

# UCI Health

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## Turning Up the Heat on Cancer

Cancer that has spread to the peritoneum—the membrane that covers the abdominal walls and organs—can be especially difficult to treat.

**But an innovative method for killing** the microscopic cancer cells that inevitably remain after tumors are removed is now adding precious months—and even years—to patients' lives. The treatment is called HIPEC—short for hyperthermic intraperitoneal chemotherapy. It's administered after cytoreduction surgery—an operation to remove all visible tumors from the peritoneum. "HIPEC is used for cancer that's spread to the peritoneum from the ovaries, colon, rectum or appendix," says **Dr. Michael J. Stamos**, a colon and rectal surgeon and chair of the Department of Surgery, which, along with the Division of Gynecologic Oncology, offers HIPEC. "It's also used to treat malignancies originating in the peritoneum itself, as well as a rare kind of cancer called pseudomyxoma, which produces masses of mucus in the abdomen."

**Killing cancer cells.** Here's how HIPEC works. As surgery is ending and before the incision is closed, four catheters are placed in the abdomen. Then the surgeon stitches the incision around the tubes. "While the patient remains under sedation, a machine pumps a large quantity of heated chemotherapy solution through the catheters into the abdominal cavity, filling the belly to the point where it feels like a waterbed," says **Dr. Robert Bristow**, a gynecologic oncologist. "To ensure that the heated chemo solution bathes every surface in the abdomen, the belly is massaged gently to circulate the fluid." When the treatment is over, the solution is drained and the final touches are put on the incision.

HIPEC can be performed for new or recurrent cancers that start in the peritoneal cavity or spread from other sites in the body.

"HIPEC is about 15 years old, but several recent studies have further validated its benefits," says



**Dr. Alessio Pigazzi**, a fellow in the Division of Colon and Rectal Surgery and an experienced HIPEC practitioner. "In a 2009 study from France, the five-year overall survival rate was about 50 percent for patients treated at centers experienced with the cytoreduction-HIPEC combination. This far exceeds the results for comparable patients treated with standard chemotherapy." UC Irvine Medical Center is one of the few hospitals in Southern California offering this promising form of chemotherapy.

**Hot chemo.** The FDA-approved treatment has several advantages over traditional chemotherapy. "The drugs are heated to 108 degrees, making them more effective in killing cancer cells," says Stamos. "And

higher doses of chemo drugs can be used with HIPEC patients than with traditional chemotherapy." Additionally, unlike standard chemotherapy drugs that are selective in their targets, HIPEC can access every nook and cranny in the abdomen, bathing all

surfaces with powerful anti-cancer drugs. Furthermore, this highly concentrated form of chemotherapy has none of the long-term side effects, such as nausea and hair loss, associated with conventional chemo.

"Most patients who are candidates for HIPEC have already exhausted their treatment options and undergone multiple surgeries, rounds of

radiotherapy and traditional chemotherapy," says Bristow. "An important feature of HIPEC is that it's more effective in reaching hard-to-access places in the abdominal cavity than standard chemotherapy."

While surgery with HIPEC may offer hope, it's not for everyone. The tumor must be confined to the abdomen. Patients must also be able to sustain a surgery that can last as long as 12 hours. But for those who qualify, HIPEC could mean up to five years of life—or even a complete recovery for some. "Our ultimate goal is to eradicate microscopic cancer cells, prevent the development of new tumors and stop the disease from recurring," says Bristow.

For more information, call 714.456.8000.

**Toll-free 877.UCI.DOCS**

# SEVERE BURNS

## The Road to Recovery



Each year, house fires, explosions, scaldings, car crashes and other disasters lead to serious burns for an estimated 45,000 people nationwide.

**Of the patients who require** hospitalization, about 25,000 have burns so severe that they must be admitted to one of 54 highly specialized burn centers throughout the United States. These centers, including the UC Irvine Regional Burn Center, are verified by the American Burn Association (ABA) and American College of Surgeons (ACS) to care for both adults and children.

“ABA and ACS verification means a burn center has the immediate resources and specialized personnel to provide leading-edge care from the time patients are injured until they complete rehabilitation and re-enter the community,” says **Dr. Nicole Bernal**, acting medical director of the UC Irvine Regional Burn Center.

