

# UC Irvine Health

Winter 2014 / 2015

Helping you live well



New Primary Care Centers  
Bring Care Closer to You

.....

Going the Distance  
Against Brain Cancer

.....

From Shattered Vertebrae  
to Remarkable Recuperation



# Free CT Screenings

## For Early Lung Cancer Detection

**If you're a smoker or ex-smoker, you may be concerned about your higher risk of developing lung cancer.** But did you know there's a test that can detect lung cancer early, when it's most treatable?

Using low-dose computed tomography (CT) imaging, doctors can now identify evidence of lung cancer well before symptoms appear. "This screening is revolutionizing the diagnosis and treatment of lung cancer," says Dr. Mohsen Davoudi, UC Irvine Health pulmonologist.

UC Irvine Health is offering free screenings to current and ex-smokers who meet certain high-risk criteria. The test takes just minutes. Results and a plan of care are available the same day. Call 844-UCI-LUNG (844-824-5864).

**To see if you're eligible for a free lung cancer CT screening, go to [ucirvinehealth.org/lungscreening](http://ucirvinehealth.org/lungscreening)**



**UC Irvine Health**

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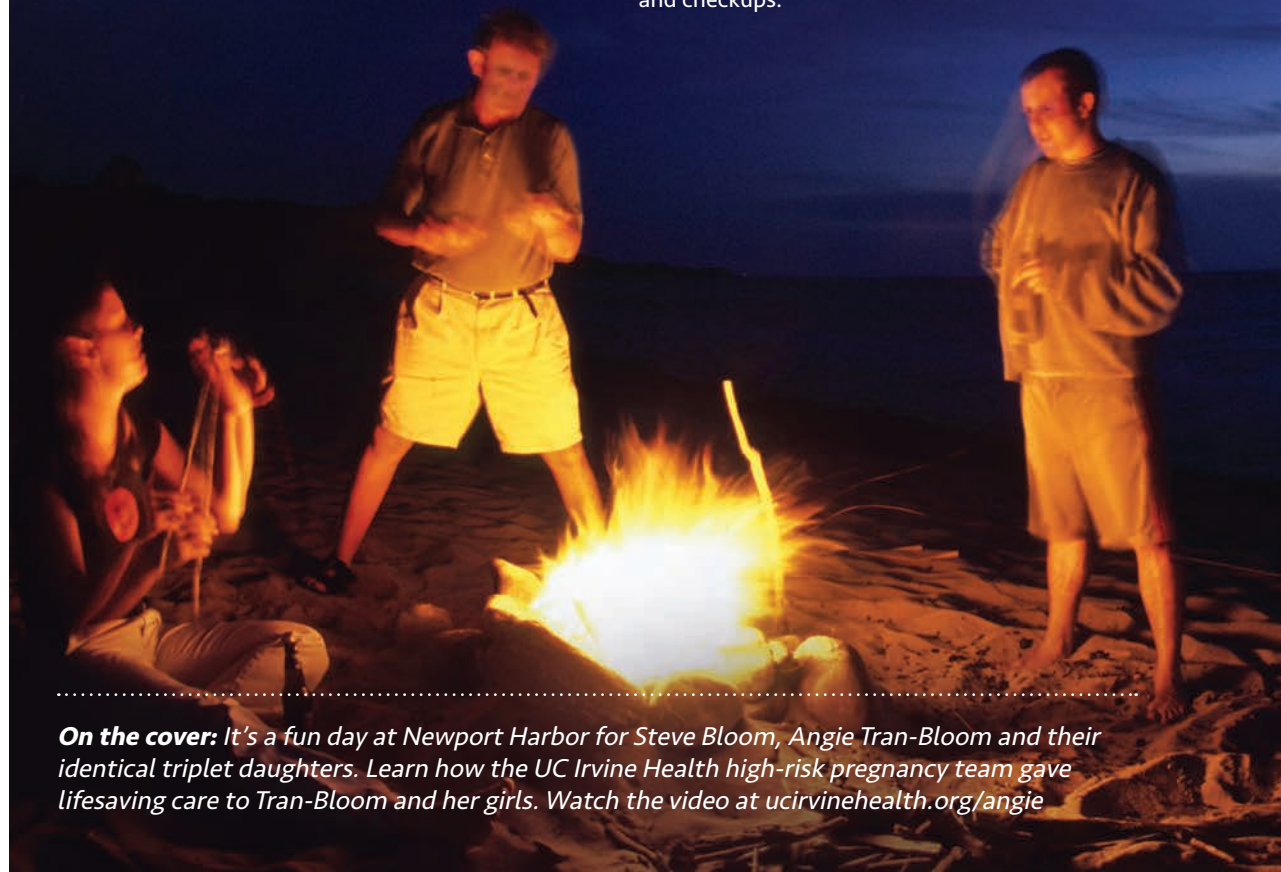
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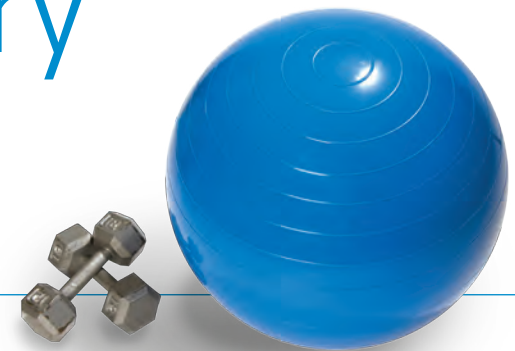
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Staying healthy means keeping track of key tests and checkups.



