

HELPING PATIENTS WITH BOWEL  
DISEASES LIVE ACTIVE LIVES

BUSTING OLD MYTHS  
ABOUT CLINICAL TRIALS

**UCI** Health

WINTER 2018

# live well

SMARTER HEALTHCARE FOR SOUTHERN CALIFORNIA



**Advancing  
the Science  
of Integrative  
Health**

## A GIFT THAT WILL CHANGE LIVES



**H**ealthcare is changing. With spiraling costs and uncertainty in the health insurance marketplace, consumers have every right to be concerned about whether the healthcare system will be there for them when they need it. We, however, have chosen to offer our patients more — not less.

With a generous gift from Orange County philanthropists Susan and Henry Samueli, we will seek

to make integrative health the centerpiece of a new model of health and wellness, one that revolutionizes the education, training and collaboration of healthcare professionals, advances research rooted in a systems approach to medicine and delivers on the promise of truly personalized healthcare.

The emphasis on integrative health does not mean we reject the conventional practice of medicine. Indeed, we pride ourselves on being at the leading edge of advances in evidence-based medicine. We are often among the first in the country to provide the latest medical and surgical therapies.

But we also recognize there is far more to an individual's well-being than medications and operations. Study after study shows that many other factors — including an individual's genetics, lifestyle and socioeconomic status — greatly influence health and well-being. Our quest to "integrate" reflects our recognition of the shortcomings of modern medicine, which too often treats patients as a collection of symptoms and organs rather than as a whole person.

In coming years, we will add to our faculty some of the nation's top researchers who are working to clarify which integrative approaches truly help and which are ineffective. We want to know, for example, whether physical activity makes a measurable difference in the onset of dementia or whether music therapy can shorten a hospital stay. In time, we will have data to confidently counsel patients on everything they can do — whether in the doctor's office or at home — to recover from illness and, better yet, prevent serious disease.

We hope you will follow our progress as we embark on this exciting journey into a truly innovative model of 21<sup>st</sup>-century medicine. ■

Sincerely,

Dr. Howard Federoff  
Vice Chancellor, Health Affairs  
CEO, UCI Health

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## YOU MAKE THE DIFFERENCE

Few things in life matter more than your health. If you or someone close to you has experienced UCI Health's personalized, research-driven care, then you know how Orange County's only academic medical center is improving the lives of people in our community and beyond.

We couldn't do it without you. Your philanthropic support drives clinical innovations like the ones you'll read about in the following pages.

If you would like to make a gift to thank a provider, honor the memory of a loved one or establish a lasting legacy, visit [ucirvinehealth.org/giving](http://ucirvinehealth.org/giving) or call 714-456-7350.





# Treating the Whole Person

**A gift from Susan and Henry Samueli will boost a health sciences college that examines all aspects of a patient's well-being.**

WRITTEN BY SHARI ROAN  
PHOTOGRAPHED BY KREMER JOHNSON

**N**ayan Patel was worried. The 46-year-old chiropractor from Fullerton knew he was a candidate for heart disease. His uncle died of a heart attack at age 57; his father recently underwent cardiac bypass surgery and stent placement. Patel's primary care doctor had prescribed a medication to lower his cholesterol, but the drug caused side effects. Patel had a sinking feeling that what he was doing simply wasn't enough to prevent the disease.

His wife, Sheela, a cardiac care nurse at UC Irvine Medical Center, suggested that he consult with Dr. Shaista Malik, a UCI Health cardiologist. Malik ran extensive tests and put Patel on a different medication to lower his cholesterol. "I knew her research focused on the potential to prevent heart disease," Sheela Patel says.

But Malik's advice didn't stop at medication. At her urging, the Patels switched to a plant-based, vegan diet. Malik also prescribed herbal supplements that are proven to support heart health. Within six months, Patel's cardiac tests showed vast improvements, and he no longer needs cholesterol medication.

"I feel very different now," he says. "I feel a lot of energy and mental clarity. I feel like I'm contributing to my health. A disease should not control you. You have to control your health. To be empowered this way is amazing."

Patel is typical of patients who adopt a broader range of regimens and treatments to successfully improve their health and well-being.

Now, propelled by a \$200-million gift by a generous Orange County family, the University of California, Irvine, is embarking on a major expansion of its science-based approach to integrative health research, education and patient services.

While aspects of this approach for patients like Patel may not reflect traditional Western medicine, some are more innovative and use leading-edge technologies, Malik says.

"Mr. Patel's care is integrative health 2.0," Malik says. "We did a complete medical assessment and high-tech diagnostics, which included looking at his genetics. Then we



Dr. Shaista Malik

looked at everything we could do to help him. Integrative health is synergistic. It makes conventional medicine work better."

Improving health outcomes as well as patients' experiences is the goal of the realigned health sciences college at UCI. The gift by Broadcom co-founder Henry Samueli and his wife, Susan, is the largest in UCI's history and will lead to ambitious extensions of medical research, education and services. It will include construction of the new Susan and Henry Samueli College of Health Sciences building on the UCI campus and also will support the creation of 15 Samueli research chairs in integrative health.

Across the UCI Health landscape, physicians, researchers, nurses, pharmacists, therapists and students will seek to

"Integrative health is synergistic. It makes conventional medicine work better."

understand how scientifically validated integrative health modalities can help treat and prevent disease, as well as make patients' lives better.

Weaving integrative health into conventional healthcare reflects the belief that everything about a person — genetics, lifestyle, socioeconomic status as well as cultural and religious beliefs — impacts health. This approach is sometimes referred to as “systems biology,” says Dr. Michael J. Stamos, dean of the UCI School of Medicine.