Treating patients with severe burns is a complex process. A major burn injury can affect every organ in the body, damaging the skin, nerves, tissues,

muscles and sometimes even the bones. Repercussions such as dehydration, shock and inhalation poisoning can wreak havoc with the body. The result can be catastrophic unless highly specialized, multidisciplinary care is available without delay.

UC Irvine’s burn center team works collaboratively to stabilize the patient, and then the long journey to recovery can begin. Multiple skin grafts are usually one of the first steps. This

surgical procedure involves replacing burned skin with a thin layer of the patient’s own healthy skin. In some cases, donor or artificial skin is used. “Not only do skin grafts reduce scar formation and protect the body from fluid loss, but they also help with infection control and temperature regulation,” explains Bernal.

The pain caused by a burn injury is unlike any other. Adults and children are treated with medications and other strategies to keep them as comfortable as possible. Ongoing wound care and constant vigilance against infection are also an essential part of treatment.

**Triumphing over burn injuries.** Long-term physical and occupational therapy plays a critical role in recovery by preventing the formation of scar tissue and preserving a patient’s range of motion. Timing is everything, especially during the first two years of the healing process. Therapy must be demanding enough to accelerate healing, but not so challenging that it’s painful or discouraging.

Often during physical rehabilitation patients experience a profound awareness of the long-term implications of their injuries. This may include coping

with a redefined self-image, altered relationships and changed career perspectives. Furthermore, the best time for reconstructive surgery is typically a year after the patient’s accident—a long time to wait for patients who require this type of procedure.

### Treating patients with severe burns is a complex process.

For these reasons, both individual and group counseling is important. The UC Irvine Burn Survivors Support Group offers guidance, referrals and the encouragement of others who have walked the same road. “Seeing other people who have triumphed over burn injuries and moved on with their lives is a source of hope and comfort for support group participants,” explains Bernal.

**Community connections.** To ease the transition back into the community, the burn center offers pediatric burn camps, school re-entry assistance, holiday parties and a popular summertime picnic. These events help to reinforce social and emotional bonds. “We treat more than half of Orange County’s burn patients each year, with one-third of them younger than 18 years of age,” says Bernal. “Our goal is to give them hope.”

The burn center also provides training for Orange County fire department personnel, paramedics and other medical specialists. In turn, many of these first-responders remain an important part of the burn center team, participating in burn survivors’ parties, picnics and camps.

Everyone associated with the burn center continues to mourn the unexpected death of burn center Medical Director **Dr. Marianne Cinat**. Bernal, however, has assumed the helm and the facility remains passionately dedicated to its lifesaving mission. For more information, visit [www.ucihealth.com/burn](http://www.ucihealth.com/burn).

# Women and Urological Problems

**Female urological problems are among the best-kept secrets in the world.**

**Because many women consider** the symptoms too embarrassing to disclose to anyone—even their doctors—they often suffer in silence for years before seeking help. But urological disorders among females are more common than many people think.

More than 11 million women nationwide suffer from severe urinary incontinence (UI)—the involuntary loss of urine. “Most women wait three to six years before talking to a doctor about urinary control problems,” says **Dr. Gamal Ghoniem**, a specialist in female urology and pelvic floor reconstruction surgery. “The result is often a profound reduction in the quality of life as they struggle with the painful and embarrassing symptoms that accompany these disorders.” This year, the Society for Urodynamics and Female Urology honored Ghoniem with the Rodney Appell Continence Care Champion Award. Only a few urologists worldwide have received this honor.

## The sooner women seek help for urological problems, the better.

“There are several kinds of UI,” explains Ghoniem. To determine the type, the doctor conducts a physical exam, looking for structural problems that could trigger poor urinary control. The evaluation may include imaging tests and studies to measure bladder pressure and flow rates.

Among the most common forms of UI is stress incontinence. It involves the loss of urine when pressure is put on the bladder during everyday events like exercising, coughing or laughing.

“One of the major causes of stress incontinence is weak pelvic muscles,” says urogynecologist **Dr. Karen Noblett**. She’s a gynecologist who specializes in the care of women with pelvic floor

dysfunction. “The pelvic muscles support the bladder, rectum, uterus and vagina much like a hammock supports the body. When the muscles weaken, the organs in the pelvis can push through the muscular framework that normally supports them.” Called pelvic organ prolapse, the condition causes urinary incontinence and other symptoms.

