

HEALTHCARE

CUSTOM CONTENT • January 12, 2026



Discover the future of spine surgery



Dr. Don Y. Park, founding director of the UCI Health Comprehensive Spine Center's Advanced Endoscopic and Outpatient Spine Program, is setting a high bar for the future of spine surgery in the country.

His pioneering endoscopic surgical techniques and use of augmented reality (AR) is ushering in a new era of ultra-minimally invasive spine care.

Park, who trained extensively in South Korea, where advanced endoscopic spine surgery techniques were perfected, is one of about 50 U.S. surgeons with this expertise, and the only one in Orange County offering this level of surgical care. He has performed more than 600 such procedures to date.

Where most minimally invasive spine procedures involve cuts of one to two inches, Park starts with two ultra tiny incisions of less than a quarter inch. Through one, he inserts a miniature high-definition camera attached to an endoscope. Through the other, he guides specialized instruments to operate using direct endoscopic visualization.

This level of precision allows him to avoid damaging muscle, nerves and soft tissue while effectively treating spinal stenosis, disc herniation and spondylolisthesis.

World's first

In March, Park spearheaded the world's first AR-assisted, biportal endoscopic lumbar fusion.

With the AR headset, he viewed the surgical field magnified as much as 200 times alongside the patient's MRI images and medical details. This eliminated the need to shift attention between multiple monitors, enhancing precision and streamlining the operation.

"We expect AR integration to become more common in spine surgery, especially in endoscopic procedures to decompress delicate spinal nerves, where detailed visualization and ergonomics are crucial," he says.

Lives transformed

The benefits of ultra-minimally invasive spine surgery extend well beyond the operating room. "Most patients are able go home the same day," the surgeon says. "They also experience fewer complications, faster recovery times and less pain and discomfort than with traditional open surgery."

Park's first AR-guided biportal lumbar fusion patient, a 56-year-old man with severe lumbar stenosis and unstable spondylolisthesis, went home the same day, free of chronic back pain and tingling in his legs. Three months later, he has regained his former activity level.

Another patient, an avid runner in her late 40s with crippling nerve pain from lumbar stenosis and spondylolisthesis, feared open fusion surgery would end her active lifestyle. Park performed endoscopic decompression without fusion and she also walked out the same day, free of pain and able to run again in six weeks.

"I've done many other types of spine surgery, and you can have great success," he says. "But I have seen these techniques have the most impact in patient outcomes and better quality of life."

Named one of the leading U.S. spine programs by *Becker's Hospital Review*, the UCI Health Comprehensive Spine Center is a preeminent academic program whose multidisciplinary team specializes in personalized care for all spinal disorders, including trauma, tumors, scoliosis and spinal cord injury.

Renowned for its high-quality minimally invasive, robot-assisted and endoscopic procedures, the center continues to drive innovation through biomechanics research and each year trains future spine surgeons in the latest techniques.

Learn more at ucihealth.org/spine-care

Discover seven floors of possible

At UCI Health — Irvine, technologically advanced surgical suites, along with the brightest minds in medicine, bring the promise of a better healing journey. Breathtaking views of the marshlands from floor-to-ceiling windows soothe the mind and stir the soul, while amenities like smart TVs help you stay entertained and virtually connected to loved ones as you recover.

Imagine all this, in the nation's first zero-carbon emission medical facility. Better still, discover it.