“The systems approach means that all aspects of a patient's care are brought together and considered,” he says. “It's a changing paradigm where we treat the whole person.”

Susan Samueli says she and her husband are motivated by a desire to improve people's lives. “Despite our technological advances, too many people still suffer from debilitating conditions such as heart disease and diabetes,” she says. “Preventive medicine is the best way to end this spiral.”

Moreover, helping people improve their diets, exercise more and reduce stress through simple, cost-effective strategies has the potential to alter public health in the decades to come, says Dr. Howard J. Federoff, vice chancellor of health affairs and chief executive officer of UCI Health. “We can improve population health to levels never before seen,” he says.



Susan and Henry Samueli

Photo: Stew Zylus, UCI Strategic Communications

## THE RIGHT TIME AND PLACE

UCI Health is uniquely positioned to emerge as a national leader in integrative health. UCI is already home to the Susan Samueli Center for Integrative Medicine, where many non-traditional services are offered, Malik notes.

The center will grow and become the Susan Samueli Integrative Health Institute located within the new College of Health Sciences building. But integrative health research also will be incorporated across the entire allied health sciences fields — including nursing, public health and pharmaceutical sciences. And other disciplines, such as social sciences and engineering, will be brought into the research efforts, Stamos says.

“We've been talking for quite a while about the importance of interdisciplinary research and interdisciplinary clinical care,” he says. “Our transdisciplinary work will make this gift much more impactful.”

Integrative health may sound like an “extra” service. In reality, several nonconventional health modalities have long been embraced at UCI Health with impressive results. Malik and others have championed diet, exercise, stress reduction and other proven integrative therapies for certain cardiac patients for many years, often tapping into programs offered at the Susan Samueli Center.

“I would see patients with heart disease and would talk to them about the need for them to change their lifestyles,” says Malik, who became the center's director in 2015. “But I'd see them later, and they hadn't changed. I felt I needed more tools to help them change their behavior and manage stress.”

Integrative health therapies are being adopted by many UCI Health clinicians. Malik has done so in her Preventive Cardiology Program. At the Center for Pain and Wellness, patients often use biofeedback and acupuncture to avoid or reduce their reliance on highly addictive opioid pain medications. Neurosurgeon Dr. Sumeet Vadera also recommends pet therapy, acupuncture, Reiki and other nontraditional therapies to help reduce the pain of cranial and spinal surgery patients and decrease the length of their hospitalization stays.

“UCI has been a pioneer in integrative health with the original Samueli gift that created the Susan Samueli Center,” Malik explains. “We were among the very first academic medical centers to embark on this mission of looking at the whole person and integrating mind, body, spirit and emotional well-being, and addressing all the determinants of health. We have a history with this, and it's a field that's ready to expand.”

## SCIENTIFIC PROOF

Folding integrative health therapies into medical care isn't a repudiation of traditional Western care. In fact, UCI Health is home to some of the most advanced, technologically driven medicine in the nation. Across the campus, surgeons wield lasers and other next-generation tools to remove tumors through tiny incisions, use 3-D imaging devices to create vivid, real-time images inside a patient's body and employ sophisticated monitoring devices to study brain function. Adding proven integrative health practices will enhance a patient's well-being and experience, Stamos says.





Nayan and Sheela Patel

"Integrative health is not an abandonment of the well-established Western medicine treatments we utilize daily," he says. "But I would say that traditional Western medicine has lapsed in terms of addressing a patient's health beyond what we can measure and quantify. That has led to a weakening of the patient experience. We're not always talking about what really matters to patients. We also need to focus on other aspects of patients' health that are currently not being addressed very effectively or very regularly."

For example, as a colorectal cancer surgeon, Stamos uses leading-edge technology to remove tumors. But removing a tumor and sending a patient to chemotherapy and then home to recover is not enough, he says.

"We've known for almost a decade that what a patient does in terms of lifestyle after colon cancer surgery matters to their outcomes," he says. "Patients who adopt a healthy lifestyle, a Mediterranean diet and who exercise regularly have an improvement in survival. But those things are not espoused by many Western physicians. We are not saying a patient shouldn't receive chemotherapy. We're saying that, in addition to chemotherapy, these are things you can do to increase your chances of survival. That is incredibly empowering to patients."

While Western medicine has been slow to adopt outside-the-box methods, patients have long been hungry for information and activities to improve their health. Almost 20 years ago —

in part due to patient demand — the National Institutes of Health opened the National Center for Complementary and Integrative Health to lead research on diverse medical and healthcare practices.

Indeed, many integrative therapies have been practiced for thousands of years or are considered "conventional" in other parts of the world.

"Integrative health has been patient-driven," Malik notes. "There is a very high demand for these services. The reason is that patients see a huge change when they add some of these therapies, when they start eating better, adding physical activity or addressing certain nutritional deficiencies. People get results."

## ELEVATING HEALTHCARE

A major drawback to some nontraditional medical therapies, however, is that many have not been validated by high-quality, scientific research to prove their effectiveness. Studying integrative therapies to learn which work and which don't is a key component of the UCI Health program.

"With this gift we'll have the opportunity to do some pilot work that could get funded for a more comprehensive look at the mechanisms that underlie some of these modalities," Malik says. "That will help us understand which patient and condition a particular therapy works best for."

“You may have the gene for a certain kind of cancer, but — depending on your behavior and your exposure to stress and environmental factors like pollution — you could turn that gene off.”

