

Vital Signs

SUMMER 2017 | VOLUME 75

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Family Caregivers Need to Be Attentive to Their Needs, as Well as the Patient's

When someone has a life-threatening illness such as cancer, much of the focus from friends, family and healthcare providers is directed toward helping that individual cope with the disease. But for a spouse, sibling, adult child or other family member or close friend who takes on the role of primary caregiving, the demands can feel overwhelming.

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New UCLA Health Offices Open

UCLA delivers primary and specialty healthcare in more than 160 convenient locations throughout Los Angeles, Orange and Ventura counties. In addition to our offices in the Conejo Valley, Orange County, San Fernando Valley, Santa Clarita Valley, San Gabriel Valley, Simi Valley, South Bay, Ventura and Westside, UCLA Health is expanding with new primary- and specialty-care offices in Burbank, Encino and Beverly Hills.



For more information or to find a location near you, go to: uclahealth.org

Tips to Address Questions About Children's Health



Health Tips for Parents, produced by UCLA Mattel Children's Hospital, is an easy-to-understand pediatric-health publication, provided in English and Spanish, which addresses health topics that affect children and adolescents. *Health Tips for Parents* provides schools and parents with expert health advice from UCLA's pediatric-health specialists and is distributed to elementary and middle schools throughout Los Angeles via e-mail and online.



To read and subscribe to *Health Tips for Parents*, go to: uclahealth.org/mattel/health-tips-for-parents

Body Donations Advance Healthcare

A donation to the UCLA Donated Body Program provides important benefits to advance healthcare, which include developing new medical procedures, training the next generations of physicians and surgeons, and increasing the understanding of disease development. Donated bodies are treated with respect, and each year medical students celebrate the donors and their families with a Ceremony of Thanks. Cremated remains are scattered in the ocean, and there is no cost to families.

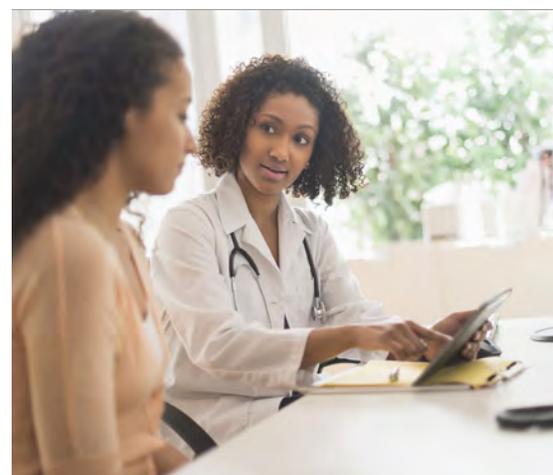


To learn more about the **UCLA Donated Body Program**, go to: uclahealth.org/donatedbody



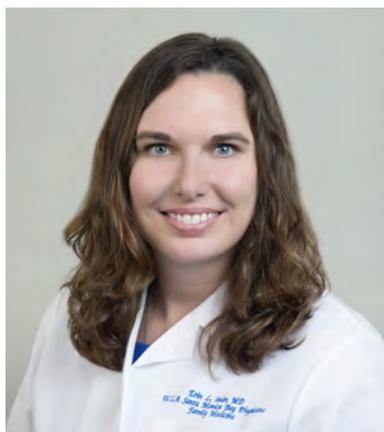
Cholesterol-Savvy Moves to Help Protect Your Heart

When it comes to heart health, keeping an eye on your cholesterol levels is key. Unfortunately, many people remain confused about what's bad, what's good and what heart-protective actions to take. Erin Imler, MD, a UCLA family physician in Pacific Palisades, cuts through the cholesterol confusion.



Know your risk.

One of the biggest changes in current cholesterol management is a greater focus on collective heart-disease risk factors and not just good (high-density lipoprotein, or HDL) and bad (low-density lipoprotein, or LDL) cholesterol numbers. “We no longer prescribe cholesterol-lowering medications, called statins, based solely on your cholesterol numbers,” Dr. Imler says. The risk estimator developed by the American College of Cardiology and the American Heart Association assesses the 10-year and lifetime risk of atherosclerotic cardiovascular disease (ASCVD), or heart attacks and strokes. In addition to cholesterol numbers, the calculator also considers age, gender, race and health history, such as tobacco use, diabetes and blood pressure. The score helps doctors identify those most at risk for potentially life-threatening heart events. You can assess your risk online or via the ASCVD Risk Estimator app.



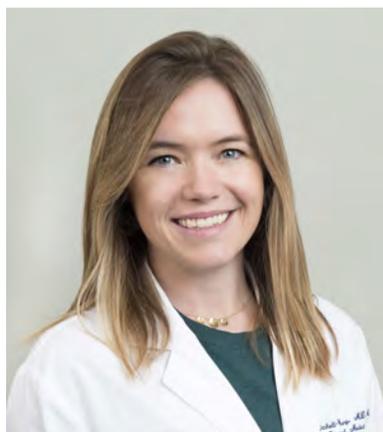
Erin Imler, MD

Consider medication.

If results indicate that you are at high risk for heart problems, your doctor may recommend statins. Studies show that these medications are highly effective at lowering LDL, and they may reduce heart-attack risk by as much as 36 percent. Still, some people shy away from statins due to concerns about possible side effects. “Often, symptoms can be alleviated by reducing the medication dose or frequency, and by adding an antioxidant supplement called Coenzyme Q10 (CoQ10) to relieve muscle aches,” Dr. Imler says.

Move more.

Exercise is the best way to raise HDL, which clears the arteries of bad cholesterol. Aim for at least 30 minutes of physical activity five days a week, Dr. Imler says. In addition to boosting good cholesterol, exercise also helps you lose weight. Excess weight, especially a waist circumference of more than 40 inches for men or more than 35 inches for women,



Cody Dashiell-Earp, MD

increases your likelihood of diabetes, another major heart disease risk factor.

Switch up your diet.

The foods you eat play a big role in your cholesterol numbers. “It’s more important to eat the right kinds of fat than to restrict fats,” Dr. Imler says. She suggests cutting back on saturated fats, found in red meats and full-fat dairy products, and trans and saturated fats, found in fried foods, chips and crackers. Instead, eat more fish, soybeans, nuts and olive-oil products, which are high in heart-healthy polyunsaturated and monounsaturated fats.

