

**E.R.**

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hospital — during the coronavirus pandemic.

The need for medical attention is typically lower for the coronavirus than for a heart attack, bowel obstruction or stroke, Quick said. According to the World Health Organization, more than 80% of coronavirus patients don't require intervention.

Meanwhile, about 800,000 Americans die of cardiovascular disease each year, and 1.5 million heart attacks and strokes occur annually in the United States, according to the Centers for Disease Control and Prevention.

"While we certainly understand the fear and anxiety our neighbors are experiencing related to COVID-19, I caution residents not to let those feelings overwhelm their better judgment in an emergency," Quick said in a statement. "Our healthcare

system is here to help you."

Brant-Zawadzki said Hoag is relatively quiet amid what he calls "the fear virus," along with a nationwide suspension of elective surgeries and the lack of an overwhelming coronavirus surge locally.

The volume of stroke patients at Hoag has dropped by about 40% since January. Patients with heart attack symptoms have dropped by about 50%. Overall, the two campuses have seen double-digit declines in ambulance runs over the past month.

"Our emergency room is mostly empty other than the occasional broken leg," Brant-Zawadzki said.

He acknowledged that the amount of COVID-19 cases is staggering — as of Friday, more than 660,000 nationwide; nearly 29,000 statewide; 1,500 in Orange County — because the disease is so communicable.

"We're very concerned that patients are irrationally scared of coming to a very clean, very orderly,

very prepared set of emergency rooms where the risk of dying from COVID is less than 1% in the people who are infected, whereas the risk of a ruptured appendix or a heart attack or stroke is much, much greater," said Brant-Zawadzki, who also is a senior physician executive at Hoag.

Symptoms that require immediate care include difficulty breathing, crushing chest pain, intense localized abdominal pain, sudden numbness, weakness and inability to see or speak, uncontrollable bleeding, fever with convulsions, severe headache or head injury and vomiting blood, Quick and Brant-Zawadzki said.

Myla, medical director of cardiac and endovascular labs and cardiovascular research at Hoag's heart and vascular institute, said urgent-care clinics or consultations using telemedicine can be options.

But he doesn't want people to spend time scouting



*File Photo*

**HOAG HOSPITAL'S** Newport Beach and Irvine campuses have seen double-digit declines in ambulance runs in the past month. One doctor attributes that to "the fear virus."

doctors outside the hospital while experiencing chest pressure and heaviness and tightness in the neck, arms and jaw.

"Time is muscle" during a heart attack, he said.

"The risk that they're balancing in their mind [is] a risk of a heart attack or ... a risk of catching COVID," Myla said.

They might convince themselves they have heartburn, he said. It could actually be heart muscle dying.

Dr. Martin Fee, Hoag's chief clinical officer and an infectious-disease specialist, said in a video message with Newport Beach city leaders this past week that patients are canceling ap-

pointments to avoid possible coronavirus exposure.

He has his staff follow up with offers of telemedicine. But some things just have to be seen in person.

"You shouldn't ... have your chest pain at home," he said.

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**AROUND TOWN**

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and evolutionary biology, has extensively researched how to save coral reefs in the Indian and Pacific oceans.

"The award is very motivating because it shows this research is important and could help shape policy and lives," Lamb said in a statement. "Our oceans are facing a crisis due to human impacts that can only be solved by large-scale global teamwork."

**Four UCI professors awarded Guggenheim fellowships**

Four UC Irvine professors have been named 2020 Guggenheim fellows.

Historian Mark LeVine, scientist Andrej Lupták, sculptor Jennifer Pastor and journalist Amy Wilentz were among 175 U.S. and Canadian scholars, researchers, artists and writers chosen by the John Simon Guggenheim Memorial Foundation from among nearly 3,000 applicants, according to a news release.

LeVine plans to supply musical instruments and training to a refugee camp in Africa and "produce a study exploring how music functions as a mediator for interpersonal and intercommunal conflict within the camp," according to UCI.



*Steve Zylilius / UC Irvine*

**JOLEAH LAMB**, an assistant professor of ecology and evolutionary biology at UC Irvine, has been named an Ecological Society of America early career fellow.

Lupták, a professor of pharmaceutical sciences, chemistry and molecular biology and biochemistry, plans to research ribonucleic acids regulated by light.

Pastor will complete sculptures made from parts of a cockfighting pit that was shut down.

Wilentz, who teaches for UCI's literary journalism program, intends to write a book about cultural appropriation in art and music in Haiti, France, the United States and elsewhere.

— *From staff reports*

**MASKS**

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Haug said. "Even [Newport Beach] Mayor Will O'Neill called 10 people and offered to do more."

Jardine-Haug said she has a rotating staff that responds to email and phone messages to ensure people receive the help they need. The messages range from general inquiries to requests for assistance with

food and toilet paper and sometimes "to go check on Mom."

"One Meals on Wheels recipient who lives alone called the meals coordinator saying, 'My smoke detector is chirping, battery needs changing and I can't do it,'" Jardine-Haug said. "Jose Cardenas, one of our van drivers, went to her house with a new battery and changed them."

The van, typically used for transportation, is now,

with fewer riders, delivering goods such as frozen food and toilet paper that Oasis purchased.

The Newport Beach Recreation & Senior Services Department has put together an online recreation class site, and the Oasis fitness center has a daily fitness challenge for people to do at home.

**SUSAN HOFFMAN** is a contributor to Times Community News.

**CROSSWORD AND SUDOKU ANSWERS**

S	A	F	E	S	T	R	I	P	S	P	O	T		
A	D	A	Y	H	E	A	T	H	N	O	N	O		
G	A	T	E	E	X	P	E	D	I	E	N	C	Y	
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1	8	4	6	2	3	5	9	7
6	5	3	9	7	4	8	2	1
7	1	8	4	3	6	9	5	2
2	4	5	8	9	7	1	3	6
3	6	9	2	5	1	7	8	4

**Finding peace in the storm**

**There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you.**

**Isaiah 41:10, The Message Bible**

*We're Zooming our Church Services and Sunday School!*

**Come join us via cell phone, landline or computer, go to: christiansciencenb.org.**

**Sunday Service and Sunday School**  
10:00 AM PDT

**Wednesday Testimony Meeting**  
7:30 PM PDT

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