

UC Irvine Health

Summer 2015

Helping you live well



The Anti-Cancer: Uniting Everyone Touched by Cancer

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Women and Hidden Heart Disease
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Leading the Way: Fewer C-Sections,
Episiotomies and Induced Labors

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Sunscreen is an everyday necessity in Southern California. But purchasing a sun-protection product can be challenging if you don't know what to look for.

More than 100 UC Irvine Health doctors were recently named Physicians of Excellence by the Orange County Medical Association. This distinction recognizes physicians for their dedication to their profession and patients.



Check out which UC Irvine Health doctors were named Physicians of Excellence. Visit ucirvinehealth.org/physiciansofexcellence

Are you passionate about finding a cure for cancer? Does it warm your heart to see the tiniest patients get a healthy start in life? Would you like to help a special doctor find new ways to help others?



Learn how you can transform lives at ucirvinehealth.org/giving

Want to lead a healthier life? Read up on tips and learn about medical breakthroughs, novel treatments, patients' stories and more on Live Well, a new blog from UC Irvine Health.



Join the conversation at ucirvinehealth.org/blog and sign up for our monthly newsletter at ucirvinehealth.org/sign-up

World-class care, all across the county.

You can find our primary and specialty care facilities in Anaheim, Orange, Irvine, Tustin, Santa Ana and Newport Beach.

For complete information about specific services and hours at each of our locations, go to ucirvinehealth.org/locations



UC Irvine Health



For Our ALS Team, Care Is More Than Clinical, It's Personal

Our ALS & Neuromuscular Center team gave brave ALS patient Jodi Oliver more than expert care. They made her a promise they'd keep fighting for a cure.

Jodi Oliver believed in living life to the fullest. Married for 19 years and the mother of four, she also worked as an emergency room nurse, ran 5Ks and volunteered at her children's schools.

But three years ago, at age 42, the Westminster resident began to experience debilitating muscle weakness. After several doctors couldn't identify the problem, Oliver demanded a referral to the UC Irvine Health ALS & Neuromuscular Center, where she was diagnosed by neurologist Dr. Namita Goyal with ALS—amyotrophic lateral sclerosis, also known as Lou Gehrig's disease.

ALS strikes otherwise healthy people mostly between the ages of 40 and 70. It's a progressive, neurodegenerative disease that affects motor nerve cells in the brain and spinal cord, causing muscles to waste away. The average life span after the onset of symptoms is two to five years.

UC Irvine Health has one of only 44 centers in the nation designated by the Muscular Dystrophy Association. Neurologists who specialize in diagnosing and treating neuromuscular diseases collaborate with researchers to provide optimal treatments and search for a cure. Together, the team offers highly advanced and specialized testing to diagnose ALS and other complex neuromuscular diseases and determine the best

course of treatment. "Although there's no cure for ALS, specialized, multidisciplinary and coordinated care can extend patients' survival and improve their quality of life," explains Goyal.

"Optimal management of the disease requires a team operating in an integrated manner. Instead of having individual appointments at different locations, we try to minimize the disease burden by offering coordinated care in one place during the same visit."

The doctors and other healthcare professionals also offer understanding and personalized care. "The compassion I've received from Dr. Goyal is beyond gold," wrote Oliver earlier this year, after she lost the ability to speak. Oliver confronted ALS head-on, vowing to make the most of her limited time by advocating for ALS research and participating in a clinical trial that she knew couldn't cure her, but might give hope to future ALS patients.

"We offer more clinical trials than any other ALS site in Southern California," says Dr. Tahseen Mozaffar, director of the UC Irvine Health ALS & Neuromuscular Center. "Research is the key to eliminating this cruel disease."

A few days before Oliver died, Goyal visited Oliver at home. "I sat by her bedside, talking with her," Goyal says. "I promised I'd battle ALS until we find a treatment or cure. And on the day we do, I'd think of how she inspired me to fight ALS. Jodi gave me a thumbs-up, one of the few muscles she could still move."

To learn more about ALS and neuromuscular diseases, visit ucirvinehealth.org/als or call 714-456-2332.



"I may not be able to cure ALS, but I can raise awareness," said Jodi Oliver, who sported a "Kiss My ALS" sticker on the back of her wheelchair. A passionate advocate for ALS research, she participated in a clinical trial.



