

SPRING 2005

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# UCI MEDICAL CENTER SeniorHealth

INSIDE: SeniorHealth

QUARTERLY NEWS FOR SENIORS

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

Hospitalization Preparation . . . 1  
 Treating Depression . . . . . 2  
 Incontinence Remedies . . . . . 2  
 New Hospital . . . . . 4  
 Annual Senior Event . . . . Inside

## ADVANCE DIRECTIVES: MAKE YOUR WISHES KNOWN

Anytime you check into a hospital, there is a possibility that you may not recover as planned. It is best to prepare for this situation by signing a document known as an advance directive.

Before putting pen to paper, discuss your wishes for medical intervention with your doctor, family members, clergy or friends. This will help you decide whom to designate as the person who will make your health-care decisions if you are unable to do so. This includes which end-of-life medical treatments you would accept or refuse and whether you wish to donate organs.

Advance directive forms are available from your doctor, at all UCI Medical Center clinics and at [www.ucihealth.com](http://www.ucihealth.com).



## Preparing for a Hospital Stay

Preparing for hospitalization involves more than packing your toothbrush.

“You may want to bring your favorite music or a few books you’ve been meaning to read,” says UCI Medical Center geriatrician Dr. Laura Mosqueda. “Whatever will make your stay more comfortable.”

Mosqueda and Dr. Michael Wang, a UCI hospitalist specializing in geriatric medicine, encourage seniors to bring a list of their current medications. In most cases when hospitalization is scheduled, admitting doctors have already obtained the necessary medical history, lab tests, pre-surgery screening or blood donation. Discuss with your physician whether you should bring prescriptions to the hospital or have medications dispensed on an as-needed basis. Preparation also should include an advance directive (see sidebar).

“Patients in the hospital may want to speak with their doctors,” says Wang, “but primary-care physicians have full schedules seeing patients in their offices. They’re not always available.” That’s where hospitalists come in. Wang and about a dozen other UCI hospitalists are specialists who care for hospitalized patients. “Hospitalists are always here. We’re caring for people all the time.” Arturo Contreras, a medical assistant at the UCI SeniorHealth Center, also cares for seniors who are hospitalized in his new position as concierge.

“No one wants to be in the hospital,” says Mosqueda, “but the concierge’s job is to make the patient’s stay as pleasant as possible. He takes care of the little things that make all the difference—seeing to it that meals are served hot and that seniors who want a morning paper have one.”



# FREE SEMINARS

## NEW CONCEPTS IN PREVENTING HEART DISEASE

Nathan Wong, Ph.D.

UCI Heart Disease Prevention Program director

Wednesday, April 27 • 1 p.m.

Oasis Senior Center

800 Marguerite Ave., Corona del Mar

## BACK PAIN? THERE IS HOPE

Dr. Nitin Bhatia

UCI orthopedic surgeon

Wednesday, May 18 • 1 p.m.

Oasis Senior Center

800 Marguerite Ave., Corona del Mar

## OSTEOPOROSIS PREVENTION AND TREATMENT

Dr. Andrew Reikes

UCI internist

Friday, June 10 • 1 p.m.

Oasis Senior Center

800 Marguerite Ave., Corona del Mar

## SKIN CANCER PREVENTION

Dr. Kenneth Linden

UCI dermatologist

Wednesday, June 15 • 11 a.m.

Tustin Senior Center

200 S. C Street, Tustin

## PAIN MANAGEMENT

Dr. Arthur Zepeda

Pain management specialist

Monday, June 20 • 1 p.m.

University Club

Los Trancos Drive and East Peltason Drive,

UC Irvine campus

## AVOIDING MEDICATION MISADVENTURES

Brad Williams, Pharm.D.

UCI geriatric pharmacist

Friday, June 24 • 10 a.m.

The Bowers Museum

2002 N. Main St., Santa Ana

## BACK PAIN

Dr. Nitin Bhatia

UCI orthopedic surgeon

Monday, June 27 • 10 a.m.

The Richard Nixon Library & Birthplace

18001 Yorba Linda Blvd., Yorba Linda

## SLEEP DISORDERS IN SENIORS

Dr. Jorge Rivero

UCI geriatrician

Friday, July 8 • 10 a.m.

Orange Senior Center

170 S. Olive St., Orange

## SNORING AND SLEEP APNEA

Dr. Roger Crumley

UCI otolaryngologist

Wednesday, July 13 • 10 a.m.

The Richard Nixon Library & Birthplace

18001 Yorba Linda Blvd., Yorba Linda

## GLAUCOMA SEMINAR

Dr. Sameh Mosaed

UCI ophthalmologist

Monday, July 25 • 10 a.m.

University Club

Los Trancos Drive and East Peltason Drive,

UC Irvine campus

## PARKINSON'S DISEASE

Dr. Neal Hermanowicz

UCI neurologist

Wednesday, July 27 • 1 p.m.

Oasis Senior Center

800 Marguerite Ave., Corona del Mar

## AGING AND CORONARY ARTERY DISEASE

Dr. Chowdhury Ahsan

UCI cardiologist

Thursday, July 28 • 10 a.m.

The Bowers Museum

2002 N. Main St., Santa Ana

## ALTERNATIVE MEDICINE AND AGING

Dr. Wadie Najm

UCI geriatrician

Wednesday, Aug. 3 • 1 p.m.

Oasis Senior Center

800 Marguerite Ave., Corona del Mar

## HEALTHY AGING

Dr. Laura Mosqueda

UCI geriatrician

Tuesday, Aug. 9 • 10 a.m.

The Richard Nixon Library & Birthplace

18001 Yorba Linda Blvd., Yorba Linda

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

## Preparing for Your Hospital Stay

CONTINUED FROM PAGE 1

During hospitalization, preparation begins for after-hospital care. “I ask about the home environment,” Wang says. “Are there stairs? Is someone living with you? Can someone come in to help?”

A case manager, who investigates insurance coverage for post-hospitalization care, also gets involved, as do physical and occupational therapists, who assess the senior’s ability to function at home.

“Our recommendations may be as simple as a walker

or a cane to help the senior get around following discharge,” says Wang. “Or we may suggest that a family member assist the senior for a few weeks. In some cases, a rehabilitation facility may be necessary.”

Mosqueda recommends that patients begin preparing for discharge even before entering the hospital. “Ask your doctor, ‘What help will I need? What resources are available?’ If you’re prepared, your hospital stay will be more comfortable with fewer worries.”