

THE MYSTERIES REVEALED
BY A PATIENT'S BRAIN

NEW PROGRAM ASSISTS CANCER
PATIENTS AND SURVIVORS

UCI Health

WINTER 2020

live well

SMARTER HEALTHCARE FOR SOUTHERN CALIFORNIA

A woman with dark hair pulled back, wearing glasses and a dark blue sweater with red trim on the sleeves, is smiling and looking off to the side. She is standing on a sandy beach with palm trees and a clear sky in the background.

THE FIGHT OF HER LIFE

A courageous patient and
her doctors stop at nothing
to conquer cancer.

BE THE CHANGE YOU WANT TO SEE



Healthcare is a field that changes rapidly. In a typical year, we witness exciting advances in medicine even as new threats to human health arise. UCI Health is uniquely poised to identify the health concerns facing our community, design optimal strategies and improve well-being. As an academic medical system, we are at the vanguard of discovery with programs providing second-to-none care, such as our National Cancer Institute-designated comprehensive cancer center.

This issue of *Live Well* illustrates the value of an academic medical system. On page 6, we tell the story of Claudia

Sanchez who was stricken with advanced rectal cancer. Our team at the Chao Family Comprehensive Cancer Center initially treated her with chemotherapy then conducted a complex surgery requiring three surgeons with different areas of expertise (in liver, colorectal and gynecologic disease) who removed the tumors using minimally invasive techniques. This kind of coordinated care is only possible at elite academic medical centers.

Research paves the way for such sophisticated treatments. The story on page 12 describes a young woman with severe epilepsy who was successfully treated with surgery at UCI Medical Center. The tests required before the surgery gave our neurologists a chance to gather information about basic, but still-mysterious, functions in the brain. With this generous patient's permission, a procedure to treat her seizures has now increased our understanding of how we learn, remember and feel emotion.

We are committed to remaining at the forefront of medicine so that we offer our patients the best care available and train the healthcare leaders of tomorrow. Last fall, UCI announced its Brilliant Future philanthropic campaign to raise \$2 billion for the university. Fully half those funds will support health enterprises (see page 5), producing benefits for Southern California residents for years to come. We need our friends and donors to back this important initiative. The funding will bolster leading-edge treatments, such as minimally invasive cancer and epilepsy surgery, and empower discovery. It also will improve lives throughout our communities by supporting the expansion of primary care and other outpatient services.

We see a brilliant future ahead because we are committed to supporting the well-being of our community, to reducing the burden of illness, to training the healthcare workforce of the future and to improving the health of the state and nation. Thank you for the trust you place in us every day. ■

Sincerely,

Steve A.N. Goldstein, MD, PhD
Vice Chancellor, Health Affairs
University of California, Irvine

UCI Health

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Information in this magazine is not meant to
replace the advice of your physician.

SUPPORT UCI HEALTH

Few things in life matter more than your health. As Orange County's only academic medical system, UCI Health is pushing the frontiers of life-saving research while improving health and wellness in our community and beyond.

We couldn't do it without you. With your partnership, we will make new medical breakthroughs, redefine patient treatment and the teaching of personalized healthcare, and empower our communities for mental and physical health. Become an active partner in charting UCI Health's future path.

To make a gift to support the expansion of UCI Health, to thank a provider or honor the memory of a loved one, call 714-456-7350 or visit ucihealth.org/giving. Gifts to UCI Health support UCI's Brilliant Future campaign.

BRILLIANT FUTURE
THE CAMPAIGN FOR UCI

FINALLY, A POSSIBLE LONG-TERM TREATMENT FOR TYPE 1 DIABETES

WRITTEN BY SHARI ROAN

For decades, scientists have searched for a way to transplant healthy pancreatic islet cells into the bodies of people with type 1 diabetes. The disease occurs when the body's immune system attacks and destroys islet cells, rendering them unable to make insulin and other hormones that regulate blood sugar levels.

Now, after many setbacks and disappointments, UCI Health researchers are studying a new approach in a human clinical trial — one of only six sites in the world to evaluate the treatment. The phase 1/2 study will determine whether the islet cell replacement therapy, a device called PEC-Direct, is safe and can provide blood glucose control in a manner similar to an artificial pancreas.

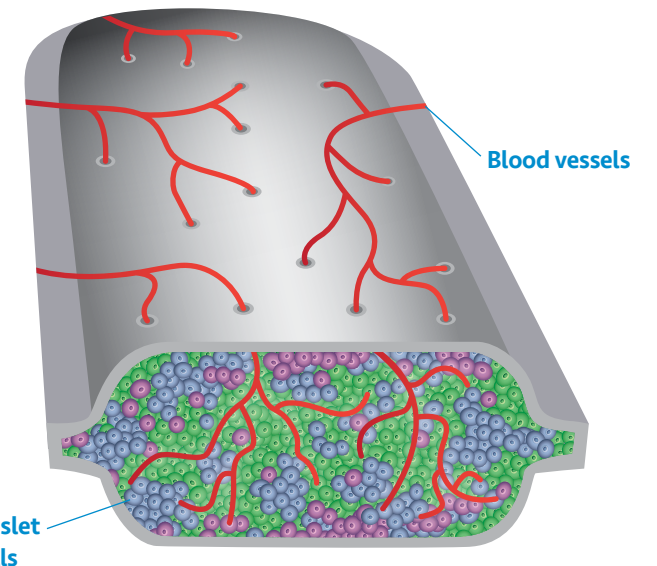
The goal is to develop a therapy for type 1 diabetes that does not depend on long-term use of insulin in the form of injections or insulin pumps. Some 1.25 million Americans are living with type 1 diabetes, including about 200,000 youth (less than 20 years old) and more than 1 million adults (20 years and older).