These integrative health studies will not be conducted in isolation, Federoff notes. A key to improving patient health is to understand the potential for synergy — how integrative and conventional medicine work together.

“For instance, you may have the gene for a certain kind of cancer,” he says. “But depending on your behavior and your exposure to stress and environmental factors like pollution, you could turn that gene off.”

The research will also explore the potential to curb spiraling healthcare costs, Stamos says.

“We recognize the unsustainability of our current healthcare spending in this country,” he says. “But what people are starting to realize is we have abandoned the recognition that we all have some individual responsibility for healthcare. We have not put an emphasis on lifestyle, meditation and things we can do ourselves to lead to better health. We hope the emphasis we have on integrative health will raise awareness and provide data to show that these things do affect disease prevention.”

The time is right to push the boundaries of healthcare and employ new strategies, Malik says. Integrative modalities may be just the answer to what ails traditional medicine. “We’re starting to see the tipping point where conventional medicine is looking for other answers to solve the healthcare crisis we see around us.” ■

## **The Susan and Henry Samueli Gift — What It Means**

**AMOUNT PLEDGED** — \$200 million

**DONORS** — Susan and Henry Samueli, whose previous contributions to the university total more than \$70 million

### **SPENDING PROGRAM**

**\$50 million** toward construction of the Susan and Henry Samueli College of Health Sciences, which will encompass:

- The School of Medicine
- The Sue & Bill Gross School of Nursing
- The future School of Pharmacy (now the Department of Pharmaceutical Sciences)
- The future School of Population Health (now the Program in Public Health)
- The future Susan Samueli Integrative Health Institute (now the Susan Samueli Center for Integrative Medicine)

**\$5 million** to equip the institute with state-of-the-art laboratories and equipment

**\$145 million** for an endowment to fund:

- 15 Samueli research chairs in integrative health
- Two dozen scholarships and fellowships for undergraduate and graduate students who are planning careers in integrative health
- Programming and administrative leadership costs for the institute

To learn more about clinical services, visit [ucirvinehealth.org/samueli](http://ucirvinehealth.org/samueli)

## A NEW WAY TO MANAGE YOUR HEALTHCARE INFORMATION



UCI Health patients can now manage their healthcare through our new patient portal, MyChart. The portal gives patients safe, easy access to their health information and helpful tools to manage their care. Through this online portal, patients can:

- **Request appointments and prescription renewals**
- **View lab and test results**
- **Update their health history**
- **Communicate with their physician and healthcare team**
- **Receive reminders for follow-up care**
- **Manage their family's healthcare**



Safeguarding our patients' health information is our priority. MyChart is a password-protected portal that is accessible any time of day.

MyChart is powered by Epic, a software company with three decades of experience providing electronic health record solutions to help improve patient care and support better outcomes. Learn more about MyChart at [www.ucihealth.org/mychart](http://www.ucihealth.org/mychart).



## SIGNING UP FOR MYCHART



1. At your next scheduled visit, ask your care team about registering for a MyChart account. They can provide you with an activation code or send one to your personal email account so you can register at home.
2. Once you have activated your account from your computer, get the MyChart mobile app to use from your Apple or Android phone or tablet.

## EYE MOBILE FOR CHILDREN – CORRECTION

An article in the Fall 2017 issue of *Live Well* about the Eye Mobile for Children incorrectly identified the organization that funded the program as First 5 California. The eye mobile is funded by the Children and Families Commission of Orange County.

## TAP INTO OUR HEALTHY RECIPES ARCHIVE

The UCI Health *Live Well* blog contains a library of recipes to help you eat healthier. Pop open your laptop or turn on your mobile device to follow these easy instructions. Many of the recipes include videos, such as our Chilled Lentil Salad.

### CHILLED LENTIL SALAD

Lentils may not be flashy, but they pack a lot of nutrition into a low-calorie package. Adding the humble legume to your diet can help lower cholesterol, decrease the risk of heart disease, stabilize blood sugar, increase energy and reduce weight. Our chilled lentil salad recipe is from Natalia Ullrich, MS, RD, of the UCI Health Weight Management Program.

### INGREDIENTS

- 1 cup dry lentils, washed
- 2 cups water or low-sodium vegetable broth
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- ¼ cup chopped carrots
- ¼ cup chopped scallions
- Dash salt and pepper to taste
- 1 hard-boiled egg, sliced
- ½ cup cherry tomatoes, halved
- Lettuce (optional)

Cook lentils in the water (or broth) until soft, about 20 minutes. Drain liquid, put in a bowl and let cool. Add the vinegar, oil, carrots and scallions and mix well. Add salt and pepper to taste. Place egg slices and tomatoes on top to decorate. Serve chilled over lettuce, if desired.

**SERVES 2, PER ½ CUP SERVING SIZE**

### NUTRITIONAL INFORMATION

- 206 calories
- 10 g fat
- 29 g carbohydrates
- 12.5 g protein
- 8.6 g dietary fiber
- 340 mg sodium (much less if water is used instead of broth)
- 3.1 g sugar



View this and more recipes at [ucirvinehealth.org/eatwell](http://ucirvinehealth.org/eatwell)





## “PHYSICIANS OF EXCELLENCE” RECOGNITION GOES TO 150 UCI HEALTH DOCTORS

The Orange County Medical Association (OCMA) has recognized 150 UCI Health physicians as “Physicians of Excellence.” UCI Health has more physicians recognized than any other hospital in Orange County.

