

UC Irvine Health

Summer 2013

Helping you live well

Standing Up to Cancer

.....

Allergy Season is Here!

A Runner
Moves Forward

Prostate Health

.....



Your Health is Our Passion

Dear Reader,

Nothing is more important than your health. You turn to your doctors and nurses for help feeling better today so that you have many healthy tomorrows.

At UC Irvine Health, we are honored that you trust us with your health. Here, we pride ourselves on bringing together highly skilled physicians, the most advanced treatments, the most innovative approaches and the most compassionate care.

But our commitment goes beyond treating our patients. We are dedicated to improving the health of the people of Orange County and beyond by providing the best primary care doctors, exceptional specialists and world-class healthcare. At the UC Irvine Health School of Medicine, we perform groundbreaking research and train the doctors of tomorrow, ensuring ever-improving medical treatments, disease prevention strategies and better health for years to come. At UC Irvine Health, we embrace our mission: Discover. Teach. Heal.

In these pages, you will read about people in our community whose lives were saved because they turned to UC Irvine Health in their time of need. You'll also find information about how to improve your health, how to overcome medical challenges, and where to seek the best care. You'll find links to our new website where you can view captivating videos, take a quiz and read informative articles that can help guide you to better health. You can even sign up to win an iPad mini by following the link on page 3.

UC Irvine Health is grateful to the patients and countless members of the Orange County community and beyond who have entrusted us with their health. We invite you to read on and learn more about UC Irvine Health and our unique approach to your well-being.



Terry Belmont, CEO
UC Irvine Medical Center



Ralph Clayman, MD, Dean
UC Irvine Health School of Medicine



UC Irvine Medical Center CEO Terry Belmont (left) and Dr. Ralph Clayman, dean of the UC Irvine Health School of Medicine.

“Our commitment goes beyond treating our patients. We are dedicated to improving the health of the people of Orange County and beyond.”



At your fingertips

Connect online with UC Irvine Health for information and resources to help you live well, including health tips, videos, classes, events and more.

 ucirvinehealth.org

 facebook.com/UCIrvineHealth

 twitter.com/UCIrvineHealth

 youtube.com/UCIrvineHealthcare

Or call us toll free at 877-UCI-DOCS (877-824-3627)