**On the cover:** It's a fun day at Newport Harbor for Steve Bloom, Angie Tran-Bloom and their identical triplet daughters. Learn how the UC Irvine Health high-risk pregnancy team gave lifesaving care to Tran-Bloom and her girls. Watch the video at [ucirvinehealth.org/angie](http://ucirvinehealth.org/angie)

# On the Road to Recovery

## Our team of spinal experts won't let a devastating injury slow Barajas down



**Ruben Barajas remembers the accident in snapshots: Riding his motorcycle to class at Cal State Fullerton.** An inattentive driver veering into his lane. Lying on the freeway, unable to move or breathe. Finally, paramedics giving him a lifesaving rush of oxygen.

"That first taste of air after struggling to breathe was absolutely beautiful," he says. He also remembers the ambulance ride to UC Irvine Medical Center in Orange, his anxious family, neurological tests and learning at age 25 he might never walk again.

His neurosurgeon, Dr. Daniel Yanni, explains: "Ruben had two shattered vertebrae in his neck—a severe injury that paralyzed his arms and legs. His chances of regaining movement were small, but we tried to ensure the best possible outcome by treating him quickly and aggressively."

That night, Yanni removed the bone fragments that were compressing Barajas' spinal cord, replacing the broken bones with a metal cage, plate and screws.

The next day, he excised more bone from the back of Barajas' spine and anchored the cage in place with metal rods and screws. Both surgeries required tremendous surgical skill and precision.

Barajas was treated for other injuries, too—a broken right arm, fractured ankle and mangled right toe. The neurosurgical and neurocritical care team did everything possible to aid his recovery, even maintaining artificially high blood pressure to improve blood flow to the spinal cord.

Heavily sedated for two weeks, Barajas has no memory of the surgery. But he does remember beginning physical therapy at UC Irvine Health. "My right leg was in a brace and my right arm in a sling," he says. "It was the hardest work I've ever done." After three weeks at UC Irvine Health, he was transferred to a rehabilitation hospital, where he continued to regain the use of his arms and legs.

**The hard work and intensive medical care paid off.** In January 2013, six months after the accident, Barajas took his first steps. "Just standing up was a shock," he says. "I'd forgotten how different the world looks when you're upright."

**He left the rehabilitation hospital in March using only a walker.** By October, he was driving and working at a gym part time. In August 2014, two years after the accident, Barajas returned to college with a new career in mind. "I want to help people when they're at their most vulnerable," he says. "I can do that best as a doctor specializing in rehabilitation medicine."

Yanni describes Barajas' recovery as "truly spectacular." Barajas credits Yanni: "I'm truly blessed that he had the expertise to put me back together," he says. "I'm blessed beyond belief."

**To learn more about UC Irvine Health neurosurgical spine services, visit [ucirvinehealth.org/spine](http://ucirvinehealth.org/spine)**

*Ruben Barajas feared he'd be permanently paralyzed after a motorcycle accident in 2012. But today he's back on his feet and working out regularly thanks to leading-edge surgery immediately after the accident.*



# William

Norris

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## 64

years old

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## Athletic coach

Brain cancer survivor



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*Two amazing, high-tech advances helped brain cancer patient William Norris return in record time to the work he loves best—training young athletes.*

# Going the Distance Against Brain Cancer

## Leading-edge neurosurgery and radiation put lifelong runner back on track

**You can tell William Norris has always been an athlete.** At 64, he has the slender build and body awareness of a lifelong runner and sports trainer. So when something didn't feel right during a training session in the summer of 2014, he paid attention. "Everything I do involves coordination, rhythm and technique, and I noticed the rhythm on my left side was off," he explains.