**Treating stress incontinence.** Kegel exercises, biofeedback, behavioral modification and medications can stop the involuntary flow of urine for some patients. Injections of a bulking agent into the urethral sphincter—the muscle that controls the retention and release of urine from the bladder—can also help. Ghoniem pioneered the injection treatment internationally.

“In cases that don’t respond to these strategies, the urethra—the tube that transports urine from the bladder to outside the body—can be supported by placing a sling made from biologic or synthetic materials,” says Noblett. “The synthetic sling used for incontinence is commonly known as tension-free vaginal tape. In cases of prolapse, a biologic or synthetic mesh can also be used to support the pelvic organs such as the bladder, rectum and uterus.” Both Noblett and Ghoniem perform minimally invasive surgery through the vagina to restore pelvic organs to their proper position and frequently collaborate on challenging cases. “A woman doesn’t have to lose her uterus to have the prolapse repaired,” notes Ghoniem.

**The urge to go.** Another common type of UI is urge incontinence, also known as overactive bladder. “This form of UI occurs when proper communication is disrupted between the brain and nerves that control the bladder,” says Ghoniem. The result is abnormal bladder contractions. Patients with this form of UI experience an urgent need to urinate—often more than eight times in a 24-hour period—even when their bladder isn’t full.

If more conventional therapies don’t work to control urge incontinence, sacral nerve stimulation

may be an option. This simple, outpatient procedure involves the implantation of a pacemaker-like device called the InterStim® near the sacral nerve in the patient’s lower back. “The sacral nerve affects the function of the bladder, sphincter and pelvic floor muscles,” says Ghoniem. “Once the device is activated, a constant flow of mild electrical stimulation is transmitted to the nerve, freeing many patients from incontinence medications and urgent trips to the bathroom.”



Millions of women also suffer from painful bladder syndrome, urinary tract infections, urethral pain, sexual dysfunction and related ailments. “The sooner women seek help for urological problems, the better,” says Ghoniem.

For a referral to a specialist in female urology, call 877.UCI.DOCS.

**Toll-free 877.UCI.DOCS**



## Senior Seminars

For the latest information about senior seminars, call toll-free 877.456.3770 or visit [www.ucihealth.com](http://www.ucihealth.com). All seminars are free.

### The Effects of Aging on Voice and Swallowing

Dr. Sunil Verma, UC Irvine otolaryngologist

- Thursday, Nov 10, 7 p.m., Atria Woodbridge, 1 Witherspoon, Irvine

To reserve a seat for this date, call 949.654.8500

### Staying on Our Feet: A Look at Falls and Fall Prevention

Dr. Michelle Lewis, UC Irvine geriatrics fellow

- Wednesday, Nov 30, 2 p.m., Emerald Court, 1731 Medical Center Drive, Anaheim

To reserve a seat for this date, call 714.778.5100

### The Kidneys: Taking Care of Them As We Age

Dr. Atreya Dash, UC Irvine urologist

- Wednesday, Dec 7, 10 a.m., Yorba Linda Senior Center, 4501 Casa Loma Ave., Yorba Linda

To reserve a seat for this date, call 714.961.7181

### Memory Loss and Alzheimer's Disease

Dr. Aimee Pierce, UC Irvine neurologist

- Wednesday, Dec 14, 10 a.m., OASIS Senior Center, 801 Narcissus Ave., Corona del Mar

### Hearing Loss: Detection, Diagnosis and Intervention

Dr. Hamid Djalilian, UC Irvine otolaryngologist

- Wednesday, Jan 18, 7:15 p.m., Regents Point, 19191 Harvard Ave., Irvine

To reserve a seat for this date, call 949.854.9500

### Urinary Incontinence

Dr. Felicia Lane, UC Irvine urogynecologist

- Tuesday, Jan 24, 1 p.m., Florence Sylvester Senior Center, 23721 Moulton Parkway, Laguna Hills