"Right now, unfortunately, there is no cure," says Dr. Ping H. Wang, medical director of the UCI Health Diabetes Center and lead investigator for the UCI Health arm of the PEC-Direct trial. "That means the patient has to use insulin to control blood sugar. Insulin is a very sensitive hormone. The dose has to be exactly right. These patients are constantly under stress due to changes in blood sugar."

The PEC-Direct treatment aims to provide a permanent, stable source of insulin. The islet cells in the device — called pancreatic beta precursor cells

ViaCyte

The PEC-Direct device allows blood vessels to interact with the pancreatic stem cells contained inside the device.



— are derived in the lab from human embryonic stem cells and placed in a capsule that is implanted under the skin in the abdomen (a few stitches are required). The device releases insulin and other hormones into the patient's bloodstream.

"In the last year or two, there has been renewed interest in islet cell transplantation because of investments in technology in how cells are prepared," he says. "We have reached a new stage where we can obtain islet cells from human embryonic stem cells, which is a big step. This unlimited supply of islet cells is needed to make this type of treatment a reality."

The study will include adult patients with type 1 diabetes who have struggled with control and are at high risk for complications from the disease. Study participants will keep track of their blood glucose and insulin usage. They will take immunosuppressant medications to keep

the body from rejecting the device.

"Immune suppression is definitely one of the major hurdles we have to overcome," Wang says. "The cell is an embryonic stem cell, and therefore it's not the patient's own cell. But the preliminary studies so far show this capsule seems to survive better than a pure islet cell transplant itself."

In the future, however, a device that does not trigger rejection may become possible, Wang says. The maker of PEC-Direct, ViaCyte, Inc., is developing genetically engineered stem cells that will not trigger an immune response. The cells are engineered to edit out the cell surface proteins that interact with the immune system.

"In doing this trial, we are creating the path forward so eventually when immune-evasive stem cells become available, that will potentially provide an ultimate cure," Wang says. ■

Learn more about diabetes care at
ucihealth.org/diabetes





View our list of
physicians at
ucihealth.org/topdocs

CONGRATULATIONS TO UCI HEALTH'S PHYSICIANS OF EXCELLENCE

The Orange County Medical Association (OCMA) has released its annual Physicians of Excellence list, recognizing 171 UCI Health doctors — more than any other Orange County hospital. OCMA is a voluntary physician organization dedicated to protecting public health, promoting improvement of the medical profession, and furthering the art and science of medicine.

The 2020 Physicians of Excellence roster, which appeared in the January 2020 edition of *Orange Coast* magazine, includes physicians representing 65 specialties. To be eligible for recognition, physicians are required to be certified by one of several medical boards, be in good standing, maintain a practice in Orange County for at least five years and have been in practice within his or her specialty for the last five years.

OCMA also requires physicians to make significant achievements in physician leadership, teaching and mentoring, medical or scientific advances, or humanitarian service.

HEART AND STROKE CARE RECOGNITION

UCI Health has earned the 2019 Get With The Guidelines® — Gold Plus Quality Achievement Award in heart and stroke failure awarded by the American Heart Association/American Stroke Association. Hospitals recognized for the impressive Stroke Elite Plus Honor Roll were required to meet many quality measures such as time to thrombolytic therapy (within 60 minutes in 75% or more of acute ischemic stroke patients treated with intravenous tPA). For cardiac care, UCI Health was honored with a Gold Plus Quality Award.



UCI LAUNCHES LARGEST EVER PHILANTHROPIC CAMPAIGN



In October, University of California, Irvine, launched a \$2 billion fundraising drive, the largest in the university's history. The Brilliant Future campaign will focus on four overarching objectives: advancing the American dream for students, transforming healthcare and wellness, accelerating world-changing research and exploring the human experience.

"UCI's academic and research prowess makes it one of the greatest

resources on the planet. Its impact extends far beyond Orange County," says Jimmy Peterson, who was CEO of Microsemi Corporation for 18 years. He will co-chair the campaign with his wife, Sheila Peterson.

Susan and Henry Samueli, whose record-breaking gift in 2017 created the Susan and Henry Samueli College of Health Sciences, are serving as honorary chairs for UCI Health in the campaign. About half the \$2 billion goal is earmarked for strengthening UCI's healthcare enterprise, partly by expanding the college and clinical facilities. Currently, Brilliant Future has tallied \$776 million toward its \$2 billion goal.



