

UC Irvine Health

Winter 2013 -2014

Helping you live well

Miracle Baby

Dialysis couldn't stop
one mother's dream

.....

Overcoming Throat Cancer

Avoiding a Stroke

.....



Founding Director Dr. Roger Steinert visits with one of Gavin Herbert Eye Institute's younger patients.



A Look Inside

Pg 4-5 **A Miracle Baby**

Diagnosed with lupus and undergoing dialysis, 34-year-old Elizabeth Hill feared she would never become a mother. Expert care made her dream come true.

Pg 6 **Throat Cancer**

Throat cancer is becoming more common among middle-aged men. Early diagnosis and the right care are critical.

Pg 7 **A Family Affair**

For Jacky Glass, the joy of giving runs in the family. Supporting the great care at UC Irvine Health is one way she and her family give back.

Pg 8 **10 Tips to a Avoid Stroke**

Did you know that 80 percent of strokes are preventable? Protect yourself by making some simple lifestyle changes.

Pg 9-11 **Education Listings**

UC Irvine Health offers dozens of classes, seminars and support groups to help you live well. Check them out!

Pg 12 **Toys and Noise**

Some of the most popular children's toys can damage your child's hearing. Learn how to select more hearing-friendly toys.



Sign up for our new e-magazine!

A new e-magazine from UC Irvine Health will debut in December. We'll deliver it directly to your computer or mobile device. At your fingertips, you will have access to compelling stories, health tips, informative videos and news about the latest in healthcare. To get the e-magazine, visit ucirvinehealth.org/sign-up

Thank you to everyone who provided feedback on our UC Irvine Health magazine. Your responses will help make our publication a more meaningful resource for improving your health. Congratulations to Sun Kwon of Irvine who won our drawing for an iPad® and iTunes® gift card.



A New Vision for Eye Care

The Gavin Herbert Eye Institute

With the recent opening of the UC Irvine Health Gavin Herbert Eye Institute, world-class eye care has a new home in Orange County. Whether you need routine checkups, or expert treatment for a serious or rare vision problem, you'll find it here.

Sheathed in glass, the four-story, 70,000-square-foot building houses 34 patient exam rooms. There's also an outpatient surgery center, an optical shop and clinical research labs where new eye therapies are developed.

"Vision loss has a profound impact on your quality of life," says Dr. Roger Steinert, a leading ophthalmologist and the institute's founding director. "That's why it's so incredibly rewarding to see our patients benefit from the opening of the Gavin Herbert Eye Institute and the leading-edge care we offer here."

In its spacious new setting on the University of California, Irvine campus, the institute combines state-of-the-art technology, medical expertise, research, and a close partnership with Orange County's robust eye care industry.

The list of specialized services reads like an encyclopedia, ranging from corneal transplantation and the removal of eye tumors, to treatment for cataracts, macular degeneration and diabetic retinopathy.

An entire wing is dedicated to pediatric eye care, with four exam rooms designed specifically for young patients. "Visual exams can be scary for children, so we have to be creative when working with them," says Steinert. Scaled-down instruments are cleverly concealed or hand held to be less intimidating. And special diagnostic tools are used to perform tests quickly, before children become fidgety.

Innovation is also another feature that distinguishes the eye institute. "Our physicians pioneered some of the most advanced therapies available today," says Steinert.



Among them is the Trabectome®, a minimally invasive surgical device used for treating glaucoma, and the femtosecond laser, which uses ultrafast pulses of light for more precise corneal transplantation. The Gavin Herbert Eye Institute is also the only place in Orange County to implant miniature telescopes in the eyes of patients with end-stage, age-related macular degeneration, a leading cause of blindness.

UC Irvine research teams are now exploring even newer treatments such as stem cell therapy. A potential vaccine for ocular herpes, another leading cause of blindness, is also in the works.

"Our team of scientists and board-certified ophthalmologists work together every day to improve and preserve our patients' sight," says Steinert. "It's our passion."

To learn more about our expert eye care services, visit ucirvinehealth.org/eye or call us at 949-824-2020.