### In Pursuit of Longevity: Toward a Different Kind of Nest Egg

Dr. Mark Lachs, visiting professor for the UC Irvine Program in Geriatrics

- Tuesday, Jan 31, 5 p.m., Sue and Bill Gross Hall on the UC Irvine campus, Irvine

To reserve a seat for this date, call 714.456.5530

### Movement Disorders

Dr. Neal Hermanowicz, UC Irvine neurologist

- Friday, Feb 17, 1 p.m., OASIS Senior Center, 801 Narcissus Ave., Corona del Mar

[www.ucihealth.com](http://www.ucihealth.com)

# Seniors: Ask the Doctor

## Taking Care of Your Feet

Your feet are amazing structures. Each foot is composed of 26 bones, 33 joints and more than 100 muscles, ligaments and tendons. For seniors, healthy feet are an essential part of remaining independent. Join us as Dr. Steven Ross, an orthopaedic foot specialist, discusses this important topic.

### Q How do feet change as people get older?

**A** Just like the rest of the body, the foot is affected by age-related changes in muscle mass and tissue strength. The ligaments and tendons in the feet become less resilient, which can cause the ankles to pronate, or roll inward. The fat pads in the bottoms of the feet may also shrink, putting more stress on the bones and other structures in the foot. All these changes can lead to a number of problems like flat feet, bunions and sprains.

### Q What are some other common foot problems?

**A** Deformities caused by rheumatoid arthritis, fragility fractures from osteoporosis, and diabetes-related foot ulcers affect many seniors. So do abnormalities like hammertoes—a condition in which toes are bent permanently into a claw-like position, sometimes overlapping. Nerves can also be affected as in cases involving Morton's neuroma, a thickening of nerve tissue between the third and fourth toes. And falls or other types of traumas can take their toll, resulting in foot fractures.

### Q How are foot problems treated?

**A** The first step is a physical assessment, followed by X-rays and other testing. Once the diagnosis is confirmed, conservative treatment is usually the first line of defense. For example, plantar fasciitis, also known as heel-pain syndrome, can make walking an agony—especially the first steps in the morning. In a majority of cases, this condition responds well to stretching, taping the arch, splints and shoes that have adequate heel cushioning.

### Q When is surgery necessary?

**A** Certainly when diabetes-related foot wounds won't heal or bones are fractured, an operation may be the only answer. With ankle arthritis, this could be as extensive as a total ankle replacement. But surgery is considered for chronic problems like bunions only if conservative treatment doesn't yield satisfactory results.

### Q How can seniors avoid foot problems?

**A** By being their own advocate. This includes asking to have their feet checked during a physical exam. If they have a foot problem and their primary care physician can't resolve it, the next step is to seek the advice of a specialist. Shoe selection is also extremely important.

### Q What should seniors know about shoes?

**A** Because feet widen and elongate as we age, some people can gain half a shoe size every 10 years after age 40. For the best fit, people should have their feet measured on a regular basis by a qualified person. They should also select shoes that are the same shape as their feet. People with diabetes or foot problems can buy extra-depth shoes designed for cushioned inserts that mold to the foot. The bottom line is that shoes should fit the person, not the other way around.

For an appointment or more information, please call 714.456.7012 or visit [www.ucihealth.com](http://www.ucihealth.com).



Dr. Steven Ross is a board-certified orthopaedic surgeon specializing in the foot and ankle. He is an expert in ankle replacement and the correction of problems resulting from degenerative disease.

# Adults With Congenital Heart Disease

In the past, children born with complex heart defects rarely lived beyond adolescence.

**But today, these patients are surviving** well into adulthood, thanks to advances in diagnosis, treatment and follow-up care.

“The key for people with adult congenital heart disease (ACHD) is ongoing care by a cardiologist whose primary focus is birth-related cardiac malformations in patients 18 and older,” says UC Irvine cardiologist **Dr. Pranav Patel**. “This ensures that any complications—either from the original heart defect or as a result of it—are promptly detected and expertly treated.”

Among the cardiac disorders that can affect ACHD patients are heart-rhythm problems, leaky valves, high blood pressure, heart infections, stroke and aneurysms. This is true even for patients who have had surgery in childhood to correct a congenital heart defect. “Heart failure is also a frequent problem for people with adult congenital heart disease,” says

**Dr. Dawn Lombardo**, a cardiologist and director of UC Irvine’s Heart Failure Program. Other potential ACHD issues include lung conditions, learning disabilities, hearing deficiencies and vision disorders.

