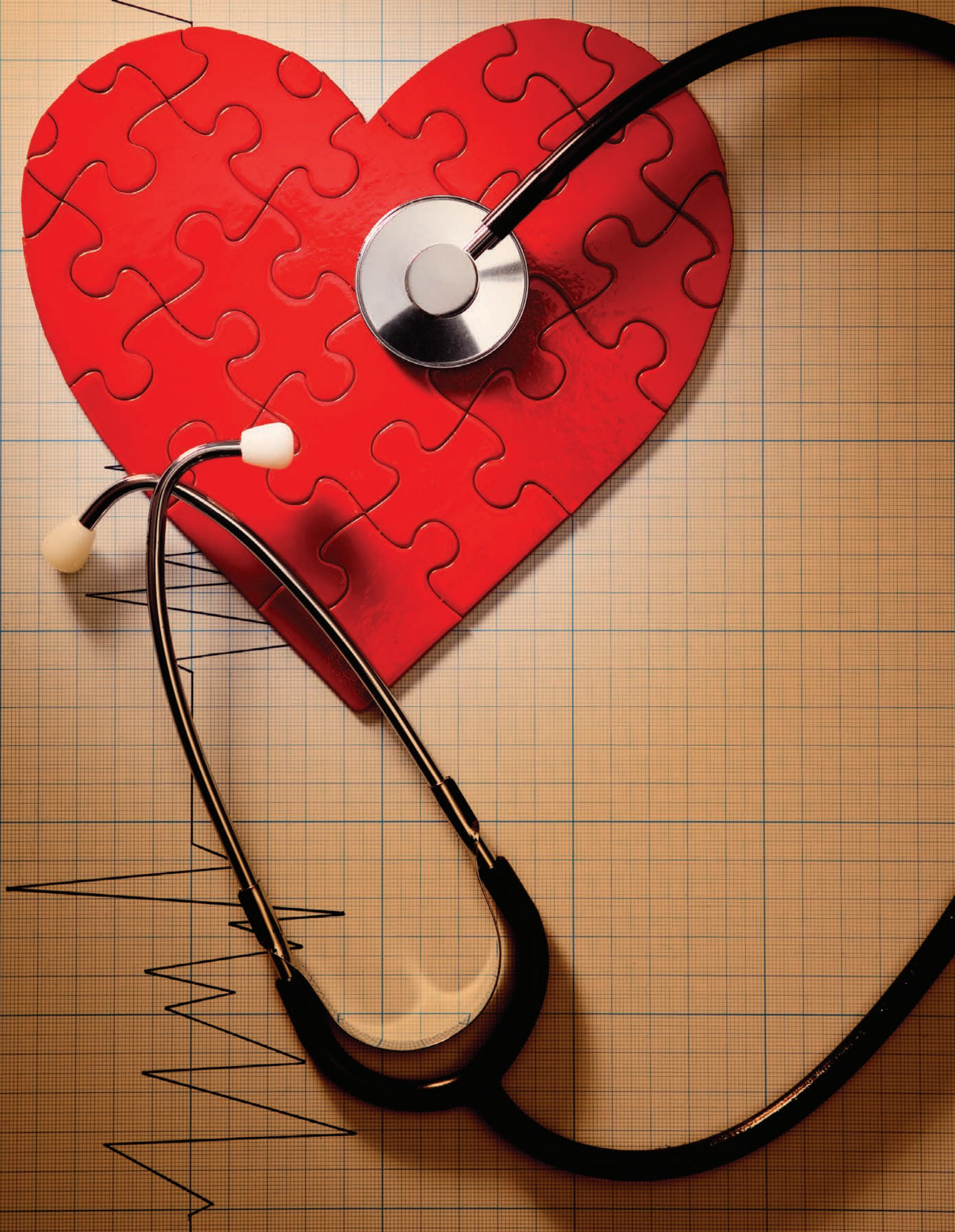


HEALTHCARE

CUSTOM CONTENT • October 19, 2026



Hoag is Leading the Search for Ovarian Cancer's Earliest Signals



hoag.
Hoag Family
Cancer Institute

Hoag Family Cancer Institute

Hoag researchers are developing an innovative blood test that could change how ovarian cancer is detected – finding early signs of an aggressive form years before diagnosis. If validated, it could help women at increased risk and their physicians make informed decisions about monitoring and preventive surgery.