Learn more about the Gavin Herbert Eye Institute

Tour Orange County's first academic eye care center

Built entirely with private donations, this expansive and light-filled institute boasts high-tech operating suites, laser procedure rooms, pediatric and adult examination rooms, an optometry shop and space dedicated to continuing our innovative research and education. It opened on Sept. 17, 2013, after festivities attended by donors and eye care industry leaders. See the slide show at ucirvinehealth.org/ghei-slideshow



Elizabeth
Hill

34
years old

Lives with dialysis
Mother & UC Irvine Health patient



A Miracle Baby

Dialysis couldn't stop one mother's dream



Growing up, Elizabeth Hill had her entire life planned. She would be her family's first college graduate, a successful professional, and above all, a mother. "I always knew I was born to be a mom," she says.

But at 17, she was diagnosed with lupus, a disease that can attack almost any part of the body. "At first I fell into a deep depression," the Yorba Linda resident explains, "but then I decided I was going to live a normal life."

She did just that, earning her degree and later working as a human resources manager—a job she loved.

Hill was still living with lupus, though. By 2008, her kidneys were irreparably damaged by the disease. She received a kidney transplant, but it failed after just two years.

"I had a million emotions. I had been told I couldn't get pregnant, but it happened."

Seriously ill, Hill began dialysis treatments to cleanse her blood of the impurities normally eliminated by the kidneys. The treatments were lifesaving, but being on dialysis meant she would probably never have children.

"Dialysis patients rarely become pregnant," says Dr. Carol Major, a UC Irvine Health maternal-fetal medicine specialist. And if they do, they usually miscarry.

"A developing fetus is extremely vulnerable to metabolic changes that take place during dialysis," explains Dr. Kamyar Kalantar-Zadeh, UC Irvine Health chief of the Division of Nephrology. "This can lead to miscarriage."

Then against all odds, at age 34, Hill learned she was pregnant. "I had a million emotions," she says. "I'd been told this would never happen, but now it had."

She was immediately referred to UC Irvine Health, one of the nation's leading centers for the treatment of kidney disease and management of high-risk pregnancies. Kidney and obstetric-gynecologic specialties at UC Irvine Health both have been repeatedly ranked among the best in the country by *U.S. News & World Report*. Hill's treatment team included nephrologists and obstetricians with expertise in managing complex, high-risk pregnancies. "We coordinated her treatment across all specialties on a daily basis," says Major, who cared for Elizabeth throughout her pregnancy.

"To better maintain the delicate balance so critical for mother and baby, Elizabeth underwent dialysis six times a week instead of the usual three," explains Kalantar. During dialysis, the fluid removed had to be carefully measured and analyzed to ensure that the baby was still receiving enough fluid volume. After each dialysis session, Hill underwent fetal heart rate monitoring for more than an hour to make sure the baby was doing well. On Sundays—the one day Hill didn't go to UC Irvine Medical Center—she and Major texted each other.

"Dr. Major and I have this amazing bond," Hill explains. "She's so incredibly wonderful and caring. I've never met a doctor like her."

Despite the unprecedented care she received, Hill's pregnancy was extremely difficult—jeopardized by anemia and a liver condition that caused intolerable itching. "When Elizabeth developed liver problems, we called in our liver disease experts," Kalantar says. "We tailored treatment to her unique needs, using all our expertise and resources to deal with each setback." Hill braved all the complications, risks and discomfort with faith that her baby would be healthy. And her determination paid off.

Baby Audrey was born in November 2012, just four weeks short of full-term. "It was the most unbelievable feeling in the world," recalls Hill. "Dr. Major kept telling me, 'We did it. She's perfect.'"

Today, Hill has resumed dialysis three days a week, and mom and baby are thriving, thanks to Hill's extraordinary strength and determination, her faith, her husband Sean and the doctors of UC Irvine Health.

"Elizabeth is an amazing woman and mother," says Major. "She was told she would never get pregnant, yet she got the proper care and had a completely successful pregnancy. Her story is a source of hope for other women who are facing the same challenges."