Fearing a stroke, his family took him to UC Irvine Medical Center, where doctors discovered a brain tumor. "Tests showed that the growth was very rapid and needed to be removed immediately," explains Dr. Daniela Bota, a neuro-oncologist and medical co-director of the UC Irvine Health Comprehensive Brain Tumor Program. "But the growth was buried deep within the brain so it would be difficult to reach without damaging tissue that controlled vital functions such as movement and speech."

Soon after Norris was diagnosed, the UC Irvine Health neurosurgical team of Dr. Jefferson Chen and Dr. Frank Hsu removed the tumor. They were assisted by BrainPath®—a device that fewer than 160 doctors nationwide are trained to use. The new device allows surgeons to maneuver safely through the delicate folds and fibers of the brain, displacing rather than cutting through tissue, much as a boat hull pushes water aside. This reduces the potential of damage to normal tissue.

**For Norris, the results were remarkable. He was released from the hospital just eight days after surgery.** Three weeks later, he participated in a 5K walk with his family. "It was good!" he says.

**One month later, the long-time coach returned to UC Irvine Health for another revolutionary procedure**—a single radiation treatment from a powerful new image-guided system called TrueBeam™ STx. The first of its kind in Orange County, this amazing machine delivers radiation therapy to patients in record time with unequaled power and precision. Instead of 10 to 15 treatments over two to three weeks—the traditional time frame for radiation therapy—Norris needed only one 10-minute session.

"During a single visit using TrueBeam technology, we can achieve the same results as we do with longer duration radiotherapy," says Dr. Nilam Ramsinghani, chair of the Department of Radiation Oncology. So accurate is the machine that it targets tumors within 1 millimeter—the thickness of a sheet of paper.

**Several months after his operation, Norris continues to improve each day.**

He has some weakness and coordination problems on his left side, but doctors say those will eventually disappear. Meanwhile, he continues to exercise and to train young athletes—the two great passions in his life, besides his family. "Working out and training kids—that's who I am," he says. "I'm doing well, really well."

**To view a video about William Norris' treatment and recovery from brain cancer, visit [ucirvinehealth.org/william](http://ucirvinehealth.org/william)**



**A Safer, Quicker, More Accurate Way to Destroy Tumors**  
**At the UC Irvine Health Chao Family Comprehensive Cancer Center, almost no tumor is out of reach.** The new TrueBeam STx radiotherapy system allows doctors to target the smallest and most hidden cancer—all the while protecting normal tissue. "We can do in minutes what it once took hours to complete, without the need for patients to have a metal frame bolted to their heads to keep them absolutely still," explains radiation oncologist Dr. Nilam Ramsinghani. "The machine even compensates for coughing and breathing so these movements don't affect treatment. Our goal is to provide the highest quality radiotherapy in the safest way. There's no room for compromise."

# Primary Care

## Where Good Health Begins

**If you think you only need to see a doctor when you're sick, think again.** Having a primary care physician you visit regularly is one of the smartest things you can do for your health. And now, UC Irvine Health is in even more locations so that you can connect with a primary care doctor in a community close to where you live or work.

**Our new primary care centers in Orange and Tustin opened in November, staffed by highly experienced physicians in the UC Irvine Health Medical Group.**

Your primary care doctor plays an important role in your health, partnering with you on preventive care while keeping a sharp eye out for signs of any serious health problems. "The idea is to prevent or catch smaller problems before they become big ones," says Dr. Sajee Lekawa, an internal medicine specialist and medical director of the UC Irvine Health Medical Group. "When I know my patients well, it's easier to pick up on any health changes that need attention."

**Best of all, when a referral is needed, the renowned specialists at UC Irvine Health—more than 500 of them—are available to you and your family.**

"When you're a patient and know you can connect with world-class specialists and hospital care, it puts you at ease," says Lekawa. "And I know my patients will be getting the best care when I refer."

