

THE UCI MEDICAL FACULTY GROUP'S

## Executive Wellness Center

### **Executive Wellness Center Directors**

#### **Director of the Executive Physical Program**

**Sophocles N. Panagon, M.D.**, is an Associate Clinical Professor of Medicine, at the University of California, Irvine—California College of Medicine. Dr. Panagon is certified by the American Board of Internal Medicine. His special interests include preventative medicine, geriatrics and hypertension. He practices exclusively with the UCI Medical Faculty Group.

#### **Director of the Stress Management Program**

**Deane H. Shapiro, Jr, PH.D.**, is an Associate Professor in Residence in the Department of Psychiatry and Human Behavior at UCI. He is a Diplomate of the American Board of Professional Psychology, Clinical Specialty. Dr. Shapiro is internationally recognized as an authority in stress-management, self-control, and self-regulation strategies. He is the author/co-author of four books and more than 50 scientific publications in his field, and is a former member of the clinical faculty in Psychiatry and Behavioral Sciences at Stanford University. He has consulted extensively with executives and top administrators from businesses and industries throughout the United States.

## UCI Medical Faculty Group's Executive Wellness Center

The physical assessment includes:

- complete medical history
- thorough physical examination
- blood chemistry/cbc/urinalysis
- resting ekg/treadmill ekg
- additional tests when indicated

The health evaluation dialogue includes:

- review of health status based on physical examination, history and test results
- review of lifestyle factors associated with health status
- development of a wellness plan
- introduction to stress management

Each participant in this program will receive a written summary of the physical examination and test results, and a copy of Dr. Shapiro's book on self control strategies for the management of stress.

### **The UCI Executive Wellness Center**

Call today for an appointment:  
(714) 856-1070



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