

Movement Disorders . . . . .	1
Trouble Sleeping? . . . . .	2
Women's Heart Disease . . . .	2
Annual Senior Event . . .	Insert

## CLINICAL TRIALS OFFER HOPE

Research is a key component of the Movement Disorders Program at University of California, Irvine Medical Center.

Dr. Neal Hermanowicz and his team are members of the Parkinson's Study Group, a nonprofit consortium of institutions in the United States and Canada conducting clinical trials into new treatments and methods for diagnosing neurological movement disorders. Participants in the study group are selected for their experience and research performance.

In addition to the Parkinson's Study Group research, UC Irvine's Movement Disorders Program is involved in a number of other clinical investigations. One area of research is in the use of novel medications to reduce the fluctuation of Parkinson's disease symptoms.

Another study is focusing on how various Parkinson's treatments affect patients' quality of life. Yet another research project is seeking siblings with Parkinson's disease to study a possible genetic connection.

**To learn more about clinical trials involving treatments for movement disorders, call 949-824-8116 or visit [www.ucihealth.com/trials](http://www.ucihealth.com/trials).**

## Treating Movement Disorders

The hands shake uncontrollably, spilling coffee over the side of the mug. The feet shuffle along the floor. The handwriting is less legible, the result of a loss of finger dexterity. The voice has changed—it is not as clear as it used to be.

These are not normal consequences of aging, but signs that a neurological movement disorder such as Parkinson's disease or

essential tremor (ET) might be the cause. ET affects as many as 10 million people in the United States, making it among the most common movement disorders. Parkinson's is believed to affect about 1 million Americans.

"Although a diagnosis of Parkinson's disease or essential tremor is not a happy occasion, each is a treatable disorder," says Dr. Neal Hermanowicz, director of the Movement Disorders Program at University of California, Irvine Medical Center. "We can make people better."

Determining the cause of the symptoms requires a thorough clinical evaluation by a physician who is trained and experienced in the area of movement disorders. No blood tests, brain scans or other technologies aid in diagnosis. Also, symptoms vary widely from patient to patient.

Proper treatment depends on diagnosing the exact disorder. "They require different medical therapies," says Hermanowicz, who is fellowship-trained in movement disorders. "A Parkinson's patient might also have sleep disturbances or bowel and bladder dysfunctions that need to be treated. An ET patient has different needs."

While Parkinson's, ET and other movement disorders typically become more prevalent with age, they most commonly are diagnosed when patients are in their 50s and 60s. Symptoms usually progress gradually, causing the condition to go unrecognized in some cases.



## Good Night's Sleep: Treatment Can Relieve Seniors' Sleep Disorders

If that solid night of deep sleep is a thing of the past, as it is for many older adults, perhaps it's time to seek medical help. The two most common sleep disorders for older adults — insomnia and sleep apnea — can be treated.

“People should not wait, because sleep disorders have been shown to lead to serious health problems such as hypertension and stroke,” says Dr. Marcel Hungs, director of the Center for Sleep Medicine at University of California, Irvine Medical Center.

More than 50 percent of Americans 65 and older experience some form of sleep disorder. As people age, they spend less time in the deep stages of sleep that result in the most restfulness. Yet, older adults require the same amount of sleep — 7 to 9 hours — as younger adults.

Insomnia can be caused by stress, lifestyle and medical conditions such as depression, and Alzheimer's disease. Treatments include lifestyle modifications, drug therapies and cognitive-behavioral therapy.

Sleep apnea is a condition in which breathing briefly stops during sleep. Because these episodes disturb sleep, seniors suffering from sleep apnea are often drowsy during the day. Complications from an insufficient amount of oxygen reaching the brain are serious and even potentially life threatening. CPAP (continuous positive airway pressure) is one of a variety of treatments that improves sleep apnea. The Center for Sleep Medicine specializes in treating apneas with its CPAP clinic.

**Want to learn more about sleep disorders? Hungs will be among the UC Irvine physicians speaking at the annual senior event on May 22 at the Crystal Cathedral. See the registration form in this issue.**



## Cardiovascular Disease: Women, Men Are Not Equal In Surviving Heart Attack

Did you know that more women than men die of heart disease? In fact, nearly 4 in 10 female deaths in the United States result from heart disease.

Women are at least as prone to the disease as men, if not more so when they are post-menopausal. Unfortunately, most research information available is geared toward men's heart disease.

“The most important thing is education, both for patients and the medical community,” says Dr. Dawn Lombardo, director of the Heart Failure Program at University of California, Irvine Medical Center.

Women, especially older adults, may have a greater tendency than men to have atypical chest pain, Lombardo says. Women may more often complain of symptoms such as shortness of breath, abdominal pain, nausea and unexplained fatigue. These are more commonly the signs of cardiovascular problems and heart attack in women.

“It's so nondescript that most women may ignore it or attribute it to noncardiac causes, but they definitely should consult with their physician,” Lombardo says. “And don't just attribute it to ‘getting older.’ There could be a medical reason why you're breathing harder when walking across the room.”

One other facet of heart health specific to women: Cardiovascular disease in postmenopausal women is two to three times higher than in premenopausal women of the same age.

“See your physician,” Lombardo says, “because 64 percent of women who die from heart attack had no prior symptoms. We can help you avoid that.”

