

# UCI Health

SPRING/SUMMER 2012  
Vol. 16, No. 1

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



**An Answer for  
Pituitary Tumors**

1



**Treating  
Inflammatory  
Bowel Disease**

2



**Giving  
the Heart a  
Helping Hand**

3



**Cool Tips for  
Hot Weather**

4



**A New Look  
at Melanoma**

5



**Education  
Connection**

6

# UCI Health [www.ucihealth.com](http://www.ucihealth.com)

## An Answer for Pituitary Tumors

The pituitary gland is a pea-sized organ with a powerful role.

**Presiding over the body from its** elevated position at the base of the brain, this tiny structure is the master controller of the body's endocrine system. The pituitary gland sends chemical messengers called hormones through the bloodstream, directing the ovaries, testes, thyroid, pancreas, adrenal and other glands to produce hormones of their own. These chemical substances regulate virtually every function in the body, from water and salt balance, to bone growth and sexual development.

When the pituitary gland malfunctions, the effects can be dramatic. Problems range from chronic fatigue and anxiety to abnormal growth (dwarfism or gigantism), and enlargement of the hands, feet and face (acromegaly).

**Pathway to the pituitary.** "The most frequent causes of pituitary problems are tumors called adenomas," says **Dr. Johnny Delashaw**, chair of the Department of Neurological Surgery and a widely sought expert in pituitary disease. He is also a recognized authority on craniotomies (open skull surgeries), repair of brain aneurysms and other neurosurgical procedures. "Although these growths aren't cancerous, they can create serious problems. If an adenoma presses against the nearby optical nerve, it can cause vision loss. These tumors can also displace healthy pituitary tissue, reducing the production of crucial hormones. And some adenomas are like little chemical factories, producing hormones independently and causing the glands they target to go into overdrive."

For the half million Americans who suffer from the effects of a pituitary tumor, medication and radiation therapy can sometimes help. But surgery is necessary in the majority of cases. "Most adenomas can be removed with a procedure known as transsphenoidal surgery," says Delashaw.

"Transsphenoidal surgery uses the nostrils and adjacent sinuses as a pathway to the pituitary gland, which is located just behind the nose." A miniature operating microscope or endoscope is guided along the nasal route to view the pituitary gland in detail. Tiny surgical tools are used to remove the tumor. The procedure involves a multidisciplinary team, including an endocrinologist, neurosurgeon and ear, nose and throat specialist.

**Curing Cushing's disease.** Delashaw is a noted expert in the surgical treatment of Cushing's disease. The disorder results from a pituitary tumor that triggers excessive production of cortisol, a stress-regulating hormone. Symptoms of Cushing's disease include significant weight gain in the upper body, including a moon-shaped face and fatty hump between the shoulders. As the disorder progresses, high blood pressure, diabetes, mood swings, exhaustion and loss



of muscle mass take their toll. If untreated, the disease can shorten a person's life span by 20 years.

"Transsphenoidal surgery is the preferred treatment for Cushing's. But the pituitary tumors that cause the disorder are often so small they can't be picked up by magnetic resonance imaging," explains Delashaw, who likens locating these microscopically small tumors during surgery to "finding a needle in a haystack." A test called petrosal sinus sampling helps in the search, indicating whether the tumor is on the right or left side of the pituitary gland.

Even with this information, it takes an expert to find an infinitesimally small growth in an organ that's no larger than a pea. Delashaw's cure rate for the condition is the highest in the country, surpassing 95 percent for small tumors, and 88 percent for larger growths.

For a referral to a UC Irvine Healthcare neurosurgeon, call 877.UCI.DOCS.

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

# Treating Inflammatory Bowel Disease

**More than 1.4 million Americans suffer from Crohn's disease or its next of kin, ulcerative colitis.**

**Known collectively as inflammatory bowel disease (IBD),** these two disorders cause severe abdominal pain, fever, weight loss, rectal bleeding and frequent diarrhea, sometimes necessitating up to 15 trips to the bathroom each day.