RENOWNED VISION SCIENTIST ELECTED TO THE NATIONAL ACADEMY OF MEDICINE

Research scientist Krzysztof Palczewski, PhD, the Irving H. Leopold chair in ophthalmology at UCI's Gavin Herbert Eye Institute and professor of physiology and biophysics, has been elected to the National Academy of Medicine — one of the highest distinctions accorded to professionals in the medical sciences, healthcare and public health. The National Academy of Medicine recognizes inspirational leaders in their fields who show work that addresses critical issues in health, medicine and policy.

Palczewski and his research team joined the institute in 2018 from Case Western Reserve University to launch a translational vision research center. The internationally renowned chemist, pharmacologist and vision scientist has made critical additions to the understanding of the molecular basis of age-related macular degeneration and inherited retinal degeneration, illuminating the path toward the creation of new vision treatments.



TOPS IN PATIENT SAFETY

UCI Health earned an 11th consecutive Leapfrog A rating for patient safety in November 2019. The Leapfrog Group, a nonprofit patient safety watchdog organization, assessed patient safety among more than 2,600 hospitals in the United States.

The safety scores consider factors such as how often a hospital gives patients recommended treatment for a given medical condition or procedure and assesses the environment in which patients receive care, such as whether a hospital uses a computerized physician order.



ONCOLOGY TEAM HONORED

The world's leading oncology organization has again recognized the excellent cancer care delivered by the UCI Health teams. The American Society of Clinical Oncology's Quality Oncology Practice Initiative (QOPI) certification assures patients and their families that an oncology practice meets rigorous national standards for high-quality cancer care. UCI Health oncology first achieved QOPI certification in 2010.

HITTING HER STRIDE

Claudia Sanchez sets her sights
on a future without cancer.

WRITTEN BY VICTORIA CLAYTON
PHOTOGRAPHED BY JEFF BERTING



Claudia Sanchez has always been a force. Confident. Positive. Successful. In the early 1990s, the Los Angeles native earned an academic scholarship to the University of Rochester in New York, where she received her bachelor's degree in chemistry. She picked up a master's degree in forensic science back home in Los Angeles and spent two decades in various leadership positions in the aerospace industry. Then she launched her own business as a software architect, helping companies make technical decisions and refine business practices.

She blazed through Southern California on her motorcycle, traveled often with her partner, Colleen Miller, practiced martial arts and basked in the devotion of her boisterous extended family. Her work meant she sat on airplanes a lot and logged too many deskbound hours. When she started to experience discomfort in March 2018 and doctors told her it was hemorrhoids, it sounded plausible.



Claudia Sanchez is joined by her three surgeons, from left: Dr. Mehraneh D. Jafari, Dr. Zeljka Jutric and Dr. Jill Tseng. All three surgeons used minimally invasive techniques.

Photo: Shelly Burteson

"They just gave me some medication and sent me home," says Sanchez. Over the next few months, however, her conditioned worsened. By May 2018, she landed in an emergency department near her Long Beach home. That's when her life turned upside down.

"By the time I made it to the ER, I couldn't even sit," she explains. The doctor ordered a CT scan. The results brought devastating news: Sanchez had a large rectal tumor. Supported by her family, she was hopeful that her community hospital physicians could remove the tumor.

Unfortunately, once the doctors began surgery, they discovered that it was a much bigger problem that was beyond

their capabilities.

She already knew cancer ran in the family. Her father had died of gallbladder cancer; both of her sisters had fought triple-negative breast cancer. Now Sanchez would battle Stage IV rectal cancer that had spread to her liver and uterus.

As she waited in her hospital bed, it never dawned on Sanchez to give up. What she needed was a superhero — maybe a few of them. Emboldened by their sibling's determination to fight — Sanchez told everyone she wanted action, not tears — older sister Veronica Behning and younger sister Sofia Rejon telephoned UCI Health. Dr. Mehraneh D. Jafari, who specializes in colorectal

disease and laparoscopic colorectal surgery, was on call that evening.

By then, Sanchez was also bleeding internally. Jafari helped the family arrange for her transfer to UCI Medical Center in Orange.

"I knew it would be a tough case because we were seeing her after someone else had tried to operate," Jafari says. "But I agreed to treat her because I could see she clearly needed comprehensive care, and we could deliver that."

Sanchez was so sick, though, she couldn't even be discharged from the local hospital. "I had to go by ambulance to UCI," she explains. "I was bleeding because the doctors had nicked my tumor. I had staples from an incision

from my belly button down, and I still had the tumor inside of me." Her pain was off the charts, and she was terrified — a feeling that doesn't come naturally to her. Thankfully, it was a feeling that would vanish at UCI Medical Center.

"There are really no words to describe what happened once I was wheeled in the door at UCI," says Sanchez. "The team that came to see me that morning left me with nothing but confidence. It was like, 'Okay, I'm home now.'"

Oncologist Dr. Jason A. Zell was the attending physician on call when Sanchez transferred. "Claudia had really advanced disease, but there was never a question in my mind," he says. "We would assemble a team and we'd be aggressive about controlling it."

