are sick, they should sneeze and cough into their elbow or a tissue to prevent the spread of germs.

### Q: What should parents know about vaccinations?

**A:** Staying up to date with immunizations is a critical part of keeping your child healthy. All vaccines recommended by your child's pediatrician have been shown to be safe and highly effective. This includes measles-mumps-rubella (MMR), diphtheria-tetanus-pertussis (DTaP), meningitis, human papillomavirus (HPV) and the basic flu shot. Furthermore, numerous large-scale studies in multiple countries, including one published by the National Institutes of Health, have found zero connection between vaccines and autism. It's important to remember that before effective vaccines became available, thousands of people died every year from infectious illnesses like measles.

### Q: Do you have any other advice for parents?

**A:** Yes. Healthy habits can boost your child's immune system and help ward off common illnesses. It's important that your children have a well-balanced diet, take vitamins and minerals, get plenty of sleep, exercise regularly and stay hydrated with lots of non-sugar fluids such as water or milk. If you incorporate these habits into your family's life, you're taking important steps to limit the number and severity of illnesses your children will experience.

**To learn more about UC Irvine Health pediatric specialties, visit [ucirvinehealth.org/pediatrics](http://ucirvinehealth.org/pediatrics)**



# Taming Parkinson's Disease

## Deep brain stimulation improves quality of life



**Jeff Post likes to fish and play golf in his leisure time. But seven years ago,** a nagging stiffness in his right forearm almost brought these activities to a halt. Diagnosed with tennis elbow, he went to physical therapy regularly, but the problem remained. Then out of the blue, Post developed a more worrisome symptom: tremors in his right hand and foot.

The 49-year-old corporate executive's search for help led him to Dr. Neal Hermanowicz, director of the UC Irvine Health Movement Disorders Program.

"I was shocked when he told me the shaking, slowness and stiffness I'd been experiencing were symptoms of Parkinson's disease," says Post.

Hermanowicz prescribed a combination of medications, which worked for almost five years. Then Post's symptoms began to break through between doses. "I was moving constantly, rocking back and forth," says Post. "Even when the tremors weren't noticeable, my body was shaking inside. It wears you down."

As Post struggled with the disease, he and Hermanowicz began to discuss an option called deep brain stimulation (DBS). Performed by highly specialized neurosurgeons, DBS can relieve many of the symptoms that plague Parkinson's disease patients when other treatments no longer work effectively. UC Irvine Medical Center is one of only a few hospitals in Orange County offering DBS.

In December 2012, Post underwent the first step of the DBS procedure—the implantation of very thin wires, called "leads," into precisely targeted areas of his brain that were triggering his symptoms. Dr. Frank Hsu, chair of the Department of Neurological Surgery, performed the operation.

When Hsu tested the leads immediately after they were implanted, the gentle pulses of electricity delivered to Post's brain made an instant difference.

**"My tremors stopped right away," says Post. "It was incredible."**

Post chose to stay awake during the procedure. "Other patients prefer to be asleep," says Hsu. In those cases, a portable CT scanner in the operating room targets and confirms the precise placement of the leads, substituting for the conscious patient's responses to commands.

In two weeks, Post returned to have Hsu implant a pacemaker-like device called a neurostimulator in his chest and connect it to the leads. Days later, the critical process of turning on the device and adjusting the settings began. "It takes several weeks to fine-tune the neurostimulator," says Hermanowicz, who programmed Post's DBS system.

