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**Curing
Thyroid Cancer**

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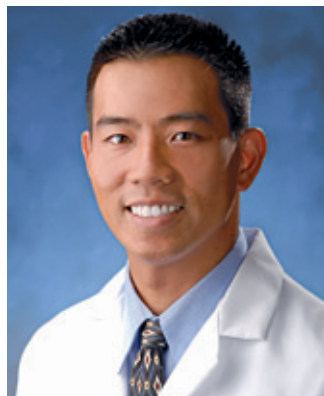
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CURING THYROID CANCER

Located in the front part of the neck below the Adam's apple, the thyroid is a tiny gland with a big job.

This butterfly-shaped powerhouse controls many critical functions, including the body's energy level, heart rate, weight, blood pressure and temperature.

Several disorders can wreak havoc with the thyroid gland—but perhaps none is more frightening than cancer. Until recently, people diagnosed with this increasingly common disease were faced with an operation that required a 3- to 5-inch incision across the front of the neck. “Since the location of the scar was very visible, the cosmetic effects of the operation were a serious concern for patients, who tend to be between the ages of 20 and 50,” says **Dr. William B. Armstrong**, a specialist in ear, nose and throat surgery. “However, the good news is that thyroid cancer is among the most curable of malignancies, with a five-year survival rate of 97 percent.”

Armstrong was at the forefront of a small group of surgeons nationwide who now perform minimally invasive thyroidectomies. The procedure reduces the incision to about 1 inch—a significant cosmetic improvement over standard thyroid surgery.

Robotic-assisted surgery. Now, UC Irvine Healthcare surgeons are among the first in the world to perform robotic-assisted thyroidectomies, using the da Vinci® surgical robot. Recently approved by the FDA, this approach completely eliminates a neck incision by removing the gland through the armpit. “Because the surgical opening is hidden in the underarm,

the scar is virtually invisible,” says cancer surgeon **Dr. John A. Butler**. He and UC Irvine Healthcare otolaryngologist **Dr. Jason Kim** are two of a select number of doctors in the world trained to perform a robotic thyroidectomy.

The robotic system is a large, multi-armed device. Before surgery begins, the robot's arms are positioned over the patient. One arm holds a miniature video camera; the other two arms hold miniature surgical instruments. Both the camera and instruments are introduced into the body through a small incision in the underarm and guided to the thyroid gland.

A silver bullet. Throughout the operation, the surgeon sits at a console near the patient. Guided by the camera's three-dimensional, real-time video images, the doctor manipulates the surgical instruments using a joystick-like device at the console, removing the thyroid gland intact through the armpit. The robot can increase the surgeon's precision but unfortunately, the new procedure cannot be used for everyone. “For patients with thyroid cancer that has spread to lymph nodes or adjacent organs, traditional surgery is often still necessary,” says Butler.

A few weeks after the gland is removed, patients typically undergo radioiodine therapy with a

substance known as I-131. Its role is to destroy any remaining thyroid cells in the body, as well as any surviving thyroid cancer cells. I-131 does this with a level of efficiency that's earned it the reputation of



a “silver bullet.” “No other cells in the body absorb I-131, so they're unharmed by it,” says Butler. Treatment, however, depends on the type and extent of the disease.

Watching for symptoms. Early detection of thyroid cancer is best. If you notice a lump or swollen lymph nodes in the front of your neck, see your doctor immediately. Other symptoms of thyroid cancer include hoarseness, voice changes and trouble swallowing or breathing. People with a family history of thyroid tumors, long-term goiters or nodules are at risk for thyroid cancer. For referral to a UC Irvine Healthcare cancer specialist, call 714.456.8000.

Preventing a Heart Attack

The facts are alarming: Almost 50 percent of people who die suddenly from a heart attack have no prior symptoms.

Many others with serious cardiovascular risk factors aren't aware of them—or feel powerless to change long-entrenched habits that weaken their heart.



The Preventive Cardiology Program at University of California, Irvine Medical Center provides a one-stop location where people concerned about their risk of having a heart attack can be proactive. Staffed by cardiovascular experts, the program is designed to

help people keep their hearts healthy—and to catch the so-called heart attack waiting to happen.

