

Vital Signs

FALL 2014 | VOLUME 64



FEATURE STORIES

Lung-Cancer Screening

Page 4

Testosterone Replacement

Page 6

**Q&A:
Preventing Choking in Children**

Page 8

Community Calendar

Page 12



Some Fat Recommended in Daily Diet

Fat is typically viewed as something to be avoided in our diet. But a UCLA Health expert says it's not that simple. "The recommendation for adults is to commit approximately 30 percent of caloric intake to fat," says Tsz Ying (Amy) Lee, MD, a UCLA internist and nutritional specialist in Thousand Oaks. "It is important that those calories are from the right kinds of fats."

Dr. Lee explains that the unhealthiest fats are saturated fats, typically found in animal products such as red meat, butter, cheese and cream, and trans-fatty acids — unsaturated fats that come from synthetic oils most commonly found in processed foods. Trans-fatty acids are designed to increase the shelf life of products, and studies have found they raise

[Continued on page 7](#)



In This Issue

- 2 **What's New at UCLA**
- 3 **In Your Community**
UCLA offers the services of its world-class physicians near you.
- 4 **Lung-Cancer Screening**
Guidelines recommend low-dose CT scans to detect early-stage tumors.
- 6 **Testosterone Replacement**
Prescription testosterone has its place, but caution is advised when considering therapy.
- 7 **Right Kind of Fat in Daily Diet**
Health guidelines recommend 30 percent of daily calories should be from fat, but the key is knowing the right kind.
- 8 **Q&A: Preventing Choking in Children**
Some foods present a high risk of choking for young children.
- 10 **Adolescents and Young Adults with Cancer**
Two UCLA programs address the specific needs of a unique population of cancer patients.
- 11 **Best Defense Against Flu**
U.S. Centers for Disease Control and Prevention recommends that everyone age 6 months or older get the flu vaccine each year.
- 12 **Community Calendar**
Health and wellness for the community.

I See U Baby

Parents, siblings and extended family can visit, via a secure live video, with newborns in the neonatal intensive care units (NICU) at Mattel Children's Hospital UCLA in Westwood and UCLA Medical Center, Santa Monica. With I See U Baby, NICU nurses invite parents and up to two additional viewers to receive a twice-daily 15-minute video feed of the baby viewable on smart phones, tablets or computers. The NICU nurses enhance the silent feeds with handwritten notes ("I love you," "I miss you," "Thank you for visiting") placed beside the infant in the isolette.

"I've seen grandparents cry as they view their grandchild for the first time," says NICU nurse Sanna Howell. "Siblings get so excited. And of course for parents, this is so moving."



We take care of

The rankings take care of themselves

25 consecutive years Best in the West and Top 5 nationally

U.S. News & World Report

Learn Like a Doctor at Mini Med School

Mini Med School is a three-evening series for the general public featuring distinguished professors from the David Geffen School of Medicine at UCLA. Mini Med School covers the basics of medical science and advances in the biomedical and clinical sciences.

October 6 Diabetes and Metabolism 101

October 13 Updates in Heart Disease

October 20 Cancer Update

Where: California Lutheran University, Lundring Events Center (Gilbert Sports and Fitness Center)
Thousand Oaks, California

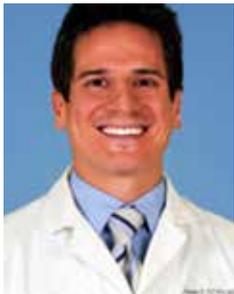
Time: 6:30 pm – 8 pm / **Cost:** \$35



For more information and to sign up, go to:
uclahealth/minimedschool

Mohs Procedure Treats Skin Cancer with Less Scarring

Mohs is a surgical technique that works for many patients when other procedures have failed.



Mohs micrographic surgery is an innovative, tissue-sparing technique used to treat the most common forms of skin cancer: basal cell and

squamous cell carcinomas. The procedure involves removing cancerous cells one layer at a time and immediately examining the layers under a microscope until all cancer cells are detected and removed. The goal is to cure skin cancer while preserving the healthy surrounding tissue.