Developed by Hoag's Drs. Esha Madan and Rajan Gogna, the approach is being studied with researchers from Harvard, Indiana University, and the University of Kansas Medical Center. The National Institutes of Health, through its National Cancer Institute, awarded Hoag approximately \$2.5 million for the research.

For Dr. Steven Grossman, executive medical director of Hoag Family Cancer Institute, the promise is “early interception” – finding and stopping cancer before it fully develops.

“The current methods for early detection of ovarian cancer are not specific enough to give women confidence when they’re already in an uncertain position with limited choices.”

Dr. Esha Madan
Hoag Family Cancer Institute

Approximately

\$2.5M

NCI grant

A national research effort

led by Hoag



Explore cancer research at Hoag
hoag.org/institute/cancer



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Advancing the senior health experience.

THE CALL THAT EXPLAINS EVERYTHING

By Dawn Maroney, President, Alignment Health

A few years ago, I received a call from a member that I've never forgotten. She wasn't calling about a claim. She wasn't calling about a bill. She called simply to say thank you.

A nurse from Alignment had checked on her after a hospitalization. Someone had helped coordinate appointments. Someone had followed up. Someone had made sure she understood what came next. She told me, "I finally feel like somebody is on my side." In many ways, that simple statement captures why Alignment Health exists.

Healthcare is often built around systems, transactions and processes. Seniors, however, experience healthcare differently. They experience it through moments of uncertainty, worry and vulnerability. They want to know someone is listening. Someone cares. Someone is helping them navigate what can feel like an overwhelming journey.

At Alignment, we believe seniors deserve exactly that. We believe they deserve someone on their side. That belief is at the heart of our mission to advance the senior health experience and to deliver expert care by aligning intelligent technology with a serving heart.

An Orange County Story

Alignment's story began right here in Orange County.

Alignment was founded on a simple belief: seniors deserve a better healthcare experience, one that is more personal, compassionate and connected. The goal was never simply to create another health plan. It was to combine innovative technology with trusted relationships to better support the whole person.

That belief continues to guide us today. We have always believed technology should strengthen the bond between patients, providers and caregivers, not replace it. Data can help us identify risks and intervene earlier. Predictive tools can help us deliver more personalized care. But no innovation is more important than the human connection at the heart of healthcare.

Looking Beyond Healthcare

I've learned that a person's health is rarely defined by what happens during a 15-minute office visit. Health is often shaped by whether someone has support at home. Whether they understand their medications. Whether they have transportation. Whether they're feeling isolated. Whether they know who to call when something doesn't feel right. That's why putting seniors first means caring for the whole person.

It means reaching beyond the walls of a clinic or doctor's office and meeting seniors where they are. It means showing up when they need help navigating the healthcare system. It means recognizing that aging should be met with dignity, respect and support.

Innovation With a Human Purpose

Technology is transforming healthcare, and we are embracing that transformation. But technology alone is not the answer. Every innovation we implement is guided by a simple question: How does this improve the life of a senior?

If it helps someone avoid a hospitalization, better manage a chronic condition, access care more easily or gain peace of mind, then it serves a meaningful purpose.

Innovation should never create distance between healthcare and the people it serves. It should bring them closer together.

The Responsibility We Carry

Today, as America ages and healthcare continues to evolve, the needs of seniors have never been more important. The responsibility that comes with serving them is something we take seriously.

Every day, our teams wake up focused on the same mission: helping seniors live healthier, more confident and more independent lives. We advocate for them, support them and work to ensure they receive the care and attention they deserve.

Because at the end of the day, healthcare is not about plans, products or technology.

- It's about people.
- It's about the daughter trying to help her mother stay healthy.
- It's about the caregiver looking for answers.
- It's about the senior who simply wants to know that someone is there when they need help.

And it's about earning the words that member shared with me years ago:

"I finally feel like somebody is on my side."

That is the standard we strive for every day.

And that is what advancing the senior health experience means to us.

Dawn Maroney is president of Alignment Health and CEO of Alignment Health Plan, an Orange County-based healthcare company focused on improving the healthcare experience for seniors through proactive, personalized care.

AlignmentHealth.com

A DIFFERENT KIND OF MEDICARE ADVANTAGE COMPANY



DAWN MARONEY

CEO Alignment Health Plan and
President of Alignment Health

At Alignment Health, putting seniors first isn't a slogan. It's our purpose. We believe healthcare should be proactive, personal and built around the unique needs of every senior. By combining innovative technology, coordinated care and compassionate support, we help seniors stay healthier, more independent and confident as they age.

What sets us apart is our commitment to seeing the whole person, not just a diagnosis. From care coordination and clinical support to advocacy and education, we meet seniors where they are and help them navigate healthcare with confidence.

Alignment Health. Advancing the senior health experience.



AlignmentHealth.com

Hoag Orthopedic Institute – Keeping Orange County’s Workforce Moving

Orange County draws a thin line between our athletes and our executives. The same professionals closing deals in Irvine are on dawn patrol at South Trestles, cycling the hills of Newport Coast on weekends and filling Mesa Verde Country Club’s pickleball courts in the evenings.

While an active lifestyle contributes to a healthier, more engaged workforce, it can also lead to injuries that affect productivity both inside and outside of the office. The good news is that early evaluation and treatment by a dedicated sports medicine expert can help keep weekend warriors performing at their best.

Sports Medicine Isn’t Just for the Pros

“Most of the patients we see actually aren’t professional athletes,” says Adam Rivadeneyra, MD, a nonoperative sports medicine physician affiliated with Hoag Orthopedic Institute. “They’re business professionals, parents and student athletes who want to stay active and return to the activities they love as quickly and safely as possible. Our job is to treat them with the same level of urgency and expertise that we bring to our elite athletes.”



Adam Rivadeneyra, MD

Dr. Rivadeneyra emphasized that sports medicine ultimately should be personalized to each patient’s goals. Rather than defaulting straight to surgery, HOI’s specialists focus on getting an accurate diagnosis and putting together an individualized plan that may include treatments like physical therapy, targeted injections, or, when appropriate, innovative regenerative medicine approaches.

The Fall and Faster Rise of the Weekend Warrior

According to David Gazzaniga, MD, Hoag Orthopedic Institute’s Division Chief of Sports Medicine, weekend warriors’ athletic endeavors – which are often done without adequate training during the week due to busy work schedules – are driving an increase in tendon and joint injuries among adults over the age of 30. He commonly treats ruptures of the Achilles, quadriceps, patella, biceps and rotator cuff injuries, which are more common due to age-related changes in tendon structure.

“Once we pass age 30, physiologic and biologic changes make tendons more vulnerable to rupture,” Dr. Gazzaniga says. “The bad



David Gazzaniga, MD

news is I usually see these ruptures without any warning. The good news is that a structured approach to activity that includes loading, appropriate warm-up and attention to persistent pain rather than pushing through it can reduce the risk of a rupture occurring.” According to Dr. Gazzaniga, if you are an active adult experiencing tendon pain that does not resolve with rest, it’s

crucial to connect with a dedicated sports medicine physician. Most sports injuries respond well to early treatment, but delaying care can lead to more complex problems.

What Employers Should Know

For Orange County’s employers, supporting musculoskeletal health is more than just a wellness initiative. It can positively impact productivity and improve employee satisfaction. Musculoskeletal conditions are consistently among the top drivers of employer healthcare costs and lost workdays.

Forward-thinking organizations increasingly promote wellness programs, encourage early evaluation of injuries and prioritize proactive care that helps employees stay productive and healthy.

At Hoag Orthopedic Institute, patients have access to fellowship-trained orthopedic surgeons, dedicated nonoperative sports medicine physicians and expert physical therapists. Together, these specialists provide comprehensive care that is designed to help patients return to work and sports faster.

Trusted by Orange County’s Athletes and Teams

Hoag Orthopedic Institute’s physicians care for more Orange County athletes than any other hospital. Our sports medicine specialists serve as team doctors for organizations throughout Orange County and Los Angeles, including the Los Angeles Chargers and numerous universities, local colleges and high schools, including:

- Cal State Fullerton
- Cal State Long Beach
- Chapman University
- UC Irvine
- Goldenwest College
- Irvine Valley College
- Orange Coast College
- Saddleback College
- Crean Lutheran High School
- Foothill High School
- Huntington Beach High School
- J Serra High School
- Mater Dei High School
- Newport Harbor High School
- Orange Lutheran High School
- St. Margaret’s High School
- Trabuco Hills High School

Weekend warriors can trust that HOI’s sports medicine physicians can help them get back to what they love sooner. **For more information about our sports medicine program, visit hoiexperts.com/sports.**

To learn more, visit HOIexperts.com/sports

Proudly founded by our premier physicians in partnership with Hoag.

**Hoag
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Weekend Warriors Welcome

Our fellowship-trained sports medicine specialists
provide advanced, personalized care to athletes of all levels.

Schedule a consult today. | Call 949-8900-HOI

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A new era in AFib treatment.

Advanced technology is making care more precise, personalized and less invasive.

For millions of Americans living with atrial fibrillation (AFib)—an irregular heart rhythm linked to fatigue, shortness of breath and stroke—new advances are making treatment more precise, personalized and less invasive than ever before. At MemorialCare Heart & Vascular Institute, patients have access to the latest innovative therapies designed to restore normal heart rhythm and reduce stroke risk close to home.

Among the most significant advances is pulsed field ablation (PFA). Unlike traditional ablation techniques that use heat or cold to treat abnormal heart tissue, PFA uses targeted electrical pulses, allowing electrophysiologists to treat the areas responsible for irregular rhythms while helping reduce risk to surrounding structures, including the esophagus, pulmonary veins and nearby nerves.

“Pulsed field ablation uses a process called electroporation, in which high-energy electrical pulses selectively disrupt the heart tissue responsible for AFib,” said Ashish Shah, D.O., electrophysiologist and cardiologist, MemorialCare Heart & Vascular Institute, Saddleback Medical Center. “For patients, that can mean a more efficient procedure and greater confidence that we’re protecting the structures around the heart while restoring a normal rhythm.”

Supporting these advances is AI-driven 4-D imaging technology, which gives physicians a real-time view of the beating heart during treatment. Rather than relying only on static images or traditional mapping, specialists can use advanced visualization to better understand each patient’s anatomy, guide catheter movement and confirm treatment areas with greater confidence.

For patients, these advances support a more personalized approach to care. Some may benefit from ablation to help control irregular rhythms, while others may need treatment focused on reducing stroke risk.

For those who cannot tolerate long-term blood thinners or don’t want to be on medication for the rest of their life, MemorialCare Heart & Vascular Institute offers minimally invasive options such as the WATCHMAN Implant, a small implant that helps prevent blood clots from forming and traveling to the brain.

“WATCHMAN represents a more targeted approach,” said Lu Chen, M.D., electrophysiologist and cardiologist, MemorialCare Heart & Vascular Institute, Orange Coast Medical Center.



“Instead of affecting the body’s entire clotting system with long-term blood thinners, WATCHMAN closes the part of the heart where most AFib-related clots form, in appropriately selected patients.”

Patients with longstanding or more complex AFib often have abnormal electrical signals that are more difficult to eliminate with a single treatment approach. Hybrid ablation combines minimally invasive surgery with catheter-based ablation, allowing specialists to treat the heart from both the outside and inside to target more of the areas driving the arrhythmia and improve long-term rhythm control.

One of the biggest advances in AFib care is the move away from a one-size-fits-all approach. Physicians can now tailor treatment based on a patient’s stroke risk, bleeding risk and overall health. For eligible patients with more advanced AFib, hybrid ablation offers a comprehensive treatment option that can improve the likelihood of long-term rhythm control.

MemorialCare Heart & Vascular Institute brings next-generation AFib care and stroke prevention to patients close to home, combining advanced technology, specialized expertise and capabilities that are miles ahead.


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Heart & Vascular Institute

**Advanced heart
care is closer
than you think.**



UC Irvine

School of Pharmacy & Pharmaceutical Sciences

UC Irvine School of Pharmacy & Pharmaceutical Sciences Trains the Next Generation of Pharmaceutical Scientists and Healthcare Leaders to Improve Patient Care in Orange County and Beyond

Founded in 2020, the UC Irvine School of Pharmacy & Pharmaceutical Sciences is the first and only public pharmacy school in the Los Angeles-Orange County region. Ranked No. 4 among pharmacy schools in California by the 2026 U.S. News & World Report, the school is advancing healthcare through innovative education, groundbreaking research, and collaborative patient care. At the heart of that work is drug discovery: Faculty labs pursue new medicines from first concept through early testing, moving fundamental science toward therapies that can reach patients and give Orange County a direct stake in tomorrow's medical breakthroughs.

The school offers four degree programs: A Bachelor of Science in Pharmaceutical Sciences, Master of Science in Pharmacology, PhD in Pharmacological Sciences, and Doctor of Pharmacy (PharmD), preparing students to discover new treatments and deliver patient-centered care across Orange County and beyond.

For Orange County's business community, the school represents a direct investment in local workforce development. Students in the PhD program train alongside faculty on active drug discovery projects, gaining hands-on experience moving laboratory research toward new medicines. This experience feeds Orange County's biotechnology and pharmaceutical industries with skilled scientists and a steady pipeline of translational research.

With 37% of undergraduate and PharmD students being first-generation college students, the school is opening doors to higher education and building a drug

discovery and healthcare workforce that reflects the communities it serves. Graduates secure successful careers in pharmaceutical and biotech companies, research centers, academia, government, hospitals, outpatient ambulatory care, community pharmacies, nursing homes, and managed care, advancing discoveries and patient care locally while shaping healthcare policy at the local, state, and national levels.

As part of the Susan & Henry Samueli College of Health Sciences, the school collaborates closely with UC Irvine's programs in medicine, nursing, and population and public health, and with the Susan Samueli Integrative Health Institute. UCI Health, Orange County's only academic medical system, provides sites for rigorous clinical training that ensures graduates are practice- and team-ready at graduation. This close pairing of discovery science and clinical care lets faculty test new therapies where they will ultimately be used, shortening the distance between a laboratory finding and a treatment that reaches patients, and demonstrating how academic excellence and drug discovery reinforce one another for the benefit of Orange County patients.

With 500+ undergraduate students, 300+ graduate students, and 1,600+ alumni and counting, the UC Irvine School of Pharmacy & Pharmaceutical Sciences is building a lasting investment in Orange County's healthcare system and life sciences economy, pioneering drug discoveries and training the scientists who will carry them forward, while advancing health and wellness for generations to come.

UC Irvine

School of Pharmacy &
Pharmaceutical Sciences

**Preparing practice-ready
pharmacists to advance
health and wellness**

pharmsci.uci.edu





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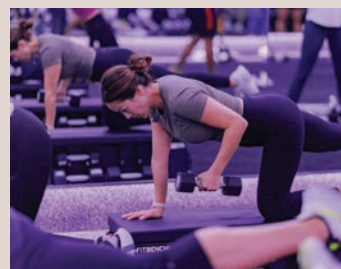




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