From Cancer Patient to Patient Parent

Despite a devastating diagnosis, Natalie Burgess fulfilled her dreams of reaching the altar—and the delivery room.

In July 2010, just weeks away from her long-awaited wedding, Natalie Burgess, then 34, learned the cause of her painful constipation: stage III colon cancer. Fortunately, Burgess' doctor referred her to UC Irvine Health colorectal surgeon Dr. Michael Stamos, who is among the nation's leading colon cancer experts.

Burgess, a Long Beach City College English professor, was stunned: Colon cancer is rare in people under 50. But new studies show that's changing. More people in their 40s,

30s and even 20s are being diagnosed with colon cancer. It's not clear why. "Environmental factors or diet could be at play, but more research is needed," explains Stamos.

Burgess wasn't about to delay her August wedding. But a bigger fear emerged when the Huntington Beach resident learned that her ovaries might have to be removed if the cancer had spread. The prospect was devastating for her and then-fiancé, Brian, who both wanted a family.



Natalie
Burgess

39
years old

Wife, mother, professor
Colon cancer survivor

Now cancer-free, Natalie Burgess enjoys an afternoon by the pool with her husband Brian, daughter Isabella, and son Kevin.

Stamos successfully performed the surgery. To Burgess' relief, her ovaries were safe, but the cancer had spread to her lymph nodes, so chemotherapy would be required. That's when Burgess received a call from Dr. Leonard Sender, hematology-oncology specialist and expert on adolescent and young adult cancers. Because chemotherapy can affect fertility, Sender recommended harvesting her eggs and freezing the embryos, just in case.

Burgess had her dream wedding on schedule, but postponed the honeymoon to complete the egg retrieval process and begin chemotherapy. Today, she's cancer-free; she and Brian are the proud parents of 2-year-old Isabella and 4-month-old Kevin—both conceived the old-fashioned way, it turns out.

"I savor every moment now," she says. "I had the dream team taking care of me and I'm so grateful."

UC Irvine Health has one of the only programs in the country devoted to young adults with cancer. A multidisciplinary team provides the specialized care and consideration these patients need, including psychosocial support.

"Young adults have unique needs," says Sender. "They're completing their education, launching a career, starting a family. We want to provide the best medical treatment, but also think about how treatment will affect their lives."

Most importantly, young adults shouldn't ignore symptoms like rectal bleeding, abdominal pain or chronic constipation, just because they haven't reached the recommended screening age of 50. "Cancer can occur at any age," says Stamos. "If your symptoms are ongoing, take them seriously—and see a doctor who will do the same."

For more information about colon cancer, visit ucirvinehealth.org/colorectal

Mom's Eyes. Dad's Nose. Grandma's Cancer.

Some colon cancers are due to an inherited gene mutation. Genetic testing can identify if you're at risk.

Colon cancer is caused by an inherited genetic mutation in 3 to 5 percent of cases. If colorectal cancer runs in your family, sometimes striking before age 50—or if you've had multiple polyps removed—you may want to consider genetic testing. A positive result doesn't automatically mean you'll develop cancer. But armed with this information, you and your family can take important steps to prevent the disease, such as undergoing frequent screenings.

The UC Irvine Health H.H. Chao Comprehensive Digestive Disease Center offers genetic counseling and testing for those concerned about their family risk of colorectal cancer. For information, call 888-717-4463.



A Deeper Intelligence to Defy Cancer

UC Irvine Health offers cancer treatments and clinical trials you won't find anywhere else in Orange County.

When UC Irvine Health launched its "Anti-Cancer" campaign last fall, hundreds of people inscribed ping-pong balls with the names of loved ones who had the disease.

It became an exhibit inside the Chao Family Comprehensive Cancer Center, with a message loud and clear: Cancer touches the lives of too many people.

As leaders in the fight against cancer, we're here to heal and support patients and their families. Working with researchers, our team of university-based surgeons, oncologists and other clinicians treats more cancer patients—and more complex cases—than any other healthcare provider in Orange County. Common or rare, all cancers are within our reach.

In fact, we're one of only 41 comprehensive cancer centers nationwide—and the only one in Orange County—designated for excellence by the National Cancer Institute (NCI).

