

Community Calendar

Your guide to health enrichment programs offered by UCLA Health System

July, August and September 2008

Did you know? Ronald Reagan UCLA Medical Center will officially open and be ready for service on June 29, 2008. The I.M. Pei-designed, state-of-the-art building also houses Mattel Children's Hospital UCLA and Stewart and Lynda Resnick Neuropsychiatric Hospital. To learn more, please go to www.uclahealth.org

For a referral to a UCLA physician, call 800-UCLA-MD1 (800-825-2631).
www.uclahealth.org



U.S. News & World Report's Best Hospitals Survey ranks UCLA Medical Center #3 in the nation.



UCLA Medical Group ranks as one of California's top performing physician organizations.

July

Mindful Awareness Practices (MAPs)

The Mindful Awareness Research Center (MARC) offers ongoing classes, daylong retreats and workshops to help reduce stress and promote well-being. Open to the public. Senior discounts.

*(310) 206-7503 for more information
or www.marc.ucla.edu*

Weight-Loss Surgery Seminars

Is weight-loss surgery right for you? Learn about the types of surgery available as well as outcomes and complications. Attendance is mandatory prior to being seen in the clinic.

*Mondays, July 14, September 15, 11:00 to 12:00 am
Thursdays, July 24, August 28, September 25 5:30 to 6:30 pm
200 UCLA Medical Plaza, Conference Room #206
(310) 825-7163 or www.bariatrics.ucla.edu
for information*

July

Stem Cells and Cancer: New Frontiers

Hanna Mikkola, MD, PhD, will discuss stem cell research and its impact on understanding cancer and its treatment.

Tuesday, July 15, 7:00 to 9:00 pm
RPB Auditorium, Jules Stein Plaza
(310) 794-6644 for information

Integrative East-West Medicine

Ka-Kit Hui, MD, director of the UCLA Center for East-West Medicine, will discuss pain and stress management using acupressure and massage.

Wednesday, July 16, 2:30 to 4:00 pm
UCLA Health Sciences building, Room 23-105A
(800) 516-5323 for reservations

Bunion and Bunion Surgery

Dr. Gary Briskin will discuss bunions and the latest surgical and non-surgical treatments for this common condition.

Wednesday, July 16, 6:00 to 7:00 pm
2121 Wilshire Blvd. Suite 101, Santa Monica
(310) 828-0011 for reservations

Osteoporosis Update

This seminar will focus on how to prevent fractures as we age through nutrition, medication and exercise.

Tuesday, July 22, 2:00 to 3:30 pm
Westside Family YMCA
11311 La Grange Ave, West Los Angeles
(800) 516-5323 for reservations

Surgery for Movement Disorders

UCLA neurosurgeon Antonio DeSalles, MD, will explore recent advances in surgery that offer hope for individuals with movement disorders including Parkinson's disease, dystonia and essential tremor.

Wednesday, July 23, 3:00 to 4:30 pm
Marisa Leif Conference Room
300 UCLA Medical Plaza, UCLA
(800) 516-5323 for reservations

Advanced Laser Vision Correction

UCLA ophthalmologists Rex Hamilton, MD, Marvin L. Hsiao, MD, and Jesse B. Biebesheimer, MD, will discuss Expanded Custom LASIK and other new technologies to improve nearsightedness, farsightedness, presbyopia and astigmatism.

Thursdays, July 24, August 21 or September 18
6:30 to 7:30 pm
RPB Auditorium, Jules Stein Eye Institute
(310) 825-2737 or www.uclaser.com for reservations

Santa Monica Relay for Life

Want to fight back against cancer? Join us at the American Cancer Society's Relay For Life of Santa Monica.

Saturday, July 26 and Sunday, July 27
9:00 am to 9:00 pm
Crossroads Elementary School
1715 Olympic Blvd., Santa Monica
(213) 427-7295 or visit www.events.cancer.org/rflSANTAMONICA for more information

Smoking Cessation

UCLA internal medicine physician Keith Heinzerling, MD, will discuss recent scientific discoveries revealing the biological basis of nicotine addiction and new medications available to help smokers quit.

