

CareConnection

Spring / Summer 2014

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SETTLING STOMACH ISSUES

Relieving Sandy's acid reflux

Coffee, chocolate, hot sauce and wine. For many, these foods are a normal part of our daily diet. But for approximately 30 million individuals like Sandy Balthaser, they are the trigger foods that cause the burning and discomfort of the digestive disorder GERD, or gastroesophageal reflux disease.

To cope with indigestion and heartburn, 53-year-old Sandy avoided the spicy chili rellenos she loved, ate smaller portions and refrained from late-night meals. It wasn't enough: her acid reflux persisted. "I couldn't sleep – the acid in my throat woke me up throughout the night. Antacid pills helped but I was still miserable," says Sandy. "After more than a year, I thought, enough is enough!"

Sandy scheduled an appointment with family physician **Ena Kariya, M.D.** When an initial work-up revealed the need for further evaluation, Sandy was sent to gastroenterologist, **Ashkan Farhadi, M.D.** Additional tests confirmed GERD, and the

hiatal hernia causing it. Dr. Farhadi referred Sandy to **Atif Iqbal, M.D.**, medical director of the MemorialCare Digestive Care Center at Orange Coast Memorial, for surgical treatment.

GERD FACTS

Typically with GERD, the stomach's acidic contents "reflux" – return up the esophagus, or food pipe – due to poor closure of the lower esophageal sphincter (LES). An alarming one in three people in the U.S. suffer with the classic symptoms of GERD. While anyone, including children, can develop GERD, it is most common in the 40- to 60-year-old age group. Risk factors range from diabetes, obesity, smoking, and weakness of the LES to hereditary links.

"People who struggle with hiatal hernias, obesity, chronic cough, asthma or who are pregnant are also at risk for developing GERD and its complications," says Dr. Iqbal.

Over time, GERD may scar the digestive tract and cause Barrett's esophagus, a precancerous condition that can lead to esophageal cancer. This was the case with Sandy. "Medications can actually mask symptoms of GERD while the disease progresses," cautions Dr. Iqbal. "In the last 10 years, there has been a 600 percent increase in the incidence of esophageal cancer. It's one of the most aggressive cancers."



Sandy prepares a healthy meal in her kitchen.

ADVANCED DIAGNOSTICS

The MemorialCare Digestive Care Center at Orange Coast Memorial provides advanced, minimally invasive diagnostics for GERD and other digestive diseases. Through two simple studies, specialists use the latest outpatient techniques to diagnose GERD.

The first, an upper endoscopy, allows for examination of the digestive tract. A thin, flexible tube equipped with a light and camera (endoscope) is placed down the patient's throat. The other is the Bravo capsule study, where a small, wireless transmitter about the size of a gel capsule is implanted into the sleeping patient's esophagus. Over a 24- to 48-hour period, this miniature device measures how often stomach contents reflux into the lower esophagus and how much acid the reflux contains.

SURGICAL CURES

At the MemorialCare Digestive Care Center at Orange Coast Memorial, Dr. Iqbal and the expert team of specialists use state-of-the-art, minimally invasive, robot-assisted surgery to free patients of the burden of GERD.

"Surgery for GERD (fundoplication) was originally performed as an open procedure, with the surgeon using his or her hands inside the body. Not anymore," says Dr. Iqbal. "Robot-assisted technology allows for far superior visualization than with the human

eye. Surgery is more precise and safer than ever. Our patients typically stay in the hospital overnight and return home the next day completely free of GERD symptoms."

Another recent advancement is a highly effective laparoscopic procedure known as LINX. A flexible titanium bracelet with a core of magnetic beads encircles the malfunctioning LES. The magnetic attraction between the beads helps keep the weak LES closed to reinforce the body's natural barrier to reflux.

"Food goes down and doesn't come back up. The patient's reflux is gone immediately," says Dr. Iqbal. "Orange Coast Memorial is among the first in Southern California to undergo the in-depth training needed to offer LINX."

