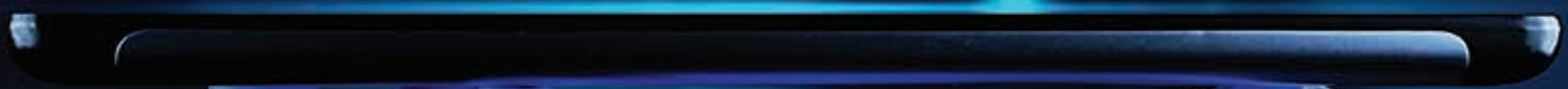


HEALTHCARE

CUSTOM CONTENT • July 13, 2026



A New Era of Cancer Care Is Here

**More innovation.
More personalization.
More possibilities.**

From leading-edge clinical research and precision medicine to robotic-assisted surgery with the da Vinci 5 robotic system and exclusive technologies like GammaTile for brain tumors, MemorialCare Cancer Institute is redefining cancer care through innovative expertise and whole-person care.

**The future of cancer care is right here.
And miles ahead.**


MemorialCare™

Pictured: Chiedozie Nwagwu, M.D.,
neurosurgeon, Saddleback Medical Center.

MemorialCare Saddleback Medical Center Only Orange County Hospital Offering First-of-its-Kind Surgery-Integrated Radiation Therapy for Brain Cancer Patients

MemorialCare brings GammaTile Therapy to Orange County patients, a brain tumor treatment that delivers radiation at the time of surgery, addressing a critical window when the risk of cancer recurrence is highest.

Brain tumors, whether they originate in the brain or metastasize from cancers elsewhere in the body, are among the most complex cancers to treat and are often associated with a high risk of recurrence. To address this, MemorialCare Cancer Institute at Saddleback Medical Center has integrated a more targeted approach to care, expanding access to advanced treatment for patients across Orange County.

Saddleback Medical Center is the only hospital in Orange County offering GammaTile Therapy, an FDA-cleared treatment that delivers radiation at the same time as surgery. By placing radiation directly into the surgical site, GammaTile eliminates the traditional delay between tumor removal and follow-up therapy.

"The technology uses a collagen-based implant, roughly the size of a postage stamp, embedded with radiation sources and placed directly in the space where the tumor was removed," said Linda Chan, M.D., medical director, Radiation Oncology and Foundation Endowed Chair, MemorialCare Cancer Institute, Saddleback Medical Center. "Once in place, it begins delivering radiation right away to target remaining cancer cells, when the risk of residual disease is highest."

GammaTile is most commonly used for patients with recurrent brain tumors, including aggressive primary tumors such as glioblastoma, as well as brain metastases

that have returned after prior treatment. In these cases, patients may not be candidates for another full course of external radiation, making localized treatment at the time of surgery a critical alternative.

This approach allows radiation to be delivered directly to the tumor site, helping target areas at highest risk for residual disease while limiting exposure to healthy brain tissue and reducing delays that can allow cancer cells to regrow.

"Emerging clinical evidence shows that delivering radiation at the time of surgery can significantly reduce tumor recurrence and improve overall survival," said Chiedozie Nwagwu, M.D., neurosurgeon, Saddleback Medical Center. "Starting treatment immediately, at the site where cancer cells are most likely to remain, is an important advantage in managing these tumors."

For patients, this approach can mean fewer procedures, fewer appointments and a more coordinated recovery, with fewer side effects compared to traditional radiation.

GammaTile Therapy is part of MemorialCare Cancer Institute's broader commitment to advancing neuro-oncology and metastatic brain disease care through innovation, clinical research and multidisciplinary collaboration. With successful cases and participation in ongoing clinical trials, the program continues to bring highly specialized treatment options closer to home for patients across Orange County.

Scan here to learn more.





UCI Health celebrates 50 years

**A legacy of impact,
from a single hospital
to a six-hospital
health system**

UCI Health is proudly celebrating 50 years of caring for the community, bringing discoveries, treatments and research that saves lives and improves health.

It all began in 1976 when the University of California Regents purchased Orange County Medical Center and renamed it UCI Medical Center, now known as UCI Health — Orange.

“For 50 years, UCI Health has been driven by a commitment to improve lives through discovery, teaching and compassionate care. What began as a single hospital has grown into one of California’s largest academic health systems, serving millions of people across our region,” said Chad T. Lefteris, president and CEO of UCI Health.

“As we celebrate this milestone, we’re proud of what generations of physicians, nurses, researchers, educators and co-workers have built together, and we’re even more excited about what lies ahead.”