Talk to your doctor.

“Too often, people choose to forego medication in favor of lifestyle changes, but you jeopardize your health if those changes don’t happen,” says Cody Dashiell-Earp, MD, associate medical director of quality for the UCLA Department of Medicine. To help you succeed in making changes, or to determine your next steps, UCLA Health’s new Healthy U preventive initiative reaches out to patients at high risk for heart problems. “You might get a phone call or a message via my.UCLAhealth.org if a Healthy U staff member thinks you could benefit from a heart health discussion with your primary-care doctor,” Dr. Dashiell-Earp says.



To find a UCLA clinic near you, visit: uclahealth.org

Short-term Hormone Therapy

Can Provide Benefit for Some Postmenopausal Women

Based on the latest knowledge, menopausal hormone therapy is an individual decision in which risk factors such as family history of breast cancer, heart attack and stroke are weighed against the severity of the symptoms.

Menopausal hormone therapy (HT), no longer recommended as a long-term health strategy for postmenopausal women, remains a potentially effective short-term treatment option to help women manage particularly bothersome menopausal symptoms.

“There has been a great deal of confusion in the 15 years since the Women’s Health Initiative study led to changes in how HT is used,” says Patricia Y. Chang, MD, a UCLA family physician in Santa Monica. “What we now understand from that study, and from subsequent research on the safety and role of HT, is that women can consider it for limited use to help with their menopausal symptoms, after a discussion with their physician to weigh any individual risks and to make sure that it is safe for them.”

Most women begin menopause in their late 40s or early 50s, although it can start earlier or later. Symptoms can last as long as several years, and they may include hot flashes, night sweats, sleep and mood disturbances, vaginal dryness and decreased sex drive. “There is a wide range of severity,” Dr. Chang says. “Some women experience minimal symptoms, but for others, it can be very disruptive and debilitating.”

Menopausal hormone therapy addresses the decline in female hormone production that begins with menopause and contributes to the debilitating symptoms. Two types of oral medications are offered: estrogen and progestin (a synthetic version of the hormone progesterone) for most women, and estrogen alone for women who have had a hysterectomy. For women who have medical contraindications to HT, or who prefer not to use it, other prescription drugs have been shown to reduce hot flashes and associated symptoms. Although HT and some prescriptions offer stronger relief, many women report improvement in symptoms with herbal preparations and acupuncture.

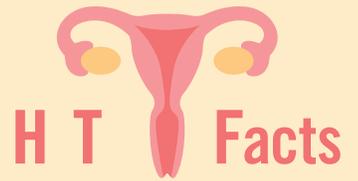
Prior to 2002, HT was used by many women for day-to-day menopausal symptoms and as a blanket therapy to reduce the long-term risk of cardiovascular disease and osteoporosis. The large Women’s Health Initiative study showed that rather than stave off illness, oral HT increased the risk of cardiovascular disease and breast cancer. The Women’s Health Initiative continued to evaluate HT, and a new report in 2013 helped to spell out the risks. Dr. Chang explains that the combined oral estrogen/progestin therapy

slightly increases the risk for heart disease, breast cancer and stroke, but the risk tends to be highest among women older than 60, which is typically past the age when most women are experiencing menopausal symptoms.

Based on the latest knowledge, menopausal hormone therapy is an individual decision in which risk factors such as family history of breast cancer, heart attack and stroke are weighed against the severity of the symptoms. For women who decide not to use HT, lifestyle modifications can provide some relief for menopausal symptoms, Dr. Chang says. These include a well-balanced diet high in plant-based proteins and fruits and vegetables, regular exercise, reductions in caffeine and not smoking. Antidepressants may be prescribed for women experiencing mood disturbances, and lubricants can be offered for women having difficulty with vaginal dryness.

While some women opt for so-called bioidentical hormones as a substitute for HT, Dr. Chang notes that there is not good evidence on the safety and efficacy of these drugs, which are hormones that are not regulated by the U.S. Food and Drug Administration as are HT and other prescription medications.

“The upshot is that the evidence no longer supports using HT on a long-term basis for prevention of disease risk,” Dr. Chang says. “But women who are experiencing a lot of difficulty with menopausal symptoms can consider using it to get through that stage, as long as their situation is evaluated on an individual basis.”



Symptoms of Menopause

Hot Flashes
Vaginal Dryness
Mood Changes
Irregular Periods
Night Sweats

Types of HT

Systemic Hormone Therapy

Considered the most effective treatment for symptoms.
Available in forms such as:

Pill • Skin Patch • Spray
Cream • Gel

Low-Dose Vaginal Products

Treats vaginal and urinary symptoms, but do not address other symptoms.
Available in forms such as:

Cream • Ring • Tablet

Benefits and Risks

In addition to easing symptoms, HT may prevent:

Osteoporosis

HT may increase your risk for:

Breast Cancer • Stroke

If you have questions about HT, consult with your physician.

Program for Underinsured Men with Prostate Cancer Shows Significant IMPACT

Since it was founded in 2001, a state-funded program administered by UCLA has provided free high-quality prostate-cancer treatment to more than 2,200 California men with little or no health insurance. Beyond providing care to a population that might otherwise go without, IMPACT (Improving Access, Counseling & Treatment for

