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UCI MEDICAL CENTER SeniorHealth

INSIDE: SeniorHealth

QUARTERLY NEWS FOR SENIORS

www.ucihealth.com/seniors

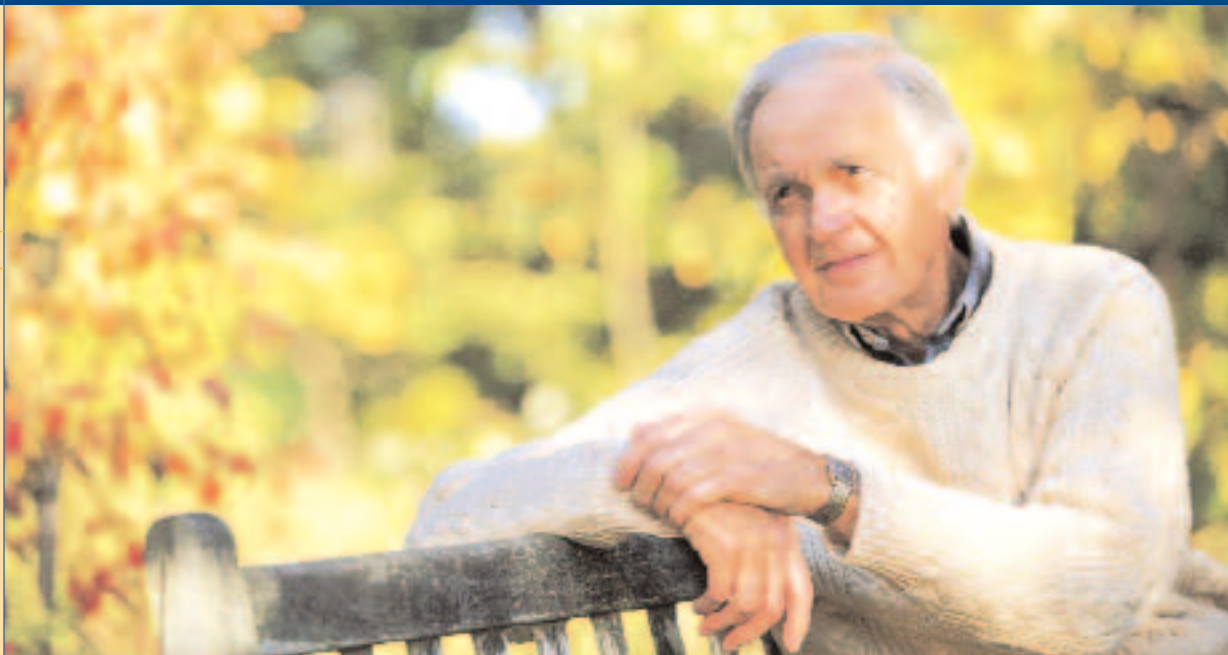
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CAREGIVERS NEED CARE AND SUPPORT, TOO

Exhausted? Burned out?
Feel guilty for taking time
for your own personal life?

These are typical feelings
of people who take care
of family members with
Alzheimer's disease. UCI
Medical Center can help. Its
geriatric medicine program
assists the caregiver by
providing advice and information
about daily patient care,
assisted-living homes, hospice
care and support groups.
The staff also can refer the
caregiver to psychological
help and other resources.

For help, call UCI Medical
Center at 1-877-UCI-DOCS
or the Alzheimer's
Association of Orange
County at 949-955-9000.



On the Alert for Alzheimer's

Like a quiet thief, Alzheimer's disease steals memories and brain function, gradually robbing a person of the ability to learn, make judgments and take care of oneself. There is no cure for Alzheimer's disease, nor any treatment known to stop its progression. But that does not stop UCI Medical Center from pursuing the most comprehensive program of care and research for Alzheimer's patients in Orange County.

Because a person with Alzheimer's disease may live 20 years or more after symptoms begin, UCI's coordinated ongoing care is critical for the patient and his or her family. UCI is one of a select few facilities nationwide with 11 board-certified geriatricians – doctors with additional specialized training in caring for older adults. The geriatricians work in tandem with cutting-edge research conducted through the UCI Institute for Brain Aging and Dementia.