SOLUTIONS STOMACHS LOVE

Sandy returned to her Tustin home the very next day after her robot-assisted surgery. Within a month, she was back to a normal diet. "My GERD and Barrett's esophagus are completely gone. I'm back in the kitchen cooking my favorite dishes! I'm actually able to enjoy food again," says Sandy. "I'm just wondering why I waited so long to find relief!"

To make an appointment, please call (714) 378-7664 or visit memorialcare.org/ocdigestivecare.

WELLNESS WITH WEIGHT-LOSS SURGERY



Peter LePort, M.D., medical director for the MemorialCare Center for Obesity at Orange Coast Memorial

As anyone who struggles with obesity knows, there are many compelling reasons to lose weight. In fact, a shorter life expectancy and more than 30 medical conditions are linked with severe obesity, including diabetes, high blood pressure, sleep apnea, GERD, heart disease and stroke.

For people who have 100 or more pounds to lose, only about two percent are able to keep the weight off on their own. That's why weight-loss surgery may be the answer for long-term success.

FAREWELL DIABETES

As medical director for the MemorialCare Center for Obesity at Orange Coast Memorial, **Peter LePort, M.D.**, has seen the benefits of gastric bypass surgery in the treatment and reversal of type 2 diabetes in obese patients.

"Bariatric surgery is often transformational for overall health. Diabetic patients are

typically on multiple medications. After surgery, they leave the hospital taking fewer or no medications. It's remarkable," says Dr. LePort.

BARIATRIC CENTER OF EXCELLENCE

The comprehensive MemorialCare Center for Obesity at Orange Coast Memorial is designated as a Bariatric Surgery Center of Excellence by the American Society for Metabolic and Bariatric Surgery (ASMBS). Led by Dr. LePort, the multidisciplinary team of surgeons, nutritionists and counselors help ensure that patients receive the best care possible for improved outcomes.

"Although surgery is the solution for many patients with type 2 diabetes, we don't believe in gastric bypass as a 'quick fix cure.' Surgery is only part of our strategy," says Dr. LePort. "From nutrition classes to pre-and post-operative sessions, we are here to instill a mindset of well-being through healthy lifestyle changes."



Discover more about gastric bypass in the treatment of type 2 diabetes in our podcast at memorialcare.org/podcasts.



CLASSES AND EVENTS

Register for events and classes online at memorialcare.org/classes or call 1-800-MEMORIAL (1-800-636-6742).



JUN 25: Skin Screening

Annual Skin Screening

Wednesday, Jun 25, 5:30 – 7 p.m.

Skin cancer is the most common type of cancer with approximately one million new cases diagnosed each year. If detected early, most skin cancers can be successfully treated. The American Academy of Dermatology recommends a yearly skin screening – here's your chance! Please join the MemorialCare Cancer Institute at Orange Coast for a **FREE skin cancer screening event**. Attendees will receive complimentary "summer survival" items to help with skin protection in the coming summer months. **Registration and an appointment time are required to attend this event. Space is limited, so register today.**



SEP 25: Prostate Screening

Annual Prostate Screening

Thursday, Sep 25, 5 – 7 p.m.

September is Prostate Cancer Awareness Month. Please join the Orange Coast Memorial Cancer Institute for a **FREE prostate cancer screening**. This screening is for men between the ages of 50 and 70 or those over 45 with a family history of prostate cancer. Exams will be provided by our expert team of board-certified physicians. **Registration and an appointment time are required to attend this event. Space is limited, so register today.**

PEOPLE OF ALL AGES

The ABCs of Hepatitis

Tuesday, May 13, 6 – 7:30 p.m.

Hepatitis is an inflammation of the liver, most commonly caused by a viral infection, which if untreated can cause long-term damage. There are five main hepatitis viruses, referred to as types: A, B, C, D and E. Please join Kim Trinh, M.D., a board-certified internist with MemorialCare Medical Group, as she discusses signs, symptoms and different treatments for the five types of hepatitis.

Best Foot Forward – Caring for Your Feet

Wednesday, Jul 16, 6 – 7:30 p.m.

