

UCI Medical Center

# UCI Health

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



**Surgery Made  
Easier**

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**Colorectal  
Cancer**

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**Restoring  
the Brain**

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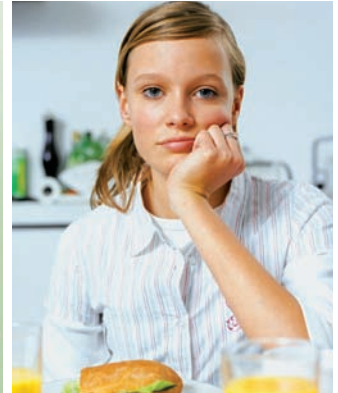
**UCI Education  
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## Surgery Made Easier



When the film “Fantastic Voyage” was introduced in the mid-1960s, it was considered pure science fiction.

**A miniaturized team of surgeons** travels through a dying man’s blood vessels to destroy a life-threatening blood clot deep within his brain. But today, it’s the surgical tools that have shrunk as UCI physicians perform thousands of minimally invasive surgeries each year using the body’s natural pathways.

Guided by advanced imaging systems, doctors can operate on almost any part of the anatomy by inserting tubes called laparoscopes and tiny video cameras into blood vessels through small incisions. Miniature surgical instruments are used to grasp, cut, cauterize, stitch and manipulate tissue, accomplishing the same result as traditional open surgery.

“Minimally invasive surgery can address many problems, including neurological, urologic, orthopedic, gastrointestinal, thoracic, gynecological, cardiac, vascular, cosmetic, bariatric, and ear, nose and throat conditions,” says **Dr. Ralph Clayman**. He is chair of the UCI Department of Urology and co-director of the hospital’s minimally invasive surgery program. Clayman and his team were the first in the world to use laparoscopic methods to remove malignancies affecting the kidney, ureter and prostate gland. Currently, more than 90 percent of procedures related to these organs are performed laparoscopically by UCI urologists.

**Forging ahead.** UCI surgeons also use minimally invasive procedures to repair aneurysms, hernias and ulcers. Bowel surgery, hysterectomies, anti-reflux operations and the removal of colon tumors, the appendix, bladder, gallbladder, spleen and lung are also routinely performed in this manner.

The benefits of laparoscopic techniques are dramatically illustrated in the way weight-loss surgeries are performed. Older methods involved an incision that extended from the breastbone to the navel. But laparoscopic techniques have made these operations much easier for patients. Performed through several small openings, they result in less pain and a faster recovery for patients—and significantly fewer wound infections than conventional operations. **Dr. Ninh Nguyen**, co-director of the UCI minimally invasive surgery program and an internationally respected laparoscopic surgeon, has further refined these techniques.

At UCI Medical Center, a surgical robot sometimes assists doctors performing minimally invasive procedures. In fact, the first robotic prostate surgery in Southern California was done at UCI by **Dr. Thomas Ahlering**. Physician-operated and computer enhanced, this state-of-the-art robot increases a surgeon’s range of motion and steadiness of hand. Also assisting doctors during minimally invasive surgeries are two high-tech, super-efficient operating rooms that allow staff to manage controls from a touchscreen.

What will happen next? Clayman predicts that developments such as image-guided needle ablative surgery and high-intensity focused ultrasound will usher in a new generation of surgery that requires no incisions at all. “As surgeons and radiologists work side by side, these procedures are rapidly evolving at UCI Medical Center,” he says. “Our goal is to provide Orange County with the most advanced, least invasive therapy for each surgical problem. What we do here today will eventually become commonplace elsewhere.”

# Colorectal CANCER



Ten years ago, patients diagnosed with colorectal cancer had limited options. The standard treatment was open surgery, followed by a lengthy recuperation.

**Rectal cancer patients often had** a permanent colostomy—a procedure in which a surgeon creates an opening outside the body for waste to pass through into a bag. Urinary and sexual problems were also common after surgery.

Today, a new generation of minimally invasive approaches has resulted in improved outcomes for colorectal patients—and the preservation of normal bowel, urinary and sexual function in most cases.

### **Extraordinary surgical techniques.**

Operations involving the rectum, however, require extraordinary surgical skill due to the confines of the pelvic bones and the proximity of the nerves that govern sexual, bladder and bowel functioning.