**Expert care.** The hospital’s Congenital Heart Adult Multidisciplinary Program (CHAMP) provides patients with highly specialized care by a team of experts who are experienced in the complex anatomy and physiology of people with ACHD. The team includes physicians specializing in noninvasive cardiology, cardiac surgery, interventional cardiology, heart failure, pulmonology and obstetric cardiology, plus counselors, nurses and allied professionals.

“Some congenital heart problems are relatively simple,” says **Dr. Jeannette Lin**, a UC Irvine

cardiologist with advanced training in adult congenital heart disease. “One example is ventricular septal defect—a small hole in the heart wall that separates the two lower chambers,” or ventricles. But many other congenital defects are far more complex, such as an absent heart valve or missing ventricle. “When heart malformations are repaired during childhood, many people do very well,” comments Lin. “However, all patients



People born with complex cardiac defects are living well into adulthood thanks to advanced follow-up care.

should continue to be followed by cardiologists who understand their complex anatomy and know what to watch for.”

Lin uses a sophisticated arsenal of tools ranging from three-dimensional echocardiography to cardiac MRI to evaluate ACHD patients. “Echocardiograms are a first-line diagnostic tool for congenital heart abnormalities,” she says. Another tool—cardiac magnetic resonance imaging—provides 3-D views of the heart muscle and arteries. This technology is particularly useful for defining complex cardiac

anatomy. When combined with a physical exam and CT scan, these and other tests provide a detailed picture of heart malformations and related problems.

Lin acts like a medical detective, assessing ACHD patients and their test results to monitor for problems that could endanger longevity. She often sees patients with congenital heart deformities that are so complex or unique that few cardiologists have seen similar cases in a lifetime. Based on her exam, Lin creates a multidisciplinary treatment plan and manages her patients’ care on a regular basis.

**Experience counts.** “There are dozens of different congenital heart defects, which can occur alone or in combination,” says

**Dr. Jeffrey Milliken**, a cardiothoracic surgeon with extensive experience in the management of ACHD. “It takes a multidisciplinary team with a lot of experience to treat adults who were born with one or more of these conditions.” In addition to

medical treatment, some ACHD patients may need specialized surgery or interventional procedures for a recurrence of their original problem or a heart condition that’s developed over the years.

Milliken points out that UC Irvine Douglas Hospital’s cardiac hybrid suite—an operating room in which catheter-based and open-chest surgery can be performed at the same time—is a major advantage in the treatment of complicated heart problems. “This type of innovative technology is the future of cardiovascular care for ACHD patients and others with complex heart conditions,” he says.

For a referral to a cardiologist specializing in adult congenital heart disease, call 714.456.6699.

**Toll-free 877.UCI.DOCS**

# the Education Connection

Most classes are free of charge to UC Irvine Healthcare patients, employees, volunteers and their families. Exceptions are the Joslin Diabetes Center, Mind Over Mood and Meditation for Health programs. Certain programs are also available in Spanish. Our classes are located at UC Irvine Medical Center above the Grunigen Medical Library in the 2nd floor classrooms, unless otherwise indicated. Parking in the Visitor Structure will be validated at your health class. Registration is required. Call toll-free 877.UCI.DOCS or 877.824.3627 for registration and information.

## FAMILY HEALTH

### Asthma and Adults (1 Session)

Learn how to control asthma and prevent attacks. Free peak flow meter. Cost: \$20/non-UC Irvine patients. Friday, Oct 14 5-7 p.m.

### Spanish Attention and Behavior Problems (10-Session Series)

Free parenting skills classes for parents of children ages 3-5 with attention and behavior problems. Offered through a joint project of UC Irvine and CHOC Children's. There is a \$20 non-refundable registration fee. Information: 949.824.2462 or www.cuidar.net. Call for meeting dates, times and locations throughout Orange County.

### Breastfeeding (1 Session)

Includes the process of milk production, how to breastfeed, avoiding potential problems and returning to work. Cost: \$20/non-UC Irvine patients. Thursday, Nov 10, Dec 8 6-8:30 p.m.