Zell says that the UCI Chao Family Comprehensive Cancer Center has a team of top specialists who tackle these types of complex cases. Think of it as a brain and skill trust that doesn't give up — on anyone.

"We have 12 multidisciplinary tumor boards, which work as forums for doctors to get together each week to discuss complex cases like Claudia's and prioritize treatment."

After addressing her excruciating pain, Zell had Sanchez start radiation to stop the internal bleeding. Then as an outpatient, Sanchez endured weeks of intensive chemotherapy to shrink her tumors before surgery. Meanwhile, an all-female dream team assembled.

This time it would be the perfect trifecta: colorectal surgeon Jafari, liver surgeon Zeljka Jutric and gynecologic oncologist Jill Tseng. One by one, each surgeon painstakingly removed Sanchez's colorectal tumor, ablated liver metastases and performed a total hysterectomy to remove all the cancer. Because they used laparoscopic and robot-assisted surgical techniques, Sanchez needed only a few tiny incisions measuring about a quarter of an inch each.

"Claudia had multiple metastases just in her liver, some of which were located in difficult spots and considered unresectable — or inoperable — even," says Jutric, who joined UCI Health specifically to develop its state-of-the-art laparoscopic liver surgery program. With Jutric's expertise at radiofrequency

ablation, Sanchez's liver was essentially scrubbed clean. Jafari and Tseng removed the primary tumor.

The cancer center at UCI is a National Cancer Institute-designated comprehensive cancer center, where teams of doctors use advanced techniques and emerging treatments in the most complicated cases. Sanchez's surgery was grueling — lasting more than 12 hours — but the results were what the doctors hoped for. They were able to remove all evidence of disease, and three days later Sanchez headed home.

"The patient really benefits from this multidisciplinary approach because as surgeons, we learn from each other and are able to push the boundaries further when we are working as a team," explains Tseng. "For the right patient, these minimally invasive procedures represent a major advancement in cancer."

Compared to traditional open surgery, minimally invasive surgery means less pain, fewer days in the hospital and a quicker return to normal functioning and much needed chemotherapy.

This is not to suggest Sanchez was done — far from it. Because parts of her digestive tract had to be removed, she left the hospital with an ostomy bag. She endured four additional months of intense chemotherapy, and in March 2019, Jafari performed a long and complex surgery to reconnect her digestive system, eliminating the need for the ostomy bag.

Sanchez had many days where she was in pain, sick and debilitated. But she remained wholly committed.

"I never once thought, 'Poor me' or asked, 'Why did this happen to me?'" she says. "Sometimes in life there's a mountain that gets put in your path. My job became to move the mountain because everybody who watches me, everybody who loves me, everybody who is around me, everybody who wants to know me, they gotta learn from me that mountains can be moved somehow — whether you're making a tunnel to go through them, you're walking around them or you're blowing them up."

Today Sanchez, now 46, is adjusting to a full, if somewhat altered life. She's back to work, traveling and spending lots of time enjoying the friends,

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coworkers and family who supported her through every step of treatment. Because of residual neuropathy in her hands and feet after chemotherapy, she's been slow to hit the road on her Honda Shadow motorcycle.

She and Miller also have adopted Staffordshire bull terriers Blu and Bella. The dogs came at a point during treatment where Sanchez was struggling to motivate herself to move. "Once I got the two girls, I just had to walk them. No choice."

As it turns out, dog walking was fine training for what came next. In April 2019, Jafari requested a favor. She asked Sanchez to be captain of the digestive disease team's Guts & Glory group in the third annual UCI Anti-Cancer Challenge. Sanchez, her medical team and 32 of her supporters participated in a 5K Challenge walk that June. Sanchez handed out superhero shirts. Overall, UCI's Anti-Cancer Challenge raised more than \$635,000 for cancer research.

But Sanchez — ever the competitor — is looking forward to the 2020 UCI Anti-Cancer Challenge on June 6. "Our team came in fourth for donations," she says. "So I'm already planning for 2020, and I think we can do a lot better." ■

Learn more about
UCI Health cancer services
at ucihealth.org/cancer





Dr. Paul H. Coluzzi helps cancer patients and survivors like Dan Wheeler to improve their quality of life.

FEELING BETTER WHEN YOU HAVE CANCER

The Cancer Support and Survivorship Services program addresses a range of needs.

WRITTEN BY SHARI ROAN | PHOTOGRAPHED BY MICHAEL DER

Receiving a cancer diagnosis can turn a person's life upside down. The ensuing treatment and recovery often taxes an individual on every level: physically, mentally, emotionally and spiritually. The new UCI Health Cancer Support and Survivorship Services program is designed to support cancer patients throughout their journey, providing care that improves quality of life and lessens the burden of cancer. The program has two components: managing patients' symptoms and providing supportive care, and a survivorship program for patients when treatment is completed. These services are typically covered by health insurance. We asked Dr. Paul H. Coluzzi, a UCI Health medical oncologist, to describe the program.

What are cancer support services?

Our program is a multidisciplinary approach to help patients cope with symptoms related to the cancer and the treatments for cancer. We promote quality of life for patients during and after their treatment with symptom management, survivorship services and psychosocial support.