Based on our expertise and research capabilities, the NCI designation as a comprehensive cancer

center gives our patients access to innovative treatments and clinical trials—sometimes years before they're available to the general public.

By identifying the precise therapy and tailoring it to each person's unique needs, we partner with our patients to tackle their cancer on all fronts. Our team of physicians and scientists is the largest in the region, working together to harness the latest research in the prevention, diagnosis and treatment of cancer.

And now we are bringing leading-edge cancer treatments and care to south Orange County.

The UC Irvine Health Cancer Center—Newport (see map on page 2) provides a tranquil, healing setting for chemotherapy, doctors' visits and other cancer services.

While UC Irvine Health treats all cancers, we have several highly specialized programs:

Digestive cancers. With specialists in cancers of the esophagus, liver, pancreas, stomach, colon and more, UC Irvine Health provides the most innovative diagnostic and treatment service for all malignancies of the digestive tract. UC Irvine Health's highly experienced team has developed many breakthrough procedures and treatments, most of them minimally invasive.



At the Chao Family Comprehensive Cancer Center (top left), thousands of people declared cancer a common enemy by inscribing ping-pong balls with anti-cancer sentiments or the names of loved ones with cancer (bottom left). The balls were displayed in a large Plexiglas box (right) at the cancer center.



We are pioneers in the use of endoscopic fine-needle ultrasound procedures for gastrointestinal cancers. Our colon and rectal surgeons are experts in techniques that preserve patients' quality of life, while our medical oncologists are leading clinical trials and other research to continually improve colon cancer care. And we are exploring new and better ways to detect abnormalities before they become cancerous.

Brain tumors. For previously inoperable brain tumors, we have the BrainPath® neurosurgery system, which allows doctors to reach deep-seated tumors through an incision less than the size of a dime. Further, we offer TrueBeam™ STx radiation therapy that is so fast, powerful and precise, even the tiniest, most inaccessible tumor can't hide. Neurosurgeons team with our highly specialized neuro-oncologists who provide access to clinical trials and the latest treatments.

Lung cancer. This challenging cancer can be treated successfully if the malignancy is diagnosed early. UC Irvine Health offers low-dose spiral computed tomography to detect early-stage lung cancer in high-risk people who may not even have symptoms yet. We're also among the first to diagnose and treat small lung tumors with minimally invasive video-assisted thoracic surgery—the gold standard for early-stage lung cancer treatment. And our research in areas like lung cancer genetic mutations is ongoing, resulting in drugs that target cancer cells.

If you or a loved one has cancer, read more at anti-cancer.com or call 714-456-8000 for an appointment. When it comes to cancer, we're in your corner.

Chao Family Comprehensive Cancer Center

101 The City Drive South
Orange, CA 92868
714-456-8000

ucirvinehealth.org/cancer

Located on the UC Irvine Medical Center campus, this is Orange County's only NCI-designated comprehensive cancer center and home to state-of-the-art treatments and research.

Discover the Latest on How to 'Live Well'

Introducing the Live Well blog, a resource that helps you do exactly that. Here you will find stories about cancer survivors, the latest treatments and news about cancer and other health challenges, tips on preventing illness and even a healthful recipe to get you started.

Visit ucirvinehealth.org/blog and sign up for our monthly newsletter at ucirvinehealth.org/sign-up

The screenshot shows the UC Irvine Health 'Live Well' blog homepage. The header includes the UC Irvine Health logo and the text 'Live Well Here for a healthy you'. The main content area features several article teasers with images and titles: 'A more precise way to diagnose prostate cancer', 'Cancer survivors say 'thank you'', 'Hidden dangers of fire pits', 'Going to great lengths to support breast cancer patients', 'Retrieving clot benefits stroke patients, says UC Irvine Health study', and 'Heart-healthy guacamole'. On the right side, there is a sidebar with navigation options like 'View by Category', 'Connect With Us', and 'Browse by Topic'.

Leading the Way to Safer Childbirth

Our OB team uses fewer interventions, from C-sections to labor induction, leading to healthier moms and newborns.

When you're having a baby, what should you look for in a hospital?

A medical team with the expertise to handle any complications that may arise for you and your baby is on the top of the list. But there are other markers of top-notch maternity care.