“Each year, almost 800,000 Americans have a first heart attack—a majority of which are completely preventable,” says cardiologist **Dr. Shaista Malik**, who is medical director of the clinic. “About 29 percent of women and 37 percent of men who die from coronary artery disease—the condition that causes heart attacks—are younger than 55. But if problems are detected and addressed in a timely manner with proper medications, procedures and lifestyle changes, the progression of heart disease can be slowed and sometimes even reversed.”

The Preventive Cardiology Program is designed to catch the so-called heart attack waiting to happen.

The Preventive Cardiology Program is for people with or without known cardiovascular disease, who have risk factors such as obesity, high blood pressure, abnormal cholesterol levels, diabetes, a tobacco habit or family history of heart problems. Screening begins with a thorough medical history, followed by a computerized risk-factor assessment, physical exam, resting EKG, nutritional evaluation and lab tests. The lab work includes an assessment of selected biomarkers—biological molecules that are red flags for certain types of heart problems. The presence of the biomarker troponin, for example, signals heart-cell damage, while evidence of C-reactive protein warns of inflammation—an indicator of plaque deposits in arteries.

Leading-edge screening. State-of-the-art tests and imaging studies further determine patients' risk for a life-threatening cardiac event. “If testing

confirms that the patient is at high risk for a heart attack or related condition, recommendations are made for appropriate treatments and procedures,” says Malik.

Screening ranges from treadmill or ultrasound tests to CT scanning for coronary calcification. “Calcium deposits in coronary arteries are strong predictors of potential heart attacks and cardiac disease,” says **Nathan Wong, Ph.D.** He is director of the UC Irvine Heart Disease Prevention Program, which focuses on research to identify new risk markers and measures for the early detection of cardiovascular disease. “Several studies have documented that people with moderate or significant deposits of calcium have a five- to 10-fold greater risk of future heart attacks or other heart problems than people with no coronary calcium buildup,” notes Wong. “This places them in a higher risk category, which warrants more intensive treatment.”

Working together. A multidisciplinary team approach is an essential part of the Preventive Cardiology Program. Registered dietitian **Geeta Sikand**, exercise physiologist **Stanley Bassin, Ph.D.** and cardiologists work together to create a personalized action plan for each patient. It includes a nutritional assessment and physical activity prescription, as well as other behavioral and clinical steps the patient must take to lower the risk of a life-threatening cardiac event. Smoking cessation classes, stress reduction and weight-management counseling are available, if needed.

At-risk individuals are also started on therapies such as cholesterol-lowering drugs, aspirin, ACE inhibitors and beta blockers. Patients return for regular follow-up visits with the Preventive Cardiology Program team to review their progress and discuss adjustments in risk-reduction plans and prescriptions.

The Preventive Cardiology Program adheres to the latest guidelines recommended by the American Heart Association and the American College of Cardiology. For an appointment or more information, call 714.456.6699.

SPINAL SURGERY

Considering the spine's complexity, it's no surprise that more than 1 million Americans undergo back surgery each year.

The spine is made up of 26 donut-shaped bones called vertebrae. Stacked one on top of the other, they're separated by small, gel-like disks, which act as protective cushions. The vertebrae form a channel through which the spinal cord runs. Nerves branch out from the spinal cord, extending between each vertebra. And it's right there that many serious back problems start.

"A majority of spinal operations are performed to relieve pressure on one or more nerves that are compressed by discs or ligaments," says

Dr. Samer Ghostine, a spine neurosurgeon.

He and other specialists in UC Irvine Healthcare's Comprehensive Spine Program provide a wide range of surgical and nonsurgical treatments to help people with back problems. The team is composed of orthopaedic surgeons, neurosurgeons, neurologists, physiatrists, pain medicine specialists and others who collaborate to design the most effective treatment for each patient. "This multidisciplinary approach streamlines the diagnosis and treatment of patients suffering from all types of spinal disorders," says

Dr. Nitin Bhatia, an orthopaedic spine surgeon.

The goal is always to do the least invasive operation to achieve the best outcome.