Preserving the anal sphincter—the ring of muscles that controls the release of feces and gas—also demands exacting surgical techniques.

A procedure called total mesorectal excision (TME) is among the most challenging operations performed for any type of cancer. “TME entails the removal of malignant rectal tumors, as well as the lymph nodes and blood vessels supplying the rectum,” says **Dr. Steven Mills**, a colorectal surgeon at UCI Medical Center. This process requires a number of difficult surgical maneuvers. Advanced techniques are used to protect pelvic nerves, resulting in an 85 percent preservation rate for bowel, urinary and sexual function. “At UCI Medical Center, with its dedicated colorectal program, a patient’s chances of having a permanent colostomy are decreased to less than 10 percent,” says Mills. “Studies show that TME reduces the local recurrence rates for rectal cancer to under 10 percent, compared to 25 percent or greater for conventional surgery.”

Another innovation called the colonic J-pouch is also helping rectal cancer patients maintain their quality of life. During the procedure, the surgeon creates a pouch out of the large intestine and connects it to the anus. This sphincter-sparing operation makes it possible to have near-normal bowel function.

**When experience counts.** Patients with colon cancer are also benefiting from advanced technology. “Colon tumors and nearby lymph nodes can be removed during a minimally invasive procedure called a laparoscopic colectomy,” says Mills. The procedure requires several small openings in the abdomen. Since post-operative pain is directly related to the size of the incision, patients who have laparoscopic procedures recover much faster than those undergoing conventional operations with larger incisions.

### Helping patients maintain their quality of life is a major focus of the UCI colorectal surgery program.

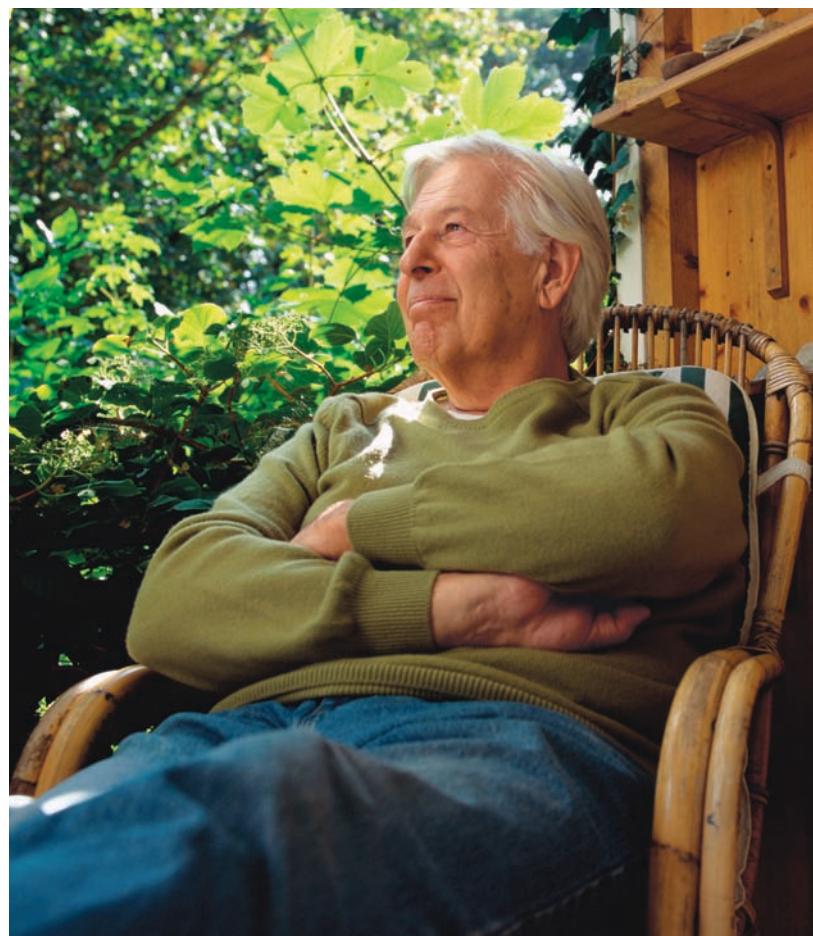
Studies show that the skill and experience of the surgeon play a greater role in a colorectal cancer patient’s outcome and recovery than with any other type of malignancy. Because minimally invasive colorectal procedures are highly specialized and require extensive training, not all surgeons are qualified to perform them.