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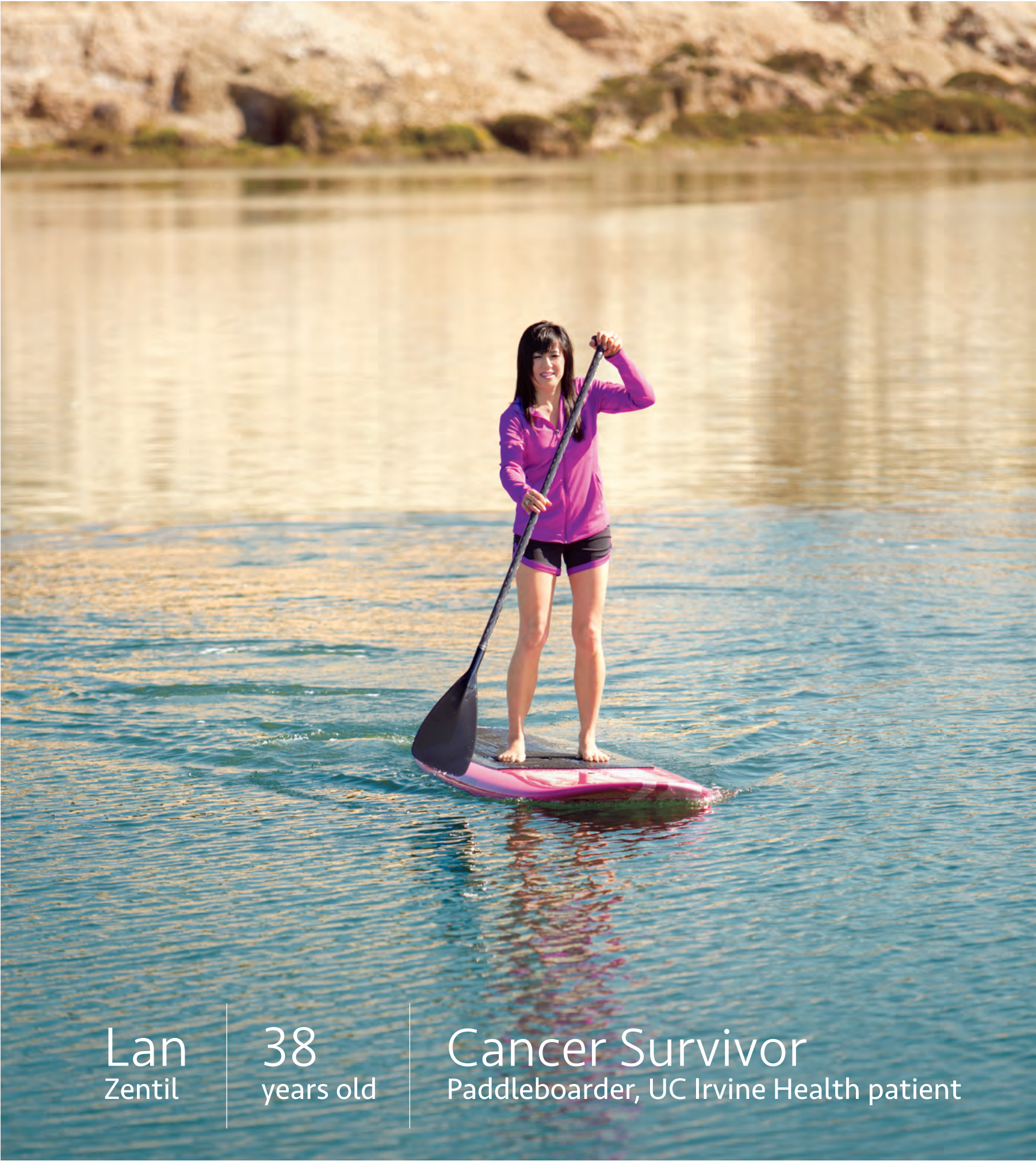
Win an iPad® mini and an iTunes® gift card.

Share your thoughts with us about this issue of UC Irvine Health. Then provide us your name and contact information to enter a drawing for a free iPad mini and \$25 iTunes gift card.

After filling out the form inside this issue, simply tear out the attached card and put it in a mailbox. The postage is prepaid. If you'd prefer to go paperless, you can visit ucirvinehealth.org/ipad to enter instead. Only one entry per household, please. The lucky iPad mini and iTunes gift card winner will be chosen on July 31, 2013. Thank you for your feedback.



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Lan
Zentil

38
years old

Cancer Survivor
Paddleboarder, UC Irvine Health patient

Standing Up to Cancer

How one woman overcame the odds.

The first thing you notice about Lan Zentil is her boundless energy.

Successful, compassionate and family-oriented, she's the kind of woman who feels right at home managing a successful real estate business or volunteering as an advocate for abused children. Weekends are spent with her husband and two children—skiing, mountain biking, rock climbing, or stand-up paddleboarding. "Being outside is our number one priority," she says. "It's our time to be together."

But the 38-year-old Laguna Beach resident's active lifestyle was threatened last year when she discovered a large lump in her right shoulder. After failing to find a doctor who could tell her what was wrong, she was finally referred to Dr. Bang H. Hoang, director of the UC Irvine Health Multidisciplinary Sarcoma Center.

"Everyone at UC Irvine Health has so much heart. And I'm so grateful to them."

"Sarcomas are malignant tumors that originate in muscle, fat, connective tissue or bone," explains Hoang, who's a widely acknowledged expert on the subject. "They're extremely rare. When I looked at Lan's imaging tests, I was concerned she had a form of sarcoma." A biopsy proved him right. The lump was a chondrosarcoma, a rare bone cancer diagnosed in fewer than 500 Americans each year.

Hoang told Zentil that the tumor could be removed, but the surgery would leave her with limited use of her shoulder. "He was very gentle and compassionate, but also straightforward, and I really appreciated that," Zentil says. "But it was so difficult to believe."

Equally unbelievable was finding a renowned cancer specialist less than 20 minutes from her home. "Until this happened, I'd pass the medical center without realizing what went on there," Zentil says.