To learn more about kidney disease and dialysis services, visit ucirvinehealth.org/dialysis. For more information about high-risk pregnancy care, visit ucirvinehealth.org/high-risk or call 714-456-2911.

See Elizabeth's Video

To learn more about Elizabeth Hill's against-the-odds pregnancy, visit ucirvinehealth.org/meet-Elizabeth



Overcoming Throat Cancer

Robotic surgery speeds recovery

Brad Hadley is a health-conscious 54-year-old who has a successful career in public service and a passion for golf.

Nothing about him fits the stereotype of men with throat cancer—typically heavy smokers and drinkers in their 70s. So when Hadley discovered a small lump in his neck two years ago, his doctor assumed it was only a minor infection.

The lump didn't respond to antibiotics, though, and Hadley was eventually referred to an ear, nose and throat specialist. "An MRI scan and a needle biopsy showed I had throat cancer," he says. "I was speechless."

Hadley turned to Dr. William Armstrong, chair of the UC Irvine Health Department of Otolaryngology—Head & Neck Surgery for a second opinion.

Armstrong confirmed the diagnosis, explaining that over the last three decades, head and neck cancers have become much more common among men like Hadley: successful, middle-aged husbands and fathers who don't smoke or drink heavily.

Most of these cancers are caused by a strain of the human papillomavirus (HPV), which is also responsible for many cases of cervical cancer in women. In the throat, HPV often affects the tonsils or base of the tongue and causes few symptoms in the early stages.

Hadley's cancer started in his right tonsil,

but by the time he saw Armstrong, it had spread to nearby lymph nodes. He would need not only surgery to remove the tumor, but also radiation and chemotherapy to kill the growing cancer cells.

Fortunately, Hadley had chosen UC Irvine Health. Armstrong specializes in robotic surgery—a less aggressive approach that enables surgeons to operate with more precision and flexibility, especially in anatomically challenging areas like the throat.

"Surgical treatment for throat cancer used to involve splitting the lip and cutting the jaw bone, which affected a person's ability to swallow and speak. Now, using the surgical robot, we can access tumors through incisions in the mouth, leaving patients with better function," Armstrong says.

Still, he stresses that radiation and chemotherapy can also cause significant damage. "You're irradiating the throat, tongue and neck, so all the areas involved in swallowing are affected. Chemotherapy makes the radiation more effective, but also more toxic," he explains.

"Early detection makes all the difference."

Despite the doctors' expertise, Hadley's treatment was challenging. The radiation blistered his throat, making talking and swallowing temporarily impossible and requiring use of a feeding tube. But with his cancer now in remission, his energy is returning and he's working and playing golf again.

"I can't say enough about Dr. Armstrong and everyone at UC Irvine Health who took care of me during my treatment, especially Dr. Chaitali Nangia, my oncologist, and Dr. Jason Wong, my radiologist," Hadley says. "They're all leaders in their fields and are compassionate and caring people."

"Throat cancers caused by HPV are easier to treat than those caused by smoking, but only if caught early," Armstrong says. "Brad was fortunate that his cancer hadn't spread beyond the lymph nodes. His early diagnosis made a difference."

To learn more about expert care for head and neck cancers, visit ucirvinehealth.org/head-neck or call toll free 714-456-7017.



To treat his throat cancer, Brad Hadley underwent surgery, radiation and chemotherapy—a grueling regimen that "really kicked me to the curb," he says. Today, with his cancer in remission, he's back on the golf course.



A Family Affair Generations of Giving

Jacky Glass (r) and her daughter Jamie Born visit in the Healing Garden at UC Irvine Health Douglas Hospital.

Jacky Glass' earliest memory of giving came when she was just 8 years old, selling war-effort stamps in her neighborhood to support the soldiers during World War II.

"I felt I had done something really good and important," says Glass, a resident of Palos Verdes Estates. "It made me want to do more." She and her late husband Jerry passed that feeling on to their five children—son Jay and daughters Jeralyn, Jill, Joanna and Jamie. "Giving is part of living," Glass says.