Foot health is an important but often neglected part of our overall health. Proper foot care helps keep us active and enjoying a healthier lifestyle. Please join MemorialCare Medical Group for a discussion about symptoms, prevention and treatment of common foot ailments and ways to keep your feet on the right path. Registration is required.

Preventing and Treating Osteoporosis

Tuesday, Oct 2, 6 – 7:30 p.m.

As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis or bone loss. Please join Kristine Arthur, M.D., a board-certified internal medicine physician with MemorialCare Medical Group, as she discusses signs and symptoms, risk factors, treatment and prevention of osteoporosis. Registration is required.

Smoking Cessation

Mondays, May 19 – Jun 23, Jul 14 – Aug 25, Sep 8 – Oct 20, 6 – 8 p.m.

The OCMC Cancer Institute is pleased to offer the American Lung Association Freedom From Smoking class. This is a 7-week course taught by a certified facilitator. Please call (714) 378-7650 to register or for more information. Cost: \$30 per 7-week session.

Nutrition, Exercise and Behavior

Wednesdays and Thursdays, Noon and 6 p.m.

Maintaining a healthy weight is important to maintaining good health. Join Peter LePort, M.D., medical director of The MemorialCare Center for Obesity at Orange Coast Memorial and the Physicians Weight Management Centers' nutrition team as they discuss the three key components to losing and maintaining weight for improved health and quality of life. Registration is required. Please call (714) 912-9380. Cost: First class is free – \$15 per class thereafter.

BREAST CARE

The Journey: Breast Cancer Support Group

First and third Thursday of every month
Noon – 1:30 p.m.

This is a special group for women at any stage of the breast cancer experience, as well as their female family members and friends. This group provides educational information, supportive discussion and embraces vital breast cancer issues and concerns.

SCREENINGS AND PREVENTION

Body Composition Analysis

Physicians Weight Management Centers, located on the Orange Coast campus, offers low-cost Body Composition Screenings. The screenings are performed with a state-of-the-art machine designed to measure overall weight, lean body mass, body fat mass, metabolic rate, intracellular and extracellular water balance, percent body fat and body mass index (BMI). With this information, a patient has the ability to create a detailed plan for weight loss in order to achieve and maintain a healthier lifestyle. Call (714) 912-9380 to schedule your appointment.

CT Lung Cancer Screening

Orange Coast Memorial offers low-cost screening CT scans to patients who meet the established risk profile. Exams are conducted without intravenous contrast and performed according to the guidelines of the ACR for low-dose radiation technique. The radiation dose is equivalent to 4 - 5 chest X-rays. Call (714) 378-7900 and ask to speak to our dedicated oncology nurse navigator. *Must meet all three requirements: (1) Age greater than 50. (2) A history of having smoked for at least 30 years. (3) Still smoking or have quit within the last 15 years.*

Women's Heart Screening

Cardiovascular disease is the leading cause of death in women over the age of 25. Orange Coast Memorial is dedicated to keeping your heart healthy with our Women's Cardiac Health Program. Our \$85 comprehensive cardiac screening includes:

- Complete medical and family history and health risk assessment survey
- Blood pressure, weight, body mass index (BMI), body fat analysis
- Cholesterol and blood sugar testing, electrocardiogram, ankle brachial index testing
- Assessment for peripheral arterial disease
- Personal plan and coordination of care

To schedule your screening, call (714) 378-7234.

CANCER CARE

Prostate Support Group

First and third Tuesday of every month
6 – 7:30 p.m.

This group provides supportive discussion and educational information for prostate cancer patients, family members and friends. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Lung Cancer Support Group

Fourth Wednesday of every month
6 – 7:30 p.m.

Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300. To register, please call (714) 378-7650.

Support Connection

First and third Tuesday of every month
Noon – 1:30 p.m.

This is a general cancer support group for women undergoing treatment for any kind and at any stage of cancer or who have had a recurrence or metastatic disease. Attendees will connect with others and receive educational information and compassionate support. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Transitions/Bereavement

First and third Wednesday of every month
6 – 7:30 p.m.