Back problems are many and varied—and so are the surgical ways to remedy them. The spine team employs the newest methods to address degenerative disc disease, unstable vertebrae, fractures, narrowing of the spinal canal, abnormal curvatures of the spine and related conditions. "Many patients

require complex surgery, but the goal is always to do the least invasive operation for the best possible outcome," explains Ghostine. Today, for example, when degenerated discs cause spinal deformities, the problem can be addressed with a minimally invasive procedure called lateral interbody fusion (LIF). "This operation involves joining together or 'fusing' two or more vertebrae to stabilize and strengthen the spine," explains Ghostine. "In the past, spinal fusions required a major incision combined with extensive cutting and manipulating of muscles to get to the vertebrae. But today, the entire LIF procedure is performed through two small incisions on the side of the body." This approach spares back muscles, reduces postoperative pain and shortens recovery time.

Pinched neck nerves. Another exciting, new development in back surgery eliminates the need for spinal fusion in patients suffering from pinched nerves in the neck. Called a posterior cervical microforaminotomy (PCMF), the procedure is performed through a small incision in the back of the neck. Using a special, high-powered microscope and miniature tools, the surgeon enlarges the opening in the vertebrae through which the compressed spinal nerve passes. By clearing the opening of excess bone, disc material and scar tissue, pressure on the nerve is alleviated, banishing neck pain and related symptoms. "This minimally invasive approach maintains the structural integrity of the spine and preserves neck motion," says Bhatia, who is one of only a few surgeons in Orange County skilled in the new method of correcting pinched neck nerves. "Until recently, this operation was performed through an incision in the front of the neck—an approach that necessitated the complete removal of one or more discs, followed by spinal fusion.

PCMF is far less invasive due to the back-of-the-neck incision combined with microsurgical techniques."

But surgery isn't always the only answer. Many patients benefit from the help they receive at the UC Irvine Center for Pain Management. Treatments range from anesthetic and anti-inflammatory injections to implanted devices. The latter includes



spinal cord stimulation, in which electrodes implanted close to the spinal cord suppress pain. Another strategy involves medication placed directly into the spinal fluid by an implanted pain pump.

With so many surgical and medical strategies available to remedy spinal problems, there's no need for people to live in continual discomfort.

For referral to a UC Irvine Healthcare spine specialist, 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. All seminars are free.

Low Back Pain

Dr. Samer Ghostine, UC Irvine neurosurgeon
Tuesday, June 1, 1 p.m., Florence Sylvester Senior Center, 23721 Moulton Parkway, Laguna Hills

The Aging Eye

Dr. Marjan Farid, UC Irvine ophthalmologist
Wednesday, June 9, 10 a.m., Cerritos Senior Center 12340 South St., Cerritos

Getting A Good Night's Sleep

Tatyana Gurvich, Pharm.D., UC Irvine geriatric pharmacist
Wednesday, June 9, 2 p.m., Emerald Court 1731 West Medical Center Drive, Anaheim
To reserve a seat: 714.778.5100

Gout: A Fierce and Fascinating Beast!

Dr. George Lawry, UC Irvine rheumatologist
Friday, July 16, 1 p.m., Newport Beach Central Library for OASIS Senior Center, 1000 Avocado Ave., Newport Beach

Varicose Veins

Dr. Margaret Mann, UC Irvine dermatologist
Tuesday, July 27, 1 p.m., Florence Sylvester Senior Center, 23721 Moulton Parkway, Laguna Hills

Macular Degeneration

Dr. Baruch Kuppermann, UC Irvine ophthalmologist
Wednesday, Oct 20, 1 p.m., OASIS Senior Center, 800 Marguerite Ave., Corona del Mar

Seniors: Ask the Doctor

Selecting a Nursing Home

Nursing homes provide a fully supervised environment for people who need round-the-clock care. With an on-call doctor, they're staffed by nurses, certified nurses' aides, physical therapists and others. What do you need to know before you select a nursing home? Join us for a discussion with geriatrician Dr. Steven Tam, an expert in long-term care.

Q When is it time for a nursing home?