Why is this important for cancer patients?

We know through research that when we ask patients to report their symptoms there is evidence of improved survival for patients. At least five randomized trials, which were rigorously conducted at high-quality institutes, show that when patients are asked proactively about their symptoms, doctors are able to intervene sooner. This complements what we already know happens when we support patients through psychosocial counseling and support groups. We also know that good symptom management improves cancer survival.

How many cancer patients may be in need of supportive services?

We know that up to 30% or 40% of patients experience some type of symptoms related to the cancer or cancer treatment for as long as 10 years after treatment. We see symptoms along the entire continuum of the patient experience; it's not just during the first four to six months of treatment. It's beyond that. In traditional oncology, services are very focused

on the anti-cancer treatments, and sometimes the patient's experience is overlooked.

Are patients reluctant to tell their oncologists about cancer-related side effects, such as depression, pain or fatigue?

Yes, they are reluctant to report these symptoms because they feel they've had, or are receiving, great cancer care, and they don't want the doctor to lose that focus. They are willing to put up with symptoms, but the message of our program is that they don't have to.

How does the program work?

Patients are referred by their doctors and seen by me and nurse practitioner Meetal Dharia, MSN, NP, who is a specialist in cancer support. We see the patient as a team and make referrals to a psychologist, psychiatrist or social worker as needed. We can also refer patients to a dietitian, and we collaborate with the Susan Samueli Integrative Health Institute, which is part of UCI Health.

Why is UCI the right place for this kind of program?

This program brings other aspects of care already available at the cancer center closer to the patient so that needed services are more accessible and coordinated.

Will you conduct research as part of the program?

Yes. Research is what distinguishes us from community-based programs. One of our missions is to strive to learn more. We collaborate with a rich, interdisciplinary program called Biobehavioral Shared Resource at the UCI Chao Family Comprehensive Cancer Center, which assists researchers in incorporating patient-reported outcomes into their research projects.

What are some of the tools used to help patients with symptoms?

For some of the better understood symptoms, such as neuropathy, insomnia and depression, we have medications. But we draw on both traditional medicine as well as integrative and psychosocial approaches. Patients often benefit from services offered by the Samueli center, such as acupuncture, massage therapy and myofascial release, which is a type of physical therapy to treat chronic pain.

How do patients typically respond when they receive cancer support services?

Our patients are happy to have the extra time to talk about their cancer experience and the symptoms they are experiencing. They appreciate that we focus on symptoms, not the treatments. They feel listened to. We focus on what is most important to them. ■



The UCI Health Cancer Support and Survivorship Services program assists patients with symptoms and needs such as:

- Pain
- Nausea
- Anxiety
- Depression
- Fatigue
- General distress about diagnosis and treatment
- Chemotherapy-induced neuropathy
- Sex and intimacy issues
- Memory or concentration loss (chemo fog)
- Weight changes/nutrition
- Menopausal symptoms
- Spiritual care needs
- Wellness
- Establishing the goals of care

Learn more about Cancer Support and Survivorship Services at ucihealth.org/cancersupport



FOR THE GOOD OF SCIENCE



Dr. Frank P.K. Hsu (left) performed Jasmine Williams' surgeries while Dr. Jack L. Lin mapped her brain.

After life-changing medical care, patients often want to give back. For Jasmine Williams, that opportunity came before brain surgery.

WRITTEN BY MELANIE ANDERSON

PHOTOGRAPHED BY SHANE O'DONNELL

Determined to gain control of her seizures, Jasmine Williams had brain surgery at UCI Medical Center in June 2018. It turned out to be life-changing — for herself and potentially many others.

Now seizure-free, Williams, 28, is able to hold her first full-time job: teaching fifth grade in Montclair. She's able to drive, so she no longer relies on her family to get places. She's pursuing her interest in woodworking and brightening the lives of children with serious illnesses by donating handcrafted jewelry cases to Beads of Courage, an organization that provides pediatric patients with a bead for each medical test they undergo.

Williams also is helping advance brain science because she participated in more than two dozen research trials while undergoing presurgical tests. Data from her case has contributed to groundbreaking published studies that are shedding light on neurological disorders, sleep and how humans learn.

"I think a patient who has epilepsy understands other people who are suffering," says Dr. Jack J. Lin, director of the UCI Health Comprehensive Epilepsy Program and professor of neurology and biomedical engineering at UCI. "It seems like there's a special quality that leads to this kind of generosity."

Williams was referred to Lin after years of suffering from nightly seizures — more than 100 some nights — and the dizzying side effects of epilepsy medications. "Dr. Lin gave me so much hope," says Williams, who had her first seizure at age 8. "He explained what the surgical process would be like, he took his time with me and he was honest with me."

Surgery can be an excellent option for eligible patients who struggle to control

epilepsy with medications. "The success rate is really high," says Dr. Frank P.K. Hsu, professor and chair of the Department of Neurological Surgery at UCI School of Medicine and professor of biomedical engineering at UCI.