This group provides support for adults who have recently lost a loved one to cancer. Pre-registration is required. Please call (714) 378-7950. Held at 18111 Brookhurst St., Cancer Institute Conference Room, Suite 4300.

Look Good Feel Better

Mondays, Jun 2, Jul 7, Aug 4, Sep 1, Oct 8
10 – 11:30 a.m.

Are you currently undergoing chemotherapy or radiation therapy treatments? If so, then spend a morning with us learning creative make-up tips and stylish ways of wearing turbans, scarves and hats. Registration is required.

Physical Therapy Services

Specialized individualized care from our staff of caring physical therapists. For more information or to make an appointment, please call (714) 378-5095.

MEMORIALCARE CENTER FOR OBESITY AT ORANGE COAST

The MemorialCare Center for Obesity at Orange Coast Memorial is an official Bariatric Center of Excellence, as designated by the American Society of Metabolic and Bariatric Surgery (ASMBS). For more information about the program or to speak with one of our counselors, please call 1-877-HEALTHY.

Surgical Weight-Loss Support Group

Every Monday except the fifth Monday of the month, 6:30 – 8:30 p.m.

Support meetings for patients who have undergone surgical intervention for treatment of clinically severe obesity. Any individual who is considering having a bariatric surgery procedure is also welcome. Meetings are conducted by clinical psychologist Laurie Brodeske, Ph.D.

Strength Training Before and After Weight-Loss Surgery

Tuesdays, 6:30 – 7:30 p.m.

This exercise class is specifically designed to meet the needs of patients prior to and after weight-loss surgery. Orange Coast Patient Care Pavilion: 18111 Brookhurst St., Suite 2450. To register, call 1-877-HEALTHY. Cost: \$60 per 6-week session.

PARKINSON'S SUPPORT

Parkinson's Disease & Movement Disorder Treatment Advances

Wednesday, May 28, 11:30 a.m. – 1 p.m.
Orange Coast Memorial

Mindy Bixby, D.O., a board-certified neurologist specializing in the diagnosis and treatment of Parkinson's disease and other movement disorders, understands the difficulties facing those who have these disorders. Join her in this important presentation about current treatments and emerging research for Parkinson's disease and other movement disorders. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Parkinson's Disease Support Group

Third Thursday of every month, 10 – 11 a.m.

American Parkinson's Disease Association (APDA) support groups are designed to help patients and their families understand and cope with a loved one's condition. The group offers guest speakers, education, art therapy and a time to share and learn with your fellow PD community. Refreshments are served and caregivers are welcome. **Please call (714) 378-5022 or (877) 610-2732 to register.**

Dance for Parkinson's

Mondays, 10 – 11:15 a.m.

Dance for Parkinson's, based on the Mark Morris Dance Group's acclaimed Dance for PD model, offers dance classes for people with Parkinson's disease. You will be empowered to explore movement and music in ways that are refreshing, enjoyable, stimulating and creative. For more information, please contact Teri Brown, APDA Coordinator, at (714) 378-5022 or by email at tabrown@memorialcare.org. Held at 18225 Brookhurst St., Suite #12.

Young Onset Parkinson's Support Group

First Wednesday of every month, 6 – 7:30 p.m.

American Parkinson's Disease Association (APDA) Young Onset Parkinson's Support Group is designed to reach those who are newly diagnosed and under the age of 50. This support group is designed to help patients and their families understand and cope with a loved one's condition. This support group offers guest speakers, education, and a time to share and learn with your fellow PD community.

Steps Forward – A Parkinson's Disease Exercise Class

Tuesdays, 9:45 a.m., Fridays, 9:30 a.m.

This exercise class focuses on yoga exercises and stretching styles specifically designed for patients with Parkinson's disease symptoms. **Please call Teri Brown at (714) 378-5022 to register.**

Parkinson's Caregiver Support Group

Second Tuesday of every month, 10 – 11 a.m.
Orange Coast Memorial – Conference Room B

This support group is designed to help caregivers come to a better understanding of Parkinson's disease, learn practical tools for providing care for their loved one, communicating and taking better care of themselves. It allows caregivers to address their concerns with sympathetic listeners who share their experiences. Registration is not required. For questions, please call Teri Brown at (714) 378-5022.