“Using this technique, we can precisely determine whether any skin cancer remains while the patient waits, and bring the patient back into the room to remove more tissue as necessary,” says UCLA dermatologist Joseph Greco, MD. Complete removal of skin cancer and repair of any resulting scars is performed under local anesthetic and can be done on the same day, usually within three-to-four hours. Mohs surgery has the highest success rate of any cancer treatment, nearly 98 percent.

“Patients come in with skin cancer and leave with their cancer completely removed and the least perceptible scar possible,” Dr. Greco says. “Mohs is a superior surgical technique that is both convenient and cost-effective, and works for many patients when other procedures have failed.”

Mohs surgery is not appropriate for the treatment of all skin cancers. It is used for skin cancers that have recurred or that are at high risk for recurrence and for cancers located in areas in which preservation of healthy tissue is critical, such as the face.



UCLA Dermatology and Dermatologic Surgery

Services

- Botox injections
- Chemical peels
- Collagen/dermal fillers
- Hair removal or transplantation
- Laser surgery
- Microdermabrasion
- Mohs micrographic surgery
- Scar revision
- Sclerotherapy for spider veins
- Skin cancer
- Tattoo removal

2020 Santa Monica Blvd., Suite 510
Santa Monica, CA 90404
(310) 917-3376

[Cosmetic Appointments](#)
(310) 206-SKIN

dermatology.ucla.edu

Early Detection for Lung Cancer



Recent federal guidelines recommend that long-term, pack-a-day smokers receive an annual screening for lung cancer using low-dose spiral computed tomography (CT) imaging. The guidelines are based on findings from the National Lung Screening Trial, which demonstrated that annual CT screening is more effective than regular chest X-rays in detecting early-stage, malignant lung tumors before they spread to other parts of the body.

“Spiral CT scans provide the high resolution needed to see spots on the lung that chest X-rays fail to detect,” explains UCLA radiologist Denise Aberle, MD, vice chair of research in radiological sciences and the national principal investigator for the study. “It allows you to view the chest in individual slices rather than the entire volume — like looking at individual slices of a loaf of bread.”

Annual screening with low-dose CT scans recommended for long-term smokers.

Specifically, the guidelines issued by the United States Preventive Services Task Force recommend the annual screenings for current smokers ages 55 and older who have smoked at least 30 “pack years” — a calculation that is based on the number of packs smoked in a day multiplied by the number of years as a smoker — or those 30-“pack-year” smokers who have quit less than 15 years. (The screening is not recommended for those who have been smoke-free for more than 15 years.) Radiation from the recommended CT method is on average one-fifth the dose of routine chest CT scans.

Although low-dose spiral CT scans are associated with a 20 percent reduced risk of dying from lung cancer compared to standard chest X-rays, they are also linked with some increased exposure to radiation and to false positives that may prompt additional imaging scans, laboratory workups, needle biopsies and surgeries, says Jay M. Lee, MD, chief of thoracic surgery and surgical director for the thoracic oncology program in UCLA’s Jonsson Comprehensive Cancer Center. “The major downside is that we may intervene unnecessarily,” Dr. Lee says. “A major benefit is that lung cancer may be detected at its earliest stages, when minimally invasive

surgeries are most effective. It’s really a different kind of operation when lung cancer remains localized and has not yet spread to lymph nodes.”

M. Iain Smith, MD, a UCLA pulmonary and critical-care specialist, emphasized “the most important advice we can give patients is that, despite new studies that demonstrate the benefits of low-dose spiral CT for detecting early-stage lung cancer in the right group of patients, the best way to reduce lung-cancer mortality is to quit smoking.”

Patients should discuss the benefits and harms of lung-cancer screening with their physicians, based on their overall health status and risk factors that include family history, personal health behaviors and occupational exposures. Low-dose spiral CT imaging is not currently covered by Medicare and other health plans. Patients interested in the screening procedure should consult with their insurance provider regarding coverage.

The UCLA physicians emphasize that screening is not a substitute for smoking cessation and that negative results do not mean patients will not develop lung cancer in the future. Long-term monitoring and follow-up from multidisciplinary experts is critical to managing lung-cancer risk.