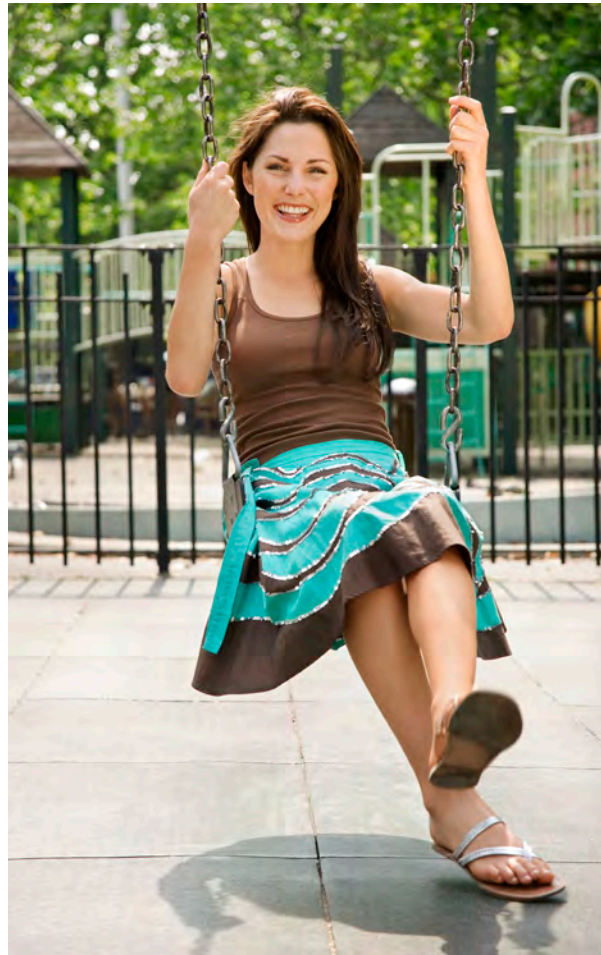
"Crohn's disease and ulcerative colitis share many symptoms, but differ in important ways," says **Dr. William Karnes**, a UC Irvine Healthcare gastroenterologist. Crohn's typically attacks the small and large intestines, but it can cause inflammation anywhere along the digestive tract, from the mouth to the anus. It affects all layers of the intestinal wall with alternating patches of healthy and diseased tissue.

In contrast, ulcerative colitis is restricted to the colon and rectum. It affects only the superficial layers of the bowel wall. The inflamed areas are generally uninterrupted and continuous.

"Researchers believe that IBD is caused by an overreaction of the immune system to normally beneficial digestive-tract bacteria in people genetically predisposed to the condition," says gastroenterologist **Dr. Nimisha Parekh**. One of only a few fellowship-trained IBD specialists in the United States, Parekh is director of UC Irvine Healthcare's Inflammatory Bowel Disease Program at the H.H. Chao Comprehensive Digestive Disease Center (CDDC).

**Dealing with the big picture.** The program is unique because of its comprehensive approach. Not only does it address the physical effects of inflammatory bowel disease, but the program also helps patients deal with the emotional, psychological and social aspects of the disorder. A monthly support group and ongoing education sessions round out the program.

"The onset of IBD typically takes place between the ages of 15 and 35," explains Karnes. "IBD can interfere significantly with school, work, travel and relationships, radically changing the course of a



**Comprehensive care is the key to living well with inflammatory bowel disease.**

person's life if not properly treated." Depression, anxiety and other emotional problems are common. Psychological support combined with state-of-the-art treatment is essential to maintain quality of life.

The first step in coming to terms with the disorder is an accurate diagnosis. Since the symptoms of the two diseases are similar, differentiating between ulcerative colitis and Crohn's disease can be challenging. In addition to endoscopic, blood and

tissue tests, IBD program specialists may also use magnetic resonance (MR) enterography. "Unlike CT scans, MR enterography doesn't involve ionizing radiation," says Parekh. "This is especially important because patients are often young when they're first diagnosed and must undergo multiple imaging exams for IBD through the years. This could add up to quite a bit of radiation over a lifetime."

**First line of defense.** Once the diagnosis is confirmed, medication is usually the first line of defense. "Newer drugs such as biologic therapies and immunomodulators suppress the activity of the immune system," says Karnes. "This decreases the body's inflammatory response and reduces the number of operations patients need on diseased portions of their intestinal tract."

Even with the best medical care, however, about 80 percent of patients with Crohn's disease and 20 percent with ulcerative colitis must undergo surgery at least once to remedy complications or severe symptoms. The UC Irvine Healthcare IBD team is skilled in minimally invasive and robot-assisted surgical techniques that result in less pain and faster recoveries.