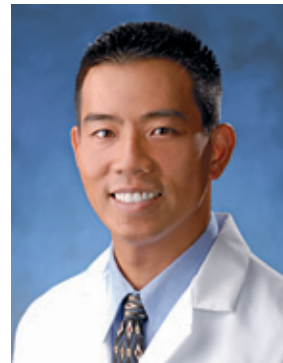
A Nursing homes—also called skilled nursing facilities if Medicare-certified—are often recommended for people who require short-term care following hospitalization. These facilities also provide long-term treatment for individuals with complex mental, emotional or medical conditions. Some of the specialized services available at nursing homes include intravenous feedings, stroke rehabilitation and supervision for dementia.

Q How can I find a good nursing home?

A Begin by talking to your doctor and others who are knowledgeable about nursing homes. You can also visit www.medicare.gov, where you can review the ratings of more than 60,000 nursing homes nationwide by clicking on the “compare nursing homes” tool. Another source for information on specific nursing homes is the National Long-Term Care Ombudsman Resource Center at www.ltombudsman.org/ombudsman. Once you've prepared a list of preferred nursing homes, visit each one for a personal inspection.

Q What should I look for when visiting?

A Make sure to walk through the entire facility and observe closely. Is the staff friendly, the facility free of odors, the building clean and well maintained? Is there an activity calendar? Do residents seem happy? Is the dining room pleasant and the food



Dr. Steven Tam is a board-certified internist and geriatrician with a special interest in long-term care, dementia and memory changes in aging.

appetizing? Next, speak to the director of nurses about his or her philosophy of care. Finally, review the facility's state and federal annual survey results, which, by law, should be placed in a public area.

Q How can the period of adjustment be eased for new patients?

A The first step is to provide the nursing home with a complete list of your loved one's medications, dosages and frequency. It's also important to discuss the person's preferences with the staff. Other strategies include furnishing the room with family photos and small items from home, as well as

a clock and calendar to keep track of time. If the patient's family doctor is able to visit on a regular basis, this would also aid in the transition. UC Irvine SeniorHealth Center doctors are strong proponents of continuing the physician-patient relationship and visit several local facilities on a regular basis.

Q Are there other options?

A Yes, there are other levels of care to consider. One is an assisted living facility, which offers limited healthcare services and help with everyday tasks to relatively independent people. Another, home health care, provides an array of medical and homemaker services. The UC Irvine Health Assessment Program for Seniors can help determine the level of care a person needs as part of a comprehensive evaluation for people 55 and older.

For an appointment or more information, please call 714.456.7007 or visit www.ucihealth.com.

Weight-Loss Surgery

Ads for weight-loss surgery are everywhere these days—and for good reason.

More than 5 percent of adults in the United States are “morbidly obese”—the term used to describe people 100 pounds or more over their recommended weight. For many of these individuals, weight-loss (bariatric) surgery is an effective, lifesaving option that can open the door to a happier future.

However, complications occasionally develop months or years after the initial procedure, requiring another operation to repair the problem. “The main reasons for this revisional surgery are weight regain, unsatisfactory weight loss or complications from the initial operation, such as gastrointestinal leaks, bowel obstruction or ulcers,” says **Dr. Ninh Nguyen**, one of the world’s leading authorities on bariatric and revisional surgery. As an acknowledged expert in managing these complications, he treats many people each year who are referred from other institutions throughout the western United States.

Correcting complications. “There are several types of weight-loss surgery,” says Nguyen. “Each has its own set of possible complications, as well as surgical solutions.” Lap-Band® surgery, for example, involves an inflatable silicone band wrapped around the upper part of the stomach to restrict food intake. If the band slips, it must be surgically repositioned or replaced. If it erodes into the stomach, it must be taken out. Nguyen accomplishes this with minimally invasive techniques, sometimes even removing the band through the patient’s mouth. The Lap-Band then can be replaced with a different type of weight-loss surgery.