"About 60% to 70% of patients will have no more seizures. That's great, but if you can reduce the frequency and severity of seizures that, too, can make a big difference in the patient's life."

Before surgery, Williams underwent two multiday evaluations to determine where her seizures were originating in her brain. Hsu made 18 small holes in Williams' skull, feeding wires into the holes to insert electrodes in her frontal and temporal lobes. Data from these tests allowed Williams' medical team to gather critical details about her case — confirming that her seizures were originating in the frontal lobe. UCI researchers also compiled additional data for more than a dozen clinical studies by recording her reactions on various tests.

"This information is so precious because there's no other way of getting it," says Lin. "We are indebted to our

volunteer patients in our Comprehensive Epilepsy Program."

Some of the studies asked Williams to view images on a screen and answer questions; others involved recording her brain activity as she slept. "It was actually kind of fun," she says. "I was happy to just give back."

Since Williams had electrodes in her amygdala region (the brain's emotion center) and in her hippocampus region (the memory center), she also participated in a study — recently published in the journal *Neuron* — about how the amygdala and hippocampus communicate with one another. "We are discovering how emotional memory occurs inside a human brain in real time," says Lin. "This will have profound implications for conditions such as post-traumatic stress disorder."

In another procedure, called subdural electrode grid testing, Hsu arranged electrodes in a section of Williams' frontal lobe. "This grid allows us to map exactly the extent of the seizure location," says Lin. "It also allows us to map the functional activity around

the area. We send a little electrical activity into these 3-millimeter contacts and we see if she'll have any behavior change, like a twitch of an arm, finger or mouth." This testing is critical to ensure that brain tissue affecting motor function is spared during surgery.

Williams' procedure involved removing a few centimeters of brain tissue — about the size of a kiwi, says Hsu — and implanting a responsive neurostimulation device as insurance to prevent future seizures. She was cleared to go home the following day and has been seizure-free ever since.

"In the end, I couldn't have hoped for a better result," says Williams. ■



Learn more about our epilepsy services at ucihealth.org/epilepsy



HOCKEY FIGHTS CANCER NIGHT

Anaheim Ducks fans cheered on UCI Health breast cancer survivor Michelle Clark-Salib, with husband Fady and sons Elijah and Caleb looking on, as she dropped the first puck at the Anaheim Ducks' Hockey Fights Cancer Night on Nov. 25 at the Honda Center. Attendees also celebrated UCI Health esophageal cancer survivor Alwyn Kong and colorectal cancer patient Claudia Sanchez, pictured below right with her doctors, Ducks mascot Wildwing and her partner Colleen Miller.



Left to right: Ducks center Ryan Getzlaf, Ducks owner Henry Samueli, Michelle Clark-Salib, son Caleb, son Elijah, husband Fady Salib, Ducks owner Susan Samueli and New York Islanders left wing Anders Lee.



NICU RENAMED TO HONOR TUCHMAN FAMILY

Critically ill infants will have more lifesaving technologies to help them survive and thrive thanks to the generosity of Michelle Tuchman and her husband, Marc, who retired as director of the UCI Student Center. The neonatal intensive care unit was recently named to honor the Tuchmans for their commitment to the youngest UCI Health patients.



HOPE & HELP GALA

Singer-pianist Kodi Lee wowed the audience at The Center for Autism & Neurodevelopmental Disorders Hope & Help Gala, themed "A Brighter Future Starts Here." The Lake Elsinore resident, who has autism and is blind, went on to win NBC's *America's Got Talent* competition a few days later. Lee, former NBA player and coach Byron Scott, and other community luminaries helped the center raise nearly \$400,000 to expand the Transition to Adulthood Program for adolescents and young adults affected by autism and related disorders.



CELEBRATING THE DIABETES CENTER

Celebrate the Center, the 13th annual UCI Diabetes Center reception, paid tribute to longtime community supporters for enabling a new era in locally available early-phase clinical trials and for advancing research to improve the health of people with diabetes. Pictured (from left): event co-chair Adrienne Thomas, Susan Lowry and Gloria Rosen.



HEALTH CLASSES

Improve your health and prevent disease by taking our classes. Most are free, but some do have fees. All classes are held at UCI Medical Center, located at 101 The City Drive South, Orange, CA 92868.

Please note: There is a small fee to park at UCI Medical Center, which is part of UCI Health. When attending classes at the nearby 200 Building, please park in a numbered patient space and provide the number to the desk concierge.

Registration is required for all classes. All classes are one session unless otherwise noted.

For more information, visit ucihealth.org/events or call 657-282-6357.