Home to nationally regarded programs

An unwavering commitment to its mission — Discover. Teach. Heal. — has spurred its transformation from a single hospital into one of California’s largest academic health systems. UCI Health — Orange has built nationally regarded programs that broke new ground in local healthcare, including:

- The county’s first and only level I adult and level II pediatric trauma center
- The only National Cancer Institute-designated comprehensive cancer center based in the county
- The county’s only American Burn Association-verified Regional Burn Center
- The county’s first comprehensive stroke center
- The longest running Federally Qualified Health Center (FQHC) in the county, located in Anaheim

It has received Magnet Recognition for nursing excellence five times, along with 21 “A” grades for quality and safety from The Leapfrog Group.

Leading clinical programs to care for the greater Southern California community

As the clinical arm of the UC Irvine School of Medicine, UCI Health has established leading clinical programs over the last 50 years that have brought much-needed access to advanced care, research and clinical trials in critical areas to treat the most complex conditions and solve some of medicine’s most pressing issues.

The Chao Family Comprehensive Cancer Center, Chao Digestive Health Institute, Gavin Herbert Eye Institute, along with programs in cardiology and neurosciences, are advancing patient care that ensures overall well-being.

Growing system built to last

As a forever organization, UCI Health is preparing for the future to ensure that the community will have access to high-quality, safe care for generations to come.

That means ensuring sustainability in its operations. It opened the nation’s first all-electric acute care hospital in December 2025. The health system has been repeatedly recognized by healthcare sustainability organization Practice Greenhealth, including its prestigious Emerald Award, for its environmental commitment.

Today, UCI Health is a growing six-hospital health system that serves a region of 5.6 million people, with locations in Fountain Valley, Irvine, Lakewood, Los Alamitos, Orange and Placentia Linda. Later this month, UCI Health — Irvine Rehabilitation Hospital opens its doors.

UCI Health

Discover a legacy of impact

ucihealth.org/50th

**For 50 years, we've
been part of your life, and
you've been part of ours.**

Discover a legacy of impact.



UCI Health

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Accelerating the Future
of Cancer Care.

Bringing Innovation
to Patients Sooner.

hoag.

Hoag Family Cancer Institute

With **more than 100 active cancer studies**, Hoag Family Cancer Institute advances research across a broad range of cancers through physician-scientist-led discoveries, translational research, and partnerships with leading biotechnology and pharmaceutical companies.

Built by the community, for the community, Hoag's Translational Research Lab is pioneering earlier cancer detection and developing the next generation of treatments for the cancers that impact Orange County most.

As Orange County's only Comprehensive-designated Radiopharmaceutical Therapy Center of Excellence, Hoag is pioneering one of the most exciting frontiers in cancer diagnosis and treatment. Hoag's Molecular Imaging & Therapeutics Program, among the largest in the Western United States, brings practice-changing research and innovative clinical trials to patients with prostate, breast, neuroendocrine, and other difficult-to-treat cancers.

Powered by Hoag's privademic model, patients gain access to innovative therapies and clinical trials that are often available only at Hoag and, in some cases, before they are available anywhere else in the world.



Learn more about
Hoag's Clinical Trials

hoag
Hoag Family
Cancer Institute

Surfers, Don't Let an Injury Wipe You Out this Summer

This summer, elite surfers will compete up and down the Orange County coast at local surf competitions. If you're a surfer, you already know the demands the sport can place on your body. Learn more from the sports medicine experts at Hoag Orthopedic Institute, OC's leader for elite athletic care, about how to stay healthy on your board this summer.

Surfing and the Shoulders

If you already surf, you're well aware that if you're not catching a wave, you're paddling out to try and score one. Because surfers spend more than half of their time in the water paddling, shoulder overuse injuries are extremely common. In fact, studies have shown that up to 15 percent of surfers experience a shoulder injury at some point in their career.



Ted Gregorius, MD

"Paddling on a surfboard puts a high level of stress on the entire upper body," says Ted Gregorius, MD, team physician for the United States Boardriders Club and Hoag Orthopedic Institute sports medicine physician. "From the lats, deltoids and triceps to

the rotator cuff, erector spinae, trapezius and rhomboids, upper-body strength and endurance are critical. Unfortunately, I've seen many surfers suffer repetitive use injuries from paddling, so it's critical to work on upper-body strength."

To stay healthy, Dr. Gregorius, who is also a local surfer, recommends refining your paddling technique. "In the water, keep your elbows bent during the catch phase," he says. "This will lessen the strain on your rotator cuff." He also recommends stretching to strengthen the stabilizing muscles. "Since paddling involves repeated internal rotation, use light resistance bands to practice external rotation to build endurance," he says. "You can also counteract paddling posture with stretches like doorway chest stretches and lat stretches."

The Hip Factor

Surfing also places significant demand on the hips. The hip flexors, like the rotator cuff, are a group of muscles that can be strained by repeatedly popping up to catch a wave. With professional surfers executing incredibly complex moves, the risk of injury further increases, according to a recent study. Add large waves like those at the Wedge and that risk increases even more. One of the sport's most iconic maneuvers – the aerial – depends on strong, highly mobile hip flexors.