**Hear Lombardo's insights on heart failure at the annual senior event on May 22 at the Crystal Cathedral. See registration form in this issue.**

# FREE SEMINARS

## GERD: GASTROESOPHAGEAL REFLUX DISEASE

**Dr. V. Raman Muthusamy**

UC Irvine gastroenterologist  
H. H. Chao Comprehensive Digestive  
Disease Center

**Wednesday, April 25 • 11 a.m.**

Tustin Area Senior Center  
200 South C St., Tustin

## STROKE PREVENTION

**Dr. Steven Cramer**

UC Irvine neurologist

**Wednesday, April 25 • 7:15 p.m.**

Regents Point  
19191 Harvard, Irvine

## ON THE ROAD: DRIVING SAFETY FOR OLDER ADULTS

**Camille Fitzpatrick, MSN, NP**

UC Irvine nurse practitioner

**Friday, April 27 • 1 p.m.**

Oasis Senior Center  
800 Marguerite Ave., Corona del Mar

## THE AGING EYE

**Dr. Roger Steinert**

UC Irvine ophthalmologist  
Director, Refractive, Cornea  
and Cataract Surgery

**Friday, May 11 • 10:30 a.m.**

Richard Nixon Library  
18001 Yorba Linda Blvd., Yorba Linda

## SUPPLEMENTS AND AGING: WHAT EVERYONE SHOULD KNOW

**Dr. Wadie Najm**

UC Irvine geriatrician

**Wednesday, May 16 • 10:30 a.m.**

Jewish Community Center  
1 Federation Way, Irvine

## TELL ME WHERE IT HURTS: CURRENT METHODS AND TREATMENTS FOR CONTROLLING PAIN

**DR. WILLIAM KO**

UC Irvine anesthesiologist and  
pain management specialist

**Friday, May 25 • 2 p.m.**

Oasis Senior Center  
800 Marguerite Ave., Corona del Mar

## SLEEP DISORDERS

**Dr. Marcel Hungs**

UC Irvine neurologist  
Director, Center for Sleep Medicine

**Wednesday, May 30 • 11 a.m.**

Tustin Area Senior Center  
200 South C St., Tustin

## GENERAL FLU AND CAM (COMPLEMENTARY AND ALTERNATIVE MEDICINE)

**Suzanne Tang, ND**

UC Irvine acupuncturist  
Samueli Center for Alternative Medicine

**Tuesday, June 5 • 1 p.m.**

Florence Sylvester Senior Center  
23721 Moulton Parkway, Laguna Hills

## URINARY INCONTINENCE

**Dr. Karen Noblett**

UC Irvine gynecologist  
Director, Female Pelvic Medicine  
and Reconstructive Surgery

**Wednesday, June 13 • 10:30 a.m.**

Richard Nixon Library  
18001 Yorba Linda Blvd., Yorba Linda

## SKIN CANCER AND PREVENTION

**Dr. Janellen Smith**

UC Irvine dermatologist

**Wednesday, June 27 • 11 a.m.**

Tustin Area Senior Center  
200 South C St., Tustin

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).



*Digital rendering of new hospital*

## A New Hospital, by the Numbers

Construction of University of California, Irvine Medical Center's new university hospital has passed the halfway mark. Its progress can be told in numbers:

- 30,000 cubic yards of concrete;
- 300 miles of electrical wiring, enough to stretch past Las Vegas;
- 6,500 individual pieces of structural steel, welded together at the site;
- 33 miles of plumbing.

The \$372 million new hospital is expected to open in spring 2009 and will have 191 beds, with nearly all private rooms. This is in addition to the existing 102 beds in the medical center's tower and the 84-bed Neuropsychiatric Center.

The new hospital is being constructed to meet updated seismic standards and will replace the medical center's current main hospital building, built in 1960. During construction, all inpatient and outpatient care continues uninterrupted.

**UC Irvine Medical Center thanks patients and visitors for their understanding during this time of transformation.**

## SAVE THE DATE

### REGISTER NOW!

Tuesday, May 22, 2007

**8th Annual Taking Charge of  
Your Health Care Conference**

**Crystal Cathedral, Garden Grove**

Reserve your place at Orange County's largest senior health care event. Look inside this issue for details about speakers, topics and free registration.

# UCIrvine



## Spring Into Action

The new season is the perfect time to start that exercise program you've been considering. Walking 30 minutes a day is a wonderful way to get into shape and improve your spirits while you enjoy the birds, trees and flowers. With any new exercise, start slowly and consult your physician if there are any concerns.

## Treating Movement Disorders (CONTINUED FROM PAGE 1)

Once diagnosed properly, a patient with a neurological movement disorder can receive a full range of care at UC Irvine Medical Center. This includes patient and caregiver education, speech and physical rehabilitation therapies, the latest drug therapies, and state-of-the-art surgical treatment.

The Movement Disorders Program also is active in clinical research and developing new treatments for Parkinson's.

"We represent the cutting edge in clinical care delivered with personalized attention," Hermanowicz says. "We offer very

experienced people in the management of all areas of movement disorders, and these people are dedicated to their patients. That is a high standard, and it's what makes UC Irvine a standout in this area."

**To learn more about movement disorders, hear Hermanowicz speak at UC Irvine Medical Center's annual senior event on May 22 at the Crystal Cathedral. See the registration form in this issue.**

**To make an appointment with a UC Irvine physician, call 877-UCI-DOCS.**