Powered by UC Irvine

ucihealth.org/irvinehospital

**NOW OPEN
IN IRVINE**

DISCOVER

UCI Health

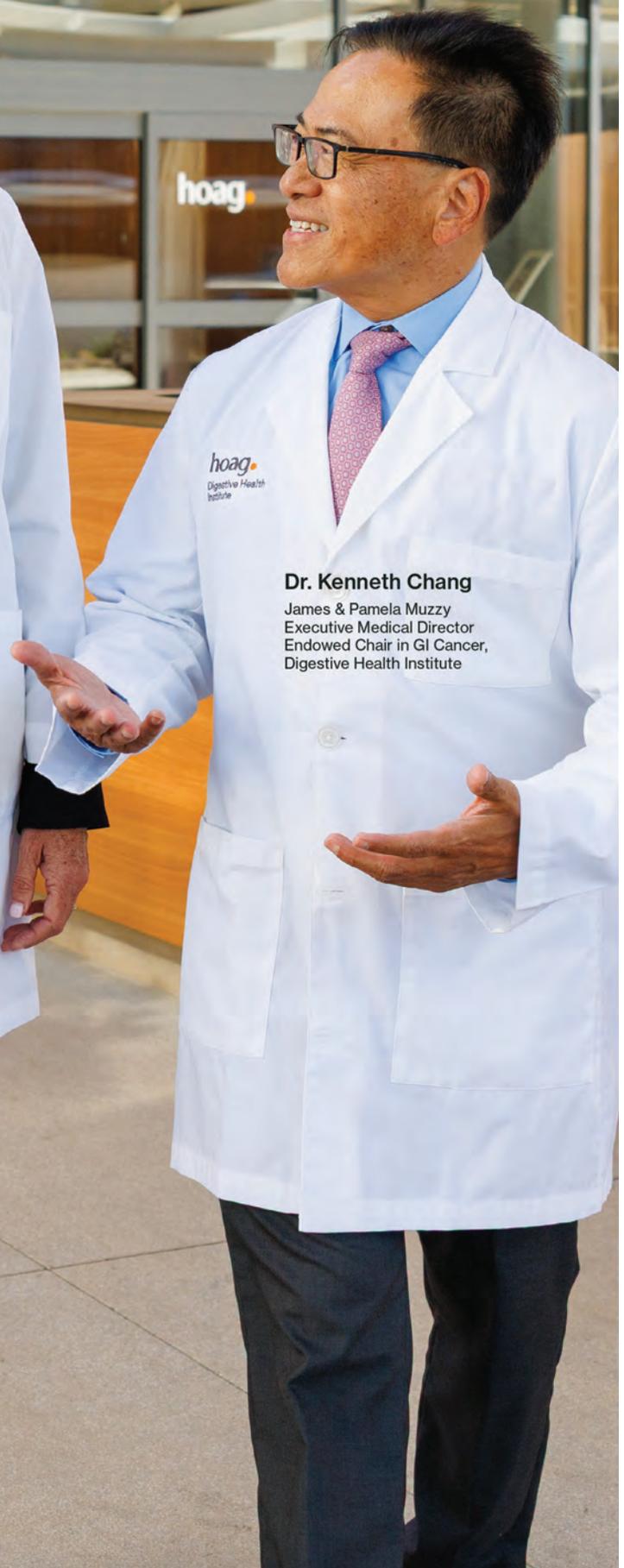
DU FAMILY
HOSPITAL PAVILION

hoag.

Dr. Steven Grossman
Grace E. Hoag Executive Medical
Director Endowed Chair,
Hoag Family Cancer Institute

Dr. Allyson Brooks
Ginny Ueberroth Executive
Medical Director Endowed Chair,
Women's Health Institute

Dr. Kenneth Chang
James & Pamela Muzzy
Executive Medical Director
Endowed Chair in GI Cancer,
Digestive Health Institute



Excellence that Expands

Hoag's Sun Family Campus in Irvine will deliver next-generation care for Orange County, opening a new surgical pavilion and bringing together women's health, cancer, and digestive care in Fall 2026.

Expanding access to nationally
recognized care, closer to home.

hoag[®]

Visit us today at [hoag.org](https://www.hoag.org)



One of California's best hospitals.
Learn more at kp.org/tophospitals.

- Anaheim Medical Center
- Irvine Medical Center

Orange County's Top Doctors

On behalf of all of Kaiser Permanente's Orange County physicians, congratulations to our 110 colleagues named "2026 Physicians of Excellence" by the Orange County Medical Association.

With more than 1,500 doctors and nearly 90 specialties, you can count on our entire team of quality caregivers to support you and your total health.

Because you're our top priority.

Get high-quality care – close to home

Choose from any of Kaiser Permanente Orange County's convenient care options, including:

- 2 world-class hospitals
 - Anaheim and Irvine Medical Centers
- More than 20 multispecialty medical offices
- 3 urgent care centers
- 4 Target Clinics

For more information about Kaiser Permanente, visit kp.org.

New Healthy Routine This Year? Try These Tips to Stay Active and Injury-Free

The start of a new year often brings renewed motivation to focus on health and wellness. Whether you're starting back at the gym, starting a new walking routine or trying a new sport, exercise is one of the best ways to support joint and spine health. Starting a new routine too quickly and aggressively, however, can increase the risk of injury. Sports medicine specialists at Hoag Orthopedic Institute recommend a smart, balanced approach to stay active and injury-free in 2026.

What Is the Best Way to Get Started With Exercise?

Whether you're a competitive athlete, weekend warrior, or embarking on a new fitness regimen, preparation is essential. Adequate hydration, gradual warm-up, and mobility exercises help prepare the body for physical activity.