Why Lung Cancer screening is important

Lung Cancer is the
No. 1
cancer killer
in the USA

More people die from lung cancer than from breast, colon, pancreas and prostate cancers combined

Early-stage survival rate is
53.5%

ONLY **15%** of lung-cancer cases are currently found in the early stage

Most cases are not diagnosed until
later stages, when
survival rate is ONLY
3.9%

The National Lung Screening Trial was the largest national lung-screening trial, with more than **50,000** people enrolled. It showed a **20%** reduction in lung-cancer deaths relative to chest X-rays.

Low-dose CT is recommended annually if you are:

- Age **55** or older
- Have smoked at least **30** “pack years”
- A 30-“pack-year” smoker who has quit within the past **15** years

Prescription Testosterone Has Benefits When Prescribed Correctly

Before starting testosterone therapy, patients should discuss the reasons for taking the drug with their doctor.

Despite recent publicity about a possible link between prescription testosterone and increased risk of heart problems among older men and middle-aged men with a history of heart disease, the factors weighed in determining whether a patient with low testosterone levels should go on the therapy

remain unchanged, according to UCLA urologist Jacob Rajfer, MD. He notes that men considering testosterone treatment should be leery of efforts to promote the drug as a cure-all.

“The studies suggesting a possible increased risk of heart problems were not designed to

investigate that question, so the association could well be related to other factors,” Dr. Rajfer explains. “Enough studies show the benefits of testosterone, so we don’t feel patients should be taken off the drug based on these recent findings. On the other hand, men shouldn’t be on the therapy unless it is addressing a specific symptom associated with low testosterone levels.”

Low testosterone has been linked to symptoms that include diminished sex





Continued from cover

Some Fat Recommended in Daily Diet

the level of bad LDL cholesterol and increase the risk of cardiovascular disease. “If you see on the back of a package that a product contains saturated or trans-fats, it is best to limit consumption or just stay away,” says Dr. Lee.

Dietary choices should include the mono- and polyunsaturated fats, which are associated with lower levels of LDL and higher levels of good HDL cholesterol, along with reduced risk of cardiovascular disease. Sources for these healthy fats include vegetable oils, nuts, fish and certain fruits such as olives and avocados. “The best first step is to eliminate the unhealthy fats from the diet by sticking with whole fruits and vegetables and lean proteins,” Dr. Lee says.

A healthy diet — including sufficient protein consumption — is essential for maintaining muscle mass and overall fitness, explains Zhaoping Li, MD, PhD, a physician nutrition specialist with the UCLA Center for Human Nutrition. “Body weight is commonly used to indicate overweight or obesity, but what really matters is body composition — in particular, how much of your weight is from fat vs. muscle and organs,” Dr. Li says.

She notes that for some individuals, including many postmenopausal women, body weight can remain stable even as body-fat percent rises and muscle mass declines, increasing the risk for diabetes and cardiovascular disease, among other concerns. Signs to look for include increased waistline, inability to walk briskly and a reduction in overall strength.

A key factor in building and maintaining muscle mass, particularly for older persons, is monitoring protein consumption — 25-30 grams per meal on average for healthy seniors, spread evenly throughout the day. The ideal sources are lean proteins, Dr. Li says, including seafood, chicken and turkey breast, egg whites, whey and soy.

drive, erectile dysfunction, reduced muscle mass and strength (including increased risk of osteoporosis), lower energy levels and mood disorders such as depression. Studies have shown that for men with low levels of testosterone, prescribing the drug not only has the potential to improve these symptoms, it can also improve longevity compared with low-testosterone men who aren't on the therapy. Testosterone levels begin to decline in middle age, and at least one-in-four men 75 years of age and older have below-normal testosterone levels. Testosterone deficiency has also been found to be common in men with both type 1 and type 2 diabetes.