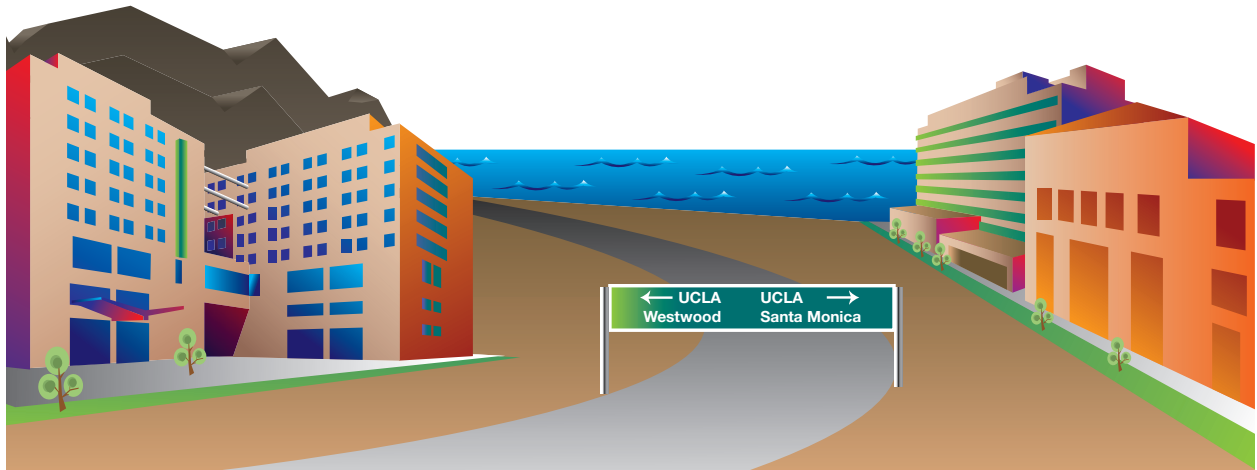
Tuesday, July 29, 10:00 to 11:30 am
Fireside Room, First United Methodist Church 1008 11th Street, Santa Monica
(800) 516-5323 for reservations

Surgical Management of Voice and Swallowing Disorders

Dinesh Chhetri, MD, UCLA head and neck surgeon, will address the common causes and surgical treatment of voice and swallowing disorders.

Tuesday, July 29, 3:30 to 5:00 pm
Fireside Room, First United Methodist Church
1008 11th Street, Santa Monica
(800) 516-5323 for reservations

UCLA Health System: Two locations, same dedication



If UCLA is in the name, you can be assured of receiving the highest quality of healthcare possible. All UCLA Health System hospitals, clinics and community practices are staffed by exceptional UCLA physicians and nurses, trained to provide you with the highest standard of care, utilizing state-of-the-art equipment and treatments.

With the opening of the new Ronald Reagan UCLA Medical Center on June 29, 2008, some services formerly located in Westwood have been relocated to Santa Monica-UCLA Medical Center and Orthopaedic Hospital, which is also undergoing a major rebuilding project. These include: geriatrics, orthopaedics, some pediatric services and many inpatient oncology services. In addition, some services have been added or expanded, including our new Infusion Center at the UCLA Santa Monica Hematology Oncology Practice, offering state-of-the-art infusion services and individualized treatment programs for patients with virtually any type of cancer in a beautiful and patient-friendly setting.

Wherever patients are treated in our UCLA Health System, they will receive the same exceptional care and compassion you associate with UCLA.

For more information about what UCLA Health System offers, please visit www.uclahealth.org

July/August

Freedom From Smoking

This American Lung Association Program offers support and guidance to those who want to quit smoking.

Orientation on July 29 and the session on September 30 are free. The cost for the remaining seven sessions is \$120.

Tuesdays, July 29 to September 30, 4:00 to 6:00 pm
200 UCLA Medical Plaza, Room 206

(310) 825-0014, or lharning@mednet.ucla.edu

Insomnia, Inflammation and Sleep Loss

Michael Irwin, MD, UCLA psychiatrist, will explain the importance of adequate sleep in staying healthy including its impact on the immune system and risk for disease.