“Helping patients maintain their quality of life is a major focus of the UCI colorectal surgery program,” says Mills. The hospital’s multidisciplinary colorectal team is composed of experienced specialists, including surgeons, gastroenterologists, radiation oncologists, and oncologists. “Radiation and chemotherapy frequently play critical roles in the care of colorectal cancer patients,” says Mills. “It takes an expert team to get the best results.” For referral to a UCI colorectal surgeon, call 1-888-717-GIMD.

# Restoring the Brain

People suffering from blood vessel problems in the brain are benefiting from minimally invasive endovascular procedures that permit doctors to operate from inside the body's own pathways.

**The new techniques often** are performed instead of open brain surgery, which for years was the only option for patients with cerebrovascular problems.



“Instead of opening the skull to access the problem area, specialists are now able to insert a microcatheter into the patient’s leg and guide it through an artery to the brain where treatment takes place,” says **Dr. Chiedozie Nwagwu**. He’s one of only 300 brain specialists worldwide qualified to perform endovascular procedures, and one of only 75 neurosurgeons in the country trained in both

endovascular techniques and microsurgery—the intricate repair of the brain and spinal cord through traditional incisions.

**Dual skills.** Nwagwu’s dual set of neurological skills expands the expertise of the UCI Department of Neurological Surgery, a key component of the UCI Stroke Center. UCI Medical Center was among first in the nation to offer minimally invasive treatments for hemorrhagic strokes. These emergencies are frequently caused by aneurysms—a weak spot in a brain artery that forms a bubble and bursts.

Specialists at UCI are treating this devastating condition with a minimally invasive approach called coil embolization. Guided by sophisticated radiological imaging, Nwagwu employs microcatheters to transport soft, thin platinum coils through an artery to the site of the ruptured blood vessel. The coils are then used to seal the weak spot, stopping further bleeding. This method is also used as preventive medicine to fortify unruptured aneurysms, sparing patients from a stroke. “Traditional surgery may be necessary if the aneurysm isn’t the correct shape for coil embolization,” says Nwagwu. “This underscores the importance of patients going to major stroke centers where a full

range of treatments is immediately available.” The UCI Stroke Center was among the first in the nation certified by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO)—and the first in Southern California to gain this distinction.

Endovascular techniques have also changed the treatment of clogged carotid arteries—a condition that can lead to a stroke. The minimally invasive

approach involves threading a balloon-tipped catheter through a blood vessel to the carotid arteries located in the neck. Once there, the device is used to break up plaque deposits. Then a stent—a tiny metal cage—is placed in the artery to keep it open. To further protect the patient from suffering a stroke, any loosened plaque or clots are captured in a tiny mesh umbrella placed above the blockage and removed at the end of the procedure.

Patients with blood vessel problems in the brain are benefiting from minimally invasive procedures.

“This approach doesn’t require anesthesia so it’s recommended for people with weak hearts or diminished lung capacity,” says Nwagwu. Previously, the only option was an endarterectomy, which required an incision in the neck and carotid artery.

**A trio of treatments.** Arteriovenous malformations (AVM) are another problem that can wreak havoc in the brain. These abnormal tangles of blood vessels may be present at birth. They occur when a brain artery connects directly to a vein without being bridged by capillaries. “Blood pressure in the arteries is significantly higher than in the veins. As a result, the veins may burst, causing a hemorrhagic stroke,” says Nwagwu. There are several techniques to address this condition. One involves passing tiny catheters to the AVM, accessing the cerebral blood vessels that feed the malformation and closing them off with special glues. “The gamma knife, which utilizes highly focused gamma rays, may also be used to destroy AVMs,” says Nwagwu. Open surgery is the third possibility. Depending on the circumstances, a combination of treatments may result in the best outcome.

For referral to a UCI cerebrovascular specialist, call 714-456-6392.

**Toll free 1-877-UCI-DOCS**

Classes are free of charge if you are a patient with UCI University Physicians and Surgeons or UCI Medical Center. Exceptions are the Joslin Diabetes Center, Mind Over Mood, FallProof!, meditation, yoga, and health-care skills programs. Certain classes are also available in Spanish (S) and Vietnamese (V). Unless otherwise indicated, all classes are located at UCI Manchester Pavilion, 200 S. Manchester Ave., Suite 840, Orange. Registration is required. Call toll free 1-877-UCI-DOCS or (877) 824-3627 for registration and information.

## FAMILY HEALTH

### Asthma and Children (1 Session)

Assist children with asthma and their families to understand the disease and the steps to control it. Topics include what is asthma, how to control it, triggers, peak flow meters, how to use an inhaler, medications, going to school and exercising with asthma. Cost: \$20. Free peak flow meter.

Tuesday, Feb 7 5-7 p.m.

### Asthma and Adults (1 Session)

Learn how to control asthma and not have it control you. Cost: \$20. Free peak flow meter.

Friday, Jan 20, Feb 17, Mar 17 5-7 p.m.

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

Support and education for parents of children ages 3-5 with attention and behavior problems offered through a joint project of UCI and Children's Hospital of Orange County. Information: 949-824-2462 or www.cuidar.net. Call for meeting dates, times, and locations throughout Orange County.

### Breastfeeding (1 Session) (S)

Includes process of milk production, how to breastfeed, avoiding potential problems and returning to work. Cost: \$20.

Tuesday, Jan 10 6-8:30 p.m.

Thursday, Feb 23 6-8:30 p.m.

Spanish

Tuesday, Jan 31, Mar 21 5:15-7:30 p.m.

Location: UCI Family Health Center Santa Ana

### Diabetic Diet (1 Session) (V)

Food choices, portions and how they affect diabetes. Cost: \$20.

Monday, Mar 6 4-6 p.m.

Vietnamese

Call for dates and times.

Location: UCI Westminster Medical Center

### Diabetes Management Overview (1 Session) (S) (V)

Methods to control blood-sugar levels through diet, exercise, medication and lifestyle changes. Cost: \$20. Free glucometer.

Monday, Feb 13 4-6 p.m.

Spanish

Wednesday, Jan 4, Feb 1, Mar 1 6-8 p.m.

Location: UCI Family Health Center Anaheim

Wednesday, Jan 11, Feb 8, Mar 8 6-8 p.m.

Location: UCI Manchester Pavilion

Vietnamese

Wednesday, Jan 11, Feb 8, Mar 8 8:30-10:30 a.m.

Location: UCI Westminster Medical Center

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

### Diabetes Management Series (4-Session Series)

Meal planning, exercise, medications, monitoring your blood sugar, and lifestyle changes to help you avoid complications.

Cost: \$80. Free glucometer.

Mondays, Jan 9, 23, 30, Feb 6 4-6 p.m.

Mondays, Mar 13, 20, 27, Apr 3 4-6 p.m.

### Early Pregnancy (1 Session)

For expectant mothers and their birth partners in the first four months of pregnancy. Includes nutrition, exercise, prenatal care, warning signs and car safety. Cost: \$20.

Wednesday, Jan 18, Mar 15 6-8 p.m.

### FallProof!™ A class that helps you stay on your feet. (16-Session Series)

Taught by a certified FallProof! specialist, this fun program is designed to improve balance and mobility and reduce the risk of falls. Each one-hour class will focus on movement, balance, flexibility, strength and endurance. Participants must be medically stable senior adults who live independently and can walk at least 200 feet safely without the use of any assistive devices. Prior to class, participants must schedule a 30-minute session that will include a health screening questionnaire and a fitness evaluation. A written medical clearance from your primary care physician is required and must be presented to the instructor at the fitness evaluation. Wear comfortable clothes. This program is recognized by the National Council on Aging as a nationwide meritorious program that promotes a healthy, active lifestyle. Cost: \$80. Includes evaluation.

Tuesdays and Thursdays:

Session 1 evaluations: Jan 3 and 5 1-3 p.m.

Session 1 classes: Jan 10 - March 2 1-2 p.m.

Session 2 evaluations: March 14 and 16 1-3 p.m.

Session 2 classes: March 21 - May 11 1-2 p.m.

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

Learn the American Heart Association guidelines about low-fat, low-sodium and low-cholesterol diets. Cost: \$20.

Tuesday, Jan 24, Feb 28, Mar 28 4-6 p.m.

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

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

Wednesday, Jan 11, Feb 22, Mar 8 6:30-8:30 p.m.

### Living Well With Heart Failure (1 Session)

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

Thursday, Jan 5, Mar 2 1:30-3:30 p.m.

### Maternity Tea & Tour

Learn about maternity services and tour the UCI Maternity Unit. Cost: Free to all.

Thursday, Jan 26, Feb 23, Mar 23 1:30-3:30 p.m.

Location: UCI Medical Center, neuropsychiatric conference room 101

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

An introduction to the art of meditation, including a discussion of the various types and styles. No special clothing or equipment is required. Cost: \$40.

Mondays, Mar 6, 13, 20, 27 6-7 p.m.

### Mind Over Mood

Cognitive therapy group for depression, anxiety, anger and stress-related disorders. Pre-registration required: 714-456-5902.

Cost: \$40 per session, plus \$23.63 for book.

Mondays 6:15-7:45 p.m.

Location: UCI Neuropsychiatric Center, room 302

### Newborn Care (1 Session) (S)

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

Monday, Feb 27 6-8:30 p.m.

Spanish

Tuesday Feb 7, Mar 28 5:15-7:30 p.m.

UCI Family Health Center Santa Ana

### Nutrition, Weight & You (1 Session)

Strategies for permanent weight loss and easy exercise programs. Cost: \$20.

Wednesday, Jan 11, Feb 22, Mar 8 4-6 p.m.

### Parenting (1 Session)

For parents and childcare providers of 1-6 year olds.

Developmental approach to building communication skills and self-esteem, injury and accident prevention, positive parenting and discipline. Cost: \$20.

Monday, Jan 23, Mar 27 6-8 p.m.

### Prepared Childbirth (6-Session Series) (S)

Offered in conjunction with Santiago Canyon College Continuing Education. For expectant mothers and their birth partners beginning the 6th month of pregnancy. Topics include relaxation, Lamaze techniques, labor and birth, Caesarean delivery, medication and anesthesia. Cost: Free to all.

Wednesdays, Jan 11 - Feb 15 7-9:30 p.m.

Thursdays, Jan 12 - Feb 16 7-9:30 p.m.

Wednesdays, Mar 1 - Apr 5 7-9:30 p.m.

Thursdays Mar 2 - Apr 6 7-9:30 p.m.

Location: UCI Medical Center Library, Room 2105

Spanish : Prepared Childbirth (4-Session Series)

Tuesdays, Jan 3, 10, 17, 24 5:15-7:30 p.m.

Tuesdays, Feb 21, 28, Mar 7, 14 5:15-7:30 p.m.

Location: UCI Family Health Center Santa Ana

### Joslin Diabetes Center Education Classes

Joslin Diabetes Center at University of California, Irvine offers two types of classes to help people learn how to successfully manage their diabetes. "Steps to Success" is a five-session, comprehensive educational program. "Diabetes Today" offers single-topic sessions that address specific issues of diabetes management.

Classes are held at the Center, located at Gottschalk Medical Plaza on the UCI campus in Irvine. There is a fee and insurance pre-authorization is recommended. For a full description of the programs, registration, or to schedule an appointment with a physician, please call Joslin Diabetes Center at UCI at 949-824-8656 or visit [www.ucihealth.com/joslin](http://www.ucihealth.com/joslin).



**Joslin Diabetes Center**  
at University of California, Irvine



### Siblings (1 Session)

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

Wednesday, Jan 11, Feb 8, Mar 8 4-5 p.m.  
Location: UCI Medical Center 2 Tower conference room (2nd floor of main hospital)

### Stop Smoking (4-Session Series)

Stop smoking by discussing what to do before you quit smoking and how to live life afterward. Cost: \$80.

Tuesdays, Jan 10, 17, 24, 31 Noon-2 p.m.  
Thursdays, Feb 2, 9, 16, 23 1-3 p.m.  
Wednesdays, Mar 8, 15, 22, 29 1-3 p.m.

### Stress Management (1 Session)

Effects of stress, coping strategies, relaxation techniques, nutrition, exercise and available resources. Cost: \$20.

Thursday, Feb 16 6-8 p.m.

### Weight Control (4-Session Series)

Identify your healthy weight and learn about meal planning, the food-guide pyramid, exercise, label reading, restaurant dining, recipe modification and maintenance. Cost: \$80.

Wednesdays, Jan 25, Feb 1, 8, 15 4-6 p.m.

### Beginning Hatha Yoga (Monthly Series)

Wear loose-fitting workout clothes. Pack a cool-down sweatshirt and a yoga mat or beach towel. It's best not eat or drink two hours prior to class. Cost: \$30 per month.

Every Tuesday 5-6 p.m.  
Location: 200 S. Manchester Ave., basement training room

### Yoga Special Topic (1 Session) Restorative Yoga Workshop

Designed to release deep tension in the body and create a profound healing and rejuvenating experience. Taught by a yoga therapist. Cost: \$20.

Tuesday, Mar 21 2:30-3:30 p.m.

## SUPPORT GROUPS

All support groups are free and held at UCI 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).

### Bariatric Surgery Support Group

Offers support for patients before and after laparoscopic weight-loss surgery. Information: 888-717-4463

Third Tuesday every month 6:30-8:30 p.m.  
Location: UCI Manchester Pavilion, 200 S. Manchester Ave., Ste. 840, classrooms B & C, Orange

### Bone Marrow Transplant Support Group

For people who have had or will have a bone marrow or stem cell transplant, and for their caregivers.

Information: 714-456-7489  
Fourth Wednesday every month 6:30-8 p.m.  
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

### Brain Injury Support Group

For patients and families. Information: 800-986-4487  
Every Saturday except holiday weekends 7-8:30 p.m.  
Location: The Associates conference room

### Burn Survivors Support Group

Information: 714-456-5304 or 714-456-8938  
Third Thursday every month 6-7:30 p.m.  
Location: Acute Rehabilitation Unit/3-South, recreation room

### Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)

For parents and professionals interested in learning about ADD/ADHD in children and adults. Guest speaker at every meeting. Information: 714-630-5214, 949-824-2343 or [www.chadd.org](http://www.chadd.org)  
Second Wednesday every month 7-9 p.m.  
UCI Child Development Center, 19262 Jamboree Road, Irvine

### Dry Eye Support Group

RSVP required: 949-824-9276  
Wednesday, Jan 18, March 15 Noon-1:20 p.m.  
Location: Gillespie Neuroscience Research Building conference room on the UCI campus in Irvine. Call for directions and parking permits.

### Epilepsy Support Group

Social and educational support group for adults with epilepsy, offered in collaboration with the Epilepsy Alliance of Orange County. Guest speaker at every meeting. Information: 714-965-1512  
Third Friday every month 7-8:30 p.m.  
Location: UCI Neuropsychiatric Center, room 101

### Hepatitis C Support Group

Provides support and education to people with hepatitis C. Open to anyone interested in or concerned with the disease. Information: 714-456-5948  
First Tuesday every month 6:30-8 p.m.  
Location: Diagnostic Services Center, third floor, across from UCI Medical Center library

### Korean Women's Share and Care Group

Help and support for Korean-speaking women with cancer. Information: 714-456-8609  
First Thursday every month 3-4:30 p.m.  
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

### Living with Cancer

Help for cancer patients and their loved ones. Information: 714-456-8609  
Second and fourth Thursdays every month 6:30-8 p.m.  
Location: The Associates conference room

### Look Good, Feel Better

Help with appearance changes during cancer treatments. Reservations: 949-261-9446, option #3  
Second Monday every other month  
Jan 9, Mar 13 10 a.m.-noon  
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

### National Alliance on Mental Illness (NAMI)

Support and education for those caring for someone with mental illness. Information: 714-456-5843  
Every Wednesday 6-7:30 p.m.  
Location: UCI Neuropsychiatric Center, occupational therapy room 207

### Sibshops (S)

Therapeutic workshop for children ages 8-12 with siblings who have disabilities or chronic illnesses. Information: 714-532-8778  
Third Saturday every month 9:30 a.m.-noon  
Location: UCI Neuropsychiatric Center, room 101

### Spinal Cord Support Group

For those with spinal cord injuries and their families. Information: 714-456-6628  
Monday, Jan 16, Feb 20, Mar 20 Noon-1:30 p.m.  
Location: Acute Rehabilitation Unit/3-South, recreation room

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

Information: 714-456-5235  
First Monday every month 6:30-8 p.m.  
Location: The Associates conference room

### Winners on Wheels

Therapeutic support for children with disabilities, focusing on individual strengths through group activities. Offered in conjunction with Children's Hospital of Orange County. Information: 714-532-8778 or 949-351-7799  
First and third Saturdays every month 2-4 p.m.  
Location: Classroom 2103-04, above UCI Medical Center library

### Women's Care and Share Group

Support and education for women with cancer. Information: 714-456-8609  
Second and fourth Tuesdays every month 10-11:30 a.m.  
Speaker on fourth Tuesday  
Location: Chao Family Comprehensive Cancer Center, 4th floor conference room

## HEALTH CARE SKILLS

### Basic Life Support Health Care Provider

Adult, pediatric and infant CPR, two-rescuer CPR, foreign-body airway obstruction, AED and barrier devices. Based on American Heart Association standards and guidelines. Registration: 714-456-7291.

Cost: \$74 (includes parking pass, card and book).  
Wednesday, Jan 25 8:30 a.m.-4 p.m.  
Wednesday, Feb 22 8:30 a.m.-4 p.m.  
Wednesday, Mar 22 8:30 a.m.-4 p.m.

Register for classes online at

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

Toll free 1-877-UCI-DOCS



## Transformations

**The foundation of** UCI Medical Center's new university hospital is taking shape!

During the next several months, a steady progression of concrete trucks and construction workers will pour the base from which the state-of-the-art hospital tower will rise.

UCI Medical Center's new university hospital—expected to open in early 2009—will provide patient-friendly features and the latest equipment to provide the best in patient care, research and education. The seven-story building is being constructed on the north side of the site of the existing medical center, which remains fully functional during construction.

During the past months, tons of earth have been excavated from the site in preparation for the foundation, which will be poured in a series of eight installments through early February. In order to minimize the impact on traffic for patients and others, construction vehicles needed for the foundation pouring are scheduled to be on site only on Saturdays and the two Fridays before Christmas and New Year's Day.

Even with the carefully scheduled timetable, there may be additional traffic because the construction vehicles will travel on Dawn Way, which is also the main route to the medical center's parking structure.

As an alternative, drivers may wish to use the valet parking service, available to patients at a discount. Valet parking is available on UCI Medical Center Drive, in front of the Chao Family Comprehensive Cancer Center, Monday through Friday from 7 a.m. to 6 p.m.

Please note that parking along UCI Medical Center Drive is now reserved 24 hours a day for Emergency Department patients only. An information kiosk on UCI Medical Center Drive is staffed from 7 a.m. to 11 p.m. every day to direct drivers and answer questions.

UCI thanks patients and visitors for their understanding during this time of transformation.

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

# Seniors: Ask the Doctor

## Elder Abuse

**Each year, about 5,000 seniors and dependent adults in Orange County are reported as abused, neglected or exploited. Dr. Laura Mosqueda, a UCI Medical Center geriatrician and director of the Orange County Elder Abuse Forensic Center, is dedicated to raising awareness about this growing problem. Join us as she discusses this important subject and what you can do to curb the escalating epidemic of cruelty and neglect affecting older people.**

### Q What constitutes elder abuse?

**A** When people think about elder abuse, they usually envision physical violence like shoving, beating or rape. Physical cruelty is only one form of this problem. Elder abuse also encompasses emotional cruelty such as name-calling, threatening or intimidation—and financial exploitation such as misusing funds, forging documents or transferring property without consent.

### Q Are there other types of elder abuse?

**A** Yes. Neglect is a form of elder abuse that happens when caregivers fail to meet an older person's basic needs for food, water, clothing, medication or personal hygiene. Nearly half of all elder abuse cases involve older people who can't adequately care for their own needs, often because of undiagnosed or untreated disorders such as depression.

### Q Who commits these abusive acts?

**A** In more than half of all cases, the abuser is a family member. The perpetrator often suffers from caregiver burnout, stress, isolation, mental illness, or alcohol and drug dependence.

### Q What are the signs of elder abuse?

**A** Physical signs include bruises, fractures, cuts, repeated injuries, untreated bedsores, unclean clothing, poor hygiene and unusual weight loss. Changes in the older person's behavior and emotional state such as agitation, withdrawal,

anxiety or apathy may also suggest a problem. In terms of exploitation, watch for unusual bank withdrawals, altered wills and trusts, or missing money or valuables.

### Q What's the role of the Orange County Elder Abuse Forensic Center?

**A** The Center is composed of medical, legal, law enforcement and social services professionals from 10 Orange County organizations. Its purpose is to prevent elder abuse—and stop it when it's occurring.

### Q What services does the Center provide?

**A** Services include multi-agency reviews of elder abuse cases, in-home medical and mental status evaluations, investigations, action plans, caregiver education and training. Each case is different and must be understood in the context in which it occurs. The Center's team provides remedies that are appropriate to the situation. This ranges from legal action to caregiver training and support.

### Q How can you get help if you suspect elder abuse?

**A** Don't let fear of meddling stop you from reporting your suspicions. Call Adult Protective Services toll free at 1-800-451-5155 if you think an older person is being abused, neglected or exploited. You don't need proof to report your concerns and your confidentiality will be protected.



**Dr. Laura Mosqueda is a board-certified family physician and geriatrician. As director of the UCI Medical Center geriatrics program and initiator of the nation's first elder abuse forensic center, she is one of the nation's foremost experts in the care of older people.**

# EATING DISORDERS and TEENS



In this land of plenty, one out of every 100 females between the ages of 10 and 20 is starving herself in the name of beauty.

**Bombarded by “thin is in” messages** and struggling with serious psychiatric issues, girls with eating disorders develop a distorted body image, viewing themselves as fat—even though they may be dangerously thin. Adolescent males also suffer from eating disorders, but in smaller numbers.

**Anorexia.** With the highest mortality rate of any psychiatric illness, anorexia causes its victims to starve themselves until they weigh less than

85 percent of their ideal body weight. They consume tiny portions of food, develop eating rituals, exercise incessantly and use laxatives or other medications to keep their weight in check. “Anorexics often base their self-worth on body weight,” says **Dr. Alan Hanft**, a UCI psychiatrist specializing in adolescents and eating disorders. “They’re frequently perfectionists with a diminished sense of self-worth and obsessive-compulsive tendencies.”

Teens with eating disorders often base their self-worth on body weight.

**Bulimia.** Unlike anorexics, people with bulimia often have a normal body weight. They indulge in binge-eating episodes, consuming large amounts of food over a short time period, followed by compensatory behaviors such as vomiting, fasting, exercising or other strategies to maintain their weight.

One of the most common causes of death among patients with these eating disorders is cardiac arrest. People with anorexia and bulimia are also at risk for malnutrition, abnormal heart rhythms, gastrointestinal problems, osteoporosis, kidney disease, anemia and infertility. For this reason, experts advise parents to seek treatment immediately if they suspect their child has an eating disorder.

“Parents should express their concerns in a straightforward and nonjudgmental way,” says Hanft. “Initially, most patients will refuse to admit that they have a problem. Denial is often a prominent part of the illness. But parents need to ensure that their teen be evaluated by a professional, even if she or he is horrified at the idea.” Research indicates that distorted eating patterns can trigger an imbalance of brain chemicals, perpetuating the problem. The earlier the disorder is treated, the better the chances for long-term recovery.

**The road back.** For anorexics, returning to a healthy weight is the initial focus. Unless the life of the patient is in immediate danger, treatment generally takes place on an outpatient basis with individual and family therapy, complemented by nutritional counseling and careful medical follow-up. Medication may also be helpful in some cases. “Patients with eating disorders often have complex psychological problems that precipitate their condition,” says Hanft. “Consequently, treatment involves much more than modifying eating behaviors.”

The goal of therapy is to teach participants how to develop a healthy relationship with food and exercise. Patients also learn how to confront difficult emotions by gaining insights about themselves and developing greater self-esteem. For bulimics, treatment is much the same, with an emphasis on developing tangible strategies to interrupt the binge/purge cycle.

“Early intervention is extremely important,” says Hanft. “Without treatment, some eating-disorder patients die from their illness. But with immediate and proper care, many recover and go on to enjoy full lives.” For referral to a UCI physician specializing in eating disorders, call 1-877-UCI-DOCS.

**Toll free 1-877-UCI-DOCS**

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Construction has begun on UCI Medical Center's new university hospital!  
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