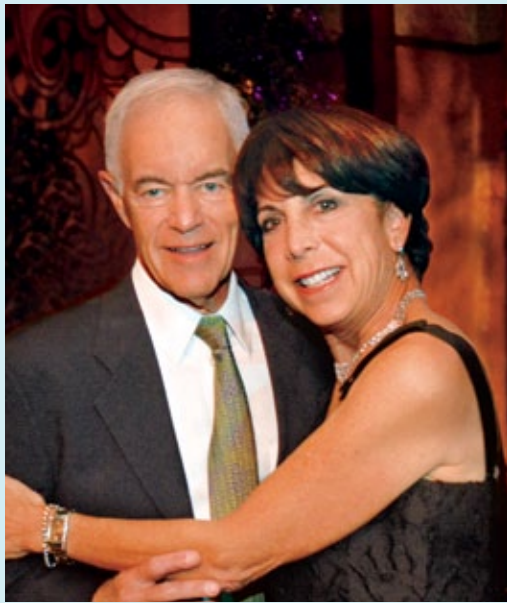
The procedure isn't a cure for Parkinson's disease, but it improves symptoms significantly for several years. Today, Post's tremors have subsided, and he's able to play golf and bait his own fishing hook again. He's also reduced his medication by 50 percent. "The operation has made a huge difference in my quality of life," he says.

**To learn more visit [ucirvinehealth.org/movementdisorders](http://ucirvinehealth.org/movementdisorders)**

## Watch Jeff's Video

**For more about Jeff Post's experience with Parkinson's disease and how deep brain stimulation improved his quality of life, visit [ucirvinehealth.org/meetjeff](http://ucirvinehealth.org/meetjeff)**





**Sue and Ralph Stern were among the community and business leaders attending this year's UC Irvine Health gala, "Healers & Heroes."**

Gala guests proved to be heroes that evening, coming together to donate more than \$530,000 during a 15-minute time period for an intraoperative radiation therapy device that has the potential to dramatically reduce breast cancer treatment and recovery times. Overall, sponsors and guests generated a record \$1.6 million in gala proceeds to support cancer care and research.

# Investing in the Future of Cancer Care

## Grateful couple helps expand cancer research



**When Newport Beach resident Sue Stern was diagnosed with a rare spinal cord tumor in 2008**, she and her husband Ralph sought out the finest neurosurgeons in the region for treatment options. Their search ended when they met Dr. Mark Linskey and the cancer team at UC Irvine Health.

Linskey successfully removed Sue's tumor during a delicate, seven-hour surgery in which the slightest mistake could have left her paralyzed. Thanks to his extraordinary skill, Sue, then 61, recovered completely.

**"Dr. Linskey and the whole team did a phenomenal job," says Ralph Stern, 70, a retired entrepreneur. "We wanted to give back."**

And give back they did. The couple recently gave \$5 million to create the Sue and Ralph Stern Center for Cancer Clinical Trials and Research at UC Irvine Health's Chao Family Comprehensive Cancer Center.

The Sterns' donation increases the ability of UC Irvine Health cancer specialists to sponsor clinical trials, which test the safety and effectiveness of potential new therapies on patient volunteers. For people with advanced-stage or treatment-resistant cancer, these studies can literally be a lifesaver.

"With some new cancer drugs, participating in a clinical trial is the only way to access the treatment," says

Dr. Richard Van Etten, the cancer center's director. Clinical trials also benefit the larger community by providing new knowledge about cancer.

**The Sterns' generous donation also assisted in recruiting Van Etten.** "We're excited that our gift helped attract a world-class director for the cancer center in Dr. Rick Van Etten," says Ralph Stern. "The gift provides additional resources for the center to have a significant impact on cancer research and treatment." As Orange County's sole university-based hospital, UC Irvine Health has the only National Cancer Institute-designated comprehensive cancer center in the area and is in a unique position to lead the way in research.

The Sterns have a special relationship with UC Irvine, having supported the humanities and other areas across the campus for the past 17 years. And since Sue's remarkable cancer treatment and recovery, they've also donated more than \$600,000 to Linskey for his research on malignant spinal cord tumors and to Dr. Daniela Bota, a neuro-oncologist, to support her brain tumor research.

"Clinical trials are the source of new cancer treatments," Ralph Stern notes. "It's important for cancer patients to have these capabilities close to home, and we're very grateful to be able to support that."

**For information about giving to the cancer center at UC Irvine Health, please call 714-456-6178.**





# Education Connection

## Family Health

### Asthma and Adults

Friday, Sept. 12, Dec. 5, 5-7 p.m.

### Breastfeeding Your Baby

Thursday, Sept. 11, Oct. 9, Nov. 13, Dec. 11, 6-9 p.m.