### Spanish Breastfeeding (1 Session)

Wednesday, Nov 23 9-11:15 a.m.  
Location: UC Irvine Family Health Center Santa Ana

### Children and Adults With ADHD (CHADD)

Free seminar for parents/professionals/teachers interested in learning about ADHD in children. Guest speaker at every meeting. Information: 949.824.8736, www.cdc.uci.edu or egermer@uci.edu. RSVP is necessary. Second Wednesday every month 7-9 p.m.  
Location: UC Irvine Child Development Center, 19722 MacArthur Blvd., Irvine

### Diabetes Management Overview (1 Session)

Methods to control blood-sugar levels through diet, exercise, medication and lifestyle changes. Cost: \$20/non-UC Irvine patients. Free glucometer. Wednesday, Nov 9, Dec 14 4-6 p.m.

### Spanish Diabetes Management Overview (1 Session)

Wednesday, Oct 26, Nov 2, 23, Dec 7, 28 6-8 p.m.  
Location: UC Irvine Family Health Center Anaheim  
Thursday, Oct 27, Dec 22 4-6 p.m.  
Location: UC Irvine Family Health Center Santa Ana

### Diabetic Diet (1 Session)

Food choices, portions and how they affect diabetes. Cost: \$20/non-UC Irvine patients. Monday, Dec 5 4-6 p.m.

### Early Pregnancy (1 Session)

For expectant mothers and their birth partners in the first four months of pregnancy. Cost: \$20/non-UC Irvine patients. Wednesday, Nov 16 6-8 p.m.

### Heart-Healthy Diet (Cholesterol Awareness) (1 Session)

Learn the American Heart Association guidelines about low-fat, low-sodium and low-cholesterol diets. Cost: \$20/non-UC Irvine patients. Monday, Nov 21 4-6 p.m.

### Hepatitis C Pre-Treatment Education (1 Session)

For the person who is considering or about to begin hepatitis C treatment. Includes information about hepatitis C, transmission, treatment, management of side effects and injection training. Family members and other support persons are encouraged to attend. Pre-registration required: 714.456.7642. Friday, Oct 14, Dec 2, Feb 3 9-10:30 a.m.  
Location: Neuropsychiatric Center, conference room 101

### Hypertension (High Blood Pressure) Management (1 Session)

How to control blood pressure and prevent complications. Cost: \$20/non-UC Irvine patients. Tuesday, Dec 13 5-6:30 p.m.

### Blood Donor Center Opens in Irvine

A blood donor center is opening on the UC Irvine campus for the convenience of the local community and UC Irvine staff, faculty and students. Donations from the Campus Blood Donor Center will help save the lives of UC Irvine Medical Center patients, including those who have been injured in accidents or who are undergoing surgery or receiving cancer treatments. The center is located inside the UC Irvine Student Center, and parking is available in the structure at Pereira Road and West Peltason. For hours and more information, call 949.824.2662 or visit www.ucihealth.com/life.

BLOOD DONOR CENTER  
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### Living Well With Heart Failure (1 Session)

Overview of heart failure, symptoms and basic lifestyle changes. Cost: \$20/non-UC Irvine patients. Monday, Nov 21 2-3:30 p.m.

### Maternity Tea & Tour

Learn about maternity services and tour the UC Irvine Medical Center Maternity Unit. Cost: Free to all. Thursday, Oct 27, Dec 22 1:30-3:30 p.m.  
Location: Neuropsychiatric Center, conference room 101

### Meditation for Health (4-Session Series)

Learn how meditation can help to promote good health and a better quality of life. Cost: \$40, applies to all. Mondays, Nov 7, 14, 21 & 28 6:30-7:30 p.m.  
Location: UC Irvine Douglas Hospital, conference room 3005

### Meditation for Health Special Topic: Breathing Exercises (1 Session)

Basic, easy breathing techniques you can do to relax and reduce stress. Cost: \$20, applies to all. Monday, Oct 17 6:30-7:30 p.m.  
Location: UC Irvine Douglas Hospital, conference room 3005

### Meditation for Health Special Topic: Body Scan Relaxation (1 Session)

Become aware of each part of the body to relieve pain, promote relaxation and help relieve stress. Cost: \$20, applies to all. Monday, Dec 12 6:30-7:30 p.m.  
Location: UC Irvine Douglas Hospital, conference room 3005

### Newborn Care (1 Session)

Infant feeding, dressing, bathing, diapering, normal appearance and symptoms of illness. Cost: \$20/non-UC Irvine patients. Friday, Nov 4 6-8:30 p.m.

