

UNIVERSITY OF CALIFORNIA, IRVINE

DISCOVER • TEACH • HEAL

A Newsletter for Friends and Supporters of UC Irvine Health Affairs



Terry Belmont, UC Irvine Medical Center Interim CEO, and Dr. Ralph Clayman, UC Irvine School of Medicine Interim Dean

An Excellent Start

As we settle into our new positions, we want to take this opportunity to thank you for your support of UC Irvine Health Affairs' commitment to Discover. Teach. Heal.

We also want to share with you how proud we are to lead this fine organization, which we aim to take to the next level of excellence in patient care, research and education. Some of our recent "big wins" underscore just how closely our physicians, scientists, students and supporters work together to shape the future of healthcare in important, meaningful ways.

Heralding an exciting new chapter in Orange County, UC Irvine Douglas Hospital opened its doors in March 2009 ahead of schedule and on budget.

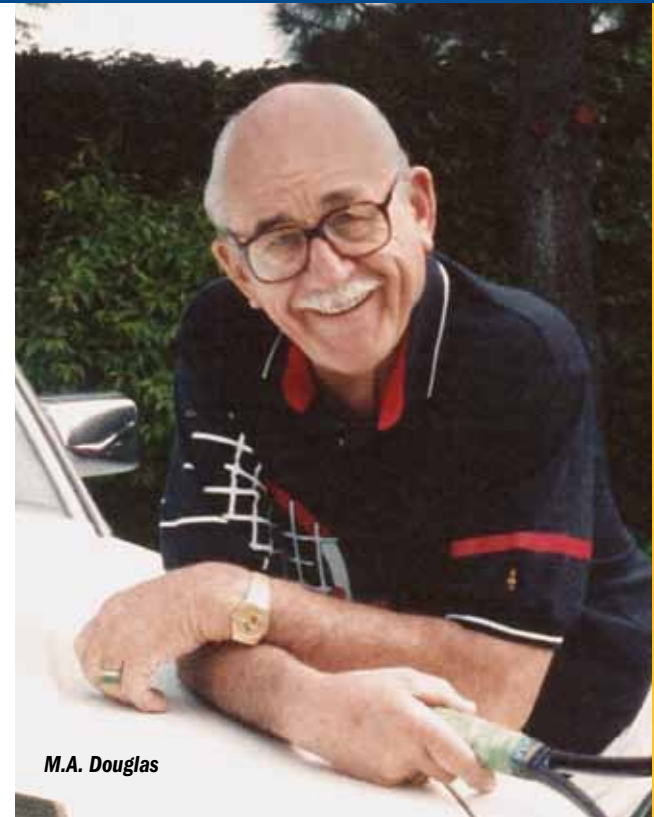
At the hospital, our esteemed physicians – 90 of whom were recently selected to the prestigious *Best Doctors in America* list – have expanded access to advanced technology, including minimally invasive surgical equipment to ensure the best possible care.

Built with patient comfort in mind, Douglas Hospital's 191 large, mostly private rooms feature such amenities as flat-screen TVs, Internet access and even room service. To promote the healing process, patient rooms have built-in overnight beds for loved ones.

Just two months after its grand opening, the new hospital received a \$21-million gift from the estate of the late M.A. Douglas, an Orange County real estate developer [See Article]. The gift, the single-largest cash donation in UC Irvine's history, is especially generous, given these difficult economic times.

See *An Excellent Start*: continued on page 3

Working just blocks from UC Irvine Medical Center in Orange, the late M.A. Douglas often passed Orange County's only university medical center, which provides compassionate, high-quality care.



M.A. Douglas

A Transformative Gift

In early March, the estate of the former Orange County real estate developer donated \$21 million to UC Irvine's new hospital, which has been rechristened UC Irvine Douglas Hospital. The gift, the single-largest cash donation in campus history, represents a fitting legacy for Douglas, said Michael Hayde, trustee of the Douglas estate and a friend and former business partner.

"This gift will benefit thousands of families who can use this new hospital," Hayde said. "There can't be a better demonstration of his friendship with the community than that."

Filled with natural light, Douglas Hospital creates a calming, healing environment for patients and visitors alike. Its 15 operating rooms feature minimally invasive surgical equipment, which is used in procedures that result in smaller incisions, shorter hospital stays and quicker recoveries.

"Our long-held commitment is to deliver the finest healthcare to our Orange County community and beyond," UC Irvine Chancellor Michael Drake said. "This transformative gift dramatically improves our ability to do so."