PARENTING & CHILDBIRTH

Childbirth Classes

Wednesdays, Jun 3 – 24, Jul 8 – 29
6:30 – 8:30 p.m.

Condensed Saturday class
Aug 30, 9:30 a.m. – 4 p.m.

A four-week preparation course designed for first-time parents that covers the physical and emotional changes in an expectant mother's last trimester, the labor and delivery process and relaxation and breathing techniques. Cost: \$90 per couple.

Baby Care Basics

Saturdays, Jun 21, Jul 19, Aug 23, 10 a.m. – Noon

This one-day class will discuss the basics of caring for your new baby. Topics include diapering, bathing, feeding and newborn behaviors. Parents will also be educated on newborn safety. Cost: \$25 per couple.

Maternity Tour

Wednesdays, Jun 4, Jul 2, Aug 6, Sep 3, Oct 1
6 p.m. or 7 p.m.

Sundays, Jun 15, Jul 20, Aug 17, Sep 21, Oct 19
2 p.m. or 2:45 p.m.

This tour is designed for expectant parents and includes a tour of the maternity center, as well as information on preadmission. Cost: Free of charge.

Breastfeeding

Saturdays, Jun 7, Jul 12, Aug 16
10 a.m. – Noon

A one-day class will teach breastfeeding, positioning and attachment, health benefits for the baby and mom, breastfeeding for the working mom and how to pump and store breast milk. Dads are encouraged to attend. Cost: \$25 per couple.

Breastfeeding Clinic

Wednesdays, 1 – 4 p.m.

This clinic is provided for follow-up breastfeeding care for infants of all ages. Mothers may come to the open clinic between the hours of 1 – 4 p.m. and receive assistance for issues such as sore nipples, baby not latching, low milk supply, going back to work or any other breastfeeding concerns. Mothers are also welcome to attend purely for social support. Cost: \$20 per mother.



Digestion Discussion

Listen to Atif Iqbal, M.D., medical director of the MemorialCare Digestive Care Center at Orange Coast Memorial, to learn about emerging technology and treatments for GERD.



FOR SENIORS

The following health education classes are open to all seniors age 55 or better, and are free to SENIOR PLUS members. Fees vary by class for non-members. Reservations are required for all classes. For reservations and non-member fees, visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742) unless otherwise noted in the class description.

Advance Directive – You Call the Shots!

Wednesday, May 21, 10 a.m.
Carmel Village Senior Living

Did you know you can make decisions now regarding the kinds of medical services you prefer in the event you are unable to speak for yourself? Join Beth Hambelton, senior program and government relations liaison at Orange Coast Memorial, as she discusses what an Advance Directive is, why it's important to have one, how to complete it, and who to give it to before you need medical care. Advance Directives and light refreshments will be provided. Reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Updates on Treatment for Pelvic Support

Wednesday, Jun 4, 11:30 a.m. – 1 p.m.
Orange Coast Memorial

As women age, the pelvic floor, which supports important organs, can become weak or injured. Join Varuna Raizada, M.D., with the Clark Center for Urogynecology, as she discusses advanced treatment options for pelvic support issues. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Medicare 101

Thursday, Jun 12, 6 – 7:30 p.m.
Orange Coast Memorial

Come learn about Original Medicare, Medicare Advantage, Prescription Drug Plans, and Medigap plans. Hosted by Greater Newport Physicians and presented by Nautilus Health Insurance Services. This event is for information purposes only and no specific plan benefits or details will be shared. Light refreshments will be provided. To reserve your seat, please call (949) 574-4500.