Thursday, July 31, noon to 1:30 pm

Santa Monica Family YMCA
1332 6th Street, Santa Monica

(800) 516-5323 for reservations

Facial Rejuvenation

UCLA board-certified plastic surgeons will discuss facial rejuvenation techniques offered at UCLA including Botox, fillers and cosmetic surgery.

Thursday, July 31 or September 25
6:00 to 7:00 pm

200 UCLA Medical Plaza, Suite 465

(800) 825-2752 or e-mail

DLevinrad@mednet.ucla.edu to RSVP

From Back Pain to Brain Surgery

UCLA neurosurgeon Bob Shafa, MD, will explore the latest treatments for neurological diseases, including brain tumors, Parkinson's disease and degenerative spinal disorders, including chronic back and neck pain.

Wednesday, August 6, 1:00 to 2:30 pm
Fireside Room, First United Methodist Church
1008 11th Street, Santa Monica

(800) 516-5323 for reservations

Incontinence

UCLA gynecologist Christopher Tarnay, MD, will discuss urinary and bladder control problems and their treatments.

Tuesday, August 12, noon to 1:30 pm
Santa Monica Family YMCA

1332 6th Street, Santa Monica

(800) 516-5323 for reservations

Complementary Medicine in Cancer

A panel of experts will discuss complementary medical approaches to improve the quality of life and reduce the symptoms often experienced during cancer treatment.

Tuesday, August 12, 7:00 to 9:00 pm
RPB Auditorium, Jules Stein Plaza, UCLA
(310) 794-6644 for information

Foot and Ankle Arthritis

Dr. Bob Baravarian will discuss the latest advances in conservative and surgical treatment of foot and ankle arthritis including injection joint lubrication, arthroscopic clean-up, joint preservation surgery, fusion surgery and ankle replacement surgery.

Wednesday, August 13, 6:00 to 7:00 pm
2121 Wilshire Blvd. Suite 101, Santa Monica

(310) 828-0011 for reservations

Rejuvenate Your Face and Eyelids

Jaco Festekjian, MD, board-certified plastic surgeon, will discuss various cosmetic rejuvenation options.

Thursday, August 14, 6:00 to 7:00 pm
200 UCLA Medical Plaza, Suite 465

(800) 825-2752 or e-mail

DLevinrad@mednet.ucla.edu to RSVP

Back Pain

Learn what causes back pain and how it can be treated and managed.

Tuesday, August 19, 2:30 to 4:00 pm
Sunrise Assisted Living
1312 15th Street, Santa Monica

(800) 516-5323 for reservations

Got Heartburn?

UCLA thoracic surgeon Mary Maish, MD, will explore gastroesophageal reflux disease (GERD) and its symptoms and treatments.

Wednesday, August 20, 7:00 to 8:30 pm
Social Hall, Santa Monica Synagogue
1447 18th Street, Santa Monica

(800) 516-5323 for reservations

August/September

Colorectal Cancer Update

Saeed Sadeghi, MD, UCLA oncologist, will discuss various treatment approaches to colorectal cancers including new biological and targeting agents.

Monday, August 25, 6:30 to 8:00 pm
Santa Monica Synagogue
1448 18th Street, Santa Monica
(800) 516-5323 for reservations

Heart Healthy Nutrition

UCLA dietitian Erin Neistat, RD, will focus on foods shown to help reduce the risk of cardiovascular disease. Topics include healthy fats, fiber, antioxidants and low-sodium foods.

Thursday, August 28, noon to 1:30 pm
Santa Monica Family YMCA
1332 6th Street, Santa Monica
(800) 516-5323 for reservations

Mattel Party on the Pier

Mattel Children's Hospital UCLA ranks among the nation's top pediatric hospitals according to USNews & World Report's 2008 edition of America's Best Children's Hospitals!

Sunday, September 7, 11:00 am to 3:00 pm
Pacific Park, Santa Monica Pier
(310) 267-1852 or visit www.partyonthepier.ucla.edu.

Insomnia and Cancer

Sarosh Motivala, PhD, will discuss insomnia in cancer patients, including its different types, underlying causes and treatment approaches such as pharmacotherapy, cognitive behavior-oral treatment and mind/body approaches.