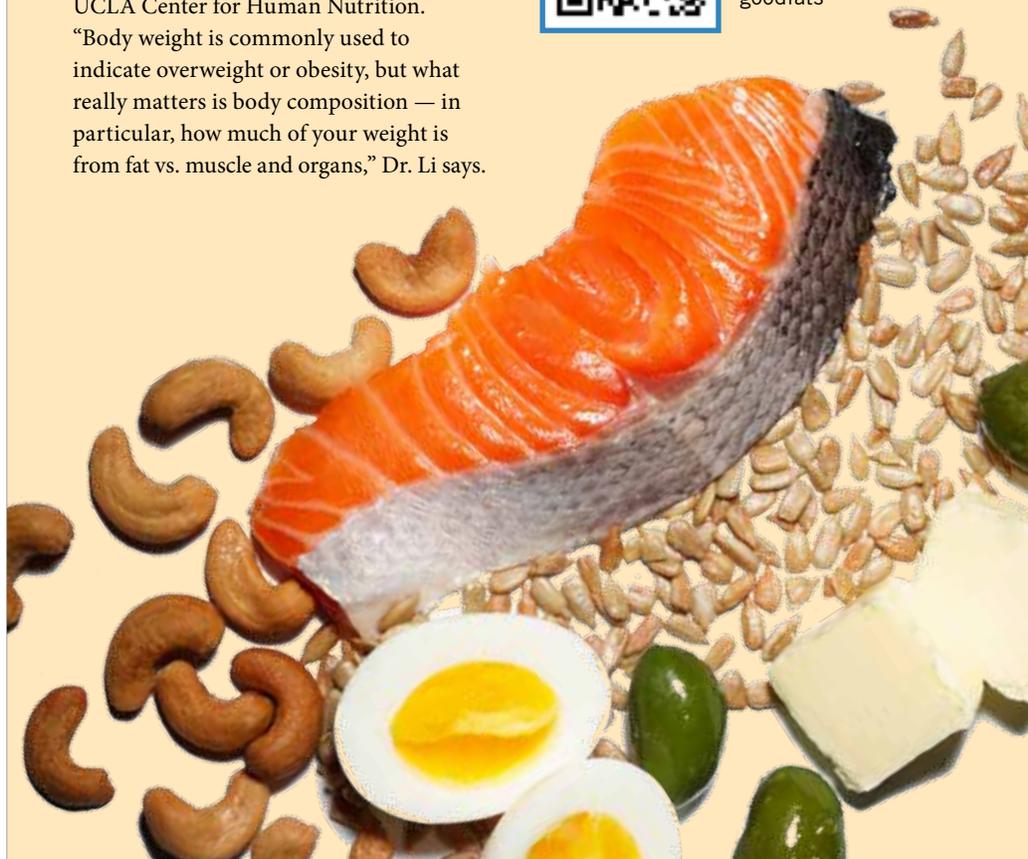
The U.S. Food and Drug Administration is reassessing the safety of FDA-approved testosterone products after two studies suggested an increased risk of cardiovascular problems among men on the therapy. However, the FDA has not concluded that the treatment increases the risk of stroke, heart attack or death, and patients are advised not to stop taking prescription testosterone without consulting with their healthcare provider.

Although there can be benefits, the therapy has also been over-promoted and in some cases over-prescribed, Dr. Rajfer says. “It should be given only after testosterone levels are measured in a blood test, and to address a specific symptom associated with low testosterone,” he explains. If the drug doesn't improve symptoms, “that means the low testosterone wasn't the cause of the symptom and the patient shouldn't be on it anymore.”

“It's important to remember that with any drug, there are potential side effects,” Dr. Rajfer adds. “Before starting testosterone therapy, patients should have a discussion with their doctor about why they are doing it.”



To view a video about nutrition and healthy shopping, go to: uclahealth.org/goodfats



Preventing Choking on Food in Young Children

Every five days, a child in the United States dies from choking on food, and each year 10,000-to-20,000 children are treated in emergency rooms for food-choking accidents. Nina Shapiro, MD, a UCLA pediatric otolaryngologist, explains which foods should be avoided for children under 5.



Why are young children at particular risk for choking on food?

Before the age of 5, children may not have molars to help them chew. Their swallowing coordination and reflexes are immature. For infants and toddlers, the airway is small — about the size of their pinky finger — and high in the neck, which gives direct access for high-risk foods to go into the windpipe. And a lot of young children are running around, playing or jumping in their chairs when they eat.

What are some of the most dangerous foods?