"Usually when a patient comes to us the first time, we assess the severity of memory loss, how long it has been going on and what are the concerns of the family," says Dr. Jorge Rivero, director of geriatric clinical services. "Some patients are not aware of it happening at all; it's the family that's complaining. They noticed three checks that bounced or the person got lost while driving."

A 30-question exam gives doctors a broad picture of the dementia level. A subsequent questionnaire helps assess depression, and a third shows a patient's functional abilities. If doctors are unsure whether the disease is Alzheimer's or vascular dementia, they take a detailed three-dimensional photo of the brain, called a brain MRI.



Center for Urological Care Offers One-Stop Diagnosis, Treatment

Patients with urological conditions such as prostate cancer, kidney stones and incontinence have a new weapon to fight their ailments: The Center for Urological Care at UCI Medical Center. The outpatient center brings together all of the components to diagnose and treat patients under one roof.

Included in the center are eight examination rooms, two procedure rooms, a urodynamics suite to assess urinary function, an outpatient surgery room, a recovery room, a blood-drawing facility and a prostate health center.

“When a patient comes to see us in our new facility, all aspects of his or her care can be coordinated and completed within the center,” says Dr. Ralph V. Clayman, chairman of UCI’s Department of Urology.

For example, a patient who requires an exam, blood to be drawn, diagnostic testing, catheterization and an outpatient surgical procedure no longer has to traipse from one doctor’s office to another. An appointment desk and the billing operation also are within the center for maximum convenience.

UCI’s center is the largest dedicated urology facility in Orange County, serviced by the largest group of urologists practicing in one location. They treat a full range of conditions, including:

- prostate diseases;
- kidney, bladder, penile, testicular and prostate cancers;
- male infertility;
- incontinence;
- male sexual dysfunction;
- kidney problems;
- varicocele;
- vasectomy (and reversals);
- urinary tract infections.



“We have nurses and an office supervisor dedicated solely to the urology center,” Clayman says. “In our new facility, we have the expertise and technology all under one roof to offer the best and most efficient care to our patients.”

For an appointment, call 1-877-UCI-DOCS.



New Medicare Drug Plan Enrollment Period Nears

Medicare’s new prescription drug program – called Part D – begins Jan. 1, 2006. Seniors have time to study the plan carefully but should be careful not to miss the final deadline. Enrollment is Nov.15, 2005, through May 15, 2006.

Premiums, coverage and deductibles will vary with the individual, but the standard plan formula is for a senior to pay out-of-pocket for the first \$3,600, then receive 95% of the cost of all drugs on the coverage list. Premiums will vary from \$0 to \$50 per month per person, with an expected average of \$25 in California for “fairly good coverage,” says insurance expert Julie Schoen.

The first task is assessing your existing drug coverage:

- **No coverage:** If you add Part D, expect premiums to be higher by \$23 to \$25 per month.
- **Medicare HMO:** “If you’re happy with what you have, your HMO will give you new prescription options,” Schoen says.
- **Medicare-plus-supplemental insurance:** Some of these plans might provide better coverage than Part D; others might not. Policy holders will receive letters with details. Note: If you add the new Part D Medicare coverage, don’t miss the May 15 deadline; after this date, premiums rise 1 percent multiplied by the number of months you wait.
- **Medicare plus Medi-Cal:** The new plan automatically takes effect, although it includes an option to get out of it, Schoen says.

“It’s all going to take some sitting down with a calculator to see what works for you,” says Schoen, an attorney with the Orange County Council on Aging.

For information, contact the Health Insurance Counseling Advocacy Program, a part of the Orange County Council on Aging, at 800-434-0222, or visit www.cahealthadvocates.org.

FREE SEMINARS

HEALTHY AGING

Dr. Sonia Sehgal
UCI geriatrician

Wednesday, Nov. 9 • 11 a.m.

Tustin Senior Center
200 S. C St., Tustin

STROKE PREVENTION

Dr. Steven C. Cramer
UCI Stroke Center co-director

Wednesday, Nov. 9 • 1 p.m.

Jewish Community Center
1 Federation Way, Irvine

CATARACTS: THE AGING EYE

Dr. Roger Steinert
UCI ophthalmologist

Friday, Nov. 11 • 1 p.m.

Orange Senior Center
170 S. Olive St., Orange

URINARY INCONTINENCE

Dr. Maya Antony
UCI geriatrician

Wednesday, Nov. 16 • 1 p.m.

OASIS Senior Center
800 Marguerite Ave., Corona del Mar

ALZHEIMER'S DISEASE

Mina Oak, Ph.D.
UCI psychologist

Friday, Nov. 18 • 10 a.m.

Bowers Museum
2002 N. Main St., Santa Ana

DIABETES

Dr. Andrew Reikes
UCI endocrinologist

Monday, Nov. 21 • 10 a.m.

University Club
Los Trancos & East Peltason drives,
UC Irvine campus

SLEEP DISORDERS IN SENIORS

Dr. Marcel Hungs
UCI neurologist

Friday, Dec. 2 • 10 a.m.

Bowers Museum
2002 N. Main St., Santa Ana

BALANCE PROBLEMS IN SENIORS

Tudy Trgovac
UCI occupational therapist

Wednesday, Dec. 7 • 11 a.m.

Tustin Senior Center
200 S. C St., Tustin

HEALTHY AGING

Dr. Sonia Sehgal
UCI geriatrician

Wednesday, Dec. 14 • 1 p.m.

Jewish Community Center
1 Federation Way, Irvine

STROKE PREVENTION AND CAROTID STENTS

Dr. Steven Cramer
UCI Stroke Center co-director

Tuesday, Jan. 31, 2006 • 1 p.m.

Florence Sylvester Senior Center
23721 Moulton Parkway, Laguna Hills

ORTHOPEDIC SURGERY

Dr. Nitin Bhatia
UCI spine surgeon

Tuesday, Feb. 28, 2006 • 1 p.m.

Florence Sylvester Senior Center
23721 Moulton Parkway, Laguna Hills

For more information, visit
www.ucihealth.com/seminars
or call toll free 1-877-UCI-DOCS
(1-877-824-3627).

New University Hospital Construction Update

Construction of UCI Medical Center's new state-of-the-art university hospital is underway, with a steady stream of construction vehicles now excavating tons of soil where steel will soon rise.

Because of possible traffic slowdowns and parking changes, please allow a few more minutes when driving to a doctor's appointment or to visit someone in the hospital.

In addition, some parking lots at the medical center have changed. Parking spaces in front of the hospital entrance on UCI Medical Center Drive now are reserved 24 hours a day for Emergency Department patients only.

All other patients and visitors should park in the structure located off Dawn Way. Or leave the parking

to the professionals and use the valet parking service, available at a discounted rate and located next to the Chao Family Comprehensive Cancer Center on UCI Medical Center Drive.

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's new university hospital, under construction on the north side of the existing medical center, is expected to open in 2009, equipped with the latest medical technology to provide the best in patient care, research and education.

UCI thanks patients and visitors for their understanding during this time of transformation. To learn more, visit www.ucihealth.com/newhospital.

www.ucihealth.com/seniors

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REGISTER NOW!

FallProof!™

FallProof! is a 16-session program beginning Jan. 10, 2006, for medically stable seniors to reduce their risk of falls. Participants must have medical clearance and undergo evaluation by Jan. 5, 2006. Don't delay! Call 1-877-UCI-DOCS (1-877-824-3627) for details and to register.

UCIrvine

Roll Up Your Sleeves

Flu season is around the bend, so now is the time to get your influenza vaccine to protect yourself against the potentially serious illness. The vaccine is recommended for individuals at higher risk for the flu, including those older than 50. To schedule your vaccine, call 1-877-UCI-DOCS (1-877-824-3627).



Alzheimer's Disease (CONTINUED FROM PAGE 1)

"If I am puzzled by a patient and need more detail, or they don't show a typical type of dementia, then I refer them to the Institute for Brain Aging and Dementia," Rivero says. "They'll do neuropsychological testing, brain imaging and really get into the definitive type of dementia."

Drug treatments such as cholinesterase inhibitors (Aricept, Exelon, Reminyl and Cognex) can slow the progress of Alzheimer's and reduce its symptoms. UCI's program also incorporates a staff psychiatrist,

clinical psychologist, a pharmacist, social workers and a full spectrum of resources to guide patients and their caregivers.

"If you only focus on the patient and not the caregiver," Rivero says, "you are doing the patient a disservice."

Learn more about Alzheimer's disease at a free seminar on Nov. 18. See page 3 for details. To make an appointment with a UCI doctor, call 1-877-UCI-DOCS (1-877-824-3627) or visit www.ucihealth.com.