OCMA is a voluntary physician organization that promotes the art and science of medicine, the protection of public health and the betterment of the medical profession. The announcement, which appeared in the January 2018 edition of *Orange Coast* magazine, lists about 475 Orange County physicians in 65 specialties.

To be eligible for OCMA recognition, physicians are required to be certified by a member board of the American Board of Medical Specialties, a member board of the American Board of Osteopathic Medical Specialties or an equivalent board recognized by the Medical Board of California or Osteopathic Medical Board of California; be in good standing with the Medical Board of California or Osteopathic Medical Board of California; maintain a primary practice in Orange County for the last five years; and have been in practice within his/her specialty for the last five years.



Dr. Lisa Gibbs, OCMA 2017 Physician of the Year

Additionally, physicians were required to meet at least two of the following criteria: physician leadership; teaching/mentoring; medical research/scientific advances; and humanitarian service.

UCI Health doctors practice at UC Irvine Medical Center in Orange and Gottschalk Medical Plaza at the UC Irvine campus in Irvine. UCI Health also has primary and specialty care offices in Tustin, Orange, Costa Mesa, Newport Beach, Yorba Linda, Placentia, Corona and Chino Hills.

To see our physicians of excellence, visit [ucirvinehealth.org/topdoctors](http://ucirvinehealth.org/topdoctors)



## GAINING WISDOM ABOUT BREAST CANCER SCREENING

UCI Health is part of an important new study that aims to improve breast cancer screening recommendations. The Wisdom Study, a collaboration among all the University of California (UC) medical centers, will include 100,000 women; UCI Health will recruit and track 10,000 of those participants.

Breast cancer screening recommendations are now somewhat vague. A typical recommendation calls for annual mammograms for all women over a certain age. Doctors believe screening guidelines would be more effective if they also included information on a woman's personal risk of breast cancer, including breast density, family history and genetics.

“Our main aim is to determine how safe risk-based screening is compared with annual screening,” says Hannah Lui Park, PhD, an assistant professor of epidemiology and UCI site director for the study. “While we want to minimize the number of false-positives, we still need to be able to detect breast cancers

early enough so that patients can be treated effectively, with no increase in morbidity or mortality.”

Study participation is open to all women between ages 40 to 74 who have never had breast cancer and who get their healthcare in California. They do not need to be patients at UC medical centers. The participants also can choose to be randomly assigned to receive either annual screening or risk-based screening.

While random assignment is preferred by the researchers, women who prefer to participate in one group or the other have that option as well. Those in the risk-based group will receive a risk assessment, which includes genetic analysis of a saliva sample, and their screening schedule will be based on that assessment.

The study is funded by the Patient-Centered Outcomes Research Institute, the Robert Wood Johnson Foundation and private donations.

To participate in the Wisdom Study, visit [wisdomstudy.org](http://wisdomstudy.org)





Michelle and Travis Schwartz

# When an Illness and Lifestyle Collide

Treatment for inflammatory bowel disease requires comprehensive and sensitive care.

WRITTEN BY TRAVIS MARSHALL  
PHOTOGRAPHED BY KREMER JOHNSON

**M**ichelle Schwartz started having severe stomach pains at age 12. Soon she learned a family secret her parents hoped to keep. “When the doctor asked my mom about our family history, she said my dad has Crohn’s disease,” says Schwartz, now 28.

It wasn’t just her dad. At age 7, he had watched his own father die after multiple surgeries for Crohn’s disease. Schwartz also had an aunt who died of Crohn’s complications. “Looking back now, it’s clear something had been wrong since I was a baby,” she says. “I was always complaining of stomachaches.”

Crohn’s disease is one of two types of inflammatory bowel disease (IBD) — the other is ulcerative colitis (UC). “Crohn’s disease can occur in the esophagus, colon or small intestine, but ulcerative colitis affects only the colon,” explains Dr. Nimisha Parekh, director of the UCI Health Inflammatory Bowel Disease Program, the region’s only comprehensive program devoted to treating patients with these conditions.

The program’s team includes IBD-trained gastroenterologists,

colorectal surgeons, nurse navigators, pathologists, radiologists and clinical social workers who work together to help people with Crohn’s and UC to live a normal life.

Both Crohn’s and UC cause chronic inflammation in the digestive system that can lead to debilitating stomach pains, diarrhea and the need to frequently use a bathroom. IBD is most often diagnosed in early adolescence, when symptoms can be especially disruptive for teens attending school, dating and living active social lives.

“After I was diagnosed, treatment got me into remission, but my normal was still very different than my friends’ normal,” Schwartz says. “I had a lot of anxiety around going to the bathroom, and I had to plan my life around that. Traveling anywhere was hard, and I would never go to sleepovers at my friends’ houses.”

The exact causes of IBD are not well understood. “We think it’s partly a dysfunction in the immune system combined with a genetic predisposition,” Parekh says.

## Quality of Life Issues for Young IBD Patients

Symptoms of IBD often arise in adolescence, which can be particularly difficult because people with IBD often need to use the bathroom dozens of times a day. Many teenagers naturally feel self-conscious, but those with IBD may be even more reticent, choosing to withdraw from social activities to avoid embarrassment.

"Studies show that 30 to 60 percent of IBD patients experience anxiety or depression in their lifetimes," Dr. Nimisha Parekh says. "There's also a strong con-

nection between the mind and the gut. The stress of anxiety can actually cause or increase their flare-ups."