Another weight-reduction operation is gastric bypass surgery. “Roux-en-Y (RNY) is the most commonly performed bariatric operation,” says Nguyen, who pioneered the minimally invasive



The main reasons for revisional bariatric surgery are unsatisfactory weight loss, weight regain or complications from the initial operation.

version of RNY. During the operation, surgeons create a small pouch at the top of the stomach. Then they connect the pouch to the beginning portion of the small intestine, bypassing the remainder of the stomach and upper portion of the small intestine. This leads to immediate and significant weight loss because the bypass restricts the amount of calories that can be absorbed by the body. “Although RNY is successful for the vast majority of people, a small number of patients eventually regain weight,” says

Nguyen. In these cases, the problem can be remedied by the addition of a Lap-Band onto the stomach pouch—a strategy that may help patients get back on track with their weight loss.

Sleeve gastrectomy is another method of surgical weight loss. It involves dividing the stomach vertically and removing a portion of it, which restricts food intake. “A rare but possible complication is leakage of stomach fluids into the abdominal cavity, which can lead to infection,” says Nguyen. “Revising the problem is complex and can be done surgically or nonsurgically, depending on the circumstances.”

Choosing wisely. How can people improve their odds of having a trouble-free bariatric procedure? “Weight-loss operations are considered as safe today as gallbladder surgery when performed by an experienced surgeon at an accredited facility where many bariatric operations take place each year,” says Nguyen. Choosing a surgeon who has performed a minimum of 100 weight-loss operations significantly improves the odds of success. Nguyen and his colleague, **Dr. Kevin Reavis**, have performed more than 1,500 bariatric surgeries. Furthermore, the bariatric surgery program at UC Irvine Medical Center is accredited as a Level 1a Bariatric Center by the American College of Surgeons, meaning that it has the resources and experience necessary to provide the highest level of care and best outcomes.

On the horizon are even less invasive weight-loss procedures. Nguyen is embarking on a clinical trial involving the insertion of an inflatable balloon into the stomach. Known as an intragastric balloon, the mechanism gives patients a feeling of being full. If approved by the Food and Drug Administration, the device would be the first weight-loss surgical option performed without any incisions.

For more information or an appointment, call toll free 888.717.GIMD.

Toll free 877.UCI.DOCS

the Education Connection

Classes are free of charge to University of California, Irvine Healthcare patients and their families, UC Irvine employees and volunteers. Exceptions are the Joslin Diabetes Center, meditation and nutrition counseling, WOW and Healthcare Skills programs. Certain programs are also available in Spanish. Unless otherwise indicated, all classes are located at UC Irvine Manchester Pavilion, 200 S. Manchester Ave., Suite 840, Orange. 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 not have it control you. Cost: \$20. Free peak flow meter. Friday, Sept 3 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. Information: 949.824.2462 or www.cuidar.net. Call for meeting dates, times and locations throughout Orange County.

Breastfeeding (1 Session)

Includes process of milk production, how to breastfeed, avoiding potential problems and returning to work. Cost: \$20. Thursday, July 22, Aug 26, Sept 23 6-8:30 p.m.

Spanish Breastfeeding (1 Session)

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

Diabetes Management Overview (1 Session)

Methods to control blood-sugar levels through diet, exercise, medication and lifestyle changes. Cost: \$20. Free glucometer. Monday, July 12, Aug 16 4-6 p.m.

Spanish Diabetes Management Overview (1 Session)

Wednesday, July 7, 28, Aug 4, 25, Sept 1, 22 6-8 p.m.

Location: UC Irvine Family Health Center Anaheim

Thursday, July 22, Aug 26, Sept 23 4-6 p.m.

Location: UC Irvine Family Health Center Santa Ana

Diabetes Management Series (4-Session Series)

Meal planning, exercise, medications, monitoring your blood sugar, and lifestyle changes to help you avoid complications. Cost: \$80. Free glucometer. Mondays, Sept 13 - Oct 4 4-6 p.m.

Diabetic Diet (1 Session)

Food choices, portions and how they affect diabetes. Cost: \$20. Monday, Aug 2 4-6 p.m.

Early Pregnancy (1 Session)

For expectant mothers and their birth partners in the first four months of pregnancy. Includes nutrition, exercise, prenatal care, warning signs and car safety. Cost: \$20. Wednesday, July 21, Sept 15 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. Monday, July 19, Aug 30 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, 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, June 4, Aug 6, Oct 1 9-10:30 a.m.

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

Hypertension (High Blood Pressure) Management (1 Session)

How to control blood pressure through diet, exercise, medication and lifestyle changes. Cost: \$20.

Monday, Aug 23 5-7 p.m.

Living Well With Heart Failure (1 Session)

Overview of heart failure, symptoms and basic lifestyle changes to manage the condition, including diet, exercise and medications. Cost: \$20.

Monday, July 19, Sept 20 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, July 22, Aug 26, Sept 23 1:30-3:30 p.m.

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

Meditation for Health (4-Session Series)

An introduction to the art of meditation, including a discussion of the various types and styles. Cost: \$40.

Mondays, Sept 13 - Oct 4 6-7 p.m.

Newborn Care (1 Session)

Infant feeding, dressing, bathing, diapering, normal newborn appearance, and signs and symptoms of illness. Cost: \$20.

Friday, July 16, Sept 17 6-8:30 p.m.

Spanish Newborn Care (1 Session)

Wednesday, Sept 22 9-11:15 a.m.
Location: UC Irvine Family Health Center Santa Ana

Nutrition Counseling

Individual nutrition counseling with a registered dietitian. Includes nutrition assessment, personalized meal plan and nutrition education. Call 877.UCI.DOCS to make an appointment. Cost: Call 877.824.3627 to check current nutrition counseling charges. Call your insurance company to check for 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. Topics include relaxation, Lamaze techniques, labor and birth, cesarean delivery, medication and anesthesia. Cost: Free to all.

Tuesdays, Sept 14 - Oct 12 7-9:30 p.m.

Tuesday Location: Santiago Canyon College, Orange Education Center, 1465 N. Batavia St., Orange. Register through SCC Continuing Education, 714.628.5900

Wednesdays, Sept 15 - Oct 13 7-9:30 p.m.

Thursdays, Sept 16 - Oct 14 7-9:30 p.m.

Wed & Thurs Location: UC Irvine Medical Center Library, room 2105

Spanish Prepared Childbirth (4-Session Series)

Wednesdays, Aug 18 - Sept 8 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 before surgery. Includes anesthesia choices, pain management strategies, relaxation techniques, and what to expect at the hospital before, during and after surgery. Cost: Free to all.

Monday, July 12, 19, Aug 2, 16, Sept 13, 20 4-5:30 p.m.

UC Irvine Douglas Hospital, 3rd floor, room 3001

Siblings (1 Session)

For children about to become big brothers and big sisters who want to learn what will happen when mom goes to the hospital to have the baby. Cost: \$20.

Thursday, July 8, Aug 12, Sept 9 6-7 p.m.

Joslin Diabetes Center Education Classes

Joslin Diabetes Center at University of California, Irvine offers two types of classes to help people learn how to successfully manage their diabetes. "Steps to Success" is a five-session, comprehensive, educational program. "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 of the programs, registration, or to schedule an appointment, please call Joslin Diabetes Center at UC Irvine at 949.824.8656 or visit www.ucihealth.com/joslin.



Joslin Diabetes Center

at UNIVERSITY of CALIFORNIA • IRVINE



Weight Control / Intuitive Eating (8-Session Series)

You become the expert of your own body and learn to create a healthy relationship with your food, mind and body. Cost: \$80. Wednesdays, July 28 – Sept 15 6-7:30 p.m.

WOW – Wise Old(er) Women

Therapy group for women 65 and older experiencing sadness, depression, anxiety or difficulty adjusting to situational challenges as they age. The group strives to use wisdom acquired through a lifetime of experience to improve life satisfaction and ability to function. Participants should be enrolled in Medicare or a supplemental insurance plan. Information: 714.480.2421
Friday mornings, beginning June 18, for 12 weeks, 10-11:30 a.m.
Location: SeniorHealth Center, Pavilion IV, UC Irvine Medical Center

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.