*Spanish:* Tuesday, Nov. 18, 6-8:30 p.m.

*Spanish Location:* UC Irvine Health Family Health Center Santa Ana

### Diabetes Overview

Wednesday, Sept. 10, Nov. 12, Dec. 10, 4-6 p.m.

*Spanish:* Wednesday, Sept. 3, Oct. 1, Nov. 5, Dec. 3, 5:30-7:30 p.m.

*Spanish Location:* UC Irvine Health Family Health Center Anaheim

*Spanish:* Wednesday, Sept. 17, Oct. 15, Nov. 19, Dec. 17, 5-7 p.m.

*Spanish Location:* UC Irvine Medical Center Library, 2nd floor

*Spanish:* Wednesday, Sept. 10, Oct. 8, Nov. 12, Dec. 10, 5-7 p.m.

*Spanish Location:* UC Irvine Health Family Health Center Santa Ana

### Diabetes Management Series (3-class series)

Wednesdays, Oct. 8, 15 & 22, 4-6 p.m.

### Diabetic Diet

Monday, Oct. 6, Dec. 1, 4-6 p.m.

### Early Pregnancy

Wednesday, Sept. 24, Nov. 26, 6-8 p.m.

### Family Social Skills Group (8-class series)

For children with ADHD and their parents.

Location: UC Irvine Child Development School, 19262 Jamboree Road, Irvine

Call 949-824-2343 for cost, dates, times and additional information

### Heart Failure

Monday, Sept. 8, Oct. 13, Nov. 17, Dec. 15, 2-3:30 p.m.

### Heart-Healthy Diet

Monday, Sept. 8, Nov. 10, 4-5:30 p.m.

### High Blood Pressure

Tuesday, Oct. 14, Dec. 9, 5-6:30 p.m.

### Introduction to Parenting Techniques (8-class series)

For parents of children ages 6-12 with ADHD or other behavior disorders.

Location: UC Irvine Child Development School, 19262 Jamboree Road, Irvine

Call 949-824-2343 for cost, dates, times and additional information

### Joint Replacement, Hip or Knee

Tuesday, Sept. 2, Monday, Sept. 15, Oct. 6, 20, Nov. 3, 17, Dec. 1, 15, 2-3 p.m.

Location: UC Irvine Health Douglas Hospital, 3rd floor, family room 3001



## Take charge of your health

**UC Irvine Health offers dozens of classes, seminars and support groups to help you live well. Take a class, join a group or attend a lecture, and allow UC Irvine Health to be your partner in well-being.**

Most classes are free to UC Irvine Health patients and cost \$20 for those who are not patients. Some classes are available in *Spanish*. All classes are located at UC Irvine Medical Center above the Grunigen Medical Library in the second floor classrooms, unless otherwise noted. Parking in the medical center visitor structure will be validated at your health class. Registration is required. Call toll free **877-UCI-DOCS (877-824-3627)** for registration and information.

Classes may be offered on several dates but are only one session long, unless described as a series.

For a full description of classes, seminars and support groups, please visit [ucirvinehealth.org/events](http://ucirvinehealth.org/events)

## Family Health (continued)

### Maternity Tea & Tour

Tuesday, Sept. 16, Oct. 21, Nov. 18, Dec. 16,  
5:30-6:30 p.m.

Location: UC Irvine Medical Center, Building 53  
Auditorium

*Spanish:* Tuesday, Sept. 2, Oct. 7, Nov. 4, Dec. 2,  
5:30-6:30 p.m.

*Spanish Location:* UC Irvine Medical Center,  
Neuropsychiatric Center, room 101

### Meditation: Breathing Exercises

Cost: \$20 to all, Monday, Oct. 6, 6:30-7:30 p.m.

Location: UC Irvine Health Douglas Hospital,  
conference room 3005

### Meditation: Body Scan

Cost: \$20 to all, Monday, Dec. 1, 6:30-7:30 p.m.