Treating the psychological and social impacts of IBD helps patients manage flare-ups by learning ways to reduce stress and anxiety. The UCI Health Inflammatory Bowel Disease Program team excels in this.

"We have a social worker who helps IBD patients find resources to manage their disease," says UCI Health gastroenterologist Dr. Sandra Sunhee Park.

This complex condition also is affected by diet, stress and other factors. Treatment requires a multidisciplinary approach as well as an individualized care plan for each patient, which can include a mix of medications, surgical procedures and lifestyle changes.

UCI Health, as the only academic medical center in Orange County, also gives patients access to the latest therapies, clinical trials and research studies on the causes and best approaches to treating IBD.

so I started on more frequent, higher doses, then on a different medication ... But nothing really worked."

After months of pain, significant weight loss and a multitude of tests, a new doctor finally discovered that Schwartz had developed a fistula in her intestine and two abscesses, including one that sat on her bladder, that had to be surgically removed along with a foot of her intestine. For the next few years, her condition remained relatively stable. But as she neared the completion of graduate school in 2013, she suffered an outbreak of ulcers in her colon.

**"AFTER I WAS DIAGNOSED, TREATMENT GOT ME INTO REMISSION, BUT MY NORMAL WAS STILL VERY DIFFERENT THAN MY FRIENDS' NORMAL."**

"I had just gotten a job in Orange County, so I decided to try UCI Health," she says. "From my first appointment with Dr. Parekh, I realized they provide a level of care I hadn't experienced before."

That year wound up being one of the hardest of Schwartz's life. It included hospitalizations for liver inflammation, intestinal infections and other complications. "My boyfriend had been planning to propose, but I could barely get off the couch," Schwartz says. "He put it off until I got better, and we got married in October 2016."

In the summer of 2015, Parekh and Schwartz finally found a medication that worked. She was even able to travel for her honeymoon the following year. "We went to Costa Rica and didn't compromise on the wedding, even though traveling with Crohn's can be really challenging," she says. "I've been good ever since." ■



"Given the current research advances in IBD care and the advent of new therapies, it's an exciting time to be involved in caring for IBD patients," says Dr. Sandra Sunhee Park, an IBD-trained gastroenterologist with the program.

Schwartz knows well how stress can affect her condition. Soon after she graduated from college in Thousand Oaks, she wound up hospitalized.

"I could feel that my medication wasn't working anymore,

To learn more about IBD, visit [ucirvinehealth.org/ibdreatment](http://ucirvinehealth.org/ibdreatment)







Dr. Susan O'Brien stands outside her offices at the UC Irvine Chao Family Comprehensive Cancer Center.

# HOPE, ALTRUISM AND, SOMETIMES, BREAKTHROUGHS

WRITTEN BY NANCY BRANDS WARD  
PHOTOGRAPHED BY MICHAEL DER

UCI Health offers more clinical trials than any other healthcare organization in Orange County.

**A**t any given time, about 180 clinical trials are underway at UC Irvine Chao Family Comprehensive Cancer to help get innovative drugs and technologies quickly to patients. The cancer center conducts research as a significant part of its mission as a National Cancer Institute-designated comprehensive cancer center. *Live Well* spoke with Dr. Susan O'Brien, one of the nation's foremost leukemia experts and medical director of the cancer center's Sue and Ralph Stern Center for Clinical Trials and Research, about the facts and myths of clinical trials.

## What are clinical trials?

Clinical trials are research projects involving patients to investigate new drugs, devices, treatments and diagnostics, or to compare approved drugs, devices or treatments. Trials are designed to assess their safety, efficacy, benefits, costs, adverse reactions and outcomes. Some trials look at how certain drugs or substances can help prevent disease, such as examining

whether a vitamin could help reduce lung cancer. Others might test the effectiveness of drugs, surgical techniques, radiation schedules or devices — such as robot-assisted surgery — in treating a disease.

## Is it true that many medical advances emerge from clinical trials?

Yes. Before drugs, medical devices and many other treatments can be made available to patients, their effectiveness and safety must be proved in a clinical trial.

## How do clinical trials benefit patients?

Participating in a clinical trial may offer hope for patients with diseases that haven't responded to treatments that are the current standard of care. If an investigational treatment turns out to be effective, trial participants will have benefited from the therapy long before it is available to patients

everywhere. Patients enrolled in clinical trials also receive close monitoring by experts who specialize in their particular medical problems.

### **Aren't clinical trials just a last resort for patients?**

Sometimes clinical trials are a last resort for people whose disease has not responded to standard treatments. But often they can involve an adjustment to a standard treatment, such as a revised radiation schedule or an addition to the treatment plan — like a combination of drugs — to evaluate improvements in treatment plans.

### **Don't some participants get placebos (sugar pills) in clinical trials?**

This is another common misconception about clinical trials. Placebos are rarely used in cancer trials. Sometimes patients receive a different drug or a combination of drugs in addition to the standard of care. Some clinical trials that are designed to assess the preventive value of drugs or vitamins may employ placebos for a control group of participants.

### **Is it true that you can't quit a clinical trial once you sign on?**

No. You're free to stop participating at any time and to return to the standard of care.

### **Does health insurance cover clinical trials?**

Most insurance, including Medicare, pays for patients to receive the standard of care. Costs for anything more required for the study, such as extra office visits, lab tests or scans, would be paid by the company of the drug or device being tested. In drug tests, most of the drugs are free of cost to the patient. This is really important in the case of oral cancer drugs, which can cost about \$10,000 a month — with a copay. I have heard of copays of \$1,000 per month for standard care.