Tuesday, September 9, 7:00 to 9:00 pm
RPB Auditorium, Jules Stein Plaza
(310) 794-6644 for information

Swollen Legs and Feet: Venous Disease

UCLA interventional radiologist Christopher Loh, MD, will explore treatments for varicose veins, spider veins and deep-vein thrombosis.

Tuesday, September 9, 2:00 to 3:30 pm
Westside Family YMCA
11311 La Grange Ave, West Los Angeles
(800) 516-5323 for reservations

Understanding Medicare

Learn what Medicare does and does not cover and how to fill in the gaps.

Wednesday, September 10, 7:00 to 8:30 pm
Social Hall, Santa Monica Synagogue
1448 18th Street, Santa Monica
(800) 516-5323 for reservations

New Techniques to Treat Painful Bone Metastases

Cheryl Hoffman, MD, UCLA interventional radiologist, will discuss new techniques to decrease bone pain experienced by cancer patients.

Thursday, September 11, noon to 1:30 pm
Classroom B, Santa Monica-UCLA Medical Center and Orthopaedic Hospital
1225 15th Street, Santa Monica
(800) 516-5323 for reservations

Preventing Falls for People with MS

This comprehensive 10-week balance-and-mobility training program for people with multiple sclerosis. Tailored for those who walk either unassisted or with a cane. Pre-enrollment is required.

Mondays, September 15 to November 24
1:00 to 3:00 pm
Marilyn Hilton MS Achievement Center at UCLA
(310) 267-4071 for information and application

Living Well with MS

This 12-week comprehensive wellness program focuses on education, fitness, nutrition and spiritual wellness for those who have recently been diagnosed with multiple sclerosis. The program is offered in blended-learning format, part on-line and part in-person. Pre-enrollment is required.

Mondays, September 15 to December 8
6:00 to 8:00 pm
Marilyn Hilton MS Achievement Center at UCLA
(310) 267-4071 for information and application

Community Connections for Adults

Learn about the wide variety of resources available to help seniors and their families.

Wednesday, September 17, 2:30 to 4:00 pm
OASIS lecture room, Macy's, Westside Pavilion
(800) 516-5323 for reservations

September

Heel and Ankle Pain

Dr. Gary Briskin will discuss the common causes and treatments of ankle and heel pain including plantar fasciitis, arthritis, tendonitis and tendon tears.

Wednesday, September 17, 6:00 to 7:00 pm
2121 Wilshire Blvd. Suite 101, Santa Monica
(310) 828-0011 for reservations

New Advances in Hair Restoration

Jeffrey Rawnsley, MD, UCLA head and neck surgeon, will present a live demonstration of the latest ways to re-create a natural hairline.

Wednesday, September 17, 7:00 to 8:00 pm
200 UCLA Medical Plaza, Suite 550
(310) 570-0244 for reservations

Understanding Alzheimer's Disease

Learn about the causes of Alzheimer's disease, and how it differs from other forms of dementia.

Tuesday, September 23, 2:00 to 3:30 pm
Martin Luther King, Jr. Auditorium
Santa Monica Public Library
601 Santa Monica Blvd, Santa Monica
(800) 516-5323 for reservations

Virtual Colonoscopy

Daniel Margolis, MD, UCLA diagnostic radiologist, will discuss virtual colonoscopy, or CT colonography, a new technique to screen the large intestine for cancer.

Wednesday, September 24, 2:30 to 4:00 pm
OASIS lecture room, Macy's, Westside Pavilion
(800) 516-5323 for reservations

Hearing and Hearing Loss

UCLA audiologists will discuss the diagnosis and treatment of age-related hearing loss, including hearing aids, assistive technologies and other noise management techniques.

Thursday, September 25, 10:00 to 11:30 am
Santa Monica Family YMCA
1332 6th Street, Santa Monica
(800) 516-5323 for reservations

Shingles Update

UCLA pain specialist Eric Hsu, MD, will discuss treatments for shingles pain, including how shingles pain may be treated effectively by topical patch, various medications and nerve blocks.

Thursday, September 25, noon to 1:30 pm
Santa Monica Family YMCA
1332 6th Street, Santa Monica
(800) 516-5323 for reservations

Seeking Volunteers

Ronald Reagan UCLA Medical Center will soon be opening its doors and volunteers are needed to staff its front-line positions. If you are customer-service oriented, enjoy helping others, and have a friendly demeanor, please consider becoming a member of the Volunteer Services team! One four-hour shift is required per week and free parking is available. We particularly need volunteers from 4 to 8 pm to staff our Information Desk.

(310) 794-4736 for more information

Volunteer opportunities are also available at Santa Monica-UCLA Medical Center and Orthopaedic Hospital.

(310) 319-4614 for details



UCLA Healthcare 50 Plus is a free program offering educational lectures, discounts, walking programs and courtesy parking for 50 Plus lectures located at UCLA. To receive a membership application, or if you are already a member and would like to receive the latest discount directory, please call (800) 516-5323.

People Who Care

Learn practical tools and strategies to make your life easier as a caregiver. Exchange and share ideas, insights and resources with other caregivers.

Wednesdays, July 2 and August 6, 7:00 to 8:30 pm
OASIS, Macy's, Westside Pavilion
(310) 475-4911 ext. 2200 for information

Good Posture – Good Health

Learn how to improve your posture with exercise and daily activities.

Tuesday, August 5, 2:00 to 3:30 pm
Westside Family YMCA
11311 La Grange Ave, West Los Angeles
(800) 516-5323 for reservations

How to Protect Yourself From Fraud

Become a knowledgeable consumer. Learn how to identify investment and telemarketing fraud and avoid becoming a victim.

Monday, August 11, 11:00 am to 12:30 pm
Westwood Horizons
947 Tiverton Ave., Westwood
(800) 516-5323 for reservations

Improving Your Memory Power

Learn useful memory-improving techniques and how to distinguish between normal and abnormal memory changes.

Monday, September 8, 2:00 to 3:30 pm
City of Beverly Hills Senior Housing Facility
225 N. Crescent Dr., Beverly Hills
(800) 516-5323 for reservations

Yoga for Relaxation and Stress Relief

Learn yoga breathing and relaxation techniques to reduce stress.

Wednesday, September 10, 12:30 to 1:30 pm
YWCA Santa Monica Westside
2019 14th Street, Santa Monica
(800) 516-5323 for reservations

Fall Prevention

Learn how to prevent falls. Learn about risk factors that cause falls and how to prevent them.

Tuesday, September 16, 2:30 to 4:00 pm
Sunrise Assisted Living
1312 15th Street, Santa Monica
(800) 516-5323 for reservations

YMCA Senior Open House

Attend health seminars, health screenings, exercise classes and tours of the facilities.

Thursday, September 25, 9:00 am to 2:00 pm
Santa Monica Family YMCA
1332 6th Street, Santa Monica
(310) 393-2721, ext 135 for information

You're Invited to a Health Fair!

Learn how to maintain your health. Blood pressure checks, body fat tests, nutrition and cognitive assessments.

Friday, September 26, 10:00 am to 1:00 pm
Culver City Senior Center
4095 Overland Ave., Culver City
(800) 516- 5323 for information

Memory Training Class

Participate in a five-week course on practical memory-enhancing techniques based on research by UCLA psychiatrist and memory expert Gary Small, MD. The course is not for those with any form of dementia. \$15 for the series.

(800) 516-5323 for registration

Westside YMCA Special

Enjoy the benefits of YMCA membership for free the week of August 18 to 22. Present your UCLA Healthcare 50 Plus card and receive unlimited access to this facility, its swimming pool and group exercise classes.

Westside Family YMCA
11311 La Grange Ave., West Los Angeles
(310) 477-1511 for more details

Free Walking Programs

Westside Walkers

Tuesdays and Thursdays, 8:00 to 10:00 am
Macy's, level 2.5
Westside Pavilion on Pico Blvd.
(800) 516-5323 for details

Beverly Hills Walkers

Mondays, 8:00 am
Whole Foods Market
239 N. Crescent Dr., Beverly Hills.
(800) 516-5323 for details

Research and Trials

Breast Cancer

A Phase III study of the angiogenesis inhibitor Avastin and the monoclonal antibody Herceptin together with chemo-therapy for the treatment of patients with early stage, HER-2 positive breast cancer.

(310) 824-1934 for information

Caregiver Depression

Are you caring for a family member with Alzheimer's disease and find yourself stressed or depressed? You may be eligible for a three-month depression research study at UCLA.

(310) 794-4619 for more information

Chronic Lymphocytic Leukemia

A randomized, two-dose, parallel group trial of a monoclonal antibody in combination with fludarabine and cyclophosphamide in patients with previously untreated Chronic Lymphocytic Leukemia (CLL).

(310) 825-6203 for information

Treating Post-Cancer Fatigue

Dr. Julie Bower is currently recruiting breast cancer survivors with persistent fatigue to participate in a NIH/NCCAM funded study. The purpose of the study is to test the effectiveness of a Yoga intervention program to a Wellness Seminar Series, for improvements in energy, mood and physical functioning, following cancer treatment. Assessments take place before and after the interventions, and at a three month follow-up.

(310) 267-4423 for more information

Dental Implant Screening

Make an appointment for a dental implant screening, and learn about leading alternatives to dentures.

Monday through Friday

9:00 a.m. to noon; 1:00 to 4:00

UCLA School of Dentistry, B-level

(310) 825-3072 for appointment

Summer Smile Special

The UCLA School of Dentistry is now accepting new patients for treatment by dental students working under the supervision of experienced faculty. Complimentary screenings and a complete range of dental care services are available.

UCLA Dental Center

714 Tiverton Drive

(310) 206-3904 for appointment

Depression

Feeling hopeless or helpless, sad and blue? Lack of energy, loss of interest in activities? Difficulty sleeping and eating? If so, and you are 60 years of age or older, you may be eligible to join a depression research study at UCLA, conducted by Anand Kumar, MD. Psychiatric and medical evaluations, and a brain MRI are offered free of charge. Study requires 3 visits with a time commitment no longer than 10 hours. Participants may receive up to \$150.

(310) 825-2742 for information

Diabetes and Depression

Have you been feeling sad and blue? Do you lack energy? Feeling hopeless or helpless? If you are 30 years of age or older and suffer from Type II Diabetes, you may be eligible to join a research study at UCLA Medical Center conducted by Anand Kumar, MD that involves an MRI brain scan and interview. Total time commitment is 8 hours. Subjects will be compensated \$200 for their participation.

(310) 267-2809 for more information

Healthy Control Subjects

UCLA Department of Psychiatry is looking for healthy control subjects for a research study conducted by Anand Kumar, MD that involves a brain MRI scan and a personal interview. If you are 60 years of age or older and have no history of stroke or other neurologic or psychiatric illness, you may qualify. Participants may receive up to \$150. Study requires 3 visits with a time commitment no longer than 10 hours.

(310) 825-2742 for information

Research and Trials

Irritable Bowel Syndrome (IBS)

Adults 18 to 60 years, with IBS wanted for research studies:

To learn about how the brain respond to emotional pictures. Subjects who qualify will be compensated up to \$125.

(310) 478-3711 X44977 for more information

For a non-drug mind/body treatment study.

(310) 478-3711 ext 43470, or <http://uclacns.org> for more information

To determine the effect of a new experimental drug on the brain's response to various tasks using functional MRI. Research subjects will be compensated up to \$1050.

(310) 268-3432 for more information

Knee Arthritis

Seeking males 55 years or older who suffer from moderate to severe knee arthritis, may participate in a group discussion evaluating the benefits of an educational video on treatment options for knee arthritis. Lunch and \$20 compensation will be provided.

(310) 825-7992 to enroll and for more information

Liver Cancer

A phase II study of Brivinib, a targeted cancer therapy that is administered in pill form, for patients with inoperable, locally advanced or metastatic liver cancer who have received one prior regimen of anti-angiogenesis therapy.

(310) 829-5471 for information

Tai-Chi and Geriatric Depression

UCLA is seeking adults 60 years and older who suffer from depression to participate in a study to compare the effectiveness of Tai Chi to health education when combined with an antidepressant.

(310) 794-4619 for more information