What goes on at the UC Irvine Health Chao Family Comprehensive Cancer Center is extraordinary. Every day, a remarkable team of leading oncologists provides the full spectrum of cancer care—from uncommon malignancies like Zentil's to digestive, brain, breast, skin, gynecologic, head and neck, blood, musculoskeletal, lung, and urologic cancers that affect thousands of people each year. Some of the most advanced therapies available were developed at the center, including treatments for prostate and ovarian cancer.

Designated a comprehensive cancer center

by the National Cancer Institute, the center is one of just 41 institutions nationwide honored with this distinction—and the only one in Orange County. "This means we approach cancer in its entirety, from prevention to treatment to long-term follow-up," says Dr. Leonard Sender, clinical director of oncology services. "We want to make it easy for patients to navigate through the process while taking advantage of the wealth of expertise that exists here."

For Zentil, the process worked perfectly. During a meticulously planned five-hour surgery, Dr. Hoang removed the cancerous shoulder blade and rerouted muscles and tendons to the remaining bone to help preserve as much function as possible. Afterward, Zentil received exceptional support and care from the hospital staff.

Today, thanks to Dr. Hoang's skill and her own hard work and courageous spirit, Zentil has regained nearly full use of the shoulder. Last summer, she and her family celebrated her recovery by paddling across 40 California lakes in four weekends, using the event to raise money for other UC Irvine Health cancer patients. "Everyone at UC Irvine Health has so much heart," Zentil says. "And I'm so grateful to them. I just had to give back."



Zentil's bone cancer affected her scapula, or shoulder blade. She's thrilled that the operation didn't limit her activities, or interfere with her favorite sport—paddleboarding.

See Lan's Video

To learn more about Lan Zentil's experience with bone cancer and her treatment, visit ucirvinehealth.org/meetlan



Itching, Wheezing and Sneezing?

Help for allergies is available.



Ah, the sounds of the season—sneezes, sniffles and coughs. No, not flu season. Allergy season, which can span the entire year in California. Do you have nasal congestion, aching sinuses, post-nasal drip, itchy nose or watery eyes? If misery loves company, you can take comfort in knowing that there are more than 40 million other Americans suffering along with you.

Living with hay fever—also called allergic rhinitis—is no fun. It's caused by sensitivity to pollen, which blooms eternal in some regions of the country, including California. "Allergies to grasses are the most common, followed by trees and weeds," says Dr. Ravi Gutta, a board-certified UC Irvine Health allergy specialist.

Substances in the home also contribute to allergy symptoms. The most common offenders are dust mites, pet dander and mold spores. Food allergies may also contribute to the misery index, with symptoms ranging from hives and eczema to life-threatening anaphylactic shock.

Taking some basic precautions can help control your allergy symptoms. "If you're sensitive to animal dander, keep pets out of the bedroom and bathe your cat or dog regularly," says Gutta, head of UC Irvine Health allergy services. Keep dust mites at bay by dusting and vacuuming frequently. Wash bedding in hot water

weekly, and cover pillows, mattresses and box springs with allergy-proof encasings. A dehumidifier can also help reduce dust mites, as well as mold spores. And if certain foods pose a problem for you, avoid them by reading labels carefully. If you have severe reactions, you should wear a medical alert bracelet and carry an auto-injector device containing epinephrine.

"Getting your allergies under control can make a huge difference in the quality of your life."

But it's impossible to completely avoid pollen, which drifts in the air for miles. And many people aren't sure what triggers their allergic reactions. If allergies are affecting your daily life and keeping you from the activities you enjoy—including sleep—it may be time to see an allergy specialist. This doctor can identify your specific allergies by skin-testing you. The process involves dropping a small amount of a watery extract of a number of substances such as grass pollen, dust mites or pet dander on your skin and pricking with a needle. If a red bump, much like a mosquito bite, appears, you're likely allergic to that substance. Blood tests are available when skin tests can't be done.

Medications may relieve symptoms, but if you want long-term relief, a better option may be allergy or desensitization shots. "Eighty-five percent of individuals who receive allergy shots see significant improvement in their symptoms," says Gutta. "They no longer need medication, or need a lot less of it."

