Your Birth, Your Way
Count on UCSF’s top talent, leading technology and personalized care

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INSIDE: UCSF BENIOFF CHILDREN’S HOSPITAL NEWS
Two world-class children’s hospitals are now united.

Introducing UCSF Benioff Children’s Hospitals.

UCSF Benioff Children’s Hospital and Children’s Hospital Oakland are now partnered to take kids’ health care further. Together, we can provide care to more kids than any other children’s hospital in the Bay Area, with more than 800 pediatric specialists working across Northern California. Two hospitals, one mission: pioneering care for all Bay Area kids.

Visit ucsf-cho.org to learn more.
Weak bones are serious business. Osteoporosis—a condition in which bones lose substance and structure, thus becoming fragile—increases your chance of a fracture, which can be life-threatening.

“Of those over the age of 50 who have a hip fracture, approximately 25 percent don’t survive the first year, and over 50 percent don’t return to their prior level of function,” says Dr. Aenor J. Sawyer, director of the UCSF Skeletal Health Service. And it isn’t just women who are affected; 30 percent of hip fractures occur in men. Also, children with frequent fractures are often found to have underlying bone health deficiencies. “Childhood and adolescence are the key years for building bone, so we call this the ‘critical window of opportunity’ to build a strong skeleton and prevent osteoporosis,” says Dr. Sawyer. Spinal fractures caused by osteoporosis often have no symptoms, but one telltale sign of these “vertebral compression fractures” is a loss of height. Beginning at age 40, it’s a good idea to track your height and compare it to your “tallest recalled height.” As women enter menopause, they should also undergo risk factor screening (FRAX score) and possibly a bone density study or DXA (dual-energy X-ray absorptiometry) scan. If the DXA results are abnormal, a preliminary metabolic bone laboratory panel is performed to identify any secondary causes for excessive bone loss, such as hormonal abnormalities or nutritional deficiencies.

Evaluating susceptibility to fracture in individual patients is complicated. “DXA is helpful in determining whether a bone will break,” Dr. Sawyer says, “but there are several other determining factors—such as bone geometry and microarchitecture—that we can’t assess well with DXA. Newer technologies at UCSF, such as high-resolution pQCT (or Xtreme CT) and even the novel MRI techniques being developed on campus, can provide more detailed information indicating susceptibility to fracture.”

The Skeletal Health Service at the UCSF Orthopaedic Institute is a comprehensive, multidisciplinary clinic (staffed by orthopaedists, endocrinologists, nephrologists and rheumatologists) that offers medical evaluation, laboratory studies, imaging and treatment, including physical therapy and nutrition. “We care for patients across the life span—pediatric to geriatric,” says Dr. Sawyer, “offering one-stop shopping for bone health.”

Of course, the best way for anyone to prevent fractures is to build strong bones, and the staff offers advice on that too. Says Dr. Sawyer, “By optimizing calcium and vitamin D intake, combined with ‘ability-appropriate’ weight-bearing and strengthening exercises, we aim to improve bone mass at any age.” Addressing underlying bone health as well as implementing fall-prevention strategies facilitates our overall goal of fracture prevention.

For more information about the Skeletal Health Service, call the UCSF Orthopaedic Institute at (415) 353-2808 or visit www.ucsfhealth.org/orthoinstitute.
UCSF SURGEON PIONEERS USE OF GOOGLE GLASS

Wearable computer technology holds the promise of being a game changer in the OR

UCSF cardiothoracic surgeon Dr. Pierre Theodore is a pioneer in the use of Google Glass—Google Inc.’s new wearable computer—in the operating room. This exciting innovation may revolutionize the way doctors perform surgery.

Google Glass’ computer is built into spectacle frames, which, among other things, allows the wearer to take pictures, record video and perform searches. The data is displayed at the upper right of the wearer’s field of vision—easy to see without obstructing the wearer’s view.

Dr. Theodore preloads CT and X-ray images needed for a procedure and calls them up in his Google Glass to compare a medical scan with the actual surgical site. He is the first surgeon to receive a local Institutional Review Board’s clearance to use the technology breakthrough as an auxiliary surgical tool in the OR.

The key benefit, says Dr. Theodore, is making information more accessible to physicians constantly making critical decisions. “I do think the general concept of wearing computing technology in health care is revolutionary,” he says. “There are a tremendous number of potential options for its use.” For more details about the use of Google Glass at UCSF, visit http://tiny.ucsf.edu/googleglass.

YOUR MOBILE DEVICE CAN FIGHT HEART DISEASE

Health eHeart Study™ aims to enroll 1 million adults worldwide

The Health eHeart Study™ at UCSF might well be called research whose time has come. The study uses mobile and sensor technology to monitor participants via their smartphones and send back their heart-related info.

“We plan to gather more data about heart health from more people than any research study has done before,” says cardiologist/researcher Dr. Jeffrey Olgin, co-director of the UCSF Heart & Vascular Center. “We’ll use it to develop strategies to prevent and treat all aspects of heart disease.”

FYI: All study participants will answer surveys. Many will also collect data at home, by wearing special sensors or adding cool gadgets to their smartphone to track blood pressure, heart rate, sleep and more. “To change health care,” Dr. Olgin says, “this needs to be a movement with as many participants as possible.” Any adult over age 18 can participate in the study. For details or to register, visit www.Health-eHeartStudy.org.
Most ocular melanomas arise inside the eye, with a tiny minority developing on the ocular surface. These are serious cancers and tricky to treat. That’s why the expertise at UCSF’s Ocular Oncology Clinic has inspired people with these and other eye cancers to travel to San Francisco from as far away as Singapore and Indonesia.

The multidisciplinary team at UCSF has long offered eye-conserving treatments such as proton beam radiotherapy. “We can zap the tumor with protons, using a cyclotron,” says Dr. Bertil Damato, who is a pioneer in the use of this therapy for eye cancer and joined the UCSF faculty in 2013.

Having already established one of the world’s largest ocular cancer centers in Liverpool, England, Dr. Damato accepted an invitation to continue his work at UCSF. “I welcomed the opportunity to come here and try to repeat my successful Liverpool experience,” he says. “We work very closely with colleagues at Mount Zion like Dr. Kavita Mishra, who has a lot of experience in administering radiotherapy. Anybody can destroy an eye tumor, but few can remove the tumor and save the eye—and even fewer can save the patient’s vision as well.”

The Ocular Oncology Clinic also provides patients with emotional support and is working to develop important genetic tests, says Dr. Damato. “We’re able to reassure most of our patients that they’ve got a melanoma that’s not life-threatening. We’re collaborating with Dr. Boris Bastian, who’s at the forefront of research on genetic abnormalities in intraocular melanoma, to develop tests to predict whether the tumor’s going to come back elsewhere. New treatments are on the horizon to prevent the tumor from coming back or to treat the tumor more effectively if it does return.”

For more info about UCSF’s Ocular Oncology Clinic, visit www.ucsfhealth.org/ocularoncology or call (415) 514-6918.

DO YOU NEED A SECOND OPINION?
Tips from Dr. S. Andrew Josephson, UCSF’s director of Inpatient Neurology

Generally speaking, when should a patient consider getting a second opinion?
Instances when a second opinion is necessary include when your diagnosis or treatment plan is uncertain, when you have a rare condition or when your doctor doesn’t have experience treating your particular condition.

What are some questions to ask the second doctor?
Questions might include: What are the risks and benefits of my various options? When do I need to decide? How frequently do you see patients with this condition?

How can specialists at UCSF help in such cases?
Because we conduct leading-edge research and see so many difficult cases—far more than in most community medical practices—we may be better able to recognize and solve these problems for our patients. That’s why we get requests for second opinions from all over the state and country.

Will insurance cover second opinions?
Typically, it does—especially when a medical problem hasn’t been diagnosed or the treatment plan isn’t clear—so check with your health plan before you make an appointment.

For information about getting a second opinion at UCSF, visit www.ucsfhealth.org/appointments.

DID YOU KNOW?
People with light skin and light-colored eyes are the most likely to develop ocular melanoma, but this tumor is very rare, affecting only six people per million per year.
For Your Special

If you’re preparing for pregnancy or childbirth, you want to give your baby the best possible start. For top medical talent, personalized care, leading technology and services suited to your family’s needs, you can count on UCSF—a National Center of Excellence in Women’s Health for prenatal care and delivery. “We happily care for women who have the simplest pregnancies,” says Dr. Elena Gates, medical director of Obstetrics and Gynecology at Mission Bay. “But we also have the expertise to handle the most complicated births.”

Preparing for Childbirth
At UCSF, you’ll begin with an introductory visit with an obstetrician or midwife. “The guiding philosophy at UCSF Medical Center is ‘your birth, your way,’” says Dr. Gates. “Some women say, ‘I want to be in a hospital, but I want to be as natural as I can be,’ and we’re very happy to support that approach.”

Prenatal care is conveniently available at the Parnassus, Mount Zion and Mission Bay campuses—all in San Francisco—and also at our Serramonte practice in Daly City. (Outreach services for prenatal diagnosis and high-risk pregnancies are also available in Marin, Santa Rosa and Salinas.)

As you prepare for childbirth, you can take advantage of UCSF’s Great Expectations pregnancy program with classes on topics from prenatal Pilates and pain relief to options during labor. The hospital also offers CenteringPregnancy®, UCSF’s popular monthly educational sessions for women whose due dates are close together. A midwife and lactation specialist works with these groups and individual medical care is provided during the visit.

About At-Risk Pregnancies and Deliveries
Some statistics worth considering: Cesarean births have been on the upswing in the United States, but UCSF’s rate of cesarean deliveries for first-time moms is just 19.5 percent, compared with 27.6 percent statewide. While very few women
in California who have previously had a cesarean are able to deliver their next child vaginally—just 9.4 percent—that number jumps to 34.9 percent at UCSF. “The reasons for the increase in cesarean rates are complex, but one way to lower a cesarean delivery rate is to have physicians assigned to be in the hospital, on the birth unit, 24 hours a day, seven days a week as they are at UCSF,” Dr. Gates says. “In some communities, the anesthesia team goes home at 8 o’clock, so you’re forced to make a decision, and the cesarean rate may be higher.”

FYI: UCSF practices are staffed with high-risk OB specialists, so if a complication or medical issue arises before your labor and delivery, you don’t have to leave UCSF, says Dr. Gates. “You can just have a visit with a high-risk OB physician specialist to address it during your pregnancy and then return to your primary provider, and it’s all within the same group.”

**Care After Birth—Now and in the Future**
When your baby arrives, he or she stays in the room with you. And you will get breastfeeding support from specially trained lactation nurses. You can schedule lactation services after you’ve gone home through our Great Expectations program, which also offers classes and breast pump rentals.

All births currently take place at the Parnassus campus. As of February 2015, births will be at the new UCSF Medical Center at Mission Bay, a state-of-the-art complex that has already attracted attention from around the world. “Every woman will have a garden view from her labor room and a specially designated space for loved ones, with a sleeper sofa, Wi-Fi and a refrigerator,” Dr. Gates says. “The rooms will offer a soothing, comfortable environment for the new mom and her family. And, of course, women will continue to get personalized, accessible care that is our hallmark as one of the nation’s top medical centers.”

For more details, visit www.ucsfhealth.org/womenshealth.

**AT A GLANCE: WOMEN’S SPECIALTY HOSPITAL AT MISSION BAY**
Opening in February 2015
UCSF Women’s Hospital at Mission Bay will bring all inpatient care into one facility and address health care issues from complicated pregnancy to gynecological cancers. View a video overview of these services at http://missionbayhospitals.ucsf.edu/multimedia/videos.

**Childbirth Facilities: For You and Your Family**
- 36-bed center for mothers and newborns
- Nine deluxe private labor and delivery rooms with spa-like bathtubs and other amenities
- Beautifully designed patient rooms
- A comfortable family area in each room for overnight guests
- Environmentally friendly design, using only the safest materials

**THERE’S A NEW OB PRACTICE AT MISSION BAY**
UCSF’s newest obstetrics and gynecology practice features women’s health specialists who offer the latest advances in medicine. Offering personalized visits with trusted physicians, same-day appointments and email access to your medical provider, UCSF Obstetrics and Gynecology at Mission Bay is a new model of care designed around you. The practice is located at 1500 Owens Street, Suite 380, off 16th Street in San Francisco. For more information, please visit www.ucsfhealth.org/obgynmb or call (415) 353-4600.