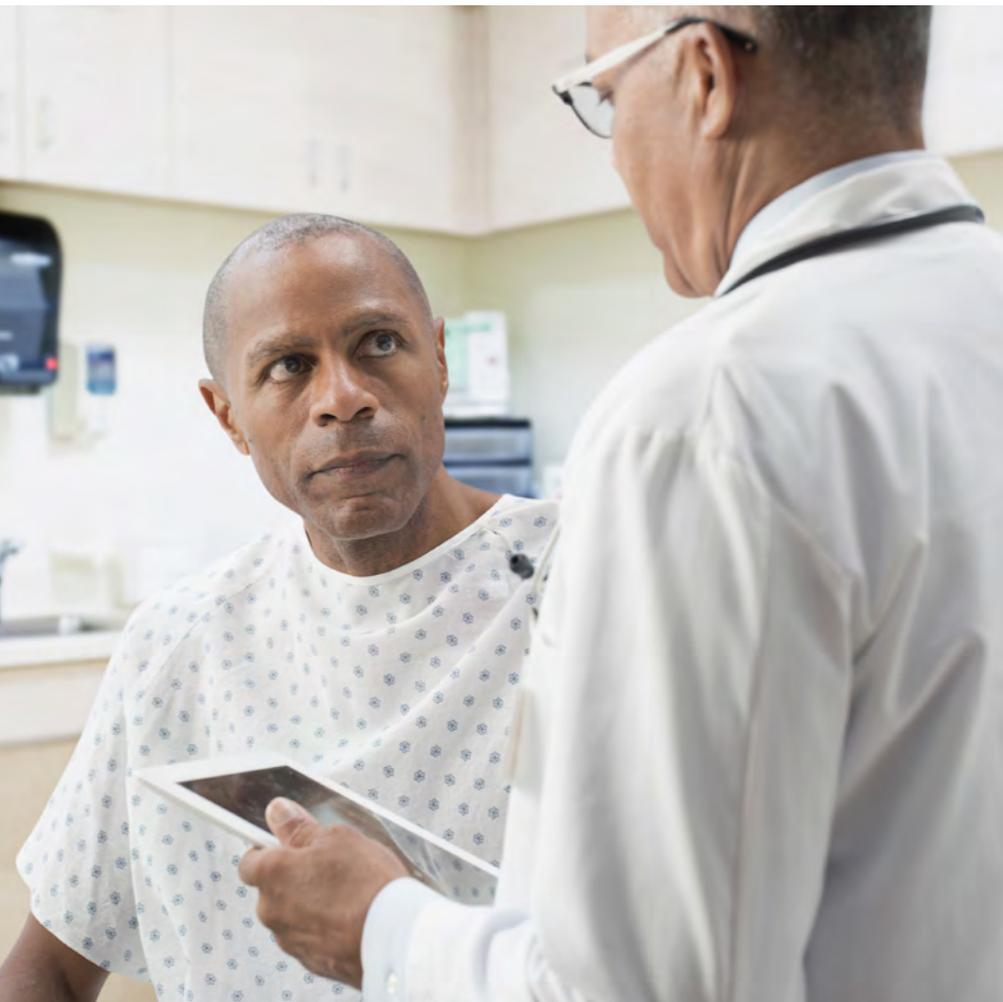
Californians with Prostate Cancer) has boosted the health literacy and care of traditionally disenfranchised men by pairing them with a nurse case manager who assists with their care coordination and management.

“Our goal from the beginning was to bring treatment to this low-income, mostly minority population in their own

communities in a way that is linguistically and culturally appropriate, while also empowering them to manage their prostate-cancer care, as well as other health issues that arise,” says Mark S. Litwin, MD, MPH, chair of the UCLA Department of Urology and professor of public health and of nursing, and the program’s founding director. “These are men who tend to fall between the cracks in our healthcare system. Our safety net works well for emergency care, but if someone has a chronic disease and they don’t have the wherewithal to advocate for themselves, they might not receive the care they need until their disease reaches an advanced state.”

Backed by more than \$100 million in support from the California Department of Health Care Services since it began, IMPACT contracts with more than 600 healthcare providers up and down the state who treat patients enrolled in the program, as well as with mental-health professionals, local health departments, hospitals, outpatient facilities, pharmaceutical companies and others for the additional services patients need. A major part of the program is patient education — dozens of print and audio materials are available in English and Spanish, reaching a population that extends well beyond the patients who enroll.

IMPACT also employs nurse case managers to work closely with patients to ensure that they know when to seek care, how to navigate the system to secure an appointment, and how to effectively communicate with providers about their needs, among other skills. “Many of these men have a great deal of stress in their lives, and now, on top of



Continued from cover

Family Caregivers Need to Be Attentive to Their Needs, as Well as the Patient's

“When a patient receives a diagnosis of cancer, the family gets the diagnosis, too,” says Anne Coscarelli, PhD, director of the Simms/Mann-UCLA Center for Integrative Oncology, which helps patients and family members focus on wellness during cancer treatment and recovery. “It’s important to address their concerns, and to make sure that the health and well-being of the caregiver is maintained.”

Caregivers often are called on to perform wide-ranging tasks for their loved ones, Dr. Coscarelli notes. Depending on the condition of the patient, these can include assistance with activities of daily living, such as feeding, bathing and dressing, as well as household tasks, such as shopping for groceries, preparing meals, cleaning the home and doing laundry. They also might be asked to tend to legal responsibilities and issues of financial management, and may need to provide transportation to appointments. And there often are healthcare responsibilities such as bandaging, managing medications and treatment for side effects — and knowing when to call the doctor.

“Caregivers often worry about whether or not they are sufficiently prepared,” Dr. Coscarelli says. “With everything they are taking on, they also have physical limitations of their own, particularly with an older spouse. In the case of adult children, they may have their own children and family, as well as work responsibilities. And they also are dealing with the emotional response that comes when someone you love is sick. When the diagnosis is serious, there also is the fear of abandonment, of losing someone who may be your closest confidant.”

At the Simms/Mann center, family caregivers are encouraged to take proactive steps to avoid the negative outcomes that are often associated with the caregiving experience, including fatigue and reductions in sleep, increased social isolation and declines in pleasurable activities, depression and poor health

practices. Among other things, caregivers are encouraged to keep up their physical fitness, attend to their own doctor’s appointments and engage in enjoyable activities, including those that keep them socially connected.

“We urge them to figure out what it is that only they can do and what others can help with,” Dr. Coscarelli says. “Then, they should have a list handy of what others can do when they call and offer to help, whether it’s bringing a meal, grocery shopping, picking up kids from school or driving the patient to a chemotherapy appointment.”

The Simms/Mann center also emphasizes the importance of open communication between caregivers and their loved ones, including a discussion of needs and sharing feelings about the illness and changing roles. “For some people, there can be a positive side to caregiving — a sense of purpose and meaning despite all of the distress that goes with the illness,” Dr. Coscarelli says. “We tell caregivers that it’s normal to feel distress and some negative emotions, and that feelings at both ends of the continuum can coexist. Ideally, you find outlets for the distress that allows you to bring your best self to the experience.”



To view a video about caregiver self-care, go to: uclahealth.org/caregivers



For more information about the Simms/Mann UCLA Center for Integrative Oncology, go to: simmsmanncenter.ucla.edu

everything else they have the stress of dealing with prostate cancer,” says William Aronson, MD, UCLA professor of urology and IMPACT regional medical director. “To have a nurse assisting with things like making appointments, filling prescriptions, making sure they have transportation and referring them for psychological counseling when needed is extremely valuable.”