Interventions like cesarean sections, episiotomies and induced labor before 39 weeks have become almost routine at many hospitals—even when they're not medically necessary. But studies show that mothers and newborns have better outcomes when hospitals use these interventions sparingly.

UC Irvine Health has among the lowest cesarean section rates for low-risk pregnancies in the region: 22 percent, beating the national goal (24 percent) and the Orange County average (29 percent).[†]

"C-sections are invasive and major surgery, so there are risks," says UC Irvine Health perinatologist, Dr. Manuel Porto, a specialist in high-risk pregnancies and chair of the Department of Obstetrics and Gynecology. Women who deliver vaginally go home sooner, recover faster and have less risk of complications. Also, babies have fewer health problems and are less likely to require intensive care.

Even if you've had a C-section previously, chances are you can deliver vaginally next time with the right preparation and care. The rate of vaginal birth after cesarean, or VBAC, is 25 percent at UC Irvine Health, twice that of other Orange County hospitals. "We actively support women who aspire to VBAC," Porto says.

UC Irvine Health experts also handle more multiple births than elsewhere in the region. And for women whose families are complete, UC Irvine Medical Center is one of the few local hospitals providing tubal ligation after delivery or C-section, if necessary.



Episiotomies are also performed less frequently. These incisions, which enlarge the vaginal opening just before delivery, can increase the risk of more extensive tears into the rectum. At UC Irvine Medical Center, the episiotomy rate was 3.3 percent last year, compared to an Orange County average of 29 percent.

Keeping babies from arriving too soon is critical for their health. That's why inducing labor without medical necessity before 39 weeks shouldn't occur unless absolutely necessary. "We've done zero in the past two years," says Porto. "We give our maternity patients the best of both worlds. As little intervention as possible is best for mother and baby. But when complications arise, our expert team is ready for action."

Visit ucirvinehealth.org/maternity for a list of UC Irvine Health obstetricians and services.

[†]California Maternal Quality Care Collaborative, Nov. 2013 to Oct. 2014



“Heart disease is the leading cause of death in women, and we now have better ways to diagnose it.”

Dr. Shaista Malik

UC Irvine Health director of women's heart health services

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Carrie Fill (pictured here) averted a heart attack or stroke thanks to the expertise of her doctor and an amazing new diagnostic tool called EndoPAT.™

Women and Hidden Heart Disease

Carrie Fill's coronary microvascular disease eluded standard tests. But it couldn't hide from a simple finger-sensor test called EndoPAT.™

For 20 years, Carrie Fill competed in club soccer, hockey and softball. Then, at age 31, she was benched by a little-known type of heart disease.

It started with a transient ischemic attack, or mini-stroke, followed by migraine headaches so severe Fill couldn't work or play sports. Later, she developed crushing chest pain. Fill attributed the headaches to concussions she'd suffered and, like many women, figured her chest pain was stress-related. But Dr. Shaista Malik, UC Irvine Health director of women's heart health services, knew better.

Malik suspected Fill had coronary microvascular disease (MVD)—a form of heart disease that mainly affects women and isn't detected by standard tests. “Coronary microvascular disease is different from typical heart disease, where plaque builds up in the heart's large arteries,” Malik explains. “MVD damages the tiny blood vessels that branch off the main arteries, reducing blood flow to the heart muscle.”

Until recently, coronary MVD, like many types of heart disease in women, was often undiagnosed. Now, a noninvasive test using technology called EndoPAT can help spot it.

The EndoPAT test is simple: A blood pressure cuff is inflated around one arm, briefly restricting blood flow. When the cuff is released, a finger sensor measures how quickly blood returns to the arm. Slowed blood flow suggests MVD, even in people who don't have typical heart symptoms. Some women, like Fill, have mini-strokes and headaches as well as chest pain.

“Women often will have chest pain, but also additional heart disease symptoms compared to men, including nausea, fatigue and pain in the arms and neck,” Malik explains. “Women who have any of these symptoms should be checked immediately. If standard tests are normal, doctors need to test for microvascular dysfunction. Heart disease is the leading cause of death in women, and we now have better ways to diagnose it.”