The most important advice is to seek help sooner rather than later. "Treatments are available," says Gutta. "Getting your allergies under control can make a huge difference in the quality of your life."

Allergy Facts



Allergies rank fifth among all chronic diseases in the U.S., with more than half the population testing positive for one or more substances that can cause allergic reactions. Allergy shots can promote long-lasting relief by decreasing symptoms and reducing the need for medication.

Jorge's Story

From spinal surgery to running marathons.

Jorge Partida ran his first half marathon last month—an impressive accomplishment for anyone. But for the 25-year-old Costa Mesa resident, it was nothing short of a miracle.

Less than two years ago, Partida was diagnosed with a rare spinal tumor and feared he would never walk again. But today, thanks to the specialized care he received through the UC Irvine Health Comprehensive Spine Program, he's not only walking, but running—and invigorated by a new appreciation for life.

Partida's journey began in June 2011, when he came home from his job as an X-ray technologist and fell asleep on the couch. When he awoke, his right foot was numb. "I just figured that my foot had fallen asleep," he recalls. But the tingling didn't go away, spreading to his arm and the right side of his body over the next few weeks.

It wasn't until early August, however, that Partida went to an urgent care center for treatment. In addition to numbness and tingling on his right side, his vision had become blurry, he felt faint and was having trouble breathing. He was referred immediately to the emergency department at UC Irvine Medical Center.

A CT scan showed an alarming buildup of fluid in Jorge's spinal column, indicating a possible tumor. An MRI confirmed that he had a long, sausage-shaped mass that extended from the middle of his neck to his chest and was growing inside his spinal cord.

"I woke up from surgery thrilled that I could wiggle my toes."

UC Irvine Health neurosurgeon Dr. Daniel Yanni explained to Jorge that this rare spinal cord tumor, called an ependymoma, was the source of his symptoms. While noncancerous, the growth was life-threatening because of its location and size. "It was an unusually large mass," says Yanni. "Without surgery, it would continue to grow, causing permanent paralysis and ultimately, death." Surgery could save Partida's life, but there was still a 50-50 chance he would be paralyzed after the procedure. "I was in shock," Partida recalls. "I kept hoping they would come back in and tell me it was all a mistake."

Fortunately, Partida was in the right place for treatment of his rare condition. The specialized surgeons with the UC Irvine Health Comprehensive Spine Program

are renowned for their expertise in diagnosing and treating common disorders such as herniated discs, spinal stenosis, sciatica and scoliosis—and uncommon conditions such as Partida's rare spinal tumor. They're also pioneers in advanced techniques such as robotic surgery and microsurgery.