Colorectal cancer can also be a concern for certain IBD patients. "If the entire colon is affected by Crohn's or ulcerative colitis, the resulting inflammation can be a ticking time bomb that leads to colon cancer," says Karnes, who is an expert on colon cancer risk factors. To reduce the odds, he recommends an annual colonoscopy for people who have had ulcerative or Crohn's colitis for seven years. "Keeping IBD under control with medication greatly reduces the chances of high-risk patients getting colon cancer," he says.

The CDDC offers new IBD clinical trials, including those for promising biologic therapies. For details, or for referral to a UC Irvine Healthcare inflammatory bowel disease specialist, call 888.717.GIMD (4463). See page 7 for support group information.

# Giving the Heart a Helping Hand

**Miniature heart pumps about the diameter of a pencil eraser are saving the lives of patients who otherwise may not survive complex heart procedures.**

**Much smaller than the left ventricular** assist devices (LVADs) that keep people alive for months as they await heart transplants, these scaled-down versions are designed for temporary use. “They can be implanted without surgery, which is a major benefit for severely ill patients,” says **Dr. Pranav Patel**, director of the cardiac catheterization lab in UC Irvine Douglas Hospital at UC Irvine Medical Center. “Once the device is activated, it takes over some or all of the heart’s pumping action. This helps keep blood moving through the circulatory system when a patient’s own heart is temporarily too weak or damaged to do this on its own.”

The new cardiac-assist devices are lifesavers for critically ill heart attack patients and people who have heart failure. They’re also a boon for people with cardiogenic shock, a condition in which a weakened heart is suddenly unable to pump enough blood to meet the body’s needs. Likewise, the tiny devices are saving the lives of people whose hearts are too weak or damaged to tolerate a desperately needed cardiac treatment. With the devices implanted, patients can undergo such procedures such as coronary artery angioplasty and stenting. “By taking over some of the

heart’s work, new cardiac-assist devices such as the TandemHeart® and Impella® are providing support for many people who previously would have been considered inoperable,” says Patel.

**A bridge to recovery.** The devices can be implanted and removed with relative ease, an important factor for patients with a severely weakened heart. Larger and more cumbersome LVADs require a full-scale operation for implantation, including opening the rib cage, but the new devices can be put in place in a few minutes by an interventional cardiologist. The Impella device is so small it can be inserted into the femoral artery in the leg using a thin tube called a catheter, which is guided into

New cardiac-assist devices are saving the lives of patients with seriously damaged hearts.



the left ventricle (bottom chamber of the heart). The larger TandemHeart requires a small incision in the femoral vein, through which the catheter is introduced and guided into the left atrium (top

chamber of the heart). Blood is then directed out to a small pump, which is strapped to the patient’s thigh. From here, the blood is circulated back into the body through the femoral artery.

The new cardiac-assist devices can pump between 2.5 and 5.0 liters of blood per minute, acting as a lifesaving bridge to recovery or further treatment. “A healthy heart pumps five liters of blood per minute when the body is at rest. If the cardiac-assist device pumps three liters, the patient’s heart only has to pump two,” says Patel. “That’s a tremendous help for a patient who’s struggling with the effects of a seriously damaged heart.”

He recalls a patient who suffered a heart attack after having had cardiac bypass surgery several years earlier. “His current heart attack was caused by blockages in the same two major arteries that were blocked before,” says Patel. “However, he wasn’t a candidate for another coronary bypass procedure because his heart was too weak, putting him at high risk for surgery.”

**Giving the heart a rest.** For these reasons, Patel and the cardiology team decided that angioplasty and stenting was the treatment of choice. But there was concern that the patient couldn’t survive even this minimally invasive procedure because his heart was laboring under the immediate strain of his recent heart attack. “The Impella was implanted to give the patient’s heart a bit of a rest during angioplasty and stenting,” says Patel. “We eliminated the blockages using a balloon-tipped catheter and kept the arteries open with stents, which are miniature wire props. The procedure was successful and the Impella was removed immediately after angioplasty. The patient went home two days later.”

For referral to a UC Irvine Healthcare cardiologist, call 714.456.6699. For more information, visit [www.ucihealth.com/cardiology](http://www.ucihealth.com/cardiology).



## 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.

### Back Pain: Innovations in Spine Surgery

Dr. Samuel Bederman, UC Irvine orthopaedic surgeon

• Thursday, June 14, 10 a.m.