### **What is the UC Cancer Center Consortium?**

Five University of California (UC) health systems have created a consortium to pool cancer patients for clinical trials. This lets us complete an entire clinical trial within our own UC, and we're able to communicate patient information via our common electronic health records systems. Also, once a trial is approved at one UC campus, it is automatically approved for the others in the consortium. And we are able to propose our own clinical trials. All of this helps our patients because we now have the ability to speed up the initiation of clinical trials and to streamline their completion.

### **How do patients typically feel after enrolling in a clinical trial?**

Naturally, participants hope that their outcomes will be better than the standard of care for their condition or disease. But there is also a level of altruism involved. Many people appreciate that their participation will lead to knowledge gained — even if the innovation tested doesn't help them directly. ■



## **PATIENT PROTECTIONS IN CLINICAL TRIALS**

Many regulations exist to protect clinical trial participants from harm, says Dr. Susan O'Brien.

For example, manufacturers of new drugs must file applications with the U.S. Food and Drug Administration detailing what's in the drug and how it's manufactured. Before a drug can be used in clinical trials, the FDA requires companies to test it in animals — not just mice, but in mammals — to understand a drug's toxicity and how it is metabolized.

When it comes time for a clinical trial, the design must be submitted to the FDA for review, revision (if warranted) and approval. Reports to the FDA are required. The FDA also monitors clinical trials in progress.

View our cancer clinical trials at [cancer.uci.edu/clinicaltrials](https://cancer.uci.edu/clinicaltrials)



## ANTI-CANCER CHALLENGE CONCERT WITH SHERYL CROW

All we did was have some fun! The Anti-Cancer Challenge hosted a celebration concert with Grammy Award-winning singer-songwriter Sheryl Crow at UCI's Bren Events Center. On Oct. 21, more than 3,000 people rocked the Bren. The concert celebrated the funds raised for cancer research by challenge participants. The Anti-Cancer Challenge is a community movement to raise awareness and funding for cancer research at the UC Irvine Chao Family Comprehensive Cancer Center. Get ready for the 2018 Anti-Cancer Challenge, which will take place May 19 at the Orange County Great Park. Learn more at [www.anti-cancerchallenge.org](http://www.anti-cancerchallenge.org)



Cancer center director Dr. Rick Van Etten, Sheryl Crow and pharmaceutical sciences professor Mahtab Jafari, PhD



## DIABETES CENTER RECEPTION

Emmy Award-winning TV reporter Elizabeth Espinosa captivated attendees of the annual UCI Health Diabetes Center reception with her family's story of helping her non-verbal brother manage type 1 diabetes. More than 300 people came out to support diabetes research.



Photo: Margie Temme Photography

## ORANGE COUNTY RACE FOR THE CURE

UC Irvine medical students, professors and staff members attend the 2017 Komen Orange County Race for the Cure®, held Sept. 24 in Newport Beach. Pictured from left to right are Department of Plastic Surgery staff members Jennifer Boyaner and Lisa Cuccarese, Department of Biological Chemistry researchers Nathan James and Dennis Ma, breast cancer surgeon Dr. Erin Lin and molecular geneticist Devon A. Lawson.





## HOPE & HELP GALA

Hope & Help Gala attendees were quick to raise paddles to donate to The Center for Autism & Neurodevelopmental Disorders, which is affiliated with UCI. The third annual event, "The Sky Is the Limit," garnered more than \$500,000 to help children and families affected by autism and other neurodevelopmental disorders.



Brothers Jonathan (left) and Alexei Burgoa entertained gala attendees with their story of how the center helped Jonathan overcome struggles with speech.



Gala attendees Dr. Robin Steinberg-Epstein (left) and Anne and Chace Warmington raise paddles for the auction.

## BRAIN TUMOR WALK

Staff and patients with UCI Health's Comprehensive Brain Tumor Program gathered at Angel Stadium of Anaheim for the annual Brain Tumor Walk. The Sept. 16 event drew participants from around the region. Their goal: to raise awareness and resources for critical programs to improve the lives of those affected by brain tumors.



Dr. Jose Carrillo, a neuro-oncologist with the brain tumor program



UCI Health's Brain Tumor Walk team, which included patients and staff members of the Comprehensive Brain Tumor Program.

## LIGHT THE NIGHT

Physicians, researchers, nurses, pharmacists and others with UCI Health and the UC Irvine Chao Family Comprehensive Cancer Center contributed more than \$44,000 for the Leukemia & Lymphoma Society's Light the Night, an annual walk to raise funds to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and to improve the quality of life for patients and their families. The event was held Sept. 23 at Angels Stadium of Anaheim.



Cancer center nurse practitioner Christina Kirk with her patient, cancer survivor Victor Sandoval.



Dr. Richard Van Etten, director of the UC Irvine Chao Family Comprehensive Cancer Center, at UCI Health's Light the Night booth with Jennifer Sarraill, executive director of the cancer center's annual Bike-a-Thon.

## BURN SURVIVORS PARTY

Burn survivor Jeremy Kelner, left, visits with outpatient burn clinic manager Melissa Carmean and burn center clinical social worker Julie Stefan during the annual UCI Health Regional Burn Center Holiday Party. Kelner, who sustained severe burns in an airplane crash, was among more than 100 burn and trauma survivors to attend the gathering Dec. 5 at UC Irvine Medical Center.



## HEALTH CLASSES

Learn how to improve your health or prevent disease by taking a class. Most classes are free to all, but some have fees. Where indicated, classes are offered in both Spanish and English. All classes are held at UCI Health locations throughout Orange County.