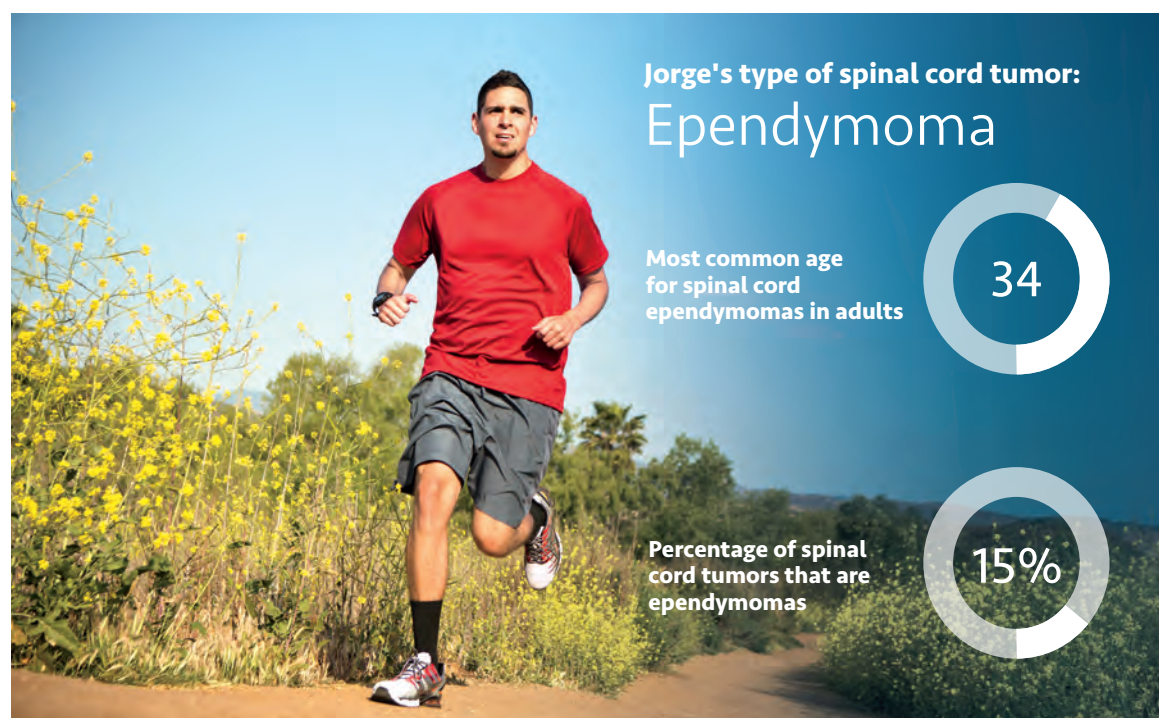
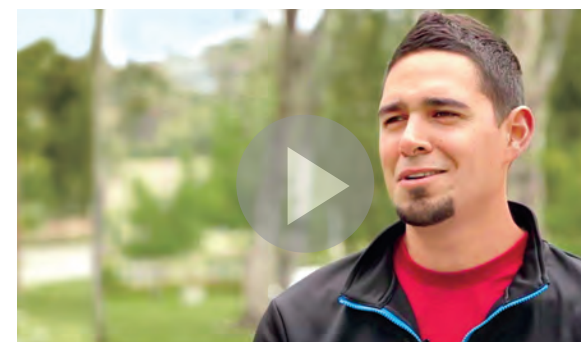
To remove the tumor, Yanni performed a delicate six-hour procedure using microsurgical techniques. "The spinal cord helps regulate most of the body's functions, including movement, sensation and bladder control," says Yanni. "The challenge in Jorge's case was to remove this very large tumor without damaging the nerves and tissues that control these activities."

The operation was a success. Partida remembers waking up two days after surgery and being overjoyed to wiggle his toes. A course of radiation therapy came next to make sure no remnants of the tumor remained, along with several months of intensive physical therapy. A year after his surgery, when a friend mentioned running a marathon, Partida jumped at the opportunity. "I wanted to prove to myself that I could do it," he says. After training for a year, Partida ran the OC Half Marathon on May 5 in two hours and 49 minutes.

Two years postsurgery, there's no sign the tumor has returned. The experience has changed Partida's outlook on life. "I used to take things for granted—like being able to walk," he says. "Now I'm grateful for everything."

Meet Jorge

Find out more about Jorge Partida's amazing journey at ucirvinehealth.org/meetjorge





Prostate Cancer Take the Quiz

Prostate cancer is not only one of the most common cancers in men, but it's also highly treatable when found in its early stages.

We know more about the disease than ever before, yet several dangerous myths persist:

- It's a disease for older men
- It's a slow-growing cancer that shouldn't concern you
- It only runs in families

Are you armed with the information you need to prevent prostate cancer and recognize its symptoms?

Take our short quiz to learn the difference between prostate cancer fact and fiction at ucirvinehealth.org/prostatequiz

Protecting Your Prostate

What every man needs to know.

Attention, men! It's Men's Health Month—and a great time to think about your prostate. Seriously. Because taking good care of this important gland could lower your risk of prostate cancer, as well as other related problems.

A healthy prostate starts with a healthy you. And while your prostate may be nowhere near your heart, deep down they both yearn for the same things. "In terms of lifestyle habits, what's good for your heart is also good for your prostate," says Dr. Atreya Dash, a UC Irvine Health urologic oncologist. You know the drill: stop smoking, lose weight, get off the couch and adopt a heart-healthy diet.