In his role as medical director, Dr. Aronson oversees the prostate-cancer care for the program’s patients, reviewing cases with the nurse case managers and ensuring that patients are directed to specialists in their area as needed. “We carefully screen all of the physicians we sign up, and we make sure our patients are receiving state-of-the-art care,” he says.

Laura Baybridge, the program’s original administrator, says that beyond their work with the patients, the nurse case managers have helped to ensure that all IMPACT physicians are meeting the highest standards of prostate-cancer treatment. “Low-income patients living in the most remote sections of the state are getting the same quality of services you would receive at UCLA or any of the other top-tier medical centers across the country,” says Baybridge, currently the chief administrative officer for the UCLA Department of Urology. “And bringing the care for IMPACT patients up to the highest standards raises the level of care for these physicians’ other patients as well.”



For more information about the IMPACT program, go to: www.california-impact.org





Ophthalmology's Advances Reflected in 50 Years of Care at UCLA Stein Eye Institute



UCLA Stein Eye Institute, which recently celebrated its 50th anniversary, consistently ranks among the top centers in the nation for the preservation of sight and prevention of blindness, as well as for its groundbreaking research, ophthalmology-training program and outreach to the community, locally and globally.

The institute's footprint in Los Angeles is larger than ever on the heels of an affiliation agreement with Doheny Eye Institute that has led to the opening of three Doheny Eye Center UCLA offices — in Arcadia, Fountain Valley and Pasadena — along with UCLA Stein Eye Institute facilities in Westwood and Santa Monica. The Stein Eye Institute's surgical- and outpatient-treatment volume has grown more than tenfold since its opening. Bartly J. Mondino, MD, director of UCLA Stein Eye Institute, chair of the UCLA Department of Ophthalmology and Bradley R. Straatsma, MD, Endowed Chair in Ophthalmology, recently reflected on the advances that have occurred in his field over the past 50 years and the continuing impact of UCLA Stein Eye Institute.

Overall, how different is the practice of ophthalmology today from when UCLA Stein Eye Institute opened its doors 50 years ago?

Over the course of five decades, every aspect of our work here has been refined and redefined. We see developments almost every day: greater precision, smaller incisions, more detailed imagery, better ways to identify problems, new treatments for the previously untreatable. All of these elements are changing patient care for the better.

What are some of the best examples of these advances?

Take cataract surgery. When I started in ophthalmology, large incisions were necessary and patients were kept for several days in the hospital, after which they still required very thick glasses or contact lenses. Fast forward to the present day, when cataract surgery is an outpatient procedure and the patient goes home with a lens inserted in the eye to correct vision. We've also seen important advances in corneal surgery. Today, in many cases rather than replacing the entire central cornea, we have the option of replacing only the back layers, which means less chance of rejection, along with a smaller-sized wound and less suturing. Another dramatic example is in macular degeneration, a leading cause of vision loss among older adults, and previously untreatable. Now, with anti-VEGF therapy, we inject medications into the vitreous of the eye to prevent the growth of blood vessels, which have the potential to rupture and cause vision loss. At the Stein Institute, we were part of the early clinical trials of these agents, some of which also are being used for diabetic retinopathy, which is a growing concern with

the epidemic of diabetes in our society.

What other conditions do you see more of today than in the past?

Age is the major risk factor for most of the conditions we see. So when you think about how much longer we're living today than people were 50 years ago, it's not surprising that we're seeing more cataracts, more macular degeneration and more glaucoma, which have been the three biggest causes of visual disability in the United States. We don't think much about cataracts because that condition is so easily treated now, but that would be a leading cause of blindness if it wasn't treated. The conditions that are causing the most blindness now are glaucoma and macular degeneration.

You spoke of the advances in treating macular degeneration. Where is the field with glaucoma?

Glaucoma continues to be treated using topical drops and drugs, and if that's not successful, surgery is performed. Today, there are less extensive surgical treatments for glaucoma using smaller devices, which makes for a faster recovery, but, unfortunately, the vision outcomes are not significantly improved. So glaucoma still is a big challenge and a major research focus. In addition to controlling the intraocular pressure, there is an ongoing focus on finding agents that will protect cells in the retina so that they don't degenerate.

Everyone wants to see well, but what's the larger impact UCLA Stein Eye Institute makes by addressing vision problems?

Just as an example, a member of our faculty conducted a study showing that cataract

\$6 Million Facility Named for Stein

Eye Institute Opens at UCLA



A STYLIZED EXPRESSION OF CLASSIC ARCHITECTURE WITH CONTEMPORARY FUNCTIONAL. Forty-foot free-standing marble columns form colonnade on Institute's marble-faced east, west sides.

surgery reduced the risk of fall-related hip fractures among the elderly. So these advances have a public-health impact beyond the quality of life that comes with better vision. On the other side of the age spectrum, we know that vision problems can affect school performance, and too often, children in underserved communities are just living with those problems. So we are doing outreach in these communities to provide eye care and glasses, as well as to screen children so that when they go to school they're ready. Our Mobile Eye Clinic, which Stein Eye Institute has operated for more than 40 years, goes to schools, senior centers, health fairs, homeless shelters, and low-income community clinics to provide eye care and screening. It's easy to say Stein Eye Institute is helping patients who come to us from all over the world, but if people are struggling with vision problems in Los Angeles County, we still have work to do, and often that means we need to go to them.



Bartly J. Mondino, MD



Revised Guidelines Recommend Early Introduction of Peanut-Containing Foods

Rather than avoiding peanuts, new guidelines recommend introducing peanut-containing foods to infants at an early age — as young as 4-to-6 months for those believed to be at the highest risk — to prevent the development of peanut allergies.

“The thinking used to be that it was best to put off introducing highly allergenic foods such as egg whites and white fish until children turned at least 1, and peanuts until after they turned 3,” says Ronald Tsao, MD, a UCLA pediatrician and internal-medicine physician in Redondo Beach. “But recent studies show that early exposure, particularly to peanut-containing foods, lowers the risk for food allergies.”