UC Irvine Health and the Glass family have a unique bond. UC Irvine Health Douglas Hospital is named for the late M. Douglas, a close friend and business partner of Jerry's. But Glass' own experience as a patient at UC Irvine Medical Center—and later her children's—inspired her to look for her own way to give.

Several years ago, Glass, an avid tennis player for 40 years, could no longer play because of shoulder pain. She turned to UC Irvine Health orthopaedic surgeon Dr. Ranjan Gupta, who performed shoulder replacement surgery. Less than a year later, she was back on the court. Impressed by her care, Glass purchased three benches in the Douglas Hospital's Healing Garden. The benches were in honor of her husband Jerry, their friend M. Douglas, and Mike Hayde, also a friend and business associate of Jerry's.

"I love coming here," Glass says of UC Irvine Medical Center. "The facilities are beautiful and the care is outstanding. I'm thrilled to support that."

"I just want to support the hospital the way they've supported me and my family."

Inspired by their mother, the five Glass siblings purchased a commemorative brick in her name that also sits in the Healing Garden. "We wanted to do something for our mom because she's always helping others," says daughter Jamie Born. "We've all learned from her." Jamie and her husband—both UC Irvine Health patients—plan to buy another brick in the Healing Garden in gratitude for their care. "I just want to support the hospital the way they've supported me and my family."

Born and her siblings—all involved in charitable work—are passing their parents' lessons to their own children. The message on their Healing Garden brick says it best: "In gratitude to our mother, Jacqueline, for teaching us the joy of giving."

For more information on giving to UC Irvine Health, call 714-456-3729.



Thank You, Michael Hayde

In appreciation of his contributions that are transforming healthcare in Orange County, UC Irvine Health is honoring philanthropist Michael Hayde.

Hayde, who is Western National Group's chief executive officer, has long been an advocate for clinical innovation and service excellence across UC Irvine Health.

Early on, his visionary support helped launch a major fundraising campaign for groundbreaking research and treatment at the UC Irvine Health Chao Family Comprehensive Cancer Center, Orange County's only National Cancer Institute-designated comprehensive cancer center.

As the sole trustee of the M.A. Douglas estate, Hayde contributed a substantial gift for construction of a new university hospital. The hospital, named UC Irvine Health Douglas Hospital in honor of Hayde's late business partner and friend, now stands as a testament to the concern for others and the community leadership demonstrated by both men.

In recognition of his profound impact on patient care, Hayde will receive the organization's highest honor, the 2014 UC Irvine Health CEO Leadership Award. This is only the second time the award has been given; community leaders Thomas and Elizabeth Tierney were the inaugural recipients in 2012.

"Mike epitomizes all that the health leadership award is intended to honor," says Terry Belmont, UC Irvine Medical Center chief executive officer. "His philanthropic leadership and dedication to helping others have truly changed how patients experience care at UC Irvine Health. In addition, he is a valued advisor to me. We are grateful for his generous spirit and ongoing commitment to making high-quality care accessible to Orange County."

Belmont will present the award to Hayde at the UC Irvine Health Gala on Saturday, April 26, 2014, at the Disney Grand Californian Hotel & Spa. For more information about the gala, call 714-456-3788.

10 Ways to Avoid a Stroke

Stroke prevention starts with you



There's good news and bad news when it comes to stroke. "The good news is that 80 percent of strokes are preventable with proper medical care and simple lifestyle changes," says Dr. Vivek Jain, director of the UC Irvine Health Comprehensive Stroke & Cerebrovascular Center. "The bad news is that strokes still affect almost 800,000 people each year, with two-thirds developing some form of long-term disability." Want to get serious about stroke prevention? Here's how to start:

1 Watch your blood pressure. "Uncontrolled high blood pressure is a silent killer and is the single biggest modifiable risk factor for stroke," says Jain. "Even if you don't suspect you have a problem, get your blood pressure measured regularly—at the drug store, at health fairs or at home. And see your doctor for wellness visits." A consistent reading of 140/80 or more is considered high blood pressure and time to begin treatment. Controlling high blood pressure means reducing salt intake, eating a healthy diet and maintaining a good weight. Some people require medication.