A healthy lifestyle can reduce the risk and symptoms of several prostate conditions, including benign prostatic hypertrophy (BPH)—an enlarged prostate—and prostatitis, an inflammation or infection of the prostate. Both conditions can cause urinary problems, including difficulty emptying your bladder, frequent nighttime urination, and a weaker urine stream. "Prostatitis is generally treated with antibiotics," says

Dash. "BPH can be treated with medication or surgery, including minimally invasive laser techniques, which can significantly improve symptoms."

Unlike BPH and prostatitis, prostate cancer doesn't show any symptoms—at least not in the early stages. "The only way to identify this type of cancer early is through screening with a digital rectal exam and the PSA (prostate specific antigen) blood test," says Dr. Thomas Ahlering, a UC Irvine Health urologic oncologist. While there's been some recent controversy over the benefits of prostate cancer screening, almost no one disputes that the PSA test is extremely effective in detecting the disease. But it's less helpful in determining whether the cancer is aggressive, requiring immediate treatment, or a slow-growing type that won't cause problems for many years. In the latter situation, "watchful waiting" or monitoring the cancer to see if it grows may be all that's needed.

The medical experts at UC Irvine Health, along with many others, continue to believe that prostate cancer screening saves lives—and should begin at age 50 for

men with average risk and age 45 for men at higher risk. The latter includes African Americans and those with a family history of prostate cancer.

If you do have a prostate cancer diagnosis, there's a wide range of treatment options. What's right for you depends on the stage of the disease, as well as your age, overall health and personal preference.

Prostatectomy, or surgery to remove the entire prostate, is a common treatment for prostate cancer. UC Irvine Health doctors perform robot-assisted surgery, which allows the surgeon to operate through much smaller incisions. UC Irvine Health introduced robotic prostatectomy to Southern California in 2002 and now is pioneering a new technique called hypothermic robotic-assisted radical prostatectomy—cooling the surrounding tissue to reduce inflammation, much like you'd ice your ankle after a sprain. "In our experience, incontinence has been reduced 70 percent," says Ahlering.

Medications, hormone therapy and radiation therapy are other treatment options. For more information about prostate health, visit ucirvinehealth.org

Education Connection

Family Health

Asthma and Adults (1 class)

Friday, Sept. 13, 5-7 p.m.

Spanish: Friday, Dec. 20, 5-7 p.m.

Breastfeeding Your Baby (1 class)

Thursday, July 11, Aug. 8, Sept. 12, Oct. 10, Nov. 14, Dec. 12, 6-9 p.m.

Spanish: Tuesday, Aug. 20, Nov. 12, 6-8:30 p.m.

Spanish Location: UC Irvine Health Family Health Center Santa Ana

Diabetic Diet (1 class)

Monday, Aug. 5, Oct. 7, Dec. 2, 4-6 p.m.

Diabetes Overview

Wednesday, Aug. 14, Sept. 11, Nov. 13, Dec. 11, 4-6 p.m.

Spanish: Dates, times and locations to be announced

Diabetes Management Series (3-Class Series)

Wednesday, July 10, 17 & 24, 4-6 p.m.

Wednesday, Oct. 9, 16 & 23, 4-6 p.m.

Early Pregnancy (1 class)

Wednesday, July 24, Sept. 25, Nov. 27, 6-8 p.m.

Heart Failure (1 class)

Monday, July 15, Aug. 19, Sept. 16, Oct. 21, Nov. 18, Dec. 16, 2-3:30 p.m.

Heart-Healthy Diet (1 class)

Monday, July 15, Sept. 16, Nov. 18, 4-5:30 p.m.

High Blood Pressure (1 class)

Tuesday, Aug. 13, Oct. 8, Dec. 10, 5-6:30 p.m.

Joint Replacement Hip or Knee (1 class)

Monday, July 1, 15, Aug. 5, 19, Sept. 9, 23, Oct. 7, 21, Nov. 4, 18, Dec. 2, 16, 2-3 p.m.

Location: UC Irvine Medical Center Douglas Hospital, 3rd floor, Family Room 3001

Kidney Failure (6-class series)

Thursday, Sept. 12, 19, 26, Oct. 3, 10 & 17, 5-6 p.m.

Maternity Tea & Tour (1 class)

Tuesday, June 18, July 16, Aug. 20, Sept. 17, Oct. 15, Nov. 19, Dec. 17, 5:30-6:30 p.m.