Fill's EndoPAT test was abnormal; a cardiac MRI and then a specialized angiogram called the Coronary Reactivity Test confirmed severely reduced blood flow to her heart. UC Irvine Medical Center is one of only three hospitals in California offering this test. She now takes medication to treat MVD and is exercising again to improve her overall heart health. Her headaches and chest pain are much better, and she has a new job she loves: walking dogs. “Dr. Malik saved my life,” she says. “If my heart disease hadn't been diagnosed, I might have had a heart attack or heart failure.

I'm here today because I have great doctors.”

For an appointment with a UC Irvine Health cardiologist, call 714-456-6699 or visit ucirvinehealth.org/heart





Education Connection



To learn the times and locations of UC Irvine Health classes, call toll-free 877-UCI-DOCS (877-824-3627) or visit ucirvinehealth.org/events

Health Classes



Note: All classes are one session unless otherwise stated.

Advance Directives

July 16, Sept. 17, Nov. 19 (Spanish)

Asthma and Adults

Sept. 11, Dec. 4

Breastfeeding

July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 10

Breastfeeding, Spanish (Amamantando su bebé)

July 9, Aug. 13, Sept. 10, Oct. 8, Nov. 12, Dec. 10

Diabetes Diet

Aug. 3, Oct. 5, Dec. 7

Diabetes Overview

July 8, Aug. 12, Sept. 9, Oct. 14, Nov. 18, Dec. 9

Diabetes Overview, Spanish (Manejo general de la diabetes)

July 15, Aug. 19, Sept. 16, Oct. 21, Nov. 18, Dec. 16

Diabetes Management Series (3 weeks)

Oct. 14, 21 & 28

Heart Failure

July 13, Sept. 14, Nov. 9

NEW! Heart Failure, Spanish (Falla cardíaca)

Aug. 11, Nov. 10

Heart Healthy Diet (Cholesterol)

July 13, Sept. 14, Nov. 9

High Blood Pressure

Aug. 11, Oct. 13, Dec. 8

High Blood Pressure, Spanish (Control de presión alta)

Sept. 10, Dec. 10

~~Joint Replacement~~ Canceled

~~July 6, 20, Aug. 3, 17, Sept. 8, 21, Oct. 5, 19,
Nov. 2, 16, Dec. 7, 21~~

Maternity Tea

July 7, Aug. 4, Sept. 1, Oct. 6, Nov. 3, Dec. 1

Maternity Tea, Spanish (Té y recorrido de maternidad)

July 7, Aug. 4, Sept. 1, Oct. 6, Nov. 3, Dec. 1

Meditation for Health Series (4 weeks)

Sept. 14, 21, 28 & Oct. 5; Nov. 2, 9, 16 & 23

Newborn Care

July 10, 31, Sept. 11, Oct. 2, Nov. 6, Dec. 4

Newborn Care, Spanish (Cuidado del recién nacido)

Aug. 18, Nov. 17



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.

Want to take a UC Irvine Health class? To learn the locations of UC Irvine Health classes, call toll-free 877-UCI-DOCS (877-824-3627) or visit ucirvinehealth.org/events



Michelle & Marc Tuchman

Generosity Born of a NICU Visit

Once the Tuchmans visited the Neonatal Intensive Care Unit, their response was immediate and compassionate.

Marc and Michelle Tuchman have a soft spot in their hearts for UC Irvine Medical Center's youngest and most vulnerable patients. Inspired by a tour of the hospital's Neonatal Intensive Care Unit, the couple established an estate gift that will help provide for future technologies and programs to benefit critically ill and premature infants. Says Marc, who is the retired director of the UCI Student Center: "Once you've visited the NICU and have seen these infants, your heart simply breaks for them. You can't stand by and do nothing." **For information on how you can help, visit ucirvinehealth.org/giving**

NEW! Ostomy

July 29, Aug. 26, Sept. 30, Oct. 28, Nov. 25, Dec. 30

Preparing for Childbirth (5 weeks)

July 1, 8, 15, 22 & 29; July 2, 9, 16, 23 & 30; Sept. 2, 9, 16, 23 & 30; Sept. 3, 10, 17, 24 & Oct. 1; Oct. 21, 28, Nov. 4 & 18 (No class Nov. 11); Oct. 22, 29, Nov. 5, 12 & 19

Preparing for Childbirth, *Spanish* (*Preparación para el parto, 4 semanas*)

July 21, 28, Aug. 4 & 11; Oct. 20, 27, Nov. 3 & 10

Preparing for Surgery—Mind, Body & Spirit

July 6, 20, Aug. 3, 17, Sept. 8, 21, Oct. 5, 19, Nov. 2, 16, Dec. 7, 21

Prevent Stroke

Aug. 11, Oct. 13, Dec. 8

Siblings

Aug. 12, Nov. 4

Stop Smoking Series (5 weeks)

July 8, 15, 22, 29 & Aug. 5

Stop Smoking, *Spanish* (*Dejar de fumar, 5 semanas*)

Oct. 1, 8, 15, 22 & 29; Nov. 3, 10, 17, 24 & Dec. 1

Support Groups

Learn more about our support groups online at ucirvinehealth.org/events or call the numbers listed.

Art for the Soul

714-456-5235

Bariatric Surgery Support Group

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

Brain Tumor Education/Support Group

714-456-8609

Burn Survivors Support Group

714-456-7437

Grief Support Group for Children

714-456-2295

Inflammatory Bowel Disease Support Group

714-456-7057

Kidney and Pancreas Transplant Support Group

714-456-8342

Kids Connected Support Group

800-899-2866

Korean Women's Share and Care Group

714-456-5057

Look Good, Feel Better

800-227-2345

Multiple Myeloma Support Group

800-452-2873, ext. 233

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

714-456-5235

Trigeminal Neuralgia Association Support Group

714-730-1600

Young Adult Cancer Support Group

714-456-7057





UC Irvine Health

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Specialty care in your neighborhood!

Now you can see a board-certified specialist at our Tustin medical offices, as well as at other UC Irvine Health locations throughout Orange County.

Turn to page 2 for a map and more information or visit ucirvinehealth.org/locations

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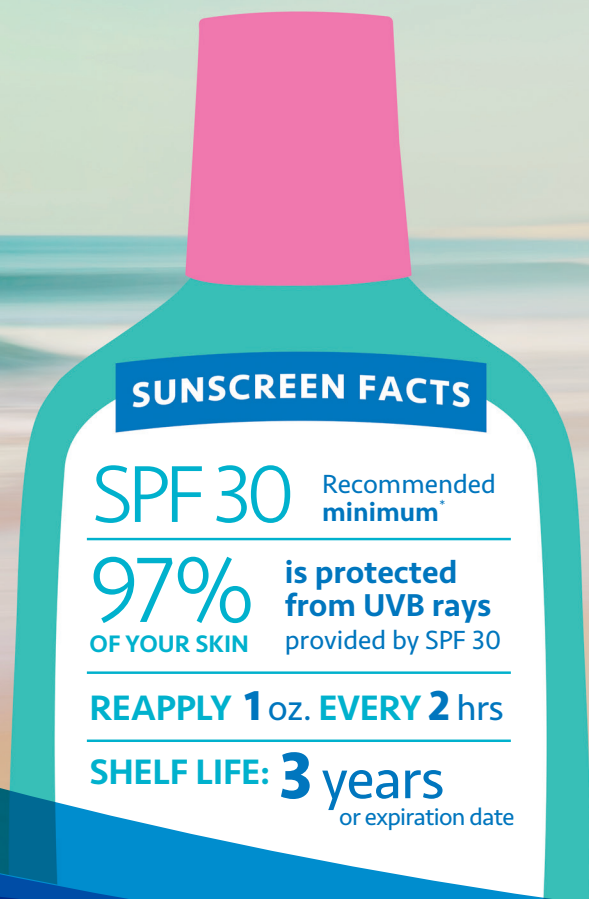
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The information contained in this newsletter is not meant to replace the advice of your physician. Please send comments to UC Irvine Health Marketing & Communications Department, 333 City Blvd. W., Suite 1250, Orange, CA 92868.

All Sunscreens Are Not Created Equal



Shopping for sunscreen is enough to make you break out in a cold sweat. With SPF ratings from 2 to 50+, sun-care products come in a dizzying array of choices. So how can you decide? "Narrow down your options by looking for three things on the label: an SPF of 30 or higher, the words 'broad spectrum,' and water resistance of 80 minutes," says Dr. Kristen Kelly, UC Irvine Health dermatologist.

For more on sunscreen, visit ucirvinehealth.org/sunscreen

*American Academy of Dermatology