Foods tend to be dangerous either because of their shape or because of the way they're served. A hot dog generally is fine, but its cylindrical shape poses a very high risk for small children. To be safe, it should be cut length-wise and width-wise, into the shape of a half or quarter moon. Grapes are also high-risk choking foods. They need to be peeled and cut into halves or quarters. Peanut butter and other nut butters should be spread thinly on crackers or bread. Vegetables should be cooked and cut into small pieces. Dried fruit, raw vegetables and chunks of meat or cheese can be dangerous. Any nuts or seeds, popcorn, hard or sticky candy, lollipops and chewing gum should be avoided for children under the age of 5.

What other measures should parents and/or caregivers take to prevent choking incidents?

An adult always should attend to a young child when the child eats. A high percentage of



choking accidents are not witnessed by an adult. Food shouldn't be used as a babysitter. Even if a toddler is safely strapped in the high chair, don't give him or her a snack and then leave the room to take a shower or go on the computer. The child should be sitting up straight during meals and not eating while running, playing or riding in a car. Eating should be considered an activity in itself, not something that is done on the go.

What should be done if the child is choking?

If the child is unable to breathe — he or she is not crying or coughing — immediately call 911 and begin to perform the Heimlich maneuver. If the child is old enough to stand, position yourself behind the child, wrap your arms around the child's waist and give inward/upward thrusts in the mid-abdomen. Repeat this until the object is dislodged or the child begins to cough or cry. An infant can be placed face down on your lap and given a few back thrusts, or can be laid flat on a table or the floor and given abdominal thrusts to dislodge the object. If the object is not dislodged and the child is not breathing, you can attempt to manually clear the airway if you see the object. To do this, place the child on his or her back on the ground and open the child's mouth, pressing down with your

thumb on the tongue and with your fingers wrapped around the lower jaw. Using your other hand, try to remove the object with a sweep of your fingers. This should be done carefully so as not to push the object farther down the airway.

What if these efforts don't work?

Begin CPR, for which training is available through the Red Cross and other safety organizations. If the child seems to choke but then coughs, cries or vomits, that means he or she is breathing and there is no need to perform the Heimlich maneuver or CPR. You should, however, still seek medical attention. Many children can choke on an object and then seem fine, but the object may have become lodged in one of the bronchi, the wind passage to the lung, which requires medical attention.



To learn more about choking prevention from Dr. Nina Shapiro and to hear the story of one patient, go to: uclahealth.org/chokinghazards



Nina Shapiro, MD

Meeting Unmet Needs of Adolescents and Young Adults with Cancer

At UCLA, two innovative programs designed with the help of actual cancer patients aim to improve the outlook for this unique population.

Cancer in adolescents and young adults is a relatively rare occurrence compared to older adults, so “they are at greater risk for delayed diagnosis, poor care coordination, limited access to clinical trials and inadequate psychosocial support,” says pediatric oncologist Jacqueline Casillas, MD, MSHS, director of the Daltrey/Townshend Teen & Young Adult Cancer Program at UCLA.

“Many medical oncologists outside the academic medical-care setting rarely see patients in this population in their daily practices, and so may not be familiar with the nuances associated with caring for patients in this age group,” Dr. Casillas explains. “Consequently, adolescents and young

adults may not receive the multidisciplinary care needed to optimize their survival and quality of life.”

The Daltrey/Townshend program aims to fill that gap by addressing the medical, psychosocial and supportive-care needs of adolescents and young adults, from diagnosis through survivorship. The program facilitates access to the most appropriate pediatric or adult clinical trials and research, providing appropriate psychosocial support and services for patients and their families and delivering patient-centered clinical care in a specialized, age-appropriate cancer unit — the first of its kind in the U.S.

“We established a team to pull together all of the necessary program components and to design the unit,” Dr. Casillas says. “We wanted to create a physical space that promotes healing.” An adolescent and young-adult patient-advisory group designed the logo and selected colors and images for the walls that highlight life after cancer. It also advised the team to establish a specialized unit separate from pediatric and adult units.

“Our goal is to have seamless multidisciplinary care,” says pediatric oncologist Noah Federman, MD, director of the UCLA Pediatric Bone and Soft Tissue Sarcoma Program. Sarcoma is one of the most common cancers among adolescents and young adults. “Psychosocial-support services are just as important as medical care in addressing the immediate needs of young patients with cancer,” Dr. Federman says. More recently, he says, long-term survivorship issues, particularly fertility preservation, are becoming more routinely discussed with adolescent and young-adult cancer patients.