### Spanish Newborn Care (1 Session)

Wednesday, Nov 30 9-11:15 a.m.  
Location: UC Irvine Family Health Center Santa Ana

### Nutrition Counseling

Individual nutrition counseling with a registered dietitian. Call 877.UCI.DOCS to make an appointment. Call 877.824.3627 for nutrition counseling charges. Call your insurance to check coverage.

### Prepared Childbirth – Lamaze (5-Session Series)

Offered in conjunction with Santiago Canyon College Continuing Education. For expectant mothers and their birth partners beginning the sixth month of pregnancy. Cost: Free to all. Tuesdays, Oct 18–Nov 15 7-9:30 p.m.  
Tuesday Location: Santiago Canyon College, Orange Education Center. Register through SCC Continuing Education, 714.628.5900  
Wednesdays, Oct 19–Nov 16 7-9:30 p.m.  
Thursdays, Oct 20–Nov 17 7-9:30 p.m.  
Wed & Thurs Location: UC Irvine Medical Center, Building 53, conference room 113

### Spanish Prepared Childbirth (4-Session Series)

Wednesdays, Oct 26–Nov 16 9-11:15 a.m.  
Location: UC Irvine Family Health Center Santa Ana

### Preparing for Surgery – Mind, Body, Spirit (Twice Monthly)

Learn how to prepare physically and mentally for surgery. Includes anesthesia choices, pain management strategies, relaxation techniques and what to expect at the hospital. Cost: Free to all. Monday, Oct 17, Nov 7, 21, Dec 5, 19 3-4:30 p.m.  
Location: UC Irvine Douglas Hospital, 3rd floor, room 3001

### WOW – Wise Old(er) Women

Therapy group for women 65 and older experiencing depression, anxiety or difficulty adjusting to situational challenges and stressors. Group members learn to use the wisdom acquired through a lifetime of experience to improve life satisfaction and a sense of well-being. Medicare and supplemental insurance plans accepted. Information: 714.480.2421. Fridays 10-11:30 a.m.  
Location: SeniorHealth Center, Pavilion IV



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## SUPPORT GROUPS

All support groups are free and held at UC Irvine Medical Center, 101 The City Drive South, Orange, CA, unless otherwise noted. For a complete list, please visit [www.ucihealth.com/events](http://www.ucihealth.com/events).

### 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

Offers support for patients before and after laparoscopic weight-loss surgery. Information: 888.717.4463 or 714.456.6185  
Third Tuesday every month 6:30-8:30 p.m.  
Location: UC Irvine Manchester Pavilion, 200 S. Manchester Ave., 2nd floor, rooms 210 and 211, Orange

### Brain Tumor Education/Support Group

For individuals diagnosed with brain tumors and those who support them. Meetings are led by a social worker. Some meetings will include a speaker. 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  
Thursdays, Nov 17, Dec 15, Jan 19 Noon-1:30 p.m.  
Location: UC Irvine Douglas Hospital, 5th floor conference room 5843

### Diabetes Support Group

Open discussion on the ups and downs of diabetes self-management for those living with the disease. Family members also invited. Information: 949.824.8656  
First Monday every month 6-8 p.m.  
Location: Gottschalk Medical Plaza, multispecialty suite, UC Irvine campus, 1 Medical Plaza Drive, Irvine

### Joslin Diabetes Center Education Classes

Joslin Diabetes Center at University of California, Irvine offers classes to help people learn how to successfully manage their diabetes. "Diabetes Today" offers single-topic sessions that address specific issues of diabetes management. Classes are held at the center, located at Gottschalk Medical Plaza on the UC Irvine campus. There is a fee and insurance pre-authorization is recommended. For a full description or to schedule an appointment, please call Joslin Diabetes Center at UC Irvine at 949.824.8656 or visit [www.ucihealth.com/joslin](http://www.ucihealth.com/joslin).



**Joslin Diabetes Center**

at UNIVERSITY of CALIFORNIA • IRVINE

### Epilepsy Educational Support Group

Social and educational support group for adults with epilepsy, offered in collaboration with the Epilepsy Alliance of Orange County. Guest speaker at most meetings. Information: 714.557.0202  
Fridays, Oct 21, Jan 20 7-8:30 p.m.  
(No meetings in Nov or Dec)  
Location: Neuropsychiatric Center, conference room 101

### Inflammatory Bowel Disease Support Group

An ongoing support group for individuals with the diagnosis of Crohn's disease or ulcerative colitis. Topics may include stress management, coping strategies, alternative medicine, dating/relationships and more. Information: 714.456.7057  
First Wednesday every month 6:30-8:30 p.m.  
Location: Chao Family Comprehensive Cancer Center, 2nd floor

### Kidney and Pancreas Transplant Support Group

Education and support for those with renal disease, for dialysis patients, and family and friends. Information: 714.456.8342  
First Friday every month (No Dec meeting) 2:30-3:30 p.m.

### Spanish Kidney and Pancreas Transplant Support Group

First Friday every month (No Dec meeting) 1:30-2:30 p.m.  
Location: UC Irvine 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, Nov 28, Jan 23 10 a.m.-noon  
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

### Multiple Myeloma Support Group

Information: 800.452.2873, ext. 233  
First Thursday every month 6:30-8:30 p.m.  
Location: Neuropsychiatric Center, conference room 101

### NAMI (National Alliance on Mental Illness) Support Group

Support and resources for family and friends of individuals with mental illness, to provide help in coping with their loved one's illness. Information: 714.456.5801  
First and third Tuesday every month 6-7:30 p.m.  
Location: Neuropsychiatric Center, check in at lobby reception desk

### Spinal Cord Support Group

For those recovering from spinal cord injuries. Families, friends and caregivers are also welcome. Lunch box is available. Information: 714.456.6628  
Third Tuesday every month 1-2 p.m.  
Location: Neuropsychiatric Center, Acute Rehabilitation Unit, common area

### Super Saturday Community Health Fair

Celebrate Diabetes Awareness Month by attending our community health fair. We will offer free health screenings (blood pressure and diabetes), free mini-classes (more than a dozen topics), free flu shots (limited quantities, first come, first served), free refreshments and opportunities to win free prizes. Stop by, get checked, learn a little and enter to win a prize!  
Saturday, Nov 5 10 a.m.-2 p.m.  
Location: UC Irvine Medical Center, Building 55, Lawn and Library, 2nd floor classrooms

### Spanish Super Sibs Klub

Recreational workshop for children ages 8-12 with siblings who have special needs, including chronic illness, developmental delay, medical needs or cognitive issues. Information & registration: 714.456.8391  
Call for meeting dates 9:30 a.m.-noon  
Location: Neuropsychiatric Center, conference room 101

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

Information: 714.456.5235  
Monday, Nov 7, Dec 5, Jan 9 6:30-8 p.m.  
Location: Chao Family Comprehensive Cancer Center, 3rd floor, Breast Health Center

### Trigeminal Neuralgia Association Support Group

Information, education and support for patients and their families living with TN and related facial pain conditions. Guest speaker at every meeting. Information: 714.730.1600  
Nov 19, Jan 28 1-3 p.m.  
Location: 2nd 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.  
Speaker on fourth Tuesday (No Dec meeting)  
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

### Spanish Women With Gynecological Cancer

Information: 714.456.7934  
Third Tuesday every month (No Dec meeting) 6-7:30 p.m.  
Location: Chao Family Comprehensive Cancer Center, 1st floor, Resource Center

### Young Women's Thriving and Surviving Support Group

Started by two young women who have overcome breast cancer, this educational group is for women 18 to 45 surviving any type of cancer. Information: 714.456.7057  
Third Wednesday every month  
Nov 16, Dec 21, Jan 18 6:30-8:30 p.m.  
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

Toll-free 877.UCI.DOCS



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For the 11th consecutive year, 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 and urology. To learn more, visit [www.ucihealth.com](http://www.ucihealth.com).

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