ADVANCE DIRECTIVE
Feb. 20, May 28 | Noon–1:30 p.m.
Building 22A, Room 2103

BREASTFEEDING
Feb. 6, March 5, April 2, May 7, June 4 | 6–9 p.m.
Building 53, Room 121

HEART FAILURE
Feb. 11, May 12 | 2–3:30 p.m.
Primary Care Services
Pavilion 3, Building 29

JOINT REPLACEMENT, HIP OR KNEE
Every Thursday, except holidays
11 a.m.–noon
UCI Douglas Hospital
Building 1, Room 3001

MEDITATION FOR HEALTH SERIES (four classes)
March 2, 9, 16, 23; June 1, 8, 15, 22
6:30–7:30 p.m.
Building 200, Room 211
200 Manchester Ave., Orange



MEDITATION FOR HEALTH: BREATHING
May 11 | 6:30–7:30 p.m.
Building 200, Room 211
200 Manchester Ave., Orange

MEDITATION SPECIAL TOPIC: BODY SCAN RELAXATION
April 13 | 6:30–7:30 p.m.
Building 200, Room 211
200 Manchester Ave., Orange

NEWBORN CARE
Jan. 17, Feb. 7*, March 13, April 17, May 8*, June 12* | 6–9 p.m.
Building 200, Room 845
(*class held in Room 211)
200 Manchester Ave., Orange

PREPARED CHILDBIRTH (five classes)
Wednesdays | 7–9:30 p.m.
Jan. 8, 15, 22, 29, Feb. 5, 19, 26, March 4, 11, 18, April 15, 22, 29, May 6, 13, 27, June 3, 10, 17, 24
Thursdays | 7–9:30 p.m.
Jan. 9, 16, 23, 30, Feb. 6, 20, 27, March 5, 12, 19
April 16, 23, 30, May 7, 14, 28, June 4, 11, 18, 25
Building 200, Room 845
200 Manchester Ave., Orange

PREPARING FOR SURGERY — MIND, BODY AND SPIRIT
Feb. 3, March 2, April 6, May 4, June 1
Noon–1:30 p.m.
UCI Douglas Hospital
Building 1, Room 3005

PREVENT STROKE (1 class/support group)
Feb. 5, March 4, April 1, May 6, June 3
2–3 p.m.
Building 200, Room 212
200 Manchester Ave., Orange

ONLINE HEALTH EDUCATION VIDEOS

Learn how to protect your health with our free, on-demand videos. Topics include:

- Cardiac care
- Cholesterol
- Diabetes diet and management
- Diabetes blood-sugar testing
- High blood pressure
- Prenatal and new family issues
- Relaxation
- Staying health and managing disease
- Stop smoking
- Stroke prevention

Spanish language videos are also available.

To request a video, please call UCI Health Patient Education at 714-456-8434.

EVENTS

UCI Health is proud to sponsor community events that support a variety of health conditions. Attend a conference, listen to a lecture or take the challenge.

NEWPORT BEACH LIBRARY “MEDICINE IN OUR BACKYARD” LECTURE SERIES
Learn about your health from these physicians and scientists:

Feb. 24 | Healthy heart for life, Michael Rochon-Duck, MD

March 23 | How to keep eye problems at arm’s length as you age, Ken Y. Lin, MD, and Lilangi Ediriwickrema, MD

April 27 | HPV-related throat cancer: an emerging epidemic and public health crisis, Allen M. Chen, MD, and Tjason Tjoa, MD

May 18 | Improving and preventing hearing loss in older adults, Hamid R. Djalilian, MD

Presentations begin at 7 p.m. at Newport Beach Central Library, 1000 Avocado Ave., Newport Beach. Seating is limited. Doors open at 6:30 p.m. Audience members have the opportunity to talk with the doctors after their presentations.

GAVIN HERBERT EYE INSTITUTE COMMUNITY LECTURE SERIES
Learn the causes, symptoms and treatments of eye-related conditions.

Feb. 11 | Dry and irritated eyes, Marjan Farid, MD

March 10 | Age-related macular degeneration: what you should know, Mohammad Riazi, MD; Flashes and floaters, Mitul Mehta, MD

April 14 | Annual eye exams, Patrisha Elbeck, RDO; New lens technology, Marcial Torrez-Jiminez, ABOC

May 12 | How your eyes age, Kavita Rao, MD; How your eyes relate to illnesses of the body, Sanjay Kedhar, MD

June 7 | Impaired vision in both eyes? Rebecca Kammer, OD, PhD

Lectures are held at 7 p.m. at the eye institute, located at 850 Health Sciences Road, Irvine. To RSVP, contact ghei@health.uci.edu or 949-824-7243.

SUE & BILL GROSS STEM CENTER COMMUNITY LECTURE SERIES

Feb. 25 | Treating the cancer treatment? Charles Limoli, PhD, and Daniela Bota, MD, PhD

March 24 | Seizures in a petri dish, Diane O’Dowd, PhD, and Jack Lin, MD

April 28 | New uses for stem cells, Weian Zhao, PhD, and Elliot Botvinik, PhD

May 26 | Stem cells on the brain, Robert Hunt, PhD, and Leonid Groysman, PhD

Lectures are held at 7 p.m. in the 4th floor conference room at Sue & Bill Gross Hall, 845 Health Sciences Road, Irvine. Email aharness@uci.edu for more information.