That connection helped draw Lekawa to UC Irvine Health in the first place. "Our medical group has a great vision for patient care. It's innovative, inclusive and patient-centered," she says.

The new primary care centers, which offer family and internal medicine, along with on-site laboratory services for quick turnaround of test results, are part of that vision. The Tustin location also offers pediatrics and rheumatology care,



*Two UC Irvine Health primary care and specialty centers opened recently in Tustin and Orange, increasing Orange County residents' access to quality medical care close to home.*

plus hospital-level imaging services such as X-ray and ultrasound, and urgent care on evenings and weekends. More highly trained doctors in a number of specialties will be joining the Tustin center soon.

"Having all these services on-site is what sets us apart," Lekawa says. "It's one-stop shopping for primary care—easy, convenient and a place that people can trust for great medical services."

The new primary care centers reflect Lekawa's philosophy of patient care. "I want to partner with my patients to help them get healthy and stay healthy," she says. "That's what primary care is all about."

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

## LOCATION INFORMATION

### UC Irvine Health Medical Group (Orange)

293 S. Main St., Suite 200  
Orange, CA 92868  
714-838-8848

Family and internal  
medicine, laboratory  
services  
**8 a.m. to 5 p.m.,  
Monday through Friday**

### UC Irvine Health (Tustin)

1451 Irvine Blvd.  
Tustin, CA 92780  
714-838-8878

Family and internal medicine, pediatrics, rheumatology,  
laboratory and imaging  
**8 a.m. to 5 p.m., Monday through Friday**  
Urgent care  
**5 p.m. to 9 p.m., Monday through Friday**  
**9 a.m. to 5 p.m., weekends and holidays**

*Coming in the spring: UC Irvine Health physicians from nearly a dozen specialties will see patients in Tustin.*

# Easy to Find, Closer Than Ever

**Both primary and specialty care are right around the corner.** UC Irvine Health has expanded its locations throughout Orange County, bringing world-class care to a neighborhood near you.

Two UC Irvine Health primary care centers opened recently in Tustin and Orange. These new medical offices join a number of other UC Irvine Health outpatient locations for primary and specialty care:

- 1 UC Irvine Health (Tustin) medical offices
- 2 UC Irvine Health Medical Group (Orange)
- 3 Gottschalk Medical Plaza, Irvine
- 3 Gavin Herbert Eye Institute, Irvine
- 4 Family Health Center Santa Ana
- 5 Family Health Center Anaheim
- 6 UC Irvine Health Cancer Center—Newport
- 6 Pacific Breast Care Center—Newport
- 6 UC Irvine Health plastic surgery, women's health, neurosurgery, orthopaedics, sports medicine—Newport
- 7 UC Irvine Medical Center
- 7 Chao Family Comprehensive Cancer Center

Leading-edge cancer care is now offered at the UC Irvine Health Cancer Center—Newport, where highly trained hematologic oncologists offer patients the latest treatments to battle cancer. With lab services conveniently on-site and imaging services just steps away, the center provides a tranquil, spa-like and healing environment for patients undergoing chemotherapy.

To take a virtual tour of the new, elegant UC Irvine Health Cancer Center—Newport, visit [ucirvinehealth.org/newportinfusioncenter](http://ucirvinehealth.org/newportinfusioncenter)

To find complete information about all UC Irvine Health locations, go to [ucirvinehealth.org/locations](http://ucirvinehealth.org/locations)



“Our goal is to bring the exceptional care of UC Irvine Health closer to home and into the communities we serve.”

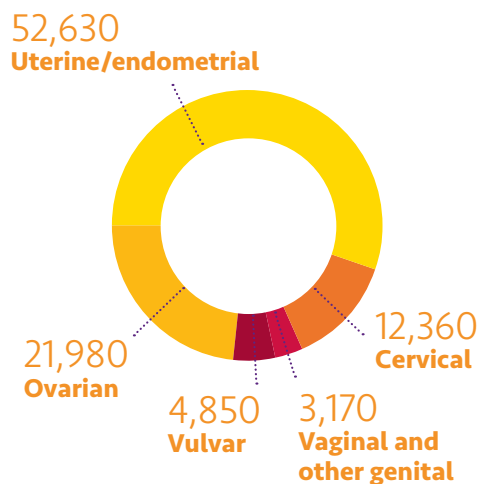
Terry Belmont  
CEO of UC Irvine Medical Center