**Please note:** There is a small fee to park at UC Irvine Medical Center, which is located at 101 The City Drive South, Orange, CA 92868.

### ADVANCE DIRECTIVE

Feb. 22, May 10 | 11 a.m.–12:30 p.m.  
UC Irvine Medical Center  
Neuropsychiatric Center, Room 101

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

For more information, visit [ucirvinehealth.org/events](https://ucirvinehealth.org/events) or call 877-UCI-DOCS (877-824-3627).

### BREASTFEEDING

Feb. 1, March 1, April 5, May 3,  
June 7 | 6–9 p.m.  
UC Irvine Medical Center Library  
2nd floor, Room 2105

### HEART FAILURE

Feb. 12, May 7 | 2–3:30 p.m.  
UC Irvine Douglas Hospital  
3rd floor, Room 3005



### JOINT REPLACEMENT, HIP OR KNEE

Every Monday, except on holidays  
Jan. 8, 22, 29 | 2–3 p.m.  
Feb. 5, 12, 26 | 2–3 p.m.  
March 5, 12, 19, 26 | 2–3 p.m.  
April 2, 9, 16, 23, 30 | 2–3 p.m.  
May 7, 14, 21 | 2–3 p.m.  
June 4, 11, 18, 25 | 2–3 p.m.  
UC Irvine Douglas Hospital  
3rd floor, Room 3001

### MEDITATION FOR HEALTH SERIES

(four classes)  
March 5, 12, 19, 26 | 6:30–7:30 p.m.  
June 4, 11, 18, 25 | 6:30–7:30 p.m.  
UC Irvine Douglas Hospital  
3rd floor, Room 3005



### MEDITATION SPECIAL TOPIC: BREATHING

May 14 | 6:30–7:30 p.m.  
UC Irvine Douglas Hospital  
3rd floor, Room 3005

### MEDITATION SPECIAL TOPIC: BODY SCAN RELAXATION

April 16 | 6:30–7:30 p.m.  
UC Irvine Douglas Hospital  
3rd floor, Room 3005

### NEWBORN CARE

Feb. 9, March 9, April 13, May 11,  
June 8 | 6–9pm  
UC Irvine Medical Center  
Building 56, Room 113



### PREPARED CHILDBIRTH (five classes)

Feb. 14, 21, 28, March 7, 14 | 7–9:30 p.m.  
Feb. 15, 22, March 1, 8, 15 | 7–9:30 p.m.  
UC Irvine Medical Center  
Building 56, Room 113



### PREPARING FOR SURGERY — MIND, BODY AND SPIRIT

Feb. 5, March 5, April 2, May 7,  
June 4, July 2 | Noon–1:30 p.m.  
UC Irvine Douglas Hospital  
3rd floor, Room 3001

UCI Health has on-demand video libraries to help you learn about your health. To obtain an internet access code, call Patient Education at 714-456-8434.

## EVENTS

UCI Health is proud to sponsor community events that support a variety of health conditions and challenges. Join a walk, attend a conference or listen to a lecture.

### NEWPORT BEACH LIBRARY LECTURE SERIES

Make a date to learn more about your health from UCI Health physicians who provide information on a wide variety of conditions.

**March 26** – Customizing Cataract Surgery, Dr. Sumit Garg and Dr. Marjan Farid

**April 23** – Back Pain, Dr. Shalini Shah and Dr. Amer Khalil

**May 21** – Clinical Trials, Dr. Daniela Bota and Dr. Henry Klassen

All presentations begin at 7 p.m. at Newport Beach Central Library, 1000 Avocado Ave., Newport Beach.

Limited seating. Doors open at 6:30 p.m. Audience members have the opportunity to speak with the doctors after their presentations.

### LASIK SURGERY SEMINARS

Tired of wearing glasses or contacts? Find out if Lasik surgery is right for you.

Attend an informational seminar on Feb. 15 or April 19 from 6:30 to 7:30 p.m. at Gavin Herbert Eye Institute, 850 Health Sciences Road, Irvine. Register early by emailing [ghei@health.uci.edu](mailto:ghei@health.uci.edu) or calling 949-824-7243.

### GAVIN HERBERT EYE INSTITUTE COMMUNITY LECTURE SERIES

Learn about the causes, symptoms and treatments of eye-related conditions at our 2018 lecture series.

**March 19 | 6 p.m.** – Aging Eyes, Dr. Anand Bhatt and Dr. Mitul Mehta

**May 14 | 7 p.m.** – Eyelid and Facial Skin Cancers, Dr. Jeremiah Tao

All lectures are held at the institute, 850 Health Sciences Road, Irvine. To RSVP or learn more, contact [ghei@health.uci.edu](mailto:ghei@health.uci.edu) or 949-824-7243.

### SAVE THE DATE: PARKINSON'S DISEASE SYMPOSIUM

Oct. 13 | 8 a.m.–1 p.m.  
UC Irvine Student Center  
311 W. Peltason Drive, Irvine

For more information, call 949-824-0190.