David Gazzaniga, MD

"Pop ups, pumps and cut backs all require some pretty extreme flexibility from your joints and especially your hips," says David Gazzaniga, MD, Division Chief of Sports Medicine at Hoag Orthopedic Institute and team physician for US Boardriders Club.

"Stretching and working on mobility is crucial for joint health. I recommend the lizard stretch, where you start in a downward dog position, push your hips back and then step one leg forward to the outside of your hand. If you're flexible enough, you can go to your forearms to maximize the stretch. Hold it for three to five deep breaths, and be sure to stretch both sides."

If pain persists, Dr. Gazzaniga recommends seeking physical therapy and consulting with an orthopedic surgeon. Chronic hip issues requiring surgery are common among lifelong and elite surfers, with a number of high-profile surfers having undergone hip surgery to extend their careers.

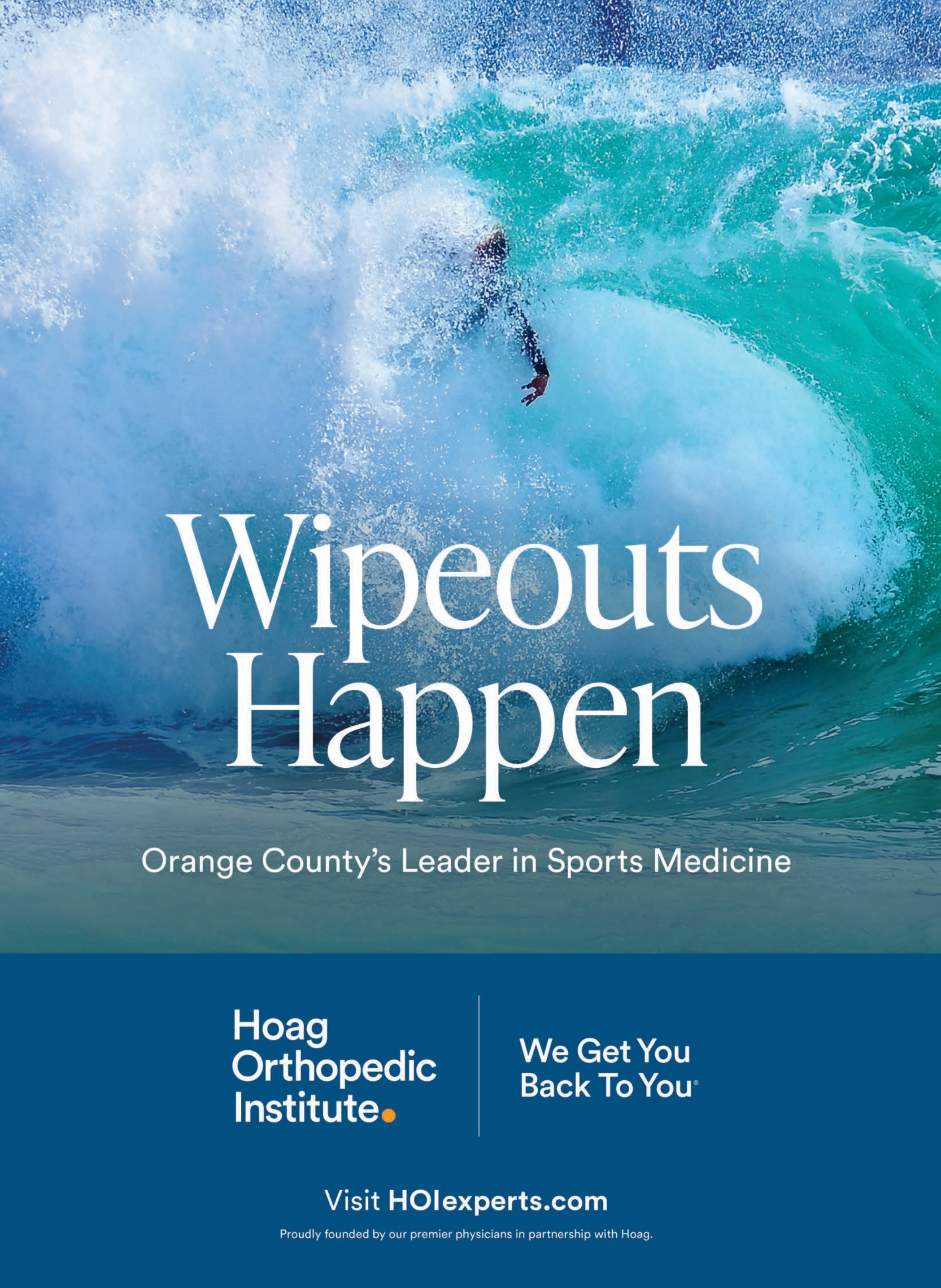
"I have personally cared for a number of surfers who have needed hip arthroscopy," Dr. Gregorius said. "At Hoag Orthopedic Institute, we offer innovative approaches to hip surgery that can help surfers begin physical therapy and get back on their boards sooner than ever."