Location: UC Irvine Medical Center, Building 53, Auditorium

Meditation for Health (4-class series)

Cost: \$20 to all

Monday, Sept. 9, 16, 23 & 30, 6:30-7:30 p.m.

Monday, Nov. 4, 18, 25 & Dec. 2 (No class Nov. 11) 6:30-7:30 p.m.

Location: UC Irvine Medical Center Douglas Hospital, conference room 3005

Meditation: Breathing Exercises (1 class)

Cost: \$20 to all

Monday, Oct. 7, 6:30-7:30 p.m.

Location: UC Irvine Medical Center Douglas Hospital, conference room 3005

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.

For a full description of classes, seminars and support groups, please visit ucirvinehealth.org/events





Family Health (continued)

Meditation: Grief Recovery (1 class)

Cost: \$20 to all
Monday, Oct. 21, 6:30-7:30 p.m.
Location: UC Irvine Medical Center Douglas Hospital, conference room 3005

Meditation: Body Scan (1 class)

Cost: \$20 to all
Monday, Dec. 16, 6:30-7:30 p.m.
Location: UC Irvine Medical Center Douglas Hospital, conference room 3005

Newborn Care (1 class)

Friday, June 28, July 19, Aug. 2, Sept. 13, Oct. 11, Nov. 8, Dec. 13, 6-9 p.m.

Spanish: (1 class) Tuesday, Aug. 27, Nov. 19, 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

Parenting 0-3 Year Olds (9-class series)

Cost: \$150 per parent couple; scholarships and financial aid are available
Tuesday, July 16, 23, 30, Aug. 6, 13, 20, 27, Sept. 3 & 10, 6-8 p.m.

Prepared Childbirth—Lamaze (5-class series)

Wednesday, June 26, July 10, 17, 24 & 31 (no class July 3), 7-9:30 p.m.
Wednesday, Sept. 11, 18, 25, Oct. 2 & 9, 7-9:30 p.m.
Wednesday, Oct. 23, 30, Nov. 6, 13 & 20, 7-9:30 p.m.
Thursday, June 27, July 11, 18, 25 & Aug. 1 (no class July 4), 7-9:30 p.m.
Thursday, Sept. 12, 19, 26, Oct. 3 & 10, 7-9:30 p.m.
Thursday, Oct. 24, 31, Nov. 7, 14 & 21, 7-9:30 p.m.

Spanish: (4-class series) Tuesday, July 23, 30, Aug. 6 & 13, 6-8:30 p.m.

Tuesday, Oct. 15, 22, 29 & Nov. 5, 6-8:30 p.m.

Spanish Location: UC Irvine Health Family Health Center Santa Ana

Preparing for Surgery—Mind, Body, Spirit (1 class)

Monday, June 17, July 1, 15, Aug. 5, 19, Sept. 9, 23, Oct. 7, 21, Nov. 4, 18, Dec. 2, 16, 3-4:30 p.m.
Location: UC Irvine Medical Center Douglas Hospital, 3rd floor, Room 3001

Siblings (1 class)

Thursday, Aug. 8, Nov. 14, 4-5 p.m.

Stroke Prevention (1 class)

Tuesday, Aug. 13, Oct. 8, Dec. 10, 4-5 p.m.

Weight Control—Intuitive Eating (4-class series)

Tuesday, Oct. 15, 22, 29 & Nov. 5, 5-6:30 p.m.

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, 1st floor Patient and Family Resource Center

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, 6:30-8:30 p.m.
Location: UC Irvine Medical Center, 2nd floor above medical library, rooms 2103 & 2106

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
Location: UC Irvine Medical Center, Building 56, room 114

Epilepsy Educational Support Group

Information: 714-557-0202
Third Friday every month, 7-8:15 p.m.
Location: Neuropsychiatric Center, conference room 101

Grief Support Group for Children

Information: 714-456-2295
Third Thursday every month, 4-5:30 p.m.
No July meeting. 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