Location: UC Irvine Health Douglas Hospital,  
conference room 3005

### Meditation for Health (4-class series)

Cost: \$40 to all

Monday, Sept. 8, 15, 22 & 29, 6:30-7:30 p.m.

Monday, Nov. 3, 10, 17 & 24, 6:30-7:30 p.m.

Location: UC Irvine Health Douglas Hospital,  
conference room 3005

### Newborn Care

Friday, Sept. 12, Oct. 3, Nov. 7, Dec. 12, 6-9 p.m.

*Spanish:* Tuesday, Nov. 25, 6-8:30 p.m.

*Spanish Location:* UC Irvine Health Family Health  
Center Santa Ana

### Nutrition Counseling

Location, dates and cost: Call 877-824-3627

### Prepared Childbirth—Lamaze (5-class series)

Wednesday, Sept. 3, 10, 17, 24 & Oct. 1, 7-9:30 p.m.

Wednesday, Oct. 22, 29, Nov. 5, 12 & 19, 7-9:30 p.m.

Thursday, Sept. 4, 11, 18, 25 & Oct. 2, 7-9:30 p.m.

Thursday, Oct. 23, 30, Nov. 6, 13 & 20, 7-9:30 p.m.

*Spanish (4-class series):*

Tuesday, Oct. 14, 21, 28 & Nov. 4, 6-8:30 p.m.

*Spanish Location:* UC Irvine Health Family Health  
Center Santa Ana

## 4th Annual Super Saturday Community Health Fair

**Saturday, Sept. 27, 2014**

**10 a.m.–1 p.m.**

**UC Irvine Health Manchester Pavilion Parking Lot**

FREE flu shots (first come, first served; limited quantities) to individuals 9 years and older, plus high blood pressure screening and diabetes screening



Plan to stop by for FREE opportunities to:

- Get a flu shot to stay healthy during flu season
- Be screened for diabetes and high blood pressure
- Visit our vendors for plenty of health information
- Walk through our Mega Colon to learn about colon health
- Have a healthy snack
- Enter the opportunity drawing for donated prizes

We look forward to seeing you at our health fair!

**Questions? Please call Marra Williams at  
714-456-8434.**

### Preparing for Surgery—Mind, Body, Spirit

Tuesday, Sept. 2, Monday, Sept. 15, Oct. 6, 20,  
Nov. 3, 17, Dec. 1, 15, 3-4:30 p.m.

Location: UC Irvine Health Douglas Hospital,  
3rd floor, room 3001

### Siblings

Wednesday, Nov. 5, 4-5 p.m.

### Stroke Prevention

Tuesday, Oct. 14, Dec. 9, 4-5 p.m.

### UC Irvine PACK (8-class series)

Uses therapy dogs to teach children with ADHD  
and their parents.

Location: UC Irvine Health Child Development  
School, 19262 Jamboree Road, Irvine

Call 949-824-2343 for dates, times and additional  
information

### Weight Control—Intuitive Eating (4-class series)

Tuesday, Aug. 19, 26, Sept. 2 & 9, 5:30-6:30 p.m.

Tuesday, Nov. 4, 18, 25 & Dec. 2 (No class Nov. 11),  
5:30-6:30 p.m.

### Weight Control—Simple Choices (6-class series)

Cost to all: \$69 registration fee + \$46 weekly for  
shakes

Tuesday, Sept. 23, 30, Oct. 7, 14, 21 & 28,  
5:30-6:30 p.m.

Visit [weight.uci.edu](http://weight.uci.edu) for more information

# Support Groups

## Art for the Soul

Creative techniques to foster better health while coping with cancer. No art experience required.

Information: 714-456-5235

First, third and fifth Thursday every month  
10 a.m.-noon

Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

## Bariatric Surgery Support Group

For patients before and after laparoscopic weight-loss surgery.

Information: 888-717-4463 or  
714-456-7800, ext. 1967

Third Tuesday every month, 6-8 p.m.

Location: UC Irvine Medical Center, Building 56, rooms 113, 114, 115

## Brain Tumor Education/ Support Group

Information: 714-456-8609

Second Monday every month, 6-7:30 p.m.

Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

## Burn Survivors Support Group

Information: 714-456-7437

Third Thursday every month, 6:30-8 p.m.

Location: Bella's Kitchen, 301 The City Drive South, Orange. Park in the UC Irvine Medical Center parking garage, which is near the meeting site.

## Grief Support Group for Children

Information: 714-456-2295

Third Thursday every month, 4-5:30 p.m.

Call for location and information.

## Inflammatory Bowel Disease Support Group

Information: 714-456-7057

First Wednesday every month, 6:30-8:30 p.m.

Location: Neuropsychiatric Center, conference room 101

## Kids Konnected Support Group

For kids from age 3 years old to teenagers, divided into age-appropriate groups.

Information: 800-899-2866

First Wednesday every month, 6-7:30 p.m.

Location: Medical library, 2nd floor, room 2114

## Kidney and Pancreas Transplant Support Group

Information: 714-456-8342

Tuesday, Sept. 9, Oct. 14, Nov. 18, Dec. 9, 2-3 p.m.

Location: UC Irvine Health Manchester Pavilion, 200 S. Manchester Ave., 8th floor, classroom B, Orange

## Korean Women's Share and Care Group

Help and support for Korean-speaking women with cancer.

Information: 714-456-5057

Second Thursday every month, 3-4:30 p.m.

Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

## Look Good, Feel Better

Help with appearance changes during cancer treatments.

Information: 800-227-2345

Monday, Sept. 22, Nov. 24, Jan. 26, March 23,  
10 a.m.-noon

Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

## Multiple Myeloma Support Group

Information: 800-452-2873, ext. 233

First Thursday every month, 7-9 p.m.

Location: Neuropsychiatric Center, conference room 101

## Support for People With Oral and Head and Neck Cancers (SPOHNC-UCI-Orange)

Information: 714-456-5235

First Monday every month, 6:30-8 p.m.

Location: Chao Family Comprehensive Cancer Center, 3rd floor, Breast Health Center

## Trigeminal Neuralgia Association Support Group

For patients and their families living with TN and related facial pain conditions. Guest speaker at every meeting. Information: 714-730-1600

Saturday, Sept. 27, Nov. 15, Jan. 24, March 28, 1-3 p.m.

Location: Medical library, 2nd floor, room 2107

## Young Adult Cancer Support Group

For young adults ages 18 to 39 who want to learn about such issues as coping strategies, work and education resources, dating and relationships, and fertility preservation.

Information: 714-456-7057

Wednesday, Oct. 15, Jan. 21, 6:30-8:30 p.m.

Location: Neuropsychiatric Center, conference room 101

# Lecture Series

Medical lecture series features UC Irvine Health experts on a variety of topics.

Reservations and information: 949-824-0091

Location: Newport Beach Public Library, 1000 Avocado Ave., Newport Beach, CA 92660. Reservations are recommended. Unreserved seats are limited to first come, first served.

## Diabetes and Stem Cell Research

Monday, Sept. 22, 7-8 p.m.

Speaker: Ping Wang, MD

## Innovations in Ophthalmology

Monday, Oct. 6, 7-8 p.m.

Speaker: Roger Steinert, MD

## Circadian Rhythms

Monday, Oct. 20, 7-8 p.m.

Speaker: Paolo Sassone-Corsi, PhD





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# Open enrollment is here. Choose UC Irvine Health.



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Ground-breaking treatments. Board-certified physicians ranked among the Best Doctors™ in America. Don't you and your family deserve what UC Irvine Health offers? Talk to your company's HR coordinator and make sure your health plan gives you all the best we can offer.

**Learn more at [ucirvinehealth.org/chooseus](http://ucirvinehealth.org/chooseus)**

## UC Irvine Health **THE ANTI-CANCER**

CANCER IS MORE THAN 100 DISEASES.  
**WE SPECIALIZE IN YOURS.**



A Comprehensive Cancer Center Designated by the National Cancer Institute

[ucirvinehealth.org/theanticancer](http://ucirvinehealth.org/theanticancer)