2 Lose weight. Being overweight increases your risk of having a stroke. Your doctor can help you lose weight with a program that includes diet, exercise and other medical treatments.

3 Get serious about nutrition. Steer clear of processed foods and those high in saturated and trans fat. Eat a low-calorie diet with five servings of fruits and vegetables daily. "Research shows that a Mediterranean diet rich in vegetables, fruits, beans, whole grains, some nuts, and olive oil, with small amounts of fish, poultry and low-fat dairy, is good for preventing stroke," says Jain.

4 Shake the salt habit. To be on the healthy side, keep your sodium intake at no more than 2,300 mg per day—and 1,500 mg if you're over 51, African-American, have high blood pressure, diabetes or chronic kidney disease.

5 Control diabetes. Your chances of having a stroke quadruple if you have diabetes. But you can lower your risk with physical activity, a healthy diet, medicine, not smoking, and keeping your blood-sugar levels on target.

6 Be alert for atrial fibrillation. If your heartbeat is irregular, you should be checked for atrial fibrillation. "This abnormal heartbeat can increase stroke risk by

500 percent as it can cause blood to pool in the heart and may form a clot, which can lead to stroke," says Jain. Treatment with anticoagulants is usually needed.

7 Ditch cigarettes. Smoking doubles your chance of suffering a stroke. It damages blood vessels, speeds artery clogging, raises blood pressure and makes the heart work harder.

8 Watch your cholesterol. A high cholesterol level is a red flag that plaque deposits may be narrowing the walls of your arteries. This can lead to a heart attack or stroke. If you can't lower your cholesterol with lifestyle changes, medications—such as statins—can help.

9 Exercise. Get at least 30 minutes of brisk physical activity five times a week to keep your stroke-prevention program on track.

10 Take your medication. If your doctor prescribes medication for high blood pressure, cholesterol, diabetes or atrial fibrillation, it's important to take it as directed. Don't skip days, or decide to quit cold turkey because you're worried about side effects. Instead, talk to your doctor immediately about your concerns.

Even if you're following the best preventive practices, it's important to know the facts about stroke centers. "We were recently designated as a comprehensive stroke center by The Joint Commission," says Jain. "We are the first in Orange County to receive the designation as comprehensive. This means that we're equipped and staffed 24 hours a day to meet the highest standards for stroke care."

To learn more about the UC Irvine Health Comprehensive Stroke & Cerebrovascular Center, visit ucirvinehealth.org/stroke or call toll free 866-STROKE3.

"We are the first in Orange County to receive the designation as comprehensive. This means that we're equipped and staffed 24 hours a day to meet the highest standards for stroke care."

Education Connection



Family Health

Asthma and Adults

Friday, March 14, June 20, 5-7 p.m.

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

Breastfeeding Your Baby

Thursday, Dec. 12, Jan. 9, Feb. 13, March 13, April 10, May 8, June 12, 6-9 p.m.

Spanish: Tuesday, Feb. 11, May 13, 6-8:30 p.m.

Spanish Location: UC Irvine Health Family Health Center Santa Ana

Diabetic Diet

Monday, Dec. 2, Feb. 3, April 7, June 2, 4-6 p.m.

Diabetes Overview

Wednesday, Dec. 11, Jan. 8, Feb. 12, March 12, April 9, May 14, June 11, 4-6 p.m.

Spanish: Wednesday, Dec. 4, Jan. 8, Feb. 5, March 5, April 2, May 7, June 4, 5:30-7:30 p.m.

Spanish Location: UC Irvine Health Family Health Center Anaheim

Spanish: Wednesday, Dec. 11, Jan. 8, Feb. 12, March 12, April 9, May 14, June 11, 5-7 p.m.