“We tell patients that chemotherapeutic agents and radiation may cause infertility later in life so that, if that’s an important issue for them, they can consider using cryopreservation techniques before undergoing cancer treatment,” Dr. Federman says. “We fully expect our patients to survive — we are concerned with their quality of life after cancer.”



To view a video about the Daltrey/Townshend Teen & Young Adult Cancer Program at UCLA, go to: uclahealth.org/adolescentcancercenter

UCLA-MinuteClinic® Partner for Your Health

UCLA Health and MinuteClinic® are collaborating to deliver convenient, high-quality services, including flu shots, on a walk-in basis to patients in 15 CVS MinuteClinics® across Los Angeles County. The clinics are staffed by nurse practitioners, who deliver clinical services using standardized protocols and operate under the supervision of UCLA physicians serving as collaborating physicians. In addition to offering common vaccinations for flu, hepatitis and other preventable diseases, the clinics treat acute problems such as strep throat and ear infections, as well as minor wounds, abrasions, sprains and skin conditions. Care is available for those age 18 months and older. Patients who require care for higher acuity conditions are referred to the most appropriate clinical setting, such as a physician's office, urgent care or emergency department.

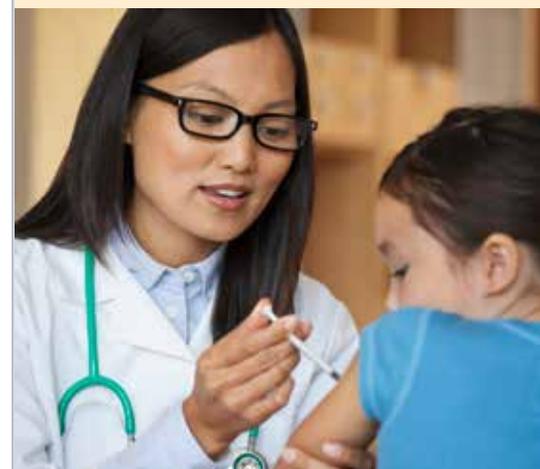
**minute
clinic**

is a clinical affiliate of

UCLA Health

Community Flu-Shot Clinics

UCLA Health offers community flu-vaccination clinics during flu season. For information about upcoming clinics, see page 13 in the Calendar section.



Vaccination is Best Defense Against Flu

October marks the start of flu season, and getting vaccinated ahead of time against the debilitating, and potentially deadly, illness is important to ensure one's health and that of others, says UCLA infectious-disease expert Matthew Leibowitz, MD.

The U.S. Centers for Disease Control and Prevention recommends that everyone age 6 months or older get the flu vaccine each year. It is especially important for people most vulnerable to serious complications from the flu. These include older adults, people with chronic medical conditions and pregnant women, as well as those who are in close contact with such individuals.

But Dr. Leibowitz explains that getting vaccinated is also important for people outside the high-risk groups. "Young, healthy people often think the flu isn't a big deal. But it can be very serious for anyone," he says. "And certainly if you have young children, older parents or other vulnerable people in your life, you don't want to risk passing this on to them."

Despite the recommendations, about half of the U.S. population fail to protect themselves each year. Often, Dr. Leibowitz says, people who are not receiving regular medical care simply don't think to get vaccinated. "But it's gotten

much easier over the years. Many pharmacies offer the vaccine, so you don't even need to go to your doctor," Dr. Leibowitz notes.

In other cases, he says, people choose not to be vaccinated because of certain misconceptions, including the mistaken belief that the vaccine causes the flu. In fact, the flu shot involves a "killed" virus and is thus unable to transmit influenza. Side effects can include moderate soreness or tenderness where the shot is given, as well as low-grade fever or achiness, but these are mild and short-term, he says.

The flu vaccine comes in several injectable forms and as a nasal spray. Traditional flu vaccines are trivalent (protecting against three influenza strains), but quadrivalent vaccines, which provide protection against four strains, have become more common. Young children who are being vaccinated for the first time are advised to receive two shots four weeks apart to boost the vaccine's effectiveness. For adults older than 65, a high-dose trivalent shot is recommended to provide stronger protection.