David Gazzaniga, MD

"Preparation should begin well before exercise," says David Gazzaniga, MD, Division Chief of Sports Medicine at Hoag Orthopedic Institute. "Soft-tissue injuries such as muscle strains are among the most common injuries we see, and dehydration can contribute to muscle fatigue and injury. Consistent hydration with water or electrolytes is important for everyone, not just during workouts."

Beginning each session with light cardiovascular activity and dynamic stretching can help reduce the risk of injury and improve overall performance, Dr. Gazzaniga emphasized.

How Can I Prevent Injuries When Starting a New Exercise Program?

Many injuries can be prevented by combining proper technique, appropriate footwear, and a gradual progression of activity. Consider the follow tips:

- Take a 10-15 minute warm-up period to increase blood flow and muscle flexibility
- Avoid taking on too much too soon. Use a gradual progression of intensity, duration, and load
- Emphasize proper movement patterns and form, with guidance from a coach, trainer, or reputable instructional resource
- Allow adequate recovery time between workouts

An exercise routine that is well-rounded will help protect your body better than focusing on just one type of exercise. Aim for including the following into your weekly routine:

- **Strength training:** Improves muscle strength and joint stability when performed with proper technique. Aim for at least two days per week.
- **Yoga or mobility training:** Enhances flexibility and helps address muscle tightness. Try to do stretching or a yoga session regularly, at least once per week.
- **Core strengthening:** Your core includes the abdominal muscles, lower back, hips, and pelvis. These muscles provide stability for nearly every movement. Incorporate exercises such as planks, bird dogs, dead bugs and bridges two-to-three times per week.
- **Cool-down and recovery:** Light stretching and rest allow muscles and connective tissues to recover, while maintaining flexibility and reducing stiffness.

To learn more, visit [HOlexperts.com/sports](https://www.hoagortho.com/sports)

Proudly founded by our premier physicians in partnership with Hoag.

What Are the Most Common Injuries When Returning to Exercise?

Soft-tissue injuries such as muscle strains and ligament sprains are common during the early phases of a new fitness routine, particularly within the first few months. Depending on the activity, individuals may also experience shoulder, knee, or lower back injuries. Achilles tendon injuries, while often highlighted in sports news, can occur in individuals of all ages and activity levels.



Robert Grumet, MD

"Achilles tendon injuries are often treated conservatively with rest, activity modification, and nonsteroidal anti-inflammatory medications," says Robert Grumet, MD, HOI sports medicine surgeon.

When Should I See a Doctor?

Some muscle soreness is normal when starting a new exercise program, but pain that persists or worsens should not be ignored.

"Pain should be addressed early to prevent acute injuries from becoming chronic," Dr. Gazzaniga explains. "Typical post-exercise soreness should improve within a few days. If pain lasts longer than one to two weeks, limits function, or continues to recur, evaluation by a physician is recommended."

Early assessment can help identify overuse injuries and guide appropriate treatment, potentially shortening recovery time.

How to Avoid Ski and Snowboard Injuries This Season



Taylor Dunphy, MD

HOI sports medicine surgeon Taylor Dunphy, MD, emphasizes preparation as the key to staying safe on the slopes.

Q: How can you reduce the risk of injury?

A: Strength training, regular stretching (including during ski breaks), and plenty of fluids are all essential. I often carry a hydration pack to sip water or electrolytes throughout the day.

Q: What are the most common ski and snowboard injuries?

A: Skiers most commonly experience knee injuries, including sprains and ligament tears. Snowboarders more frequently sustain wrist, hand, shoulder, and upper-extremity injuries due to fall mechanics.

Q: When should someone seek medical care?

A: Severe injuries that cause significant pain or limit movement require immediate assistance from ski patrol. For less severe injuries, it's still important to seek evaluation by an orthopedic specialist to rule out more serious damage.

Hoag
Orthopedic
Institute.



**WE GET YOU
BACK TO YOU.®**

Hoag Orthopedic Institute

Orthopedics & Spine – It's All We Do

Orange County's Trusted Leader for Orthopedics and Spine Care

#1 in the Western United States for Hip, Knee and Shoulder Replacements

#1 in Orange County for Spine Surgeries

Visit [HOlexperts.com](https://www.hoagexperts.com) or call 949-705-6493.

**Hoag
Orthopedic
Institute.**



Proudly founded by our premier physicians in partnership with Hoag.



MemorialCare clinicians in surgical scrubs prepare GammaTile therapy for brain tumor treatment — advancing precision care and innovative cancer solutions for patients in Southern California.