Kidney and Pancreas Transplant Support Group

Information: 714-456-8342
Second Tuesday every month (no December meeting), 2-3 p.m.
Location: 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
Mondays, July 22, Sept. 23, Nov. 25, 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, 6:30-8:30 p.m.
Location: Neuropsychiatric Center, conference room 101

Spinal Cord Injury Support Group

Information: 714-456-6628
Third Tuesday every month
(no December meeting), 1-2 p.m.
Location: Neuropsychiatric Center, Acute Rehabilitation Unit common area

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

Information: 714-730-1600
Saturday, July 27, Sept. 28, Nov. 16, 1-3 p.m.
Location: Second floor above medical library, rooms 2105, 2106

Women's Share and Care Group

Support and education for women with cancer.
Information: 714-456-8609
Second and fourth Tuesday every month, 10-11:30 a.m.
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

Women with Gynecologic Cancer

Spanish: Information: 714-456-5235
Third Tuesday every month, 6-7:30 p.m.
Spanish Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

Young Women's Thriving and Surviving Support Group

For women 18 to 45 surviving any type of cancer.
Information: 714-456-7057
Third Wednesday every month, 6:30-8:30 p.m.
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

Senior Seminars



UC Irvine Medical Center is ranked among the top 50 hospitals in the country for excellence in care for older adults.

The Smells of Summer: Aromatherapy for Mind and Body

Heather Rice, LAc, DiplAc, UC Irvine Health Susan Samuelli Center for Integrative Medicine
Friday, Aug. 2, 10-11 a.m.
Location: Norman P. Murray Community & Senior Center, 24932 Veterans Way, Mission Viejo
RSVP: 949-470-3062

GERD (Gastroesophageal Reflux Disease)

Jason Samarasena, MD
UC Irvine Health gastroenterologist
Tuesday, Aug. 20, 10-11 a.m.
Location: Norman P. Murray Community & Senior Center, 24932 Veterans Way, Mission Viejo
RSVP: 949-470-3062

Irregular Heartbeat: Could it be Atrial Fibrillation?

(This talk will be given in Mandarin)
Yiching Lai, NP, UC Irvine Health Cardiovascular Center
Tuesday, Aug. 20, 1-2 p.m.
Location: Florence Sylvester Senior Center 23721 Moulton Parkway, Laguna Hills
RSVP: 949-380-0155

Lung Cancer

Sai-Hong Ou, MD, PhD
UC Irvine Health hematologist-oncologist
Wednesday, Aug. 21, 10-11 a.m.
Location: OASIS Senior Center, 801 Narcissus Avenue, Corona del Mar

For 12 consecutive years and counting, UC Irvine Medical Center has been ranked among America's top 50 hospitals by U.S. News & World Report, honored in cancer, gynecology, kidney disorders, geriatrics and urology. To learn more, visit ucirvinehealth.org

Health Fair

Learn how to live well at the 3rd annual UC Irvine Health Super Saturday Health Fair. Receive a free flu shot, have your blood pressure checked, get screened for diabetes and find out new ways to improve your health.

Saturday, Oct. 12
10 a.m. to noon

UC Irvine Health Manchester Pavilion
200 S. Manchester Ave.
Orange, CA 92868

Plan to arrive early.
Flu vaccine quantities are limited.

For more information on this and other UC Irvine Health events, visit ucirvinehealth.org/events or call toll free 877-UCI-DOCS (877-824-3627)



Tips for a Healthy Life

What's the formula for a healthy life? Your 10 steps to better living start here.

1 Keep moving

Even if you've been a couch potato for years, it's never too late to start exercising. Experts recommend at least 30 minutes of physical activity most days, but no gym is needed. "Exercise doesn't have to be on a treadmill," says UC Irvine Health internist Dr. Robby Gulati. "Take a brisk walk. Use the stairs, not the elevator. Just find a way to move more."

2 Watch what you eat

Gulati's recommendation for a healthy diet is simple: Eliminate fast and processed foods and instead choose fruits, vegetables, whole grains, nuts and dairy products. Eating in is important, too. "The average restaurant meal has 800 calories and is loaded with salt and fat," he points out. "When you cook at home, you know what you're getting."

For more healthy tips, visit [ucirvinehealth.org/10healthytips](https://www.ucirvinehealth.org/10healthytips)





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