*Leslie Ginsberg battled against formidable opponents to place first in the 2012 Camp Pendleton Mud Run. A week later, she suddenly found herself battling for her life with the most fearsome opponent of all: ovarian cancer.*

## 2014 Estimated U.S. Cases of New Female Reproductive Cancers

Source: American Cancer Society



**With more and more new cases each year, the time to get checked is now.**

# Teaming Up to Beat Ovarian Cancer

## Expert treatment helps overcome female reproductive-tract cancers

**It was 2012 and Leslie Ginsberg, 65, was at the top of her game.** The former finance professional had just placed first in her age category—for the fifth time—in the Camp Pendleton Mud Run. But her life changed dramatically a week later when she learned she had ovarian cancer that had spread to her lymph nodes and other organs. “You never think it could happen to you,” she says.

“We had to move fast,” says Ginsberg’s surgeon, gynecological oncology specialist Dr. Robert Bristow. Together with vascular and urologic surgeons, he meticulously removed every visible trace of cancer during a 12-hour operation. Ginsberg began chemotherapy a few days later. Today, she’s cancer-free and running again. Grateful for her expert care, she and her husband Philip recently donated more than \$26,000 to support Bristow’s ovarian cancer research. “He saved my life,” Ginsberg says. “I want other women to have that same chance.”

**Ovarian and other gynecologic cancers are challenging to treat because they often go undetected until the disease has spread.**

“Finding the right care can literally be a lifesaver,” says Bristow. Studies show that survival rates increase when experienced gynecological oncologists provide treatment.

The UC Irvine Health gynecologic cancer team treats all types of female reproductive cancers, including ovarian, cervical, endometrial, uterine, vaginal and vulvar diseases.

“We combine our clinical and research expertise to create an individual treatment plan for each patient,” says Bristow.

**“Our goal is to maximize a woman’s chances for survival, as well as her quality of life.”**

Here, you’ll find treatments not available elsewhere, like fertility-preserving therapies, minimally invasive and robot-assisted surgery and HIPEC (hyperthermic intraoperative peritoneal chemotherapy). A unique treatment for advanced ovarian cancer, HIPEC delivers heated chemotherapy directly into the abdominal cavity to destroy any microscopic cancer cells left behind after surgery. UC Irvine Health also offers the only high-risk ovarian cancer screening and survivorship program in collaboration with the Queen of Hearts Foundation.

As part of the Chao Family Comprehensive Cancer Center—one of only 41 National Cancer Institute-designated comprehensive cancer centers in the country—UC Irvine Health physicians lead clinical trials that give patients access to new therapies before they’re available elsewhere. If you’re interested in supporting physicians who are pursuing lifesaving treatment options for gynecologic cancers, contact Gloria Crockett at [gcrocket@uci.edu](mailto:gcrocket@uci.edu) or 714-456-3750.

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





# Education Connection

## Family Health

### Asthma and Adults

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

### Breastfeeding Your Baby

Thursday, Jan. 8, Feb. 12, March 12, April 9, 6-9 p.m.

*Spanish:* Thursday, Jan. 15, Feb. 12, March 12, April 9, 9-11:30 a.m.

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

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

Wednesday, March 11, 18 & 25, 4-6 p.m.

### Diabetes Overview

Wednesday, Jan. 14, Feb. 11, March 11, April 8, 4-6 p.m.

*Spanish:* Wednesday, Jan. 21, Feb. 18, March 18, April 15, 5-7 p.m.

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

*Spanish:* Wednesday, Jan. 7, Feb. 4, March 4, April 1, 4-6 p.m.

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

*Spanish:* Wednesday, Jan. 14, Feb. 11, March 11, April 8, 5-7 p.m.

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

### Diabetic Diet

Monday, Feb. 2, April 6, 4-6 p.m.

### Heart Failure

Monday, Jan. 12, March 9, 2-3:30 p.m.

**NEW!** *Spanish:* Tuesday, Feb. 10, 4:30-6 p.m.

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

### Heart-Healthy Diet

Monday, Jan. 12, March 9, 4-5:30 p.m.

### High Blood Pressure

Tuesday, Feb. 10, April 14, 5:30-7 p.m.

*Spanish:* Tuesday, March 10, 4:30-6 p.m.

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

### Joint Replacement, Hip or Knee

Monday, Jan. 5, 20\*, Feb. 2, 17\*, March 2, 16, April 6, 20, 2-3 p.m.