The Douglas gift also completes the \$50-million fundraising campaign for the new hospital, and brings UC Irvine near the halfway point for its \$1-billion *Shaping the Future* campaign.

"The UC Irvine Douglas Hospital is more than a building," said Tom Tierney, who co-chaired the hospital campaign with his wife, Elizabeth. "It's a tangible symbol that Orange County continues to provide medical excellence that can be achieved only by a premier academic medical center."

Douglas, a Colorado native raised in modest means, worked for more than three decades at B. F. Goodrich before becoming a successful real estate developer. In 1963, he founded IPS, which built and managed more than 10,000 apartment units, mainly in Orange County. Douglas retired in 1981 and passed away last year. He was 97.

For more information about making a gift to UC Irvine Health Affairs, please contact Suzanne Teer at 714.456.3573 or visit www.ucifuture.com.

UNIVERSITY of CALIFORNIA • IRVINE
HEALTH AFFAIRS

News Flashes



DEPARTMENT OF OPHTHALMOLOGY

Dr. Roger Steinert, one of the world's foremost experts in cataract surgery, corneal transplantation and refractive surgery, has been named as chair of the Department of Ophthalmology. Dr. Steinert's early work with lasers helped lay the foundation for Lasik surgery. More recently, the former Harvard professor helped invent a groundbreaking laser-based approach to corneal transplantation that leads to better outcomes and faster recoveries. Dr. Steinert also directs The Gavin Herbert Eye Institute, one of the nation's finest research and eye treatment centers.

PROGRAM IN NURSING SCIENCE

UC Irvine's Program in Nursing Science just received accreditation for its bachelor's program from the Commission on Collegiate Nursing Education, or CCNE. The commission gave UC Irvine's program the maximum five-year accreditation and noted no compliance or deficiency concerns, a reflection of the strength of the Program in Nursing Science.

NEUROLOGY

Orange County's Health Care Agency has designated UC Irvine Medical Center as a Stroke-Neurology Receiving Center, one of only six such centers in the county. Paramedics and ambulances will now take patients within the early few hours of a stroke to UC Irvine and other such designated centers first because of their high-level neurovascular care and round-the-clock availability of specialists. UC Irvine Medical Center was the first hospital in Southern California recognized by The Joint Commission – the nation's predominant standards-setting and accrediting body in healthcare – for its exemplary stroke-care services.



INFECTIOUS DISEASES

UC Irvine has received a \$45-million grant, the largest in the university's history, for the study of infectious diseases.

A branch of the National

Institutes of Health awarded the five-year renewal grant to the Pacific-Southwest Regional Center of Excellence for Biodefense and Emerging Infectious Diseases Research, and the center's director, UC Irvine infectious disease expert Alan Barbour. In 2004, the Pacific-Southwest Regional Center – one of only 11 federally funded regional centers dedicated to research for countering threats from bioterrorism agents and infectious diseases – received a four-year, \$40-million NIH grant.

OBSTETRICS

UC Irvine has received \$1.7 million from the National Institutes of Health to create new national standards for fetal growth. The existing standards, which are more than 30 years old, fail to account for such important demographic information as a mother's age, ethnicity and other factors that may affect a baby's development. More complete fetal growth data will allow better diagnoses and treatment for women whose fetuses are not developing properly.

To Dr. Randall Holcombe, grapes are something more than just a tangy summer snack or the stuff of fine white and red wines.

Instead, says the director of clinical research at the Chao Family Comprehensive Cancer Center at UC Irvine, grapes could hold the key to preventing colon cancer, which an estimated 7 percent of Americans will develop in their lifetimes.



Dr. Randall Holcombe

Randall Holcombe, M.D.: Renowned Colon Cancer and Cancer Prevention Expert

A recent UC Irvine study led by Holcombe found that low doses of freeze-dried grape powder inhibit genes linked to the development of most colorectal cancers. Early results suggest that *resveratrol*, a compound found in the skin of grapes, helps prevent the activation of a signaling pathway in healthy cells that can lead to the development of colon cancer. Although more studies are needed, it appears a diet rich in grapes might help prevent colon cancer, which is especially good news for people with a family history of the disease.

"If you can prevent cancer, you're going to make a much bigger impact than just developing new treatments for cancer," said Holcombe, a renowned colon cancer and cancer prevention specialist who eventually hopes to test the effectiveness of cranberries and other berries rich in *resveratrol*.

A groundbreaking researcher, committed teacher and compassionate physician, Holcombe has spent more than two decades on the frontlines in the fight against cancer.

"Dr. Holcombe is an outstanding physician-scientist," said Frank Meyskens Jr., M.D., director of the Chao Family Comprehensive Cancer Center. "He is investigating basic mechanisms of tumor formation and is unique in examining the possible role of natural products such as grapes and their chemical constituents."

In the lab, Holcombe has served as lead investigator in dozens of clinical trials that have helped improve healthcare. For instance, he served as UC Irvine's principal investigator in national trials that tested a new drug combination for stage 3 colon cancer patients undergoing chemotherapy. The result? The new therapy cut the relapse rate in half over a five-year period.

That outcome directly benefitted several of Holcombe's UC Irvine patients who participated in the study. It also helped thousands of other colon cancer patients worldwide who now receive the FDA-approved drug combination first tested in Holcombe's and other researchers' labs.

In the classroom, Holcombe mentors medical students, resident physicians and others in the fine art of identifying, treating and possibly preventing colon cancer.

At bedside, Holcombe compassionately communicates with patients to allay unfounded fears. Contrary to popular belief, he tells them, most cancer patients can continue to lead productive lives while undergoing chemotherapy and other cancer treatments.

Holcombe said he considers himself lucky to practice medicine at UC Irvine.

"I'm really fortunate to be here," he said. "Taking care of patients, conducting clinical trials and teaching at the School of Medicine – all of those things are rewarding."

One Patient's Story

Anne Maher might not be alive today if not for UC Irvine Medical Center's world-class doctors and nurses.

Maher's odyssey began in Spring 2008. At the urging of her daughter Pam Marks – UC Irvine's former director of neuropsychiatry – the 80-year-old Maher agreed to have her annual physical at UC Irvine's Senior Health Center. An X-ray showed a spot on the right lung of Maher, a pack-a-day smoker for 50 years. A PET scan performed in her native New Jersey confirmed that finding, suggesting that her tumor was probably cancerous.

Although she lives on the East Coast, Maher returned to UC Irvine for her treatment.

Good thing she did.

Dr. Jeffrey Milliken, chief of UC Irvine's division of cardiothoracic surgery, successfully removed Maher's upper right lung and lymph nodes in a minimally invasive procedure. Such operations result in smaller incisions, shorter hospital stays and quicker recoveries.

Maher, pain-free and convalescing comfortably at the hospital, suffered a major stroke just a week later that left her left side paralyzed. UC Irvine's award-winning nurses immediately summoned a team of stroke specialists. A CT-scan and MRI confirmed that she had suffered an acute stroke and revealed a blood clot in Maher's brain.

Dr. Binh V. Nguyen, the director of neurointerventional radiology, destroyed much of the clot with a catheter



Anne Mayer

Continued opposite.

It's Saturday morning at the UC Irvine Outreach Clinic in Tustin.



UC Irvine medical students helping to care for a patient

UC Irvine Medical Students Care

In a large exam room, a UC Irvine nursing student patiently takes the blood pressure of a worried-looking Latino man, telling him that it will be OK. Down the hall, a UC Irvine medical student scans the shelves for asthma medication that he will give to a middle-age woman for free. Nearby, two other UC Irvine medical students listen to a woman's heart murmur and discuss the best course of treatment.

Founded in November by UC Irvine students, the weekly free clinic treats people who fail to qualify for government programs, offering primary care, preventive medicine, laboratory testing, medication and referral services. Patients with no access to other healthcare receive thorough, compassionate care from UC Irvine medical, nursing and other students interested in making a difference.

"I feel really privileged to be in a situation where I can bring help, hope and comfort to people," said Janet Lim, a 26-year-old joint M.D. - M.B.A. student.

When patients arrive, student nurses greet them and take their vital signs. Medical students then conduct a comprehensive examination and report their findings to a licensed physician. Together, the doctor and students re-examine the patient, with the physician explaining what the students got right, what they missed and the best course of treatment.

Students typically treat patients with hypertension, diabetes, asthma and other chronic but treatable ailments. However, such conditions could become serious if not managed.

"In the absence of this clinic, a lot of people would just suffer through," said Glenn Gookin, a UC Irvine Ph.D. student in environmental toxicology who runs the free clinic's dispensary. "Others would go to the ER, putting a strain on an already stretched healthcare system."

Occasionally, clinic volunteers must grapple with life-and-death issues.

Recently, UC Irvine medical students Lim and Fady Youssef treated a woman with non-alcoholic cirrhosis of the liver and a build up of abdominal fluid. Dr. Emily Dow, the clinic's medical director, spoke to the patient in Spanish, gently telling her the prognosis was quite poor. The patient dissolved into tears.

Despite the gloomy news, Felicitas Sanchez praised the clinic and its caring young staff.

"I'm getting good attention here," said Sanchez, a 50-year-old Tustin resident who lost her medical insurance last year after her husband's layoff. "They're very friendly. This is the best care I've gotten."

For more information about the UC Irvine Outreach Clinic, please visit <http://ucioutreachclinics.org/>

to Maher's brain. But when a piece of the clot broke off, Nguyen quickly located and eliminated that, too.

But Maher's ordeal was far from over. Two weeks later, UC Irvine doctors addressed the plaque build up in Maher's right carotid artery, one of two main arteries that deliver oxygenated blood from the heart to the brain. Vascular surgeon John Lane removed a piece of plaque that, if not excised, could have caused another stroke.

These days, Maher is resting comfortably back at her home in Whiting, N.J. She has since given up smoking and takes daily medications to control her high blood pressure and arrhythmia, two conditions UC Irvine doctors discovered during her 2 ½-month stay.

"I would recommend UC Irvine to everybody. I've never had such care from nurses and doctors," Maher said. "They were wonderful."

Her daughter agrees. Recently, Marks made a \$1,000 contribution to the medical center. "The doctors at UC Irvine saved my mother's life," she said.

UC Irvine Health Affairs is shaping the future of your health by delivering first-rate patient care, educating the doctors of tomorrow and conducting lifesaving research. Philanthropic support is essential to meeting the challenges facing healthcare today. For more information about making a gift to UC Irvine, including naming opportunities, please contact Suzanne Teer at 714.456.3573 or visit www.ucifuture.com.

In more good news, Douglas Hospital will get even better. The planned Phase II expansion of UC Irvine Medical Center, which includes the hospital, calls for new emergency rooms and the construction of Orange County's only dedicated inpatient cancer unit, among other improvements.

On the research front, our scientists continue to make discoveries with potentially life-altering impacts. One example of this movement of new knowledge from the bench to the bedside is the work of UC Irvine stem cell expert Hans Keirstead, which made paralyzed rats walk again. His discoveries will soon become the basis of the world's first embryonic stem cell clinical trials in humans [See Article].

Also, international clinical trials led by Dr. Bradley Monk, a UC Irvine specialist in women's cancer, have shown that an existing cancer drug touted for its abilities to fight other cancers can help women with recurrent ovarian cancer. An estimated 15,200 American women died from ovarian cancer in 2007.

In education, UC Irvine's Program in Nursing Science graduated its first class in June, with 36 students earning bachelor's degrees. The program, directed by Ellen Olshansky, will help alleviate the acute nursing shortage in Orange County by training new nurses and future nursing professors. A master's degree program will begin in the fall. We look forward to welcoming our highly trained, caring nursing graduates to our own Douglas Hospital.

In other education news, UC Irvine's nationally renowned program in geriatrics, under the leadership of Dr. Laura Mosqueda, received a \$2 million grant to help improve patient care of the elderly through better doctor-patient communication. A four-year grant from the Donald W. Reynolds Foundation will help underwrite the integration of geriatric principles throughout the School of Medicine's curricula.

These are just some of our recent highlights. We so appreciate your support and look forward to continuing to partner with you as UC Irvine becomes recognized as one of the nation's top institutions for healthcare. In return, by tirelessly seeking to discover, teach, and heal, we will always provide you and your loved ones with the best, most advanced care.

Ralph Clayman, M.D.: Interim Dean, School of Medicine

Dr. Ralph Clayman is a pioneer in minimally invasive surgery for urologic procedures. Tens of thousands of patients worldwide have benefitted from his work. Dr. Clayman came to UC Irvine in 2002 as chair of the Department of Urology, which he led with distinction until his recent appointment.

Terry Belmont: Interim Chief Executive Officer, UC Irvine Medical Center

Terry Belmont joined UC Irvine in March 2009, bringing with him an extensive experience in the healthcare industry. Prior to coming to UC Irvine, Belmont served as CEO of Long Beach Memorial Medical Center and Miller Children's Hospital. He has also served on a number of statewide and regional healthcare boards.

UC IRVINE ADMINISTRATION

Michael V. Drake, M.D., Chancellor

Terry Belmont

Interim CEO, UC Irvine Medical Center

Ralph Clayman, M.D.

Interim Dean, School of Medicine

Thomas J. Mitchell

Vice Chancellor for University Advancement

ADVANCEMENT STAFF

Marc Ballon, Communications Manager

Heather Cadarette, Associate Director

Pat Carew, Executive Director of Development

Nancy Deutsch, Executive Director of Development

Debra Finster, Director of Development

Mary Gagliardo, Senior Director of Development

Mary Smith, Associate Director

Jessie Steward, Special Events Manager

Susan Totten, Senior Director of Development

Suzanne Teer, Senior Executive Director

Donna Wick, Director of Development

Samantha Zipp, Director of Development

FOR MORE INFORMATION, CONTACT:

University of California, Irvine

Health Affairs Advancement

333 City Boulevard West, Suite 605

Orange, California 92868-2990

714.456.3768 ■ Fax: 714.456.3703

Editor: Marc Ballon

Talking with Stem Cell Expert Hans Keirstead



When it comes to stem cell research, UC Irvine neurobiologist Hans Keirstead might top the list of the world's foremost experts. Men's Vogue called him an "ambitious innovator" who has been "the first to make discoveries many thought impossible, and at a clip seldom seen in science." "60 Minutes" has aired a highly favorable segment on him.

This stem cell pioneer recently made international headlines when Geron Corp. announced plans to conduct the world's first embryonic stem cell-based clinical trial on humans based on Keirstead's innovative work at UC Irvine.

■ What is the significance of the impending stem cell clinical trial?

These clinical trials may very well lead to an effective treatment for spinal cord injury. I expect advances that are significant, but incremental. For instance, I would consider it a huge success if a paralyzed person could move their thumb again. That would restore some mobility and independence. Today, there's simply nothing out there for patients.

■ How do you think this trial will impact stem cell research and funding?

We're setting a path that other scientists and companies can follow to take their research to the clinic. The [clinical trial] also sets a precedent for the investment community. Now, investors can look at the spinal cord and the stem cell fields and say, 'Ah, here's precedent.'

This has opened up the floodgates for funding, and most important, represents hope for patients.

■ How strong is UC Irvine in stem cell research?

UC Irvine is one of the world leaders in the field. We have a large number of basic science biologists, a strong infrastructure, a new stem cell building and a visionary leadership that has been 100 percent behind us from the beginning. Most uniquely, we are the only institute in the world that has developed an FDA-approved stem cell-based clinical trial for humans. Nobody else can say that. And I believe the next stem cell treatment will come from UC Irvine.

NONPROFIT ORG.
U.S. POSTAGE
PAID
Santa Ana, CA
Permit No. 1106

UNIVERSITY OF CALIFORNIA, IRVINE
UC Irvine Health Affairs

333 City Boulevard West, Suite 605 ■ Orange, CA 92868

RETURN SERVICE REQUESTED



UNIVERSITY OF CALIFORNIA • IRVINE
Shaping the Future

Through an unprecedented partnership with alumni,
community leaders and friends, UC Irvine is embarking
on a \$1-billion fundraising campaign to shape
a brighter future for our community,
our nation and the world.

Turning Trash into Cash

Why not turn trash into cash, wondered UC Irvine Douglas Hospital philanthropist Robert Wendinger?

As a field engineer at the hospital's construction site, Wendinger ate many a meal on the grounds of what would become Orange County's premier hospital. Wendinger, who works for Hensel Phelps - the hospital's general contractor - noticed that many of his colleagues routinely tossed empty plastic bottles and aluminum cans into trash bins, creating a veritable mountain of landfill-clogging garbage.

As a lifetime recycler, Wendinger saw an opportunity to do something good for the environment and also contribute to a noble cause. Why not redeem the old bottles and cans and donate the money to Douglas Hospital, a project close to the community's heart?

With encouragement from his manager and superintendent, Wendinger went into action. To start the program, he hauled several 50-gallon drums into the makeshift lunch area and painstakingly taped and stapled recycling emblems on each of the barrels. Wendinger publicized the recycling effort at monthly team meetings, and gently but incessantly urged everyone to participate ("All you've got to do is walk another five to 10 steps to throw something in the recycling bin," he admonished colleagues). Once a month, Wendinger and some co-workers separated the bottles and cans and trucked them over to a recycling center after work.

The result: \$1,276 raised for children's programs at the new hospital, including the neonatal intensive care unit, or NICU, which is one of the most sophisticated in Orange County.

Wendinger, who received a special invitation to Douglas Hospital's dedication because of his generosity, doesn't consider what he did particularly noteworthy. Growing up, he said, his mother instilled in him the duty to assist others, whether moving heavy boxes for a frail senior or mowing the lawn for a sick neighbor.

"If you have the opportunity to help someone, you should do it in the hopes that someone would do the same for you," Wendinger said. "And it's the right thing to do."



Robert Wendinger