Treatment Options for Varicose Veins

Tuesday, Jul 8, 10:30 a.m. – Noon
Palm Island Senior Apartments

Join Son Duong, M.D., a board-certified vascular surgeon with Newport Beach Vascular Surgery & Vein Center, as he discusses the causes, diagnosis and treatment of varicose veins, including radiofrequency ablation. Light refreshments will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Fearless Aging

Thursday, Jul 31, Noon – 2 p.m.
Vivante on the Coast

We all wonder what will happen to us as we age. Join Michele Cooper, G.N.P., a board-certified geriatric and adult nurse practitioner with MemorialCare Medical Group, as she discusses how a positive outlook and some proactive plans can help you enjoy your golden years and contribute to fearless aging. A light lunch will be provided at noon followed by the presentation at 1 p.m. Reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Bladder Matters – Dealing with Leaky Pipes

Thursday, Jul 31, 11:30am – 1 p.m.
Orange Coast Memorial

Matthew Clark, M.D., with the Clark Center for Urogynecology, will join us to discuss diseases and conditions of the bladder in women, as well as updates in treatment options. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).

Peripheral Artery Disease Diagnosis and Treatment

Wednesday, Sep 24, 11:30 a.m. – 1 p.m.
Orange Coast Memorial

Peripheral Artery Disease, also known as PAD, is a serious health condition. Son Duong, M.D., a board-certified vascular surgeon with Newport Beach Vascular Surgery & Vein Center, will discuss causes, diagnosis and treatment options for PAD, including atherectomy in the treatment of the lower extremities. A light lunch will be provided and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).



Orange Coast Memorial Foundation

FALL GALA

Saturday, September 20 | 6 o'clock in the evening

FIGHTING CANCER

through March for Hope

More than one million people are diagnosed with cancer each year, according to the American Cancer Society. Now in its third year, Orange Coast Memorial's annual March for Hope brunch continues its mission of being part of the cure.

"Whether it's financial or emotional support, Orange Coast Memorial wants to be there for our cancer patients," says Paul Stimson, Orange Coast Memorial Foundation director.

Dedicated community volunteers, many of whom have been affected by cancer themselves, were at the March 16 event featuring a live and silent auction.

"Fundraising efforts helped raise \$54,000!" – Paul Stimson

"In some shape or form, we've all been touched by cancer. It was great to see the community come together for such an important cause," says Paul.



From left – Jennifer Zouras; Donna Cross; Nancy Lean, RN; Joanne O' Heany; and Dani Daniels, LCSW.



From left – Donor Margaret Nerio and her friends Bonnie Weberg and Mary Baley.



From left – Bob Wentzel and celebrity presenter Michael Ramirez, two-time Pulitzer Prize-winning political cartoonist.



From left – Joanne O'Heany; Julio Ibarra, M.D.; Nancy Lean; Nina Nagel; David and Pauline Truong.

CHANNELING COMMUNITY SUPPORT

Expanding emergency services

With a growing and aging population and health care reform, the demand for emergency care continues to rise. Currently, Orange Coast Memorial's Emergency Department serves more than 30,000 patients annually.

Capacity will double with the new, 11,400 square-foot Emergency Pavilion. Plans call for 27 treatment areas, including private rooms, a suite exclusively for children, bedside registration, a chapel and healing garden.

"Our Catalina Club members have been instrumental throughout this expansion project. Their involvement shows their commitment to the people of this community," says Paul.

JOIN THE CATALINA CLUB

With an annual contribution of \$100 or more, you can become part of the Orange Coast Memorial family of supporters. Members receive invitations to Orange Coast Memorial's biggest events throughout the year, and play a vital role in the future health of our community.



Save the Date
09.20.2014



DEEP SEA EXTRAVAGANZA

All aboard! Orange Coast Memorial invites you to our nautical-themed gala on Saturday, September 20, 2014, at The Ritz-Carlton, Laguna Niguel – a five-diamond surfside resort. Featuring live entertainment and fine dining, as well as a live and silent auction, Orange Coast Memorial supporters will enjoy dancing the night away while raising funds for the community's highly anticipated Emergency Department expansion. This year's gala builds on last year's highly successful event that garnered more than \$225,000 toward the estimated \$10 million cost for construction of a new, state-of-the-art Emergency Pavilion.

To reserve your tickets for this fabulous philanthropic evening, please visit memorialcare.org/ocmf or call (714) 378-7397.

UNDER THE SURFACE OF SUN-KISSED SKIN

Applying caution

The Skin Cancer Foundation reports that each year, there are more new cases of skin cancer than the combined incidence of cancers of the breast, prostate, lung and colon. **Jack Jacoub, M.D.**, oncologist at the MemorialCare Cancer Institute at Orange Coast Memorial, brings to light the facts about skin cancer and how to prevent it so you can safely enjoy the outdoors this summer.

WHAT SKIN CHANGES MAY INDICATE SKIN CANCER?

Check your skin regularly to become familiar with what your moles look like. Watch for changes in color, texture and feeling, including itching, tenderness, pain, bleeding, oozing, and scaliness. For example, if you notice any moles with irregular shapes, borders or colors, don't ignore them. See your physician right away.

WHAT IS MELANOMA?

Melanoma is the most dangerous form of skin cancer. Ultraviolet (UV) radiation from sunshine or tanning beds causes damage to the skin cells. These cells begin to quickly multiply and form cancerous growths. Although not the most common of skin cancers, melanoma causes the most deaths. The good news is that if detected early, it is almost always curable.

WHAT MAKES THE MEMORIALCARE CANCER INSTITUTE AT ORANGE COAST MEMORIAL UNIQUE?

It's our comprehensive approach to serving patients, from preventive screenings and diagnosis to clinical research and survivorship support. This is why the MemorialCare Cancer Institute at Orange Coast Memorial has consistently earned the "accreditation with commendation" from the Commission on Cancer.

WHAT STRATEGIES WILL MAKE FUN IN THE SUN SAFER?

- Limit exposure to direct sun. Whenever possible seek shade, especially when the

sun's rays are most intense, from 10 a.m. to 4 p.m.

- Wear protective clothing. Wear long sleeves, a wide-brimmed hat and sunglasses.
- Apply a sunscreen with SPF of 30 or higher to all uncovered areas of skin 30 minutes before going outdoors. Only use a broad-spectrum sunscreen that protects against both UVA and UVB rays. Even on cloudy days, reapply at least every two hours, and after swimming or sweating.

For more information about the MemorialCare Cancer Institute at Orange Coast Memorial, please visit memorialcare.org/cancer.



Join us for our podcast with **Bonnie Cheung, M.D.**, to learn more about skin safety. Simply scan this QR code with your smartphone or visit memorialcare.org/podcasts.



MOVEMENT DISORDERS TREATMENT ADVANCES



*Devin K. Binder,
M.D., Ph.D.*

Even simple tasks, like buttoning a shirt or eating a bowl of soup, can be exercises in frustration for people who have Parkinson's disease, tremors and dystonia, or involuntary muscle contraction causing uncontrollable, repetitive movement.

When these conditions become disabling and medications aren't working, Orange Coast Memorial's team of movement disorder specialists relieve symptoms using state-of-the-art Deep Brain Stimulation (DBS).

"DBS is an exciting, life-changing treatment for properly selected patients," says neurosurgeon **Devin K. Binder, M.D., Ph.D.**, an early adopter of DBS, which began over 10 years ago. Last year, Dr. Binder performed more than 50 DBS procedures through the Parkinson's and Movement Disorders Institute at Orange Coast Memorial.