Peanut allergies tend to develop in childhood and can cause severe reactions ranging from sneezing, coughing and vomiting to, in the most severe cases, loss of consciousness, drop in blood pressure and even death. “For parents, having a child with a severe peanut allergy can cause a great deal of anxiety,” Dr. Tsao says. “You have to be constantly vigilant about what your child eats, and there is a fear about exposing the child to new foods that might contain peanuts or were even processed in a facility where they could come into contact with peanuts.”

“The challenge is that children with these allergies can be inadvertently exposed, such as when they share food they didn’t realize came into contact with peanuts,” adds Gifty-Maria Ntim, MD, a UCLA pediatrician and internal-medicine physician in Santa Clarita.

“If we can prevent peanut allergies from developing by introducing peanut-containing foods earlier, that will make a huge impact on the lives of families at risk.”

The new guidelines from the National Institute of Allergy and Infectious Diseases recommend that infants who are believed to be at high risk for peanut allergies — typically because they have severe eczema (itchy or inflamed skin), an egg allergy or both — be given peanut-containing foods at 4-to-6 months of age, and that infants with mild or moderate eczema be introduced to the foods at about 6 months of age. Infants without eczema or any food allergy can have the peanut-containing foods introduced whenever it is deemed appropriate. Because peanuts are a choking hazard for infants, the first serving can involve a small amount of peanut butter mixed with a food the child likes, such as yogurt.

“If your child is in the high-risk category, it may be best to have a test done first and introduce the peanut-containing food in a doctor’s office,” Dr. Ntim says. She explains that an allergy blood test can be performed by a pediatrician, or the child can be sent to an allergist to perform a skin-prick test before giving an oral food challenge, where the child is given the food in front of the doctor to test for the reaction.



To learn more about peanut allergy and the revised guidelines, go to: uclahealth.org/peanutallergy



Sprained Ankle:

When Is It Time to See a Doctor?

Ankle sprain is one of the most common sports injuries — approximately 2-million people sprain their ankle each year. When is it cause for a visit to the doctor?

The majority of people who suffer ankle sprains don't seek treatment, and in many cases that is appropriate, say two UCLA orthopaedic surgeons who specialize in foot-and-ankle injuries. But some sprains warrant professional attention, including physical therapy. In the most severe cases with persistent symptoms, surgery may be necessary. In those cases, ignoring the problem or trying to fight through the pain can aggravate the injury and prolong the recovery period.

"This is a very common injury, with a wide range in the severity of symptoms," says Joan R. Williams, MD, a UCLA orthopaedic surgeon, who sees patients in Santa Monica and Torrance. "Some sprains just feel twisted or tweaked, and while they are a little swollen and tender, you can still walk. But ankle sprains can also be fairly severe, with lots of swelling and bruising, along with severe pain when any weight is placed on them."

Too often, Dr. Williams notes, people shrug off their ankle sprain and resume normal activities without allowing the body to heal.

Depending on the severity of the injury, she advises patients to avoid any impact on the injured ankle, including running and other athletic pursuits, for four-to-six weeks before gradually working up to previous levels. "If you take a few weeks off and then try to run three-to-five miles your first day back, it's going to place too much stress on the injured ankle and prolong the symptoms," she cautions.

Most ankle sprains heal with basic care that people can administer on their own, says Nelson SooHoo, MD, director of foot and ankle surgery for UCLA Orthopaedic Surgery. In the immediate aftermath of minor or moderate sprains, he advises patients to follow the guidelines that spell out the acronym RICE: rest by avoiding putting weight on the ankle (using crutches if necessary); ice to control swelling; compression to reduce swelling and immobilize the injury; and elevation that props the ankle above the waist. "If you do these things and you begin to feel better, you probably don't need additional treatment," Dr. SooHoo says.

People with a more severe ankle sprain — characterized by extreme bruising or swelling and an inability to bear weight on the foot without significant pain, or when there doesn't seem to be any improvement over the first several days after the injury — should seek medical attention, Drs. SooHoo and Williams say. In some cases, patients need only a walking boot or an ankle brace to stabilize the area during healing. When the ankle continues to feel weak or unstable after rest, physical therapy can be helpful. "The majority of people will do well with nonoperative management, including physical therapy and rehabilitation, but for patients who still aren't better at that point, we can offer the likelihood of a successful result with surgery," Dr. SooHoo says. "So if there is still a problem, you don't have to just live with ongoing functional limitations, as we have effective surgical reconstruction techniques."



To view a video about addressing ankle sprains, go to:
uclahealth.org/sprainedankle

Community Health Programs

JULY, AUGUST, SEPTEMBER 2017 COMMUNITY HEALTH PROGRAMS

UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education. Go to connect.uclahealth.org/calendar for more information.

ALZHEIMER'S DISEASE

Memory Care

Memory Care is a weekly, 3-hour program for memory-challenged, middle-aged people (age 65 and younger) and their loved ones. It teaches memory techniques and strategies to lower stress and stimulate the mind and the body and offers support for people with memory challenges and their caregivers.

When: Thursdays / 1 – 4 pm

Where: UCLA Longevity Ctr, 10945 Le Conte Av, Ste 3119

RSVP: (310) 794-0680

CANCER

Advances in Detection and Treatment of Colorectal Cancer

Zev Wainberg, MD, co-director of the UCLA Gastrointestinal Oncology Program, will discuss colorectal cancer care, from initial diagnosis through treatment and management of metastatic cancer. Information about chemotherapy and targeted biological agents will also be discussed.

When: Tuesday, July 11 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Tamkin Auditorium, Rm B130, 757 Westwood Bl

Info: (310) 794-6644

Age-Appropriate Cancer Screenings

Kabir Matharu, MD, UCLA internal medicine physician, will discuss the goals of age-appropriate cancer screenings, risk factors and an individualized plan to detect cancer earlier to improve the length and quality of life.

When: Thursday, July 27 / 1 – 2:30 pm

Where: Belmont Village Burbank, 455 E Angeleno Av

RSVP: (800) 516-5323

Events in gold are offered near our UCLA community offices.

CANCER (CONTINUED)

Demystifying Cancer

Join a free community forum to discuss UCLA's groundbreaking research in targeted therapy, immunotherapy and precision medicine. Keynote speakers include UCLA oncologists Dennis Slamon, MD, PhD, and John Glaspy, MD. Advanced registration is required.