SUPPORT GROUPS

To learn more about our support groups, call the numbers listed or visit ucihealth.org/events

AGE-RELATED MACULAR DEGENERATION
888-430-9898

ART FOR THE SOUL
714-456-2846

BARIATRIC SURGERY SUPPORT GROUP
888-717-4463

BRAIN TUMOR EDUCATION/ SUPPORT GROUP
714-456-5812

BURN SURVIVORS SUPPORT GROUP
714-456-7437

HEART FAILURE SUPPORT GROUP
714-456-7514

INFLAMMATORY BOWEL DISEASE SUPPORT GROUP
714-456-7057

KOREAN WOMEN’S CANCER SUPPORT GROUP
714-456-5057

MULTIPLE MYELOMA SUPPORT GROUP
800-452-2873, ext. 233

NORMAL PRESSURE HYDROCEPHALUS (NPH)
714-456-6966

PANCREATIC CANCER SUPPORT GROUP
714-456-7057

SUPPORT FOR ORAL, HEAD AND NECK CANCERS
714-456-2846

TRIGEMINAL NEURALGIA ASSOCIATION SUPPORT GROUP
714-730-1600

UNITED OSTOMY ASSOCIATIONS OF AMERICA, ORANGE COUNTY CHAPTER
714-637-7971



Jay Lindsay is an endoscopic technician who had endoscopic weight-loss surgery at UCI Health.

FINDING INSPIRATION AT WORK

Jay Lindsay, 39, has worked as an endoscopic technician at UCI Medical Center for 12 years, assisting Dr. Kenneth Chang, executive director of the H.H. Chao Comprehensive Digestive Disease Center, as he performs various endoscopic gastrointestinal procedures. Over the years, however, Lindsay began picturing himself as a patient. The West Covina man, who is married and has a son, has struggled with his weight most of his life. While diet and exercise helped him drop pounds, he had difficulty maintaining the weight loss. As he watched patients undergo weight loss surgery, he became convinced that Chang could help him too. In 2018 Lindsay had Apollo endoscopic sleeve gastroplasty, which is a procedure to reduce the size of the stomach and limit food intake.

“I’ve been heavy most of my life. My highest weight was 398 pounds. I was tired of being on high blood pressure medication and going to bed with a breathing device for sleep apnea. I was so young for that. Having my son, who is age 10, I knew I had to make a lifestyle change. I started walking and running and dieting. Then I got a small knee injury that caused me to take time off from exercise. After that, I sort of lost my motivation. I had gotten down to 230 pounds and then started gaining weight again. I was back up to close to 300 pounds a few years ago. I felt I needed help.

I was working side by side with Dr. Chang and seeing the procedures he was doing, including the gastric sleeve. It interested me because it’s a tool to help you restrict what you can eat. It was what I felt I needed to lose weight and then maintain the weight loss. I talked to Dr. Chang about it, and he performed the procedure on me.

Overall, I feel great now. I sleep better and have more energy. My back and joints don’t hurt as much. I no longer need a breathing machine during sleep, and my blood pressure and cholesterol levels have improved. I fit into smaller-size scrubs at work. I can purchase clothes I actually like rather than just ones I fit into. My self-esteem is much higher. It’s been a life-changing event for me. I was back up to 290 pounds before surgery and have gotten down to 240 pounds. I’ve lost 50 pounds and have 40 more to go.

It’s a lifestyle change. I do eat less, but there are some days when I graze more than others. I still do calorie restriction and exercise. This procedure is a tool to help you lose weight. It’s not a magic pill. It helps you maintain weight loss, but the key is still eating healthy and exercising.

Seeing Dr. Chang do this procedure convinced me to have it. I work with him many hours every week. I see how he takes his time and does a very thorough job. Not every case is the same, and he treats every patient as an individual. He’s been very supportive. He asks me how my journey is going. If I have any problems, I talk to him and he answers my questions. Seeing those patients and working with Dr. Chang inspires me.

— Jay Lindsay ”



To learn more about our weight-loss services and procedures, visit ucihealth.org/bariatric

TOP 10 in California

**BEST
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U.S. News & WORLD REPORT

**NATIONAL
RANKED IN 3 SPECIALTIES
2019-20**

One of America’s Best Hospitals

At UCI Health, we are first for our patients and among the top 10 hospitals in California, nationally recognized for excellence in gastroenterology & GI surgery, geriatrics and gynecology, and high-performing in 7 other programs by *U.S. News & World Report*.

Thank you to our outstanding physicians, nurses and staff for your ongoing commitment to delivering the highest level of compassionate care to the patients and families we serve each day. It is because of you that we consistently rank among the best in the nation.

To learn more visit ucihealth.org/best-hospitals

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UCI Anti-Cancer Challenge

STOP AT NOTHING TO END CANCER

JOIN THE ANTI-CANCER CHALLENGE

When you ride, run, walk or volunteer, you contribute to finding cures for a disease that touches us all.

100 percent of participant proceeds go directly to breakthrough cancer research at the UCI Chao Family Comprehensive Cancer Center — the only National Cancer Institute-designated comprehensive cancer center in Orange County.

WHEN

SATURDAY, JUNE 6, 2020
ALDRICH PARK, UCI CAMPUS

FOR MORE INFORMATION AND TO REGISTER, VISIT:
ANTI-CANCERCHALLENGE.ORG



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