In any form, Dr. Leibowitz says, the vaccine can confer vital protection for the rest of the season. "Any time you get it — even if it is late in the flu season — is better than not being vaccinated at all," he notes.

Community Health Programs



OCTOBER, NOVEMBER, DECEMBER 2014 COMMUNITY HEALTH PROGRAMS
UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education and the prevention of illness and injury. Scan the QR code on the left with your smartphone or go to uclahealth.org/calendar for more information.

COMMUNITY EVENTS

West LA Chamber of Commerce Health Festival

Visit UCLA Health booths for screenings, information and more.

When: Sunday, October 12 / 10 am – 4 pm

Where: On San Vicente Bl in Brentwood (between Barrington and Gorham)

Be Bold, Be Bald!

Join the UCLA Fights Cancer Team and wear bald caps to raise funds and awareness for the fight against cancer. Proceeds will benefit the UCLA Jonsson Comprehensive Cancer Center.

When: Friday, October 17

Info & RSVP: cancer.ucla.edu/beboldbebold

Santa Monica Chamber of Commerce Well-Being Festival

Visit UCLA Health booths and exhibits including screenings, information, fitness classes and more.

When: Saturday, October 18 / 11 am – 4 pm

Where: Santa Monica Civic Center Parking Lot, 1855 Main St

Volunteering

Learn about joining our volunteer team of more than 3,000 dedicated individuals. We have a diverse group of volunteers from various backgrounds, all with a common interest: hospital volunteerism. Parking will be provided and refreshments will be served.

When: Thursday, October 23 / 10 am

Where: Ronald Reagan UCLA Medical Center, Rm B791

RSVP: Lisa Harden (310) 267-8182

AGING

Aging Eyelids

Mehryar Taban, MD, UCLA oculofacial plastic surgeon, will discuss the various eyelid conditions related to aging.

When: Wednesday, December 10 / 7 – 8:30 pm

Where: The Santa Monica Bay Woman's Club, 1210 4th St

RSVP: (800) 516-5323

ALZHEIMER'S DISEASE

Alzheimer's Caregiver Education Webinars

Join us for a free, live-streaming webinar series that addresses the needs and concerns of caregivers, loved ones and anyone touched by Alzheimer's disease.

Delirium Risk in Dementia Patients

Speaker: TBA

When: Wednesday, October 15 / 11:30 am – 12:30 pm

Getting Help with Caregiving: In-Home & Residential Placement

Speaker: Lindsay Embree, PhD, Geriatric Neuropsychologist

When: Wednesday, November 19 / 11:30 am – 12:30 pm

Dementia and Fall Risk

Speaker: TBA

When: Wednesday, December 17 / 11:30 am – 12:30 pm

Info & RSVP: dementia.uclahealth.org

Beyond Alzheimer's Support Group

Do you have a loved one with a memory problem or dementia? Is the stress of being a caregiver overwhelming to you? A support group may be your answer.

When: Tuesday & Thursdays (except holidays) / 6:30 – 8 pm

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

Info: (310) 319-3222

ANTIBIOTIC USE

Guide to Antibiotics Use

Rachel Ferrara, MD, UCLA family medicine physician, will discuss when antibiotics are necessary, and what questions to ask your provider.

When: Wednesday, November 12 / 4 – 5:30 pm

Where: Conejo Family YMCA, 4031 N. Moorpark Rd, Thousand Oaks

RSVP: (800) 516-5323

AUTISM

ABCs of Autism

UCLA Center for Autism Research and Treatment (CART) and UCLA Child Adult Neurodevelopmental Disorders (CAN) Clinic experts will discuss the latest research on autism and related disorders, available resources, treatments and strategies.

When: Wednesday, October 15 / 6 – 8 pm

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

RSVP: (800) 516-5323

BARIATRIC SURGERY

Weight Gain After Bariatric Surgery

Rabindra Watson, MD, GI interventional endoscopist, will discuss the causes of weight gain years after bariatric surgery and a new minimally-invasive procedure to tighten the gastric pouch.