When: Thursday, July 27 / 6 – 9 pm

Where: Museum of Ventura County, 100 E Main St

Info & RSVP: access@mednet.ucla.edu or (800) UCLA-MD1 (Press 3 at the prompt)

Sarcomas: Targeted Therapy for Rare Cancers

Arun Singh, MD, will review a multidisciplinary approach to the diagnosis, treatment and follow-up care of sarcoma patients. The biologic evolution of sarcomas and new therapies will also be discussed.

When: Tuesday, Aug 8 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Tamkin Auditorium, Rm B130, 757 Westwood Bl

Info: (310) 794-6644

Radiation Therapy for Cancer

Ann Raldow, MD, UCLA radiation oncologist, will discuss how radiation therapy kills cancer cells and why and how patients receive it.

When: Friday, Aug 18 / Noon – 1:30 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: (800) 516-5323

Prostate Cancer Update

David Khan, MD, UCLA radiation oncologist, will review the epidemiology of prostate cancer and current treatments, particularly radiation therapies and clinical trials.

When: Tuesday, Aug 22 / 5:30 – 7 pm

Where: Torrance-South Bay Family YMCA, 2900 W Sepulveda Bl

RSVP: (800) 516-5323

CANCER (CONTINUED)

Cancer Survivorship

Steve Lee, MD, UCLA radiation oncologist, will discuss cancer survivorship and treatment choices for common cancers and their impact on survivorship.

When: Tuesday, Sept 12 / 7 – 8:30 pm

Where: UCLA Medical Ctr Santa Monica, Conference Rm 3, 1250 16th St

RSVP: (800) 516-5323

Changes in Prostate Cancer Care

Leonard S. Marks, MD, will discuss the best treatment and surveillance of prostate cancer, including aggressive treatments for high-risk prostate cancer and new treatments for advanced cancer.

When: Tuesday, Sept 12 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Tamkin Auditorium, Rm B130, 757 Westwood Bl

Info: (310) 794-6644

DIABETES

How to Manage Gestational Diabetes

This ADA-certified self-care class will help you successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

When: Thursdays / 9 – 10:30 am

Where: 1245 16th St, Ste 307, Santa Monica

Info: (310) 794-1299 or diabeteseducation@mednet.ucla.edu



SUPPORT GROUPS UCLA Health and its community partners offer a number of support groups, available in person and by telephone, designed to support and inform patients, families and caregivers coping with a variety of diagnoses. For more information, visit: uclahealth.org/support-groups

DIABETES (CONTINUED)**Living with Type 2 Diabetes**

This ADA-certified self-care class will help you gain important skills, knowledge and confidence to successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

Thousand Oaks

When: Thursdays, July 6 & Sept 7 / 8 am – 5 pm
Where: 100 Moody Ct, Ste 200

Santa Monica

When: Mondays, July 10 & 24, Aug 14 & 28,
Where: 2020 Santa Monica Bl, 2nd Fl, Conference Rm

Torrance

When: Thursdays, July 13 & 20, Aug 10 & 17,
Sept 14 & 21 / 1 – 5 pm
Where: 3445 Pacific Coast Hwy, Ste 100

Woodland Hills

When: Monday, July 17 / 8 am – 5 pm
Where: Motion Picture & Television Fund, 23388 Mulholland Dr, Saban Community Rm

Porter Ranch

When: Monday, Aug 21 / 8 am – 5 pm
Where: 19950 Rinaldi St, Ste 300

Toluca Lake

When: Saturday, Sept 16 / 8 am – 5 pm
Where: Toluca Lake Health Ctr,
4323 Riverside Dr, Education Rm

Info: (310) 794-1299 or
diabeteseducation@mednet.ucla.edu

Basic Diabetes Nutrition

This ADA-certified class consists of two consecutive 90-min sessions. It will teach you how different foods affect your blood sugar and how to plan healthy meals. A physician referral is required. Covered by most medical insurance policies.

Santa Monica

When: Tuesdays, July 18 & 25, Aug 1 & 8,
Sept 5 & 12 / 9 – 10:30 am

Where: 1245 16th St, Ste 307

Thousand Oaks

When: Tuesdays, July 18 & 25, Aug 15 & 22,
Sept 19 & 26 / 4 – 5:30 pm

Where: 100 Moody Ct, Ste 200

Info: (310) 794-1299 or
diabeteseducation@mednet.ucla.edu

HEART DISEASE**Structural Heart Disease Update**

Andre Akhondi, MD, UCLA cardiologist, will discuss structural heart disease, including aortic stenosis and current treatments such as transcatheter valve replacement.

When: Thursday, July 20 / 6:30 – 8 pm

Where: Camarillo Health Care District,
3639 E Las Posas Rd, Ste 117

RSVP: (800) 516-5323

Reversing Heart Disease with Lifestyle Medicine

Learn how to prevent and reverse heart disease and improve longevity by focusing on nutrition, exercise, stress management and group support.

When: Thursday, Sept 14 / Noon – 1:30 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

KIDNEY DISEASE**Kidney Smart Classes**

This two-hour class provides information on kidney function, kidney disease and managing a diet that promotes healthy kidneys.

When: Thursdays, July 6 & 20, Aug 10 & 24,
Sept 7 & 28 / 2 – 4 pm

Where: UCLA Medical Ctr, Santa Monica,
1250 16th St, Conference Ctr

Info & RSVP: (888) 695-4363 or kidneysmart.org

UCLA Kidney Education Enhancement Program (UKEEP)

UCLA nephrologists Anjay Rastogi, MD, PhD, Niloofar Nobakht Haghighi, MD, and Mohammad Kamgar, MD, conduct free monthly educational programs about kidney health, high blood pressure and kidney-disease management.

Interactive sessions include free blood-pressure tests and educational resources.

Polycystic Kidney Disease

When: Sunday, July 16 / 1 – 4 pm

Kidney Transplant

When: Sunday, Aug 13 / 1 – 4 pm

Dialysis

When: Sunday, Sept 17 / 1 – 4 pm

Where: UCLA Medical Ctr, Santa Monica,
Conference Ctr, 1250 16th St

RSVP: (800) 516-5323

LUPUS**Lupus Annual Patient Conference**

Learn the latest about lupus research from distinguished practitioners and researchers in the field.

When: Saturday, Sept 16 / 10:30 am – 4 pm

Where: Ronald Reagan UCLA Medical Ctr,
Tamkin Auditorium, Rm B130, 757 Westwood Bl

RSVP: (310) 657-5667 or
kmcMahon@lupusla.org

MULTIPLE SCLEROSIS (MS)**REACH to Achieve Program (Ongoing)**

This weekly wellness program focuses on fitness, memory, emotional well-being, recreation, nutrition and health education for individuals with MS.

Where: Marilyn Hilton MS Achievement Ctr,
1000 Veteran Av

Info & Application: (310) 267-4071

Free from Falls (Ongoing)

An eight-week program designed for people with MS who walk with or without a cane and may be at risk of falling. Learn about fall risks, how to reduce them and exercises to improve balance and mobility.

Where: Marilyn Hilton MS Achievement Ctr,
1000 Veteran Av

Info & Application: (310) 481-1113

OSTEOARTHRITIS**Osteoarthritis Update**

Osteoarthritis is a common cause of joint pain and disability. Rachel Ferrara, MD, UCLA family medicine physician, will discuss what osteoarthritis is and how to manage this chronic condition.

When: Thursday, Aug 31 / 2 – 3:30 pm

Where: Atria-Tarzana, 5325 Etiwanda Av, Tarzana

RSVP: (800) 516-5323

OSTEOPOROSIS**Osteoporosis**

Learn how to reduce risk of osteoporosis and the latest treatments and recommendations.

When: Tuesday, Aug 15 / 2 – 3:30 pm

Where: Belmont Village Westwood, 10475
Wilshire Bl

RSVP: (800) 516-5323

PAIN MANAGEMENT**Back, Hip, Arm and Leg Pain**

Juan Pablo Villablanca, MD, UCLA neuroradiologist, and Omar Sahagun, MD, UCLA diagnostic radiologist, will explore common causes of back, hip, arm and leg pain; the significance of specific symptoms; and available treatment options.

When: Wednesday, Aug 30 / 7 – 8:30 pm

Where: Santa Clarita Family YMCA,
26147 McBean Parkway, Valencia

RSVP: (800) 516-5323

PLASTIC SURGERY

Facial Aesthetics and Rejuvenation

Jason Roostaeian, MD, UCLA plastic surgeon, will discuss new techniques for natural-looking facial aesthetic surgery/rejuvenation.

When: Thursday, July 6 / 7 – 8:30 pm

Where: 200 UCLA Medical Plaza, Rm 206

When: Thursday, Sept 7 / 7 – 8:30 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: plasticsurgery@mednet.ucla.edu

Rhinoplasty

Jason Roostaeian, MD, UCLA plastic surgeon, will discuss rhinoplasty techniques.

When: Thursday, Sept 14 / 7 – 8:30 pm

Where: 200 UCLA Medical Plaza, Rm 206

When: Thursday, July 13 / 7 – 8:30 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: plasticsurgery@mednet.ucla.edu

PODIATRY

Bunions and Bunion Surgery

Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments.

When: Tuesday, July 18 / 5:45 – 6:45 pm (date subject to change)

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

RSVP: (310) 828-0011

Heel and Ankle Pain

Gary Briskin, DPM, will discuss common causes of ankle and heel pain, as well as surgical and nonsurgical therapies.

When: Tuesday, Aug 15 / 5:45 – 6:45 pm (date subject to change)

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

RSVP: (310) 828-0011

Ankle Arthritis and Ankle Replacement

Bob Baravarian, DPM, will discuss the latest advances in treating foot and ankle arthritis, including injection joint lubrication, arthroscopic cleanup, joint-preservation surgery, fusion surgery and ankle-replacement surgery.

When: Tuesday, Sept 19 / 5:45 – 6:45 pm (date subject to change)

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

Events in gold are offered near our UCLA community offices.

PODIATRY (CONTINUED)

Foot and Ankle Pain

Santa Monica Podiatry Group's Abbasseh Towfigh, DPM, and Terry Boykoff, DPM, will answer questions and address concerns about foot and ankle problems. Please RSVP and let our staff know what issues you would like to discuss.

When: Monday, Sept 25 / 5 – 6 pm

Where: 1260 15th St, Ste 1014, Santa Monica

RSVP: (310) 451-1618

SCAR TREATMENT AND HAIR RESTORATION

Scar Treatment and Hair Restoration

Andrew Vardanian, MD, UCLA plastic surgeon, will discuss modern treatment options for conditions affecting the skin and hair.

When: Thursday, Sept 7 / 6 – 7 pm

Where: 200 UCLA Medical Plaza, Rm 206

When: Thursday, Sept 21, 2017 / 6 – 7 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: plasticsurgery@mednet.ucla.edu

VOLUNTEER SERVICES

“No One Dies Alone” Volunteer Training

Receive volunteer training for UCLA Health's on-call No One Dies Alone program. Volunteers must be processed through the UCLA Health volunteer services department.

When: Tuesday, Sept 12 / 2:30 – 4 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B210

When: Monday, Sept 18 / 1 – 2:30 pm

Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Rm G210

Info: (424) 259-8176

Volunteer Open House

Come meet current volunteers and learn about our range of volunteer opportunities. Parking and refreshments are provided.

When: Friday, Sept 15 / 10 – 11 am

Where: Ronald Reagan UCLA Medical Ctr, Ste B791

RSVP: (310) 267-8182 or smolina@mednet.ucla.edu

WELLNESS

Yoga and Health

Anuradha Seshadri, MD, UCLA internal medicine physician, will discuss yoga, its origins, modern-day practice and the integration of yoga and medicine.

When: Wednesday, Aug 2 / 2 – 3:30 pm

Where: Belmont Village Westwood, 10475 Wilshire Bl

RSVP: (800) 516-5323

Integrative East-West Medicine

Lawrence Taw, MD, UCLA integrative medicine physician, will explore how traditional Chinese medicine principles may influence your view of health and equip you with self-care strategies.

When: Thursday, Aug 17 / 1 – 2:30 pm

Where: Torrance-South Bay Family YMCA, 2900 W Sepulveda Bl

RSVP: (800) 516-5323

Healthy Aging

Jeff Borenstein, MD, UCLA internal medicine physician, will focus on lifestyle changes that can improve health conditions, including lowering the risk of heart disease, cancer, stroke, diabetes, depression, high blood pressure and osteoarthritis.