Hoag Orthopedic Institute's renowned sports medicine physicians care for more Orange County athletes than any other hospital. From weekend warriors to the pros, our physicians offer treatments ranging from PRP therapy and cartilage restoration to minimally invasive and robotic-assisted approaches. **For more information, visit hoiexperts.com.**

To learn more, visit HOIexperts.com

Proudly founded by our premier physicians in partnership with Hoag.

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Orthopedic
Institute.**



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CAR T vs. Stem Cell Transplant:

UNDERSTAND THESE LIFESAVING TREATMENT OPTIONS FOR BLOOD CANCER



Tanya Siddiqi, M.D. and grateful patient Kathy Miller Willahan.

CAR T cell therapy and stem cell transplant are among the most advanced treatment options for blood cancers such as leukemia, lymphoma and multiple myeloma. At City of Hope® Orange County, decades of pioneering research and clinical expertise continue to expand access to these innovative therapies, bringing new hope to patients across the region and beyond.

“Both stem cell transplant and CAR T cell therapies represent major advances in how we treat blood cancers, but they work in very different ways and are used at different points in a patient’s journey,” says Tanya Siddiqi, M.D., the medical director of lymphoma for City of Hope Orange County and the director of the chronic lymphocytic leukemia program for the Toni Stephenson Lymphoma Center at City of Hope.

“In many cases, these therapies are not competing choices but complementary tools we use thoughtfully over time,” says Dr. Siddiqi. “Our role is to help patients understand these options in the context of their specific diagnosis, prior treatments and overall health, so we can recommend the approach most likely to lead to the best possible outcome.”

What is CAR T cell therapy?

CAR T cell therapy is a type of immunotherapy that uses a patient’s own immune system to fight cancer. Doctors collect T cells from the patient’s blood and modify them in a laboratory so they can better recognize and attack cancer cells. These enhanced cells are then returned to the body to target the disease.

Huntington Beach resident Kathy Miller Willahan is grateful to be back doing the things she loves following successful CAR T therapy at City of Hope for non-Hodgkin’s lymphoma. “Thanks to City of Hope, I can enjoy my family, especially my new great-grandson, travel and play pickleball,” she says.

What is a stem cell transplant?

The goal of stem cell transplantation is to restore healthy blood-forming cells

after intensive cancer treatment. City of Hope has performed more than 20,000 bone marrow and stem cell transplants since 1976, reflecting decades of highly specialized expertise in researching and treating complex blood cancers.

“With City of Hope, I got hope and a second chance at life,” says Laguna Beach resident Arash Rounaghi, who successfully received a stem cell transplant at City of Hope for leukemia, utilizing healthy cells donated by his son. “Having City of Hope in our community changes everything for patients like me.”

Can patients receive both CAR T and stem cell transplant?

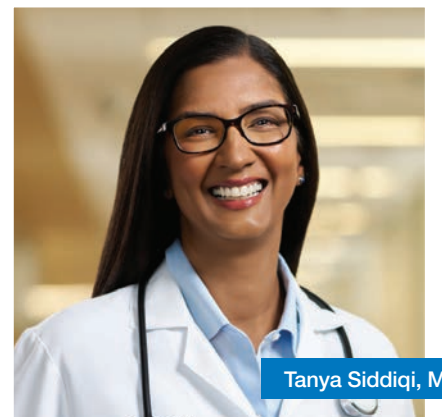
These therapies are not always “either/or.” Some patients may receive both treatments at different points in their care.

Are these treatments curative?

In some cases, CAR T cell therapy or stem cell transplant can offer durable control of the patient’s cancer or lead to long-term remission.

Ongoing research at City of Hope continues to advance these breakthrough therapies and explore how they can be used earlier or in combination to improve outcomes for more patients.

With superior cancer survival rates, hope flourishes every day. THIS IS HOPE.
CityofHope.org/OC | 888-333-HOPE (4673)



Tanya Siddiqi, M.D.



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COUNTY

Tanya Siddiqi, M.D.,
Medical Director, Lymphoma,
City of Hope Orange County

Kathy W.,
Grateful Patient

WITH SUPERIOR CANCER SURVIVAL RATES, HOPE FLOURISHES EVERY DAY.

THIS IS HOPE

Orange County's only cancer specialty hospital is open. Now, you have seamless access to the region's most advanced inpatient and outpatient cancer care. More academic research. More discovery! More pioneering treatments with superior survival outcomes. This is how a cancer-free future happens.



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