Norman P. Murray Community & Senior Center  
24932 Veterans Way, Mission Viejo

### Diabetes Management and Prevention

Mary Jean Christian, UC Irvine certified diabetes educator

• Saturday, June 23, 10 a.m.

Emanuel Lutheran Church, 150 N. Palm St., La Habra

### What Everyone Should Know About Herbal Supplements

Tatyana Gurvich, Pharm.D., UC Irvine geriatric pharmacist

• Wednesday, June 27, 10:30 a.m.

Tustin Area Senior Center, 200 South C St., Tustin

### Stroke Prevention

Dr. Vivek Jain, UC Irvine neurologist

• Tuesday, July 17, 1 p.m.

Garden Grove Community Meeting Center  
11300 Stanford Ave., Garden Grove

### Osteoporosis: Diagnosis, Treatment and Prevention

Dr. Steven Tam, UC Irvine geriatrician

• Wednesday, Aug 8, 10 a.m.

OASIS Senior Center, 801 Narcissus Ave.,  
Corona del Mar

### Stones, Groans and Moans: How to Know When You Have Gallstones

Dr. Aram Demirjian, UC Irvine hepatobiliary surgeon

• Thursday, Aug 9, 10 a.m.

Norman P. Murray Community & Senior Center  
24932 Veterans Way, Mission Viejo

### Acupuncture: Its Use to Relieve Pain and Promote Healing

Heather Rice, L.Ac., UC Irvine Susan Samueli Center for Integrative Medicine acupuncturist

• Wednesday, Sept 26, 10:30 a.m.

Tustin Area Senior Center, 200 South C St., Tustin

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

# Seniors: Ask the Doctor

## Cool Tips for Hot Weather

The body's ability to cope with hot weather declines as people get older. During sizzling summer days, this can lead to problems such as heat exhaustion, heat stroke and fainting. Join Dr. Gregory Gatchell, a UC Irvine Healthcare geriatrician, as he discusses how older adults can protect themselves from the heat.

### Q Are seniors especially vulnerable to heat-related illness?

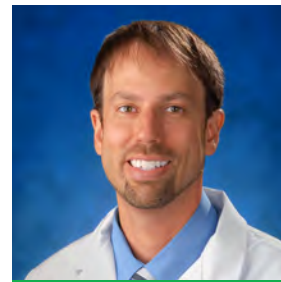
A Yes, they are. As people age, they sweat less and their blood vessels have a reduced capacity to constrict and widen. This interferes with the body's ability to cool itself. Many seniors also take medications like water pills that can increase the risk for heat-related illness. Conditions like diabetes, heart disease and kidney failure can add to the problem. At the same time, poor circulation and thinning skin can make people feel cold even when they're in danger of becoming overheated. These combined circumstances can lead to trouble in hot weather.

### Q How common are these problems?

A More than 1,000 people die each year from the effects of hot weather, and the majority of them are 50 or older. One of the reasons this occurs is because people aren't aware of heat-related danger signs. These include headache, elevated body temperature, a rapid pulse, dry mouth and excessive thirst. Dizziness, nausea, confusion, and fainting may also occur—with or without sweating. With symptoms like these, immediate medical assistance is needed.

### Q How can older people avoid trouble during hot weather?

A For people who have air conditioning at home, it's important to use it. Otherwise, spending the day in an air-conditioned location such as a mall, library or



Dr. Gregory Gatchell is a UC Irvine SeniorHealth Center geriatrician.

As part of the Health Assessment Program for Seniors, he works with a multidisciplinary team to provide older patients with comprehensive physical and cognitive assessments.

senior center is a good way to beat the heat. A visit to the mall also helps seniors stay in shape by walking even when it's too hot to exercise outside.

### Q What other precautions should seniors take?

A They should drink water or other non-caffeinated, non-alcoholic liquids at regular intervals—even if they're not thirsty. This is important because the thirst response that normally occurs when the body gets dehydrated is reduced in many seniors, making them vulnerable to heat illness. Older adults whose fluid intake is restricted for medical reasons should consult their doctor about the amount of liquid to consume.

### Q What about driving?

A Using the air conditioner in the car is very important—even if older people only travel a few blocks. Seniors should never sit in a parked automobile during hot weather—not even for a couple of minutes. Cars can heat up rapidly to dangerous levels, incapacitating people and altering their judgment.

### Q Any other tips?

A Yes—during a heat wave, seniors should stay out of the sun and avoid strenuous activity. If they must go outside, they should wear sunscreen of at least SPF 30, a hat and loose-fitting clothing. Also, a buddy system can provide at-risk seniors with a safety net by having friends or family check on them several times a day during hot spells.

For an appointment or more information, please call 714.456.7007 or visit [www.ucihealth.com](http://www.ucihealth.com).

# A New Look at Melanoma

**Malignant melanoma is the most deadly form of skin cancer, and its incidence is growing.**

## **This year, the National Cancer Institute**

estimates there will be 76,250 new cases of melanoma and 9,180 deaths, up from 63,000 cases and 8,650 deaths in 2009.

“This increase is due in large part to sun exposure, including the current popularity of tanning salons,” says oncologist **Dr. Frank Meyskens**, director of the Chao Family Comprehensive Cancer Center and a leading researcher in cancer prevention. “Seventy percent of adults still don’t protect themselves with sunscreen, sun-protective clothing or shade when they’re outside. These measures are among the best defenses against melanoma.”

**Taking care.** So are monthly skin self-exams (see box below) and regular skin cancer screenings by a doctor. “We have an instrument called the SIAscope that can distinguish between melanoma and other types of skin damage almost instantaneously with more than 96 percent accuracy,” says **Dr. James Jakowatz**, an oncologic surgeon and director of the UC Irvine Melanoma Center. “This hand-held scanner can often save patients the anxiety of having unnecessary biopsies.”

Specialized surgical treatments are also offering new hope. Among them is Mohs surgery, a

procedure used to remove noninvasive melanomas in cosmetically sensitive areas such as the nose or lips. “After all traces of the visible growth are removed, thin layers of cancer-containing tissue are progressively cut out and examined under a powerful microscope until only disease-free samples remain,” explains Jakowatz. “The precision of Mohs surgery reduces the potential for disfigurement and recurrence.” The cure rate after the procedure is about 99 percent.

## **Sentinel nodes.**

Another advanced procedure to determine whether melanoma has spread is called sentinel lymph node mapping. It eliminates the older practice of removing all the lymph nodes in the armpit or groin to assess whether the disease had metastasized. “When melanoma begins to spread, it travels in a predictable fashion from its original site to the lymph node closest to it, which is called the sentinel lymph node,” explains Jakowatz. “With this new method, just the sentinel node is removed and examined. If this node is free of cancer, it’s unlikely that the disease has traveled to other lymph nodes or parts of the body.” Together with surgeon **Dr. David Hsiang**, Jakowatz has performed more than 1,500 of these procedures.

For patients with melanoma that has spread to the pelvic lymph nodes, robot-assisted surgery is an option. “Doctors can remove the diseased nodes through small incisions, resulting in less pain and a faster recovery for patients,” says Jakowatz.

And there’s more help on the horizon. The U.S. Food and Drug Administration recently approved two new melanoma medications. These treatments work

differently from standard chemotherapy. The first is vemurafenib (Zelboraf®), a medication that combats a mutation in the BRAF gene that’s linked to a change in a protein it makes. “The altered protein sends signals to melanoma cells that make them grow and



divide,” says **Dr. John Fruehauf**, a hematologist-oncologist. “This mutation is present in about half of all melanoma patients.” Vemurafenib targets the mutated BRAF protein, slowing the multiplication of melanoma cells and shrinking tumors. Although the drug doesn’t cure melanoma, nearly 50 percent of people with the BRAF mutation who participated in clinical trials benefited from vemurafenib, gaining precious months of life.

The second new medication is called ipilimumab (Yervoy™). It releases the brakes on the immune system so it can fight melanoma more effectively. “Clinical trials have shown that ipilimumab extends the life span of advanced melanoma patients by several months,” says Fruehauf. UC Irvine’s cancer center also offers interleukin-2, another powerful drug that stimulates the immune system.

For a referral to a UC Irvine Healthcare melanoma specialist, call 714.456.8000.

## ON THE WATCH FOR MELANOMA

**If you discover an unusual mole, it’s important to submit it to the “ABCDE” test. Then see your dermatologist immediately if you’re concerned.**

- A. Asymmetry.** Is one half unlike the other?
- B. Border irregularity.** Does it have an uneven, scalloped edge rather than a clearly defined border?
- C. Color variation.** Does the color vary from one area to another?
- D. Diameter.** At its widest point, is the growth as large as, or larger than, a pencil eraser?
- E. Evolving.** Has the mole changed in size, shape or color over time?

# the Education Connection

Most classes are free of charge to UC Irvine Healthcare patients, employees, volunteers and their families except **Meditation for Health**. Certain programs are also available in **Spanish**. All 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 not have it control you. Cost: \$20/non-UC Irvine patients. Free peak flow meter. Friday, Nov 2 5-7 p.m.

### Breastfeeding (1 Session)

Includes process of milk production, how to breastfeed, avoiding potential problems and returning to work. Cost: \$20/non-UC Irvine patients. Thursday, July 12, Aug 9, Sept 13, Oct 11, Nov 8 6-9 p.m.

### Spanish Breastfeeding (1 Session)

Call for dates & time. Location: UC Irvine Family Health Center Santa Ana

### Children and Adults With ADHD (CHADD)

Free seminar for parents, professionals or teachers interested in learning about ADD/ADHD in children. Guest speaker at every meeting. Information: 949.824.8736, www.uci.edu.chadd.shtml or egener@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, July 11, Aug 8, Sept 12, Nov 14 4-6 p.m.

### Spanish Diabetes Management Overview (1 Session)

First Wednesday every month, Aug 1, Sept 5, Oct 3, Nov 7 5:30-7:30 p.m.

Location: UC Irvine Family Health Center Anaheim  
Third Wednesday every month, July 18, Aug 15, Sept 19, Oct 17, Nov 21 5:30-7:30 p.m.

Location: UC Irvine Medical Center Library, 2nd floor  
Fourth Wednesday every month, July 25, Aug 22, Sept 26, Oct 24, Nov 28 4-6 p.m.

Location: UC Irvine Family Health Center Santa Ana

### Diabetes Management Series (3-Session Series)

Information about the disease process and lifestyle changes, including diet, exercise, medications and monitoring your blood sugar. Cost: \$60/non-UC Irvine patients. Free glucometer. Wednesdays, Oct 10, 17 & 24 4-6 p.m.

### Diabetic Diet (1 Session)

Teaches food choices, portions and how they affect diabetes. Learn how to keep your blood-sugar levels at the healthiest range. Cost: \$20/non-UC Irvine patients.

Monday, Aug 6, Oct 1 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/non-UC Irvine patients.

Wednesday, July 25, Sept 26, Nov 28 6-8 p.m.

### Heart Failure (1 Session)

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

Monday, July 9, Aug 13, Sept 10, Oct 8, Nov 5 2-3:30 p.m.

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

Learn the American Heart Association guidelines about low-fat, low-sodium and low-cholesterol diets while still enjoying your diet. Cost: \$20/non-UC Irvine patients.

Monday, July 16, Sept 17, Nov 19 4-5:30 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 encouraged to attend. Pre-registration required: 714.456.7642

Friday, Aug 3, Oct 12 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 and prevent complications through diet, exercise, medication and lifestyle changes. Cost: \$20/non-UC Irvine patients.

Tuesday, Aug 7, Oct 9, Dec 11 5:30-7 p.m.

### NEW: Joint Replacement – Hip or Knee (1 Session)

This new class is for everyone who will get a knee or hip joint replaced. Learn what you need to know about exercises, activity and lifestyle changes you will make before and after your procedure.

**Hip Replacement:** Monday, Oct 1, Nov 5 2-3 p.m.

**Knee Replacement:** Monday, Oct 15, Nov 19 2-3 p.m.

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

### Maternity Tea & Tour

Learn about maternity services and tour the UC Irvine Medical Center Maternity Unit. Cost: Free to all. Call for dates and time. Location: UC Irvine Medical Center, Neuropsychiatric Center, conference room 101

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

This program will help participants learn how meditation can help to promote good health and a better quality of life. An introduction to the art of meditation, including a discussion of the various types and styles. Cost: \$40.

Mondays, Sept 10, 17, 24 & Oct 1 6:30-7:30 p.m.  
or Nov 5, 12, 19 & 26  
Location: UC Irvine Douglas Hospital, conference room 3005

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

Introducing basic, easy-to-learn breathing techniques you can do at home to relax and reduce stress. This class may increase your awareness of your mind-body connection and can enhance a deeper level of meditation and spirituality. Cost: \$20.

Monday, Oct 15 6:30-7:30 p.m.  
Location: UC Irvine Douglas Hospital, conference room 3005

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

Become aware of each part of the body to relieve pain, promote relaxation and help relieve stress. Cost: \$20.

