

UCI Medical Center

UCI Health

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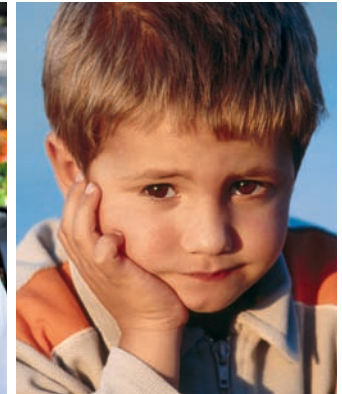
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Oh, My Aching Legs!



Almost everyone has heard of coronary artery disease. But the same isn't true for its close cousin, peripheral arterial disease (PAD).

Affecting the blood vessels leading from the heart to the legs, feet and arms, PAD is caused by atherosclerosis—a buildup of plaque in the arteries. This condition narrows or blocks the vessels, eventually limiting the amount of blood that circulates through the body's extremities.

One of the characteristic symptoms of PAD is intermittent claudication—leg pain or weakness when walking or climbing stairs, which disappears when the person rests. However, more than half of PAD patients don't have any symptoms, making the disease particularly insidious. "PAD is a warning sign that atherosclerosis may be affecting arteries in

other parts of the body, including the heart, brain, abdomen, neck and kidneys," says **Dr. John S. Lane**, a vascular surgeon at UCI Medical Center. "For this reason, those at high risk for the problem should be

[Peripheral arterial disease is a warning sign that shouldn't be ignored.](#)

screened even if they don't have symptoms." This includes individuals 70 and older, and those age 50 to 69 who smoke, have diabetes, high blood pressure or elevated cholesterol levels.

Knowing your ABI. Screening for PAD involves a simple test called an ankle-brachial index (ABI). "It's as important for high-risk people to know their ABI as their blood pressure and cholesterol levels," says Lane. An ABI entails taking the patient's blood pressure in the arm and ankle. If the test indicates peripheral arterial disease, more testing may follow to evaluate the extent

of the problem. This can include a CT scan, MRI, Doppler ultrasound test or angiogram.

Most PAD patients are initially treated with aspirin, cholesterol-lowering drugs and medications to increase their ability to walk longer distances without cramping. Typically, this is accompanied by an exercise and diet regimen. A graduated walking program is usually at the top of the list. This activity helps the body cure itself by building collateral blood vessels—small, new arteries that can take up the workload of narrowed or blocked vessels. Smoking cessation, a low-fat diet, losing weight and controlling blood-glucose levels are also critical components of PAD treatment, as they are for prevention. About 70 percent of all patients respond to this type of treatment, enabling them to improve or maintain their condition without surgery.

The next steps. For the remaining 30 percent, a more aggressive approach is necessary. If the blockage affects only a short segment of an artery, balloon angioplasty can usually correct the problem. The procedure involves threading a balloon-tipped catheter into the narrowed leg or arm artery, and opening the blood vessel by pressing the plaque against the arterial wall with the inflated balloon. The unclogged blood vessel is sometimes kept open with a stent—a tiny metal cage that prevents the artery from collapsing.

For blockages affecting longer portions of an artery, peripheral bypass surgery may be required. This operation involves using a synthetic graft or a portion of the patient's own blood vessel to provide a detour for the circulating blood in the affected limb. The graft is sutured to the artery above and below the blockage, allowing blood to be redirected around the obstruction.

For referral to a UCI physician who specializes in PAD, call 1-877-UCI-DOCS.

Toll free 1-877-UCI-DOCS

Male Infertility

Each year, more than 500,000 American men undergo vasectomy, an outpatient surgical procedure that is one of the most reliable methods of permanent birth control available today.

As some patients have found, however, life can take unexpected turns.

“About five percent of men with vasectomies choose to have them reversed at a later date,” says **Dr. Aaron Spitz**, a UCI Medical Center urologist.



Remarriage is one of the leading reasons why they seek to restore their fertility. And now, thanks to microsurgical methods, it's possible to reverse a vasectomy with greater success than ever before.