Spanish Location: UC Irvine Health Family Health Center Santa Ana

Spanish: Wednesday, Dec. 18, Jan. 15, Feb. 19, March 19, April 16, May 21, June 18, 5-7 p.m.

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

Diabetes Management Series (3-Class Series)

Wednesday, March 12, 19, 26, 4-6 p.m.

Wednesday, June 11, 18, 25, 4-6 p.m.

Early Pregnancy

Wednesday, Jan. 22, March 26, May 28, 6-8 p.m.

Heart Failure

Monday, Dec. 16, Jan. 13, Feb. 24, March 17, April 28, May 19, June 16, 2-3:30 p.m.

Heart-Healthy Diet

Monday, Jan. 13, March 17, May 19, 4-5:30 p.m.

High Blood Pressure

Tuesday, Dec. 10, Feb. 11, April 8, June 10, 5-6:30 p.m.

Joint Replacement Hip or Knee

Monday, Dec. 2, 16, Jan. 6, 27, Feb. 3, 24, March 3, 17, April 7, 21, May 5, 19, June 2, 16, 2-3 p.m.

Location: UC Irvine Health Douglas Hospital, 3rd floor, Family Room 3001. Free to all.

Kidney Failure—What You Need to Know (6-class series)

Dates and time to be announced

Maternity Tea & Tour

Tuesday, Dec. 17, Jan. 21, Feb. 18, March 18, April 15, May 20, June 17, 5:30-6:30 p.m.

Location: UC Irvine Medical Center, Building 53, Auditorium

Spanish: Tuesday, Dec. 3, Jan. 7, Feb. 4, March 4, April 1, May 6, June 3, 5:30-6:30 p.m.

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

Meditation for Health (4-class series)

Cost: \$40 to all

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

Monday, June 2, 9, 16, 23, 6:30-7:30 p.m.

Location: UC Irvine Health 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.

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

Family Health (continued)

Meditation: Breathing Exercises

Cost: \$20 to all

Monday, May 12, 6:30-7:30 p.m.

Location: UC Irvine Health Douglas Hospital, conference room 3005

Meditation: Body Scan

Cost: \$20 to all

Monday, April 14, 6:30-7:30 p.m.

Location: UC Irvine Health Douglas Hospital, conference room 3005

Newborn Care

Friday, Dec. 13, Jan. 24, Feb. 7, March 7, April 25, May 16, June 27, 6-9 p.m.

Spanish: Tuesday, Feb. 18, May 20, 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, Jan. 8, 15, 22, 29 & Feb. 5, 7-9:30 p.m.

Wednesday, Feb. 12, 19, 26, March 5 & 12, 7-9:30 p.m.

Wednesday, April 16, 23, 30, May 7 & 14, 7-9:30 p.m.

Wednesday, June 25, July 9, 16, 23 & 30 (No class July 2), 7-9:30 p.m.

Thursday, Jan. 9, 16, 23, 30 & Feb. 6, 7-9:30 p.m.

Thursday, Feb. 13, 20, 27, March 6 & 13, 7-9:30 p.m.

Thursday, April 17, 24, May 1, 8 & 15, 7-9:30 p.m.

Thursday, June 26, July 10, 17, 24 & 31 (No class July 3), 7-9:30 p.m.

Spanish: (4-class series)

Tuesday, Jan. 14, 21, 28 & Feb. 4, 6-8:30 p.m.

Tuesday, April 15, 22, 29 & May 6, 6-8:30 p.m.

Wednesday, July 23, 30, Aug. 6 & 13, 6-8:30 p.m.

Spanish Location: UC Irvine Health Family Health Center Santa Ana

Preparing for Surgery—Mind, Body, Spirit

Monday, Dec. 2, 16, Jan. 6, 27, Feb. 3, 24, March 3, 17, April 7, 21, May 5, 19, June 2, 16, 3-4:30 p.m.

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

Siblings

Wednesday, Feb. 19, May 21, 4-5 p.m.

Stroke Prevention

Tuesday, Dec. 10, Feb. 11, April 8, June 10, 4-5 p.m.