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

\*Meets Tuesday after holiday weekend

### Maternity Tea & Tour

Tuesday, Jan. 6, Feb. 3, March 3, April 7, 6:30-7:30 p.m.

Location: UC Irvine Medical Center, Building 53 Auditorium

*Spanish:* Tuesday, Jan. 6, Feb. 3, March 3, April 7, 5:30-6:30 p.m.

*Spanish Location:* UC Irvine Medical Center, Building 53 Auditorium

### Meditation: Body Scan

Cost: \$20 to all

Monday, April 20, 6:30-7:30 p.m.

Location: UC Irvine Health Douglas Hospital, conference room 3005

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

Cost: \$40 each/applies to everyone

Monday, March 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](http://ucirvinehealth.org/events)**

# Family Health (continued)

## Newborn Care (1 class)

Friday, Jan. 9, Feb. 20, March 6, April 10, 6-9 p.m.

*Spanish:* Tuesday, Feb. 17, 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

## NEW! Ostomy Education & Support

For patients (and their family members) who either have an ostomy or are planning an ostomy surgery.

Information: 714-456-6725

Wednesday, Jan. 28, Feb. 25, March 25, April 29, 6-7 p.m.

Location: UC Irvine Health Douglas Hospital, conference room 3005

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

Cost: \$150 per parent couple. Scholarships, financial aid available.

Thursday, Jan. 22, 29, Feb. 5, 12, 19, 26, March 5, 12 & 19, 6-8 p.m.

Information and locations: 949-267-0200

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

Cost: Free to all

Wednesday, Jan. 7, 14, 21, 28 & Feb. 4, 7-9:30 p.m.

Wednesday, Feb. 11, 18, 25, March 4 & 11, 7-9:30 p.m.

Wednesday, April 8, 15, 22, 29 & May 6, 7-9:30 p.m.

Thursday, Jan. 8, 15, 22, 29 & Feb. 5, 7-9:30 p.m.

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

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

Location: UC Irvine Medical Center, Building 56, room 113

*Spanish (4-class series):*

Tuesday, Jan. 20, 27, Feb. 3 & 10, 6-8:30 p.m.

Tuesday, April 21, 28, May 5 & 12, 6-8:30 p.m.

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

## Preparing for Surgery—Mind, Body, Spirit

Cost: Free to all

Monday, Jan. 5, 20\* (Tues.), Feb. 2, 17\* (Tues.),  
March 2, 16, April 6, 20, 3-4:30 p.m.

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

## Siblings (1 class)

Wednesday, Feb. 25, 4-5 p.m.

## NEW! Stop Smoking (5-class series)

Learn how to quit smoking and get free nicotine replacement patches to help you quit.

Cost: Free to all

Tuesday, Jan. 13, 20, 27, Feb. 3 & 10, 5:45-6:45 p.m.

*Spanish:* Wednesday, Jan. 7, 14, 21, 28 & Feb. 4,  
5-6 p.m.

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

*Spanish:* Wednesday, April 1, 8, 15, 22 & 29, 5-6 p.m.

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

## Stroke Prevention (1 class)

Tuesday, Feb. 10, April 14, 4-5 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

Call for location

## 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, 3rd floor lobby

## 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

## Kidney and Pancreas Transplant Support Group

Information: 714-456-8342

Second Tuesday every month, 2-3 p.m.

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

## Kids Connected 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

## 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: Medical library, 2nd floor, room 2114

## Look Good, Feel Better

Help with appearance changes during  
cancer treatments.

Information: 800-227-2345

Monday, March 23, May 18, July 27, 10 a.m.-noon

Location: UC Irvine Health Douglas Hospital,  
3rd floor, room 3005

## 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, March 28, 1-3 p.m.

Location: Building 53, auditorium

Saturday, May 23, 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, April 15, July 15, 6:30-8:30 p.m.

Location: Neuropsychiatric Center, conference room 101

## You're Invited!

### Medicine in Our Backyard lecture series

Learn more about your health and the future of medicine at this free lecture series featuring UC Irvine Health physicians who are improving the wellness of people in our community and beyond.

Location: Newport Beach Public Library, 1000 Avocado Ave., Newport Beach, CA 92660

7-8 p.m. Doors open at 6:30 p.m. for first-come, first-served seating.

### The Future of Cancer Treatment

Monday, Feb. 2

Richard Van Etten, MD

### A Colon Cancer-Free Orange County

Monday, March 23

William Karnes, MD, and Deepika Nathan, MS, LCGC

### The Past, Present and Future of Surgical Kidney Disease

Monday, April 20

Jaime Landman, MD

### Technology in Medicine, a panel discussion

Monday, May 18

Christian Fox, MD

*Using revolutionary tools to advance patient care*

Frank Hsu, MD, PhD

*How technology is revealing mysteries of the brain*

Warren Wiechmann, MD

*From iPad® to Google Glass—advances in medical education*



## Living With Inflammatory Bowel Disease

### New medicines and emotional support help young adults cope with IBD

More than 1.4 million Americans have inflammatory bowel disease (IBD)—the umbrella term for Crohn's disease and ulcerative colitis. Symptoms are often painful and distressing, including severe stomach cramps, rectal bleeding and frequent diarrhea, sometimes requiring up to 15 trips to the bathroom each day.

"Many patients are teens and young adults," says Dr. Nimisha Parekh, director of the Inflammatory Bowel Disease Program at UC Irvine Health. "For young people, it's especially hard to cope with IBD." Parekh is one of only a few fellowship-trained IBD specialists in the country.

If you have IBD, working with a team of specialists to customize your treatment is essential. This includes experts in both the physical and emotional aspects of the disease. The UC Irvine Health Inflammatory Bowel Disease Program combines the expertise of doctors from many specialties, including gastroenterology, colorectal surgery, radiology and pathology. Working together, they provide a definitive diagnosis and the newest medical and surgical treatments, including access to clinical trials. The team also includes specialized nurses, nutritionists and social workers, all of whom are sensitive to the social and emotional challenges posed by IBD.

"This is an exciting time in the field of inflammatory bowel disease, as there are many new medications available and more in the pipeline," says Parekh. "With individualized management plans, patients with this chronic condition do very well."

**Meet and learn from others with IBD. Attend the Inflammatory Bowel Disease Support Group.**

**Details on page 10.**

## Get Involved

### Third Annual "Stem Cells Offer Hope" Art Exhibition and Wine Reception 'Bold Expressions'

Thursday, April 23, 5:30-7:30 p.m.

Location: Edward O. Thorp Conference Center, Sue & Bill Gross Hall: A CIRM Institute

Tickets: \$50

Information: 949-824-0091

### UC Irvine Health Heroes Gala

Saturday, June 6

Disneyland Hotel, Anaheim

Join us for a memorable celebration of the UC Irvine Health heroes whose actions have helped people across the community and around the world live well. A cocktail reception, seated dinner, dancing to JT & Friends, and a very special tribute to a remarkable hero of health are all part of this elegant evening. Proceeds will fund novel clinical programs, services and studies that promote longer, healthier lives for us all. For tickets and other information, call 714-456-3750 or email [gcrocket@uci.edu](mailto:gcrocket@uci.edu).



## Find Care Closer to Home!

Check out the locations of our new cancer center, primary care doctors' offices, specialty care offices and more!

Locations listed on pages 6 and 7.

### CONNECT WITH US

877-UCI-DOCS (877-824-3627)  
[ucirvinehealth.org](http://ucirvinehealth.org)

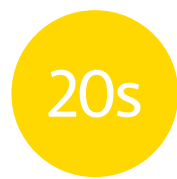


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The information contained in this newsletter is not meant to replace the advice of your physician. Please send comments to UC Irvine Health Marketing & Communications Department, 333 City Blvd. W., Suite 1250, Orange, CA 92868.

# Plan for a Healthy Life Span

**Trying to keep your health screenings on track? Here's help.** Which test should you have, and when? If you're confused about the various health screenings to have at different points in your life, you're not alone. Getting the right test at the right time, however, can help you head off problems before they begin—or catch them early, when they're easier to treat. Want to know more? **For a decade-by-decade timeline of recommended health screenings, visit [ucirvinehealth.org/screenings](http://ucirvinehealth.org/screenings)**



*STD screening,  
Pap test,  
HPV vaccine*



*Cholesterol and  
thyroid tests,  
if you have risk factors*



*Cholesterol check,  
diabetes test,  
discuss mammograms*



*Mammogram,  
colon cancer screening,  
discuss prostate exam*



*Bone density test,  
abdominal aortic  
aneurysm screen,  
vaccine review*