Innovation Meets Compassion as MemorialCare Shapes Tomorrow's Patient Experience

MemorialCare celebrates a year of breakthroughs — robotic surgery, expanded specialty centers, national awards, and bold access initiatives — while charting a visionary path to deliver advanced, compassionate care for Southern California communities.

MemorialCare marked 2025 as a year of transformative progress, introducing new leaders, pioneering technology, and expanding access to care across Southern California — while laying the foundation for even greater achievements in 2026 and beyond.

Leadership changes set the stage for this growth. Barry Arbuckle remains as chief executive officer. As chief executive officer, Barry Arbuckle continues to lead and oversee MemorialCare Health System's strategic direction, while taking on healthcare reform initiatives for the organization and the broader healthcare community. David Kim, M.D., assumed the role of president of MemorialCare Health System, overseeing four acute care hospitals and the medical foundation while continuing his work in clinical research and physician collaboration. Michael Marshall, M.D., became chief executive officer of MemorialCare Medical Foundation. Marcia Manker will focus exclusively on Orange Coast Medical Center, while Shela Kaneshiro, RN, will lead Saddleback Medical Center. James Leo, M.D., remains the chief medical officer of MemorialCare Physician Society and now holds the honorary title of emeritus, as Eugene Kim, M.D., has joined as the chief medical officer for the health system, driving quality improvement and physician alignment.

All three adult hospitals earned multiple Healthgrades Specialty Excellence Awards for superior outcomes. Orange Coast Medical Center received Excellence Awards for cardiac surgery and stroke care, continuing its strong record in coronary bypass, heart attack, and sepsis treatment. Saddleback Medical Center was honored as one of America's 100 Best Hospitals for Gastrointestinal Care and Surgery, maintaining multi-year recognition for GI excellence, critical care, and advanced procedures, and ranking among California's top five for GI care and surgery. In addition, Miller Children's & Women's Hospital, Orange Coast, and Saddleback were rated High-Performing in Maternity Care by *U.S. News & World Report* for 2025–2026.

Long Beach Medical Center was named among America's 100 Best Hospitals for Prostate Surgery for the second year, and earned Five-Star ratings for prostate and hip procedures. It was also recognized by *Newsweek* as one of America's Best Hospitals for Specialized Care in cancer, neurology, and orthopedics for the second consecutive year.

MemorialCare opened specialized centers — the Digestive Health Center, the MemorialCare Medical Group 55+ Laguna Woods health center, and the Back & Neck Center — bringing advanced, personalized care closer to home. At Saddleback, the Heart & Vascular Institute expanded cardiothoracic options with more minimally invasive and robotic-assisted procedures.

MemorialCare deployed the da Vinci 5 robotic system across its hospitals and made history at Long Beach Medical Center as the first worldwide to perform robotic hip revision using Stryker's Mako Total Hip 5.0. It also leads California in using Mako 4 SmartRobotics™ with the Q Guidance System.

Access remained a priority. Through its "Get Care Now" campaign, MemorialCare introduced 24/7 urgent, primary, and virtual care with low or no fees for Californians. Greater Newport Physicians MemorialCare rebranded to MemorialCare Independent Physicians, embracing a value-based model focused on prevention and personalized treatment.

MemorialCare's 2025 milestones reflect a commitment to innovation, equity, and compassionate care. Looking ahead, the health system is shaping the future of healthcare.



Scan the QR code to learn more.



Reputation
you can trust.

Access
you'll love.



Click, Call or Visit **24/7**

✓ Virtual Urgent Care

✓ QuickCare Visit

✓ Online Chat

✓ Ask a Nurse

✓ Call Us

✓ In-Person Urgent Care*



Available at [memorialcare.org](https://www.memorialcare.org)
and our mobile app, or call us 24/7
at (877) 696-3622.

**Hours may vary.*

Instant access to quality health care. Anytime, anywhere, anyone.

VISION RESEARCH MATTERS
 Advancing Sight-Saving Discoveries



At Doheny Eye Institute, our world-class scientists are driving discoveries that change lives. Your support fuels groundbreaking work, including:

- Retinal disease research: uncovering causes at the cellular level
- Therapeutic breakthroughs: developing new drugs for devastating conditions like proliferative vitreoretinopathy
- Artificial Intelligence: harnessing AI to diagnose and understand debilitating vision loss

Together, we are turning discoveries into life-changing treatments.



Discover how you can support sight-saving research. Visit doheny.org.

Improving Vision. Restoring Sight. Changing Lives.



Affiliated with UCLA Stein Eye Institute



**DOHENY
 EYE INSTITUTE**

Investing in the Future of Sight: Doheny Eye Institute's Vision for 2026

Doheny Eye Institute is driven by a simple but powerful purpose: protecting sight. Doheny is accelerating discoveries that stop vision loss before it steals independence, connection, and quality of life.

Our scientists focus on conditions that affect millions, including diabetic eye disease and age-related macular degeneration (AMD). Recent research has helped answer the most urgent questions in eye health: how does damage begin and how can it be stopped sooner?

This progress is already changing what is possible:

- **Diabetic eye disease:** Research published in *Diabetes* identified early cellular changes that may trigger diabetic retinopathy, pointing to treatments that could protect vision before permanent damage occurs.
- **AMD:** Findings highlighted in *Aging Cell* reveal why some patients with wet AMD develop retinal scarring, a leading cause of irreversible vision loss, pointing towards future sight-preserving therapies.
- **From clinic to discovery:** The Doheny Eye Center UCLA Pasadena clinic, located at the Doheny headquarters, directly links patient care and research, allowing real-world questions to drive new breakthroughs.

In 2026, Doheny will continue advancing bold, sight-saving science. Protecting sight starts here—with your support. To learn more, visit doheny.org or contact Cecilia Zamudio at cczamudio@doheny.org.

UPCOMING HEALTHCARE ISSUES

- FEB. 16 Healthcare Special Report with Hospitals Lists
- APR. 13 Healthcare Roundtable
- APR. 20 Biomed/Biotech Special Report with Medical Device Makers & Drug Makers Lists
- MAY 18 Healthcare Spotlight
- JUL. 13 Healthcare Spotlight
- AUG. 3 Healthcare Special Report with Dental Companies List
- OCT. 19 Healthcare Spotlight
- NOV. 23 Executive Health & Fitness



Amrita Krishnan, M.D.
Executive Medical Director, Hematology,
City of Hope Orange County

Bonnie N.,
Grateful Patient

Amrita Krishnan, M.D., F.A.C.
Hematology/HCT

City of Hope
ORANGE COUNTY

THE MOST ADVANCED CANCER CARE IN ORANGE COUNTY.

THIS IS HOPE

More cancer focused clinical trials. More science and discovery. More pioneering treatments. With the opening of Orange County's only cancer specialty hospital, City of Hope now offers a seamless academic research campus for both outpatient and inpatient care. More hope for a cancer-free future is here.



City of Hope® | ORANGE COUNTY

888.333.HOPE (4673) | [CityofHope.org/OC](https://www.CityofHope.org/OC)

Orange County's only cancer specialty hospital

Now Open



CLUB STUDIO®

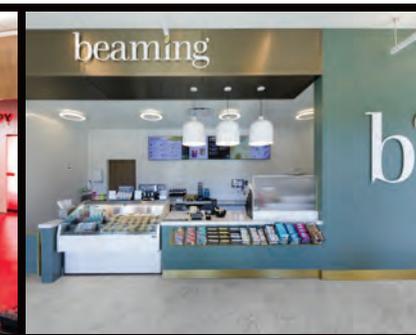
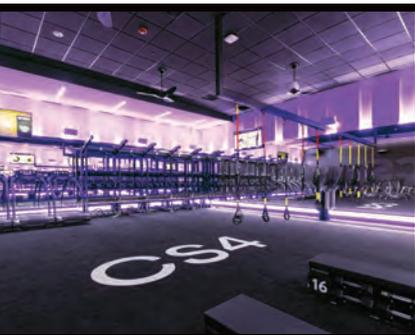
Top-Tier Fitness Without
The Luxury Price.



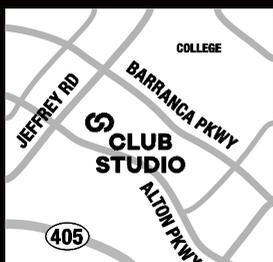
MOVE INTO THE NEW YEAR WITH CLUB STUDIO!

GET YOUR FREE 7 DAY PASS >

Experience our gym floor and classes!



**STATE-OF-THE-ART GYM / PREMIUM AMENITIES/ BOUTIQUE FITNESS STUDIOS
REFORM / CS4® / RIDE / BOX / HOT YOGA / REBOUND
RECOVERY & CRYOTHERAPY / BEAMING - A HEALTHY MARKETPLACE**



**IRVINE -
JEFFREY RD
5715 Alton Parkway
(949) 418-1430**

**LONG BEACH -
MARINA PACIFICA
6310A E. Pacific Coast Hwy.
(562) 270-6359**