Reconnections. During a vasectomy, surgeons remove small segments of the two vas deferens and seal the ends. Normally, these small

tubes transport sperm from the testicles to the urethra, a passageway inside the penis through which semen is ejaculated. But after a vasectomy, the sperm meet an insurmountable barrier when they reach the blocked vas deferens.

Reversing a vasectomy, called a vasovasostomy, involves opening the sealed ends of the vas deferens and reconnecting them. It requires the skills of an experienced urologist, who must perfectly align and rejoin the pinhole-size openings of the tubes using sutures that are finer than a human eyelash.

A major study recently confirmed the success rate

of this procedure.

“It was reported that men whose

No matter how complex the situation, it's rare that a vasectomy can't be reversed by an experienced urologist.

vasectomies were performed less than three years before the reversal had

a 97 percent chance that sperm flow would be reestablished and a 76 percent chance that a pregnancy would result,” says Spitz. “If the vasectomy was performed 15 or more years earlier, chances dropped to 71 percent for reestablishing sperm flow and 30 percent for initiating a pregnancy.”

The pressure that sometimes builds up in the tubes behind the vasectomy scar can add to the

challenge, causing blockages and ruptures in the epididymis—the structure in which sperm are stored until they've matured. If an epididymis “blowout” occurs, it can prevent sperm from entering the vas deferens. In this case, a more involved procedure is necessary. It entails connecting the tubes directly to the epididymis. “No matter how complex the situation, it's rare that a vasectomy can't be reversed by an experienced urologist,” says Spitz.

Fatherhood revisited. As a specialist, Spitz also treats a wide range of other problems related to male infertility. The process begins with a thorough physical examination, accompanied by a medical and fertility history. “The inability to father a child can be caused by a number of conditions,” says Spitz. “Among them are chronic disease, injuries, childhood illnesses, congenital conditions, hormone deficiencies, smoking and other lifestyle choices, medications and pelvic surgery involving structures such as the prostate gland and reproductive organs.”

One or more of these problems can contribute to deficient sperm production—the leading cause of male infertility. “Normally, there are 60 million or more sperm per milliliter of semen,” says Spitz. “If the number drops significantly, it may be difficult for a couple to achieve pregnancy.”

One of the most common reasons for this disorder is varicoceles—bundles of enlarged veins in the scrotum. When blood pools in these distended veins, it warms the nearby testicles, affecting the production and function of sperm. Varicoceles are repaired during a technically demanding operation in which the surgeon ties off the veins to prevent blood from pooling. More than half of varicocele patients see an improvement in their fertility within a year following surgery. They join an increasing number of men whose only hope for fatherhood lies in the advances made in the field of male infertility over the past few years.

For referral to a UCI Medical Center urologist, call 714-456-7005.

SKIN CANCER

Each year, more than a million Americans learn they have skin cancer. In many cases, they undergo surgery to remove the malignant growth.

But thanks to advanced techniques, an increasing number of patients emerge from treatment with little evidence they ever had the disease.

Deciding factors. There are three common forms of skin cancer. Basal cell carcinoma (BCC) is the most prevalent. It tends to grow slowly and rarely metastasizes. BCC has a pearly, waxy appearance and may be white, pink or brown. Squamous cell carcinoma (SCC) is generally more aggressive and may spread, particularly in people who have had organ transplants. It often affects the face and may appear as small bumps or ulcers that bleed and fail to heal. Both BCC and SCC can be disfiguring if left untreated. The third type—melanoma—is the deadliest of skin cancers, and may spread to other organs in the body if not detected early. It typically looks like a multicolored, irregularly shaped mole.

To confirm the presence of skin cancer, a biopsy is necessary. At UCI, a dermatopathologist—a physician highly skilled in the detection of skin tumors—analyzes the resulting tissue samples. “This information, combined with a patient’s history and physical exam, determines the best treatment strategy,” says **Dr. Christopher Zachary**, chairman of the UCI Department of Dermatology. “Deciding factors include the type, size, depth and location of the tumor, as well as whether it’s clearly defined or has been treated previously.”

Saving face. There are several treatments for skin cancer. Standard excision is one of the most common methods to eradicate BCC and SCC. This outpatient procedure involves cutting out the tumor, along with a safety margin of normal skin, to capture any remaining cancer cells. But for certain basal and squamous cell carcinomas, Zachary uses a method

called Mohs micrographic surgery. “This tissue-sparing procedure is useful for large, fast-growing or recurrent tumors, and for growths with poorly defined edges,” says Zachary. “It’s also the treatment of choice for BCC and SCC in cosmetically sensitive areas such as the nose, ear, eyelid and lip.”

Mohs surgery permits doctors to eradicate the tumor and any surrounding cancer cells with pinpoint accuracy, reducing the potential for disfigurement and recurrence. The process begins by cutting out the visible tumor. Then the surgeon meticulously removes the surrounding tissue layer by layer, examining each sample for cancer cells under a microscope. “Mohs surgery allows doctors to be certain of a tumor’s margins, rather than estimating them,” says Zachary. The process continues until the samples are completely cancer-free. If needed, reconstructive surgery using skin flaps or grafts is performed for better cosmetic results.

Tissue-sparing surgery for skin cancer reduces the potential for disfigurement and recurrence.

Mohs surgeons are experts in four disciplines—dermatology, surgery, pathology and reconstructive techniques. The cure rate with Mohs surgery is about 99 percent—the highest of all treatments for skin cancer. Patients should seek a specialist with extensive experience in this technique, as well as the expertise to repair facial defects immediately after the tumor has been removed.

Mohs surgery is also used to treat superficial melanomas in critical anatomical areas. “If a melanoma and appropriate safety margin are removed from a



person’s back, the incision is generally acceptable,” says Zachary. “But the same procedure performed on a person’s eyelid might be disfiguring. In these circumstances, Mohs surgery can be highly useful.”

For all skin cancers, early detection is essential—but is especially important for melanoma. At UCI, **Dr. James Jakowatz**, a surgical oncologist and director of the hospital’s melanoma program, offers a noninvasive test called spectrophotometric intracutaneous analysis which uses harmless light waves that can identify this type of cancer in its earliest stages. But prevention is still the best medicine. To protect yourself, limit sun exposure, cover up, use sunscreen and visit a dermatologist on a regular basis for skin cancer screenings. For referral to a UCI physician, call 1-877-UCI-DOCS.

Toll free 1-877-UCI-DOCS

the UCI Education Connection

Classes are free of charge to UCI Medical Center patients and their families, UCI employees and volunteers. Exceptions are the Joslin Diabetes Center, Mind Over Mood, FallProof!, meditation, and health-care skills programs. Certain classes are also available in **Spanish** & **Vietnamese**. 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 1-877-824-3627 for registration and information.

FAMILY HEALTH

Asthma and Adults (1 Session)

Learn how to control asthma and not have it control you. Cost: \$20. Free peak flow meter. Friday, July 7, Sept 1 5-7 p.m.

Spanish Attention and Behavior Problems (10-Session Series)

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)

Includes process of milk production, how to breastfeed, avoiding potential problems and returning to work. Cost: \$20. Thursday, Aug 17, Sept 14 6-8:30 p.m.

Spanish Breastfeeding (1 Session)

Tuesday, Aug 1, Sept 19 5:15-7:30 p.m.

Location: UCI Family Health Center Santa Ana

Diabetic Diet (1 Session)

Food choices, portions and how they affect diabetes. Cost: \$20. Monday, July 3, Aug 7 4-6 p.m.

Diabetes Management Overview (1 Session)

Methods to control blood-sugar levels through diet, exercise, medication and lifestyle changes. Cost: \$20. Free glucometer. Monday, July 10, Aug 14 4-6 p.m.

Spanish Diabetes Management Overview (1 Session)

Wednesday, July 5, Aug 2, Sept 6 6-8 p.m.

Location: UCI Family Health Center Anaheim

Wednesday, July 12, Aug 9, Sept 13 6-8 p.m.

Location: UCI Manchester Pavilion

Vietnamese Diabetes Management Overview (1 Session)

Wednesday, July 5, Aug 2, Sept 6 8:30-10:30 a.m.

Location: UCI Manchester Pavilion

Diabetes Management Series (4-Session Series)

Meal planning, exercise, medications, monitoring your blood sugar, and lifestyle changes to help you avoid complications. Cost: \$80. Free glucometer.

Mondays, Sept 11, 18, 25, and Oct 2 4-6 p.m.



Vietnamese Diabetes Management Series (4-Session Series—1 Session per Month)

Wednesday, July 12, Aug 9, Sept 13, Oct 11 8:30-10:30 a.m.

Location: UCI Westminster Medical Center

Early Pregnancy (1 Session)

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

Wednesday, July 19, Sept 20 6-8 p.m.

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

Designed to improve balance and mobility and reduce the risk of falls. Also focuses on 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. A written medical clearance is required. Prior to class, participants must schedule a 30-minute evaluation. Cost: \$80. Includes evaluation.

Tuesdays and Thursdays:

Evaluations: Aug 8 or 10

1-3 p.m.

Classes: Aug 15-Oct 5

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, Aug 22 4-6 p.m.

Hepatitis C Pretreatment Education (1 Session)

For the person who is considering or about to begin hepatitis C treatment. Includes information about hepatitis C, treatment, side effects and management, and injection training. Family members and other loved ones encouraged to attend. Pre-registration required: 714-456-8764.

Fridays, July 7, Aug 4, Sept 1, Oct 6, Nov 3 9-10:30 a.m.

Location: UCI Medical Center, Neuropsychiatric Center, conference room 101

Hypertension (High Blood Pressure) Management (1 Session)

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

Wednesday, Aug 2

6-8 p.m.

Living Well With Heart Failure (1 Session)

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

Thursday, July 6, Sept 7

1:30-3:30 p.m.

Maternity Tea & Tour

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

Thursday, July 27, Aug 24, Sept 28

1:30-3:30 p.m.

Location: UCI Medical Center, Neuropsychiatric Center, conference room 101

Meditation for Health (4-session Series)

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

Mondays, July 10, 17, 24, and 31

6-7 p.m.

Meditation Special Topic: Tea Ceremony (1 Session)

Transforms the ordinary act of drinking tea into a social communal activity with elements of grace and spirituality. Cost: \$30.

Monday, Sept 25

6-7:30 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 \$16.38 for book.

Mondays beginning Sept 11

6:15-7:45 p.m.

Location: UCI Medical Center, Neuropsychiatric Center, room 302

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.



Joslin Diabetes Center
at University of California, Irvine



Newborn Care (1 Session)

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

Monday, Aug 28 6-8:30 p.m.

Spanish Newborn Care (1 Session)

Tuesday, Sept 26 5:15-7:30 p.m.

Location: UCI Family Health Center Santa Ana

Lamaze Prepared Childbirth (6-Session Series)

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

Tuesdays, June 20 – July 25 or Sept 5 – Oct 10 7-9:30 p.m.

Tuesday Location: Santiago Canyon College, Orange Center

Wednesdays, June 21 – July 26 or Sept 6 – Oct 11 7-9:30 p.m.

Thursdays, June 22 – July 27 or Sept 7 – Oct 12 7-9:30 p.m.

Wed & Thurs Location: UCI Medical Center Library, Room 2105

Spanish Prepared Childbirth (4-Session Series)

Tuesdays, Aug 22, 29, Sept 5 and 12 5:15-7:30 p.m.

Location: UCI Family Health Center Santa Ana



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, July 12, Aug 9, Sept 13 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 and how to live life afterward. Cost: \$80. Call for dates and times.

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. Call for dates and times.

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

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.

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

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

Second Wednesday every month 7-9 p.m.

UCI Child Development Center, 19262 Jamboree Road, Irvine

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, conference room 101

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: Breast Health Center, Chao Family Comprehensive Cancer Center, 3rd floor

Look Good, Feel Better

Help with appearance changes during cancer treatments.

Reservations: 949-261-9446, option #3

Second Monday every other month 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, provided by others struggling with similar issues. Information: 714-456-5843

Every Wednesday 6-7:30 p.m.

Location: UCI Neuropsychiatric Center, occupational therapy room 207

Spanish Super Sibs Klub

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, conference room 101

Spinal Cord Support Group

For those with spinal cord injuries, their families, caregivers and all interested persons.

Information: 714-456-6628

Third Monday every month, except holidays 1:30-3 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: Breast Health Center, Chao Family Comprehensive Cancer Center, 3rd floor

Walkers and Wheelers

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 949-933-2277

Second and fourth 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 Tuesday 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: \$72 (includes parking pass, card and book).

Wednesday, June 28 8:30 a.m.-4 p.m.

Wednesday, July 19 8:30 a.m.-4 p.m.

Wednesday, Aug 23 8:30 a.m.-4 p.m.

Register for classes online at

www.ucihealth.com/events

Toll free 1-877-UCI-DOCS

UCI's Highest Honor



Julie Boyle, R.N., is the first UCI Medical Center employee to receive the UCI Medal, the highest honor from the University of California, Irvine. It is awarded for exceptional support for the university's mission of teaching, research and public service.

A clinical oncology nurse and director of patient care at UCI Medical Center's Chao Family Comprehensive Cancer Center, Boyle is responsible for developing and managing new oncology programs and support services. She has been instrumental in the development of the two centers concerned with the special needs of women and children with cancer—the Women's Enhancement Center and the Child Life Center. She also established the Outpatient Infusion Center and an on-site patient authorization unit to address the financial impediments to care.

Boyle, who began her career at UCI in 1982, is a past recipient of the American Cancer Society's prestigious Lane W. Adams Excellence in Caring Award, which recognizes exemplary leadership in caring for cancer patients. She is a member of the Professional Advisory Board for The Wellness Community-Orange County, and at UCI she is a member of the DiSaia Endowed Chair Advisory Board and the Chao Family Comprehensive Cancer Center Leadership Council.

Above all, Boyle is known for her enormous compassion and advocacy for patients. Says one physician: "Julie is able to take the panic out of the word 'cancer' when talking to a patient or loved ones."

www.ucihealth.com

Seniors: Ask the Doctor

Student-Senior Partner Program

Today, record numbers of people are living into their 80s, 90s and beyond. To help medical students better understand the aging process, UCI developed the student-senior partner program. Join us as geriatrician Dr. Jorge Rivero discusses this important program, which is directed by nurse practitioner Camille Fitzpatrick.

Q What is the student-senior partner program?

A It's a component of the UCI School of Medicine curriculum that gives students the opportunity to learn firsthand about the aging process by being paired with a healthy, active senior for three years. This experience is especially meaningful for aspiring physicians since one-quarter of the U.S. population will be over 60 by the year 2025.

Q How does it work?

A The process begins when a team of two first-year medical students is matched with a senior volunteer. For the next three years, the students meet three times a year with their senior partner at his or her home to discuss various health care issues that are linked to the medical school curriculum.

Q How is the program organized?

A Medical students take three geriatric-related educational modules each year. Following each module, students arrange a home visit with their senior mentor to apply their classroom learning to real-world experience. After the geriatric pharmaceutical module, for example, students take their senior partner's medication history,

exploring issues such as possible side effects and interactions. However, medical students are not permitted to provide medical care or advice to their senior partners.

Q How does the program benefit participants?

A For seniors, acting as respected mentors and sharing their lives with students allows them to teach future physicians about aspects of growing older that can't be learned by reading a book. For students, interacting with healthy seniors makes them aware of the physical and emotional dimensions of growing old—an important perspective no matter what specialty they choose.

Q How can I apply to become a mentor?

A By calling Program Director Camille Fitzpatrick at 714-456-5530. Since medical students must learn to interact with a diversity of patients, we seek volunteers from a variety of communities, ranging from Hispanic and Vietnamese to Samoan and Caucasian. Our goal is to assemble a mentor team of active, independent seniors that is representative of the ethnic, economic, educational and social diversity in society today.



Dr. Jorge Rivero

is UCI Medical Center's director of geriatric clinical services and a strong advocate of the student-senior partner program. As the population in our country ages, there will be a growing need for doctors sensitive to the unique needs of the elderly.



Nurse Practitioner Camille Fitzpatrick

is director of the UCI student-senior partner program. She believes that giving medical students the opportunity to interact with healthy, active older people is an important part of their education.

Urology Problems and Children

Bedwetting and urinary tract infections are common problems for children.

But many other conditions can develop along the complex pathway that includes the kidneys, ureters, bladder, urethra and genitals.

“When it comes to disorders of the urinary and genital systems, children aren’t little adults,” says

ureters to the bladder,” says Duel. “But when the ureter doesn’t close properly, urine flows backward toward the kidney, providing a breeding ground for bacteria.” As a result, a urinary tract infection is often the first sign of vesicoureteral reflux. Fortunately, most children outgrow VUR. But others require treatment. To prevent the backflow of urine, doctors may inject a gel called Deflux® into the ureter through a tiny scope passed into the bladder. Following this minimally invasive procedure, the child can return



UCI pediatric urologist **Dr. Barry Duel**. “Babies can’t discuss what’s wrong with them—and older children may feel embarrassed about their circumstances.” Pediatric urologists are specially trained to evaluate and treat children in a way that puts them at ease. Among the problems young patients experience most frequently are:

- **Vesicoureteral reflux (VUR).** One of the most common urologic disorders for children—especially girls—is vesicoureteral reflux (VUR). The condition is caused by a minor defect in the connection between the ureter and bladder. “Normally, urine travels from the kidneys, down the

home and resume full activity within 24 hours. Young patients with severe VUR may need surgery to form a tunnel through the bladder wall and create a new opening for the ureters.

- **Hydroceles and hernias.** About 10 percent of newborn boys have a painless swelling of the scrotum caused by a collection of fluid around the testicles. “Before birth, the testes descend through a special pathway from the abdomen to the scrotum—the sac that holds them,” says Duel. If this channel doesn’t close after the testicles descend, the scrotum fills up with fluid from the abdomen. This common condition usually disappears on its own within a few



months following birth. If this is not the case—or if a hernia develops when a portion of the intestines passes through the still-opened pathway—minor surgery is necessary.

- **Undescended testes.** In about 4 percent of male newborns, one or both of the testes fail to drop from the abdomen into the scrotum. Typically, the condition corrects itself by the time a child reaches six months of age. If not, minimally invasive or conventional surgery can remedy the problem in 98 percent of all cases.

- **Hypospadias.** Hypospadias occurs when the urethra fails to grow to its complete length in male fetuses. As a result, the opening through which the urine passes out of the body isn’t located at the tip of the penis, but on the underside of the organ. The penis is often curved downward and the foreskin is sometimes hooded. “If the condition isn’t treated, boys may have to sit to urinate,” says Duel. Surgery is best performed between the ages of 6 and 9 months—before toilet training begins. The procedure, which is technically exacting, varies depending on the degree of abnormality. In more involved cases, the extra foreskin is used to construct a new urethra, leaving the child with a circumcised appearance. “For almost all patients, surgery results in a penis that’s normal in appearance and function,” says Duel. “From the simplest to the most complex urologic problems, there’s help for children of all ages.” For referral to a UCI pediatric urologist, call 714-456-2944.

URINARY TRACT FACTS

Kidneys	Organs that form urine and filter wastes from the blood.
Ureters	Tubes leading from the kidneys to the bladder.
Bladder	Sac that holds urine.
Urethra	Tube that drains urine out of the body from the bladder.
Genitals	Male or female external sex organs.

Toll free 1-877-UCI-DOCS

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University of California, Irvine

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



Construction has begun on UCI Medical Center's new university hospital!
Visit www.ucihealth.com/newhospital for details.

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