When: Tuesday, Aug 29 / 2 – 3:30 pm

Where: Simi Valley Family YMCA, 3200 Cochran, Simi Valley

RSVP: (800) 516-5323

Exercise Programs for Injury Prevention

Molli Hermiston, UCLA physical therapy assistant, will review how to create a balanced exercise program to avoid common injuries through proper warm-up techniques, post-workout stretching and foam rolling.

When: Tuesday, Sept 19 / 2 – 3:30 pm

Where: OASIS, inside Macy's, 10730 W Pico Bl

RSVP: (800) 516-5323

WOMEN'S HEALTH

Future of the Pap Smear

Alexander Chiang, MD, UCLA OB/GYN, will discuss the present status and future of the Pap smear, human papillomavirus and the latest strategies for cervical cancer prevention.

When: Sunday, Aug 6 / 3 – 4 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: (800) 516-5323



RESEARCH AND TRIALS UCLA conducts research on a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials: uclahealth.org/clinical-trials

UCLA HEALTH 50 PLUS IS A FREE MEMBERSHIP PROGRAM that offers individuals age 50 and older access to educational lectures, exercise opportunities, information on community and health resources, a free community flu-shot clinic and other special events. To sign up, call (800) 516-5323.

50+ Memory Training Course (Quarterly)

Learn practical memory-enhancing techniques in a course designed for people with mild memory concerns (not dementia).

When: Two hours per week, once a week, for four weeks

Where: Locations vary

Info: (310) 794-0680 or sgoldfarb@mednet.ucla.edu or longevity.ucla.edu

50+ Westside Walkers: Free Mall Walking Program

Walk indoors in the safety and security of Westside Pavilion. Sign in at Macy's storefront on level 2.5.

When: Tuesdays and Thursdays / 8 – 10 am

Where: 10730 W Pico Bl

Info: (800) 516-5323

50+ Stay Active and Independent for Life (SAIL)

Join the SAIL fitness and education program led by UCLA physical therapists and designed for healthy seniors. First-time participants should arrive 30 minutes early for physical therapy screening.

When: Mondays and Thursdays / 10 – 11 am or 11 am – Noon

Where: St. Monica Catholic Church, 725 California Av

Info & Enrollment: (424) 259-7140

Cost: \$40 per month (unlimited participation)

50+ Walk With a Doc

Join UCLA Health physicians for a healthy stroll.

When: Third Saturday of each month / 7:30 – 8:30 am

Where: Triunfo Community Park, 950 Aranmoor Av, Westlake Village (meet by the kids' play structure)

Info: uclahealth.org/walkwithadoc

50+ Brain Boot Camp

This intensive course teaches healthy lifestyle tips to enhance memory ability for people with age-related memory concerns.

When: Classes start July 2017

Where: UCLA Longevity Ctr, 10945 Le Conte Av, Ste 3119

Info: (310) 794-4055

Cost: \$300

50+ Senior Scholars

The UCLA Longevity Center invites adults 50 years of age or older to audit undergraduate courses taught by UCLA's distinguished professors.

When: Fall session classes begin Sept 25 / Applications accepted July 31 – Aug 25

Where: Locations vary by UCLA campus

Info: www2.semel.ucla.edu/longevity or srscholars@mednet.ucla.edu or (310) 794-0679

Cost: \$150 per course

50+ Creating Your Dream Career After 50

The UCLA Alumni Association's Second Act program invites you to learn how to extend your longevity in the workplace and reinvent your career. John Tarnoff, author and speaker, will talk about how you can achieve and enjoy greater success as you move beyond traditional retirement and redefine your own path.

When: Wednesday, July 19 / 6 – 8 pm

Where: James West Alumni Ctr, 325 Westwood Plaza

Info: giving.ucla.edu/2ndActJuly2017 or secondact@alumni.ucla.edu

50+ Normal Aging vs. Alzheimer's Disease (AD)

Gal Bitan, PhD, UCLA neuroscientist, will discuss the differences between normal aging and AD, how to improve brain health and current research targeting the proteins that cause AD.

When: Wednesday, July 26 / 3 – 4:30 pm

Where: Belmont Village Encino, 15451 Ventura Bl, Sherman Oaks

RSVP: (800) 516-5323

50+ Exercise for Older Adults

Sagir Bera, DO, UCLA sports and family medicine physician, will look at different types of exercise that are best suited for your personal health.

When: Thursday, July 27 / 6:30 – 8 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

50+ Advance Care Planning

Learn how to communicate your healthcare wishes to your family and friends, how to appoint someone as your surrogate decision maker and review healthcare decision-making documents.

When: Thursday, Aug 10 / Noon – 1:30 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

50+ How to Add Vitality to Your Life

Learn ways to incorporate strategies to live a healthier and more active life.

When: Monday, Aug 14 / 1 – 2 pm

Where: Camarillo Health Care District, 3639 E Las Posas Rd, Ste 117

RSVP: (800) 516-5323

50+ A Healthy Brain Lifestyle

This presentation will discuss the latest research on what you can do to keep your brain healthy as you age.

When: Tuesday, Aug 29 / Noon – 1:30 pm

Where: Malibu Senior Ctr, 23825 Stuart Ranch Rd

RSVP: (800) 516-5323

50+ Vaccinations

Learn which vaccinations are recommended for older adults to prevent diseases and maintain good health and vitality.

When: Tuesday, Sept 12 / 2 – 3:30 pm

Where: OASIS, inside Macy's, 10730 W Pico Bl

RSVP: (800) 516-5323

50+ Stroke Update

Pamela Nye, RN, will discuss how to react quickly if someone you know or love is suffering sudden stroke symptoms, as well as your personal risk of stroke.

When: Thursday, Sept 14 / 10 – 11:30 am

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

50+ Understanding Medicare

Learn what Medicare covers and how to fill in the gaps.

When: Wednesday, Sept 27 / 7 – 8:30 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: (800) 516-5323

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UCLA Health Connect

A virtual community for patients and families to connect, share their experiences and improve UCLA Health through participation.

Get started by browsing through some of the patient stories, photos and videos featured on our website. Then share your own story.

We'd love to hear from you. Connect. Share. Improve.

 To learn more about UCLA Health Connect, go to: connect.uclahealth.org



Vital Signs

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