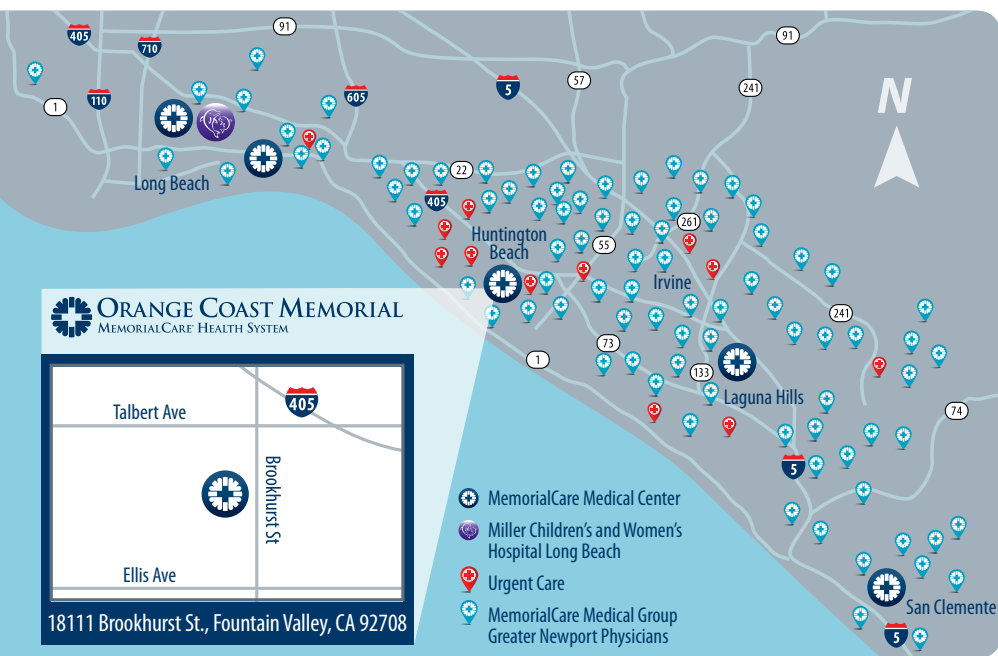
"PACEMAKER FOR THE BRAIN"

DBS involves a device placed in the upper chest, similar to a cardiac pacemaker. This neurostimulator is attached by a hair-thin wire to electrodes threaded into the precise area of the brain causing the motor issues. Patients are awake, comfortable and safe throughout the entire outpatient procedure. Most DBS patients notice significant gains in motor function within a few months, with continued improvements over time.

"I've seen DBS enable patients who were wheelchair bound to walk again, leave the house for the first time in years, pursue favorite pastimes and live normal lives," says Dr. Binder.

For more information, please visit memorialcare.org/orangeoast or scan this QR code with your smartphone to hear a podcast from Dr. Binder about DBS.





ORANGE COAST MEMORIAL
MEMORIALCARE HEALTH SYSTEM
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Orange Coast Memorial is a member of the not-for-profit MemorialCare Health System, an integrated delivery system that includes five other top hospitals – Long Beach Memorial, Miller Children's and Women's Hospital Long Beach, Community Hospital Long Beach, and Saddleback Memorial Laguna Hills and San Clemente; medical groups – MemorialCare Medical Group and Greater Newport Physicians; a health plan – Seaside Health Plan; and numerous outpatient health centers throughout the Southland including imaging centers and surgery centers.



Robin Phillips

Transformational nursing



At the Orange Coast Memorial Oncology Unit, patients learn how to feel in control of their health to help overcome cancer from veteran nurse Robin Phillips, R.N., B.S.N, P.H.N.

"My patients have actually taught me so much about courage during difficult times," says Robin. "That's what is great about nursing – you never stop learning how to care, from the scientific and the human sides."

Robin recently earned her bachelor's degree in public health and is currently working on her master's degree. "I'm a lifelong learner who wants to embrace the future," she says. "Every day, cancer therapies are helping to extend patients' lives. Outcomes are better than ever. I'm just grateful to be a part of the equation."

Robin also models wellness as a daily walker and nutrition enthusiast. She adds, "I practice what I preach. I want to stay healthy so I can give my patients the best care possible."



COMPLIMENT EXTRAORDINARY CARE

Scan this QR code with your smartphone to share great experiences you've had with staff at Orange Coast Memorial on Yelp by visiting memorialcare.org/OCreviews. Your words provide powerful encouragement for our team!



Fun in the Sun Contest

Summer is right around the corner! With it comes more time at the beach, the pool and parks, doing the things you love.

But is your skin safe from the sun? Like us on Facebook and take our skin safety pop quiz before you go out and enjoy the great outdoors.

Each participant will be entered for a chance to win a \$300 REI Gift Card to help keep you active all season long!

***Tip: Read the Under the Surface of Sun-Kissed Skin article on Page 7 to help you prepare for the quiz.**



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