When: Saturday, October 18 / 9:30 – 10:30 am

Where: Thousand Oaks Library, 1401 E Janss Rd

RSVP: (800) 516-5323

BRAIN ANEURYSM

Brain Aneurysm Support Group

The Brain Aneurysm Support Group is for patients diagnosed with an unruptured brain aneurysm, those having survived a ruptured aneurysm and all caregivers to provide information and education relating to the diagnosis, research, treatment options and recovery process.

When: Third Saturday, every other month starting November 15 / 9:30 – 10:30 am

Where: Ronald Reagan UCLA Medical Center, 6th Fl, Conference Room 6236

Info: mrdemer@mednet.ucla.edu

Events in gold are offered near our UCLA offices in Malibu, Porter Ranch, Redondo Beach, Torrance and Thousand Oaks.



DID YOU MISS A LECTURE YOU WANTED TO ATTEND? You can find videos of some of our past lectures by going to uclahealth.org/programvideos. Learn about hyperbaric medicine, urinary incontinence, mindful awareness or sleep disorders.

CANCER

Countering Chemo Brain

Linda M. Ercoli, PhD, will discuss the causes and treatment of cancer-related cognitive dysfunction, referred to as “chemo brain.”

When: Tuesday, October 14 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B130

Info: (310) 794-6644

Prostate Cancer Update

Learn more about prostate cancer screening, as well as diagnostic and treatment choices for prostate cancer.

When: Tuesday, November 18 / 7 – 8 pm

Where: Cancer Support Community – Benjamin Center, 1990 S Bundy Dr., Los Angeles

RSVP: (800) 516-5323

Cancer: “It Could Be Worse”

Michael Eselun, interfaith chaplain for the Simms-Mann/UCLA Center, will explore a common coping strategy used by both patients and caregivers: “It could be worse.”

When: Tuesday, November 18 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B130

Info: (310) 794-6644

Look Good, Feel Better Class

This specially-designed American Cancer Society program teaches how to use scarves, wigs and makeup to address the side effects of cancer treatments and regain confidence. For cancer patients only.

When: Monday, December 1 / 2:30 – 4:30 pm

Where: 1821 Wilshire Bl, Ste 200, Santa Monica

RSVP: (800) 227-2345

Lung Cancer

UCLA thoracic surgeon Jane Yanagawa, MD, will discuss the diagnosis and management of lung cancer, as well as strategies in prevention and early detection with a focus on gender-specific issues.

When: Tuesday, December 2 / 7 – 8 pm

Where: Cancer Support Community – Benjamin Center, 1990 S Bundy Dr, Suite 100, Los Angeles

RSVP: (800) 516-5323

Cardiovascular Health After Cancer

Eric Yang, MD, UCLA cardiologist, will discuss long-term cardiac effects of chemotherapy and radiation treatment, and the importance of maintaining a healthy lifestyle and diet for cancer survivors.

When: Tuesday, December 2 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B130

Info: (310) 794-6644

DIABETES

Diabetes Care (ONGOING)

Participate in self-care workshops to learn important skills to help you manage your diabetes. A physician referral is required. The workshops are covered by most medical insurance policies.

Where: Santa Monica and Westwood

Info: uclahealth.org/diabetes or (310) 794-1299

Type 2 Diabetes (ONGOING)

This ADA-certified five-week course will teach you all about diabetes and self-management. A physician referral is required. The class is covered by most medical insurance policies.

Where: Santa Monica and Westwood

Info: uclahealth.org/diabetes or (310) 794-1299

ETHICS

Ethics Genetic Lecture

S. Jay Olshansky, PhD, professor of epidemiology and biostatistics, University of Illinois at Chicago, will discuss his research on the upper limits to human longevity. He will explore the health and public policy implications associated with individual and population aging; forecasts of the size, survival and age structure of the population; pursuit of the scientific means to slow aging; and global implications of the re-emergence of infectious and parasitic diseases.

When: Tuesday, November 18 / Noon – 1 pm

Where: Ronald Reagan Medical Ctr, Rm B130

Info: (310) 794-6219

HEART DISEASE

WomenHeart West Los Angeles

This peer-led support group is part of WomenHeart, a national coalