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UCI MEDICAL CENTER SeniorHealth

INSIDE: SeniorHealth

QUARTERLY NEWS FOR SENIORS

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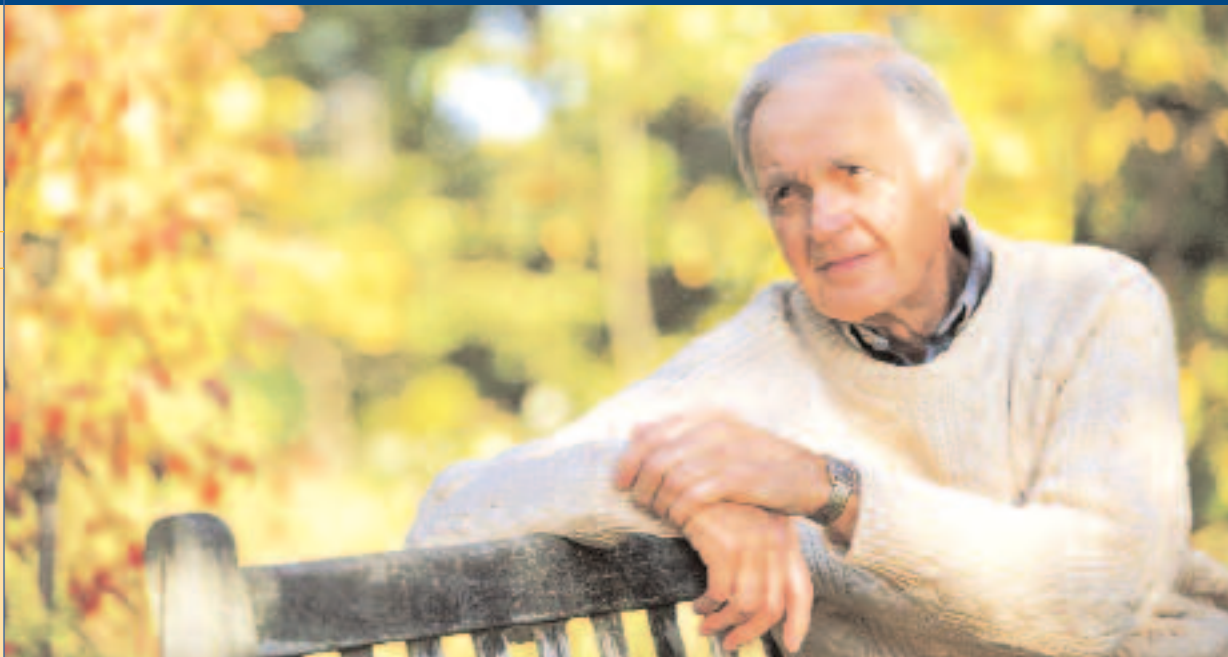
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CAREGIVERS NEED CARE AND SUPPORT, TOO

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.



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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.