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

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: 714.456.5641
Third Thursday every month Noon-1:30 p.m.
Location: UC Irvine Douglas Hospital, 5th floor conference room 5843

Children and Adults with Attention Deficit Hyperactivity Disorder (CHADD)

For parents and professionals interested in learning about ADD/ADHD in children and adults. Guest speaker at every meeting. Information: 949.824.8372, www.cdc.uci.edu/chadd.shtml or ajun@uci.edu. RSVP is necessary.
Second Wednesday every month 7-9 p.m.
Location: UC Irvine Child Development Center, 19722 MacArthur Blvd., Irvine

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 of every month 6-8 p.m.
(No July or Sept meeting)
Location: Gottschalk Medical Plaza, multispecialty suite, UC Irvine campus, One Medical Plaza Drive, 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
Third Friday every month 7-8:30 p.m.
Location: Neuropsychiatric Center, conference room 101

Husbands (Partners) of Women with Cancer Support Group

Web-based support for men whose spouses or significant others have been diagnosed with cancer. Information: 714.456.5235
Visit www.cancer.uci.edu and click on support group calendar.
Second and fourth Tuesday every month 6:30-8 p.m.

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 pre-dialysis, dialysis, pre-transplant and post-transplant patients, family members and friends. Information: 714.456.8342
First Wednesday every month 2:30-3:30 p.m.
Location: UC Irvine Manchester Pavilion, 200 S. Manchester Ave., 8th floor, classroom C, 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, July 26, Sept 27 10 a.m.-noon
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

Multiple Myeloma Support Group

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

Spinal Cord Support Group

For those with spinal cord injuries, their friends and families. Information: 714.456.6628
Third Tuesday every month Noon-1 p.m.
Location: Neuropsychiatric Center, Acute Rehabilitation Unit, conference room 135

Stroke Support Group

Information about treatment options and news in stroke, plus support and social interaction for stroke survivors, their families, friends and caregivers. Information: 866.STROKE3
Tuesdays, June 15, July 20, Sept 21 Noon-1:30 p.m.
(No August meeting)
Location: Neuropsychiatric Center, Acute Rehabilitation Unit, room 135

Spanish Super Sibbs Klub

Therapeutic workshop for children ages 8-12 with siblings who have special needs, including chronic illness, developmental delay, medical needs or cognitive issues. Information & registration: 714.456.5394 or magnuson@uci.edu
Third Saturday every month 9:30 a.m.-noon
Call for location

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

Information: 714.456.5235
First Monday every month 6:30-8 p.m.
Location: Chao Family Comprehensive Cancer Center, 3rd floor, Breast Health Center

Trigeminal Neuralgia Association Support Group

Information, education and support for patients and their families living with TN and related facial pain conditions. Guest speaker at every meeting. Information: 714.279.9717
Fourth Saturday every other month 1-3 p.m.
July 24, Sept 25
Location: Second floor above medical library, rooms 2105, 2106

Women's Share and Care Group

Support and education for women with cancer. Information: 714.456.8609
Second and fourth Tuesday every month 10-11:30 a.m.
Speaker on fourth Tuesday
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

Spanish Women With Gynecological Cancer

Information: 714.456.7934
Third Tuesday every month 6-7:30 p.m.
Location: Chao Family Comprehensive Cancer Center, 1st floor, Resource Center

HEALTHCARE SKILLS

Basic Life Support – Healthcare Provider

Adult, pediatric and infant CPR, two-rescuer CPR, foreign-body airway obstruction, AED and barrier devices. Based on American Heart Association standards and guidelines. Registration: 714.456.7291
Cost: \$75 (includes parking pass, card and book)
Wednesday, June 23 8:30 a.m.-1:30 p.m.
Wednesday, July 28 8:30 a.m.-1:30 p.m.
Wednesday, Aug 25 8:30 a.m.-1:30 p.m.

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HEALTHCARE

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www.ucihealth.com

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UC Irvine Medical Center's Heart Failure Program and Stroke & Cerebrovascular Center have again earned the Gold Seal of Approval from The Joint Commission, the nation's preeminent healthcare standards-setting organization. To learn more, visit www.ucihealth.com.

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