Monday, Dec 17 6:30-7:30 p.m.  
Location: UC Irvine Douglas Hospital, conference room 3005

### Newborn Care (1 Session)

Infant feeding, dressing, bathing, diapering, normal newborn appearance, and signs and symptoms of illness. Cost: \$20/non-UC Irvine patients.

Friday, July 13, Sept 7, Oct 5, Nov 2 6-9 p.m.

### Spanish Newborn Care (1 Session)

Call for dates & time. 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 4, 11, 18, 25 & Oct 2 7-9:30 p.m.

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

- Wednesdays, June 20, 27, July 11, 18 & 25 (No class July 4) 7-9:30 p.m.
- Wednesdays, Sept 5, 12, 19, 26 & Oct 3 7-9:30 p.m.
- Thursdays, June 21, 28, July 5, 12 & 19 7-9:30 p.m.
- Thursdays, Sept 6, 13, 20, 27 & Oct 4 7-9:30 p.m.  
Wed & Thurs location: UC Irvine Medical Center, Building 56, room 113

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

Call for dates & times. 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.  
 Mondays, July 2, 16, Aug 6, 20, Sept 17, Oct 1, 15, Nov 5, 19, Dec 3, 17 3-4:30 p.m.  
 Location: UC Irvine Douglas Hospital, 3rd floor, room 3001

### NEW: Prevent Stroke Class (1 Session)

Learn what stroke is, what your risk factors are for stroke and how to reduce them.  
 Tuesday, Aug 7, Oct 9, Dec 11 4-5 p.m.

### Siblings (1 Session)

Learn how to be a great big brother or big sister to your new sibling! For preschool through elementary school-aged kids.  
 Wednesday, Aug 15, Nov 14 4-5 p.m.

### Weight Management – Intuitive Eating (4-Session Series)

Intuitive Eating will teach you how to create a healthy relationship with your food, mind and body—where you ultimately become the expert of your own body. Cost \$80/non-UC Irvine patients. Call for dates & time.

## 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, June 21, July 19, Aug 16, Sept 20, Oct 18 Noon-1:30 p.m.  
 Location: UC Irvine Douglas Hospital, 5th floor conference room 5843

### 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, July 20, Sept 21, Oct 19 7-8:30 p.m.  
 Location: Neuropsychiatric Center, conference room 101

### Grief Support Group for Children

For children 6–12 who have experienced the death of a parent or sibling. Fun, therapeutic activities assist in the process of grief and healing. Free to UC Irvine Healthcare patients, staff and families. One-time \$20 fee for other community members. Information: Call 714.456.2295 for location and information  
 Third Thursday every month 4-5 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 those with renal disease, for dialysis patients, and family and friends. Information: 714.456.8342  
 First Friday every month (no July meeting) 2:30-3:30 p.m.

### Spanish Kidney and Pancreas Transplant Support Group

First Friday every month (no July meeting) 1:30-2:30 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 23, Sept 24 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

### 2nd Annual Super Saturday Community Health Fair

Plan to attend this free event. UC Irvine Medical Center will offer free flu shots and free screenings (blood sugar and blood pressure) along with giveaways, health information, refreshments and plenty of free parking. We look forward to seeing you.

**Saturday, Oct 5, 10 a.m.-noon  
 Manchester Pavilion Parking Lot  
 200 S. Manchester Ave., Orange, CA 92868**

### 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 Injury Support Group

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

### Spanish Super Sibs Klub

Quarterly fun-filled 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, July 2, Aug 6, Sept 10, Oct 1 6:30-8 p.m.  
 Location: Chao Family Comprehensive Cancer Center, 3rd floor, Breast Health Center

### Trigeminal Neuralgia (TN) 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  
 Saturday, July 28, Sept 22 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  
 Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

### Spanish Women With Gynecological Cancer

Information: 714.456.5235  
 Third Tuesday every month 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  
 June 20, July 18, Aug 15, Sept 19, Oct 17 6:30-8:30 p.m.  
 Location: Chao Family Comprehensive Cancer Center, 4th floor conference room



UNIVERSITY of CALIFORNIA ▪ IRVINE  
HEALTHCARE

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

©2012. The Regents of the University of California

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

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



**CONNECT WITH US!**

Connect with UC Irvine Healthcare on Facebook, Twitter and YouTube. Visit us to stay connected with our healthcare news. See page 7 for details.

UCIRVINE