Weight Control—Intuitive Eating (4-class series)

Wednesday, March 5, 12, 19 & 26, 5:30-6:30 p.m.

Tuesday, May 13, 20, 27, June 3, 5:30-6:30 p.m.

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

Cost to all: \$69 registration fee, \$46 weekly for shakes
Tuesday, Jan. 28, Feb. 4, 11, 18, 25 & March 4, 5:30-6:30 p.m.

Wednesday, April 2, 9, 16, 23, 30 & May 7, 5:30-6:30 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, 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, Noon-1:30 p.m.

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

Breakthroughs in Epilepsy

Epilepsy is a neurological disorder that produces seizures caused by bursts of abnormal electrical impulses in the brain. People with epilepsy and their loved ones are invited to learn about the latest breakthroughs for adults and children, including medication, surgery, diet and clinical trials. Physicians involved in epilepsy treatment and research will also attend the conference.

9TH ANNUAL UC IRVINE HEALTH
EPILEPSY SYMPOSIUM

Epilepsy Therapy:

From Breakthroughs to Patient Care

Saturday, March 8, 2014

7:30 a.m. to 3 p.m.

The Westin South Coast Plaza
686 Anton Blvd., Costa Mesa

Information and RSVP:

neurology.uci.edu/epilepsy-conference



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,
(no meeting in January) 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
Monday, Jan. 27, March 24, May 26, 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

Spinal Cord Injury Support Group

Call for meeting dates and location: 714-456-6628

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, Jan. 25
Location: UC Irvine Medical Center, Building 53 auditorium
Saturday, March 22, May 24
Location: Medical library, 2nd floor, room 2107

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

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, Jan. 15, April 16, 6:30-8:30 p.m.
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

Senior Seminars

What's the Word on GERD? (Heartburn)

Jason Samarasena, MD
UC Irvine Health gastroenterologist
Tuesday, Dec. 3, 1-2 p.m.
Sea Country Senior & Community Center
24602 Aliso Creek Road, Laguna Niguel
RSVP: 714-456-5933

Your Medications & Your Health

Jody Jacobson Wedret, RPh, FASHP
UC Irvine Health senior pharmacist
Wednesday, Dec. 11, 1-2 p.m.
OASIS Senior Center
801 Narcissus Ave., Corona del Mar
RSVP: 714-456-5933

Colorectal Cancer: Screening, Diagnosis and New Treatment Options

William Karnes, MD
UC Irvine Health gastroenterologist
Monday, Jan. 20, 10-11 a.m.
Sea Country Senior & Community Center
24602 Aliso Creek Road, Laguna Niguel
RSVP: 714-456-5933



UC Irvine Health

333 City Blvd. W., Suite 1250, Orange, CA 92868-2990

Nonprofit Org.
U.S. Postage
PAID
Santa Ana, CA
Permit No. 1106

UC Irvine Health

America's Best Hospital 2013
Geriatrics • Kidney
Urology

One of America's Best Hospitals

For the 13th year in a row, UC Irvine Medical Center has been named among the Best Hospitals in America® by *U.S. News & World Report*. UC Irvine Health was honored for excellence in geriatrics, kidney care and urology. To learn more, visit ucirvinehealth.org/best-hospital

©2013, The Regents of the University of California

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.



Toys and Noise

A few tips on protecting your child's hearing

Kids and toys. They're pretty inseparable, especially at this time of year. But parents beware:

Some of the holiday's most sought-after toys could be dangerous to your child's hearing. "Sound-producing toys generally aren't dangerous when used as designed," says UC Irvine Health ear surgeon Dr. Hamid Djalilian. "But kids often hold a toy close to their ears because their arm

span is short or they're curious about where the sound is coming from." In this case, many toys significantly exceed 100 decibels (dB)—the loudness level of a circular saw or motorcycle.

Each year, Djalilian and his team purchase the season's most popular toys and test their dB levels. A list of the worst offenders will be available online in time for the holidays.

For tips on how to select hearing-friendly toys, visit ucirvinehealth.org/noisy-toys