## SUPPORT GROUPS

**ART FOR THE SOUL**  
714-456-2846

**BARIATRIC SURGERY  
SUPPORT GROUP**  
888-717-4463 or  
714-456-7800, ext. 1967

**BRAIN TUMOR  
EDUCATION/SUPPORT GROUP**  
714-456-5812

**BURN SURVIVORS SUPPORT GROUP**  
714-456-7437

**HEART FAILURE SUPPORT GROUP**  
714-456-5887

**INFLAMMATORY BOWEL DISEASE  
SUPPORT GROUP**  
714-456-7057

**KOREAN WOMEN'S  
SUPPORT GROUP**  
714-456-5057

**LOOK GOOD, FEEL BETTER**  
800-227-2345

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

**SUPPORT FOR ORAL, HEAD AND NECK  
CANCERS (SPOHNC-UCI-ORANGE)**  
714-456-2846

**TRIGEMINAL NEURALGIA  
ASSOCIATION SUPPORT GROUP**  
714-730-1600

**YOUNG ADULT CANCER  
SUPPORT GROUP**  
714-456-7057

To learn more about our support groups, call the numbers listed or visit [ucirvinehealth.org/events](http://ucirvinehealth.org/events).





PHOTOGRAPHED BY MICHAEL DER

## IT TAKES A TEAM

**P**am Berkson is a caretaker. She began working at UCI Health as a nurse practitioner in 1982. First, she worked in the Chao Family Comprehensive Cancer Center; later, she became an associate clinical professor of geriatric medicine. Retirement came unexpectedly in May 2016 when Berkson, 60, was diagnosed with glioblastoma brain cancer. She turned to her colleagues for surgery, radiation, chemotherapy and, eventually, she enrolled in a clinical trial of a new cancer drug combination, designed by Celgene, that has stabilized her tumor. Berkson chose well. A recent study in the *Journal of Clinical Neuroscience* found that glioblastoma patients treated in academic medical centers have higher survival rates and more favorable outcomes. The UCI Health clinical trial arm is directed by Dr. Daniela Bota, medical director of the Comprehensive Brain Tumor Program at the cancer center.



Looking back, I now realize something was wrong. I had become irritable — well, more irritable than usual! Everyone was starting to notice it. I wasn't making sense all the time. I wrote garbled text messages on my phone, but I sent them anyway. Then one day I went to pick something up, and I couldn't get up. I thought, 'Maybe I'm tired or stressed.' But a CAT scan showed a big mass in the frontal lobe of my brain. That's where your executive decision-making takes place.

Dr. Simin Torabzadeh — with whom I worked in geriatrics at UCI's Gottschalk Plaza — basically saved my life. I was being transferred from one Orange County hospital to another hospital. She told my husband, 'You have to go see Dr. Frank Hsu at UCI Health,' the neurosurgeon who performed my surgery. It's the kind of surgery where a cut of even one millimeter in the wrong place can mean loss of function.

I was given a bad prognosis. I also talked to my brother, who is a hematologist-oncologist, and he asked me where I was going to go for my treatment after surgery. I said, 'UCI!'

I was very impressed with Dr. [Daniela] Bota, her team and the clinical trial protocol I'm enrolled in. She is a researcher in neuro-oncology, which is a highly specialized field. The most amazing part of this is that years ago, I was the nurse practitioner with the UCI brain tumor cooperative group and we were studying one of the drugs that I'm now taking as part of the Celgene clinical trial.

Of course, being a nurse, I ask way too many questions. Dr. Bota told me: 'You're going to have to be the patient.' That's very hard for me. The reason I've been a nurse practitioner is because I think things through, and I anticipate what can go wrong. You've got to be on your game when you're taking care of patients.

This experience has taught me to be very humble and appreciative. I'm still a little demanding. But patients should be a little demanding. You're not well; you're feeling very vulnerable. Anticipating side effects is what makes me anxious; that's hard for me. When I'm cared for by the nurses at UCI, though, they know I'm one of them, and they take good care of me. I'm a patient, but I'm part of the team. ■



— Pam Berkson



To learn more about brain cancer research, visit [ucirvinehealth.org/braintumorresearch](http://ucirvinehealth.org/braintumorresearch)

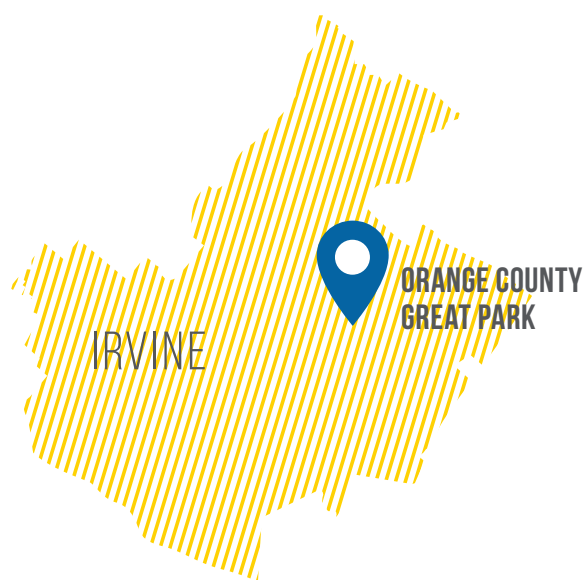
# JOIN THE UCI ANTI-CANCER CHALLENGE

MAY 19, 2018



## THE UCI ANTI-CANCER CHALLENGE IS LEADING THE CHARGE AGAINST CANCER AND YOU CAN HELP!

When you ride, run, walk or volunteer, you move us one step closer to finding a cure for a disease that touches us all. 100 percent of event proceeds go directly to lifesaving cancer research at the UC Irvine Chao Family Comprehensive Cancer Center. The renowned facility is the only National Cancer Institute-designated comprehensive cancer center in Orange County.



**Register today:** [Anti-CancerChallenge.org](http://Anti-CancerChallenge.org)



# UCI Health

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