

● CORD BLOOD FAQs

**Q: What is umbilical cord blood (UCB)?**

**A:** Bone marrow, peripheral blood and UCB constitute the three primary sources of stem cells. Cord blood, which, until recently, was discarded along with the umbilical cord and placenta, provides an extremely rich source of certain types of stem cells.

**Q: What are stem cells?**

**A:** In medical terms, they're "undifferentiated cells" that have the ability to renew themselves. In plain English, stem cells are blank slates. They have the potential to become any of the tissues and organs found in bodies. For example, stem cells can be turned into specific cell types, like muscle cells for the heart, bone cells or nerve cells.

**Q: What are the advantages of using umbilical cord blood as a stem cell source?**

**A:** Today, cord blood stem cells can be used to treat more than 70 diseases, including cancers and blood-related diseases, along with immunity and metabolic disorders. Cord blood is easy to collect and can be readily available when needed. ■

**Source:** [pacificord.com](http://pacificord.com)



# Cord blood

## Should you save this precious resource?

Irvine-based PacifiCord is changing the lives of Orange County families, one umbilical cord at a time. The blood banking center opened its doors this past March, giving thousands of expectant mothers and fathers the opportunity to ensure their child a healthy future by collecting and preserving the stem cells from its umbilical cord.

"Cord blood is a rich source of stem cells," says resident PacifiCord healthcare educator Wendy Spry. "They have no differentiation, so in the event of certain cancers and diseases, we can transplant those cells into the body,

and they will develop into healthy tissue."

For families with history of disease, cancer or otherwise, collecting and storing their baby's stem cells is their one and only opportunity to ensure access to these types of successful treatments.

"The use of stem cells in regenerative medicine has opened a new frontier in medicine – the potential of which is just being realized," says Peter J. Donovan, co-director of the Stem Cell Research Center at UC Irvine. "From treating heart disease, diabetes and Parkinson's disease to spinal cord injuries, stem cells hold the ability to both restore

WORKING MOMS

# STRIKE A BALANCE

Tips for a smooth home-to-work transition:

› **Set a routine** - It's important to keep a schedule to instill security in your child.

› **Never sneak out** - To avoid drama, many moms sneak off when their child isn't looking. Have direct communication and celebrate hellos and goodbyes.

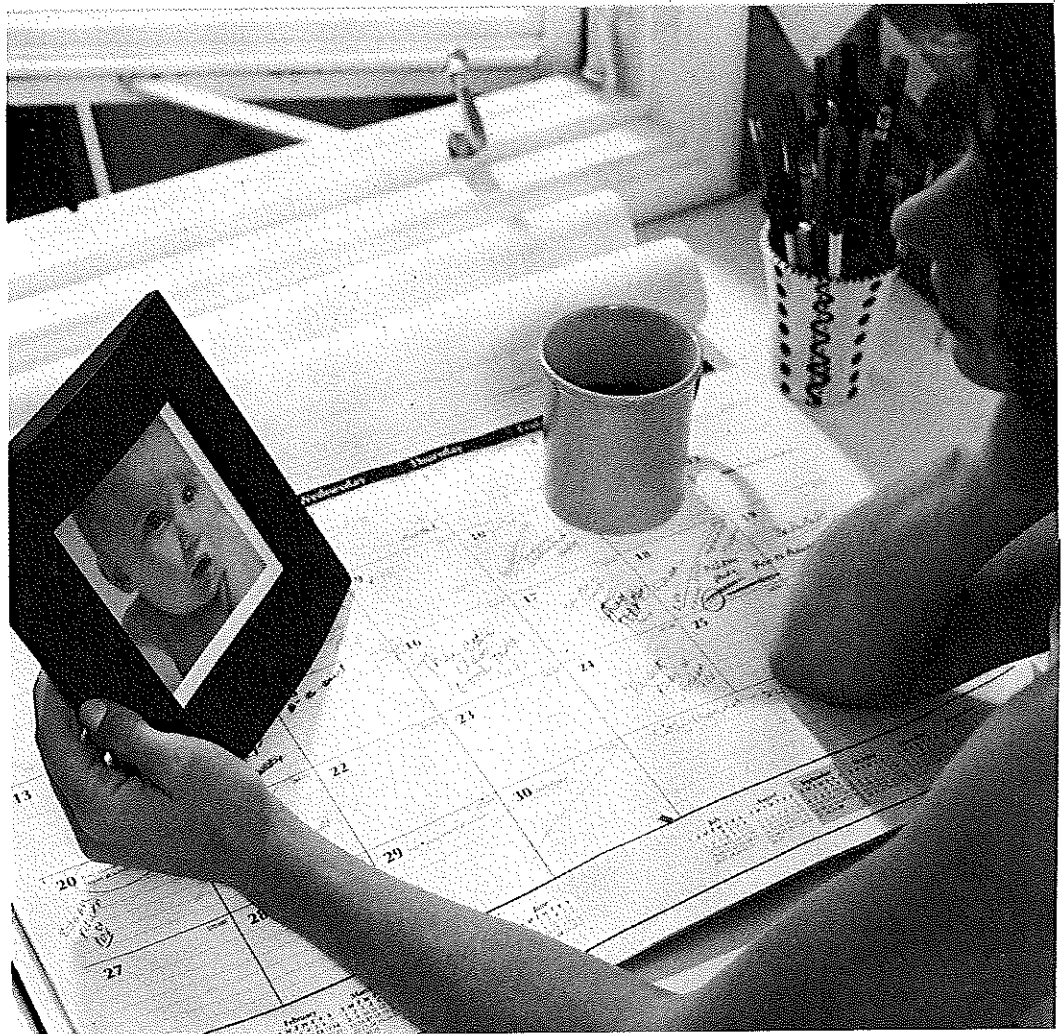
› **Speak positively about your job** - Moms should tell kids what they love about their jobs to build a positive attitude about work.

› **Have a transitional object** - Use a small blanket or picture of Mommy and Daddy to form a symbolic link with your child when you're away.

› **Stagger work schedules** - Try to make it so one parent is home for quality time at certain times in the day.

› **Carefully select a care center** - Make sure you have a stable, attentive caretaker. It's beneficial if the person is able to form a long-term relationship with the child. ■

**Sources:** Dr. Francesca Balada, Dr. David Shapiro



## Back to work

### Merge your family with your 9 to 5.

Today's debate about working moms is less about whether or not mom should work, and more about how to make it work. Economic conditions have forced more mothers to return to their careers out of necessity, and the balancing act isn't an easy thing to pull off. As you head out the door with a crying child who is clinging to your leg, a cloud of guilt emerges with a giant question mark: "How do I do both jobs well?"

In most cases the answer boils down to

the wellbeing of the children. However, there are ways to make the transition from stay-at-home mom to working mom a little easier. The transition is really centered on your child. Regardless of age, insecurity can develop if parents fail to transition the child properly.

"Mothers need to set an example during this change," says Dr. Francesca Balada, a clinical psychologist based in Orange County. "Children experience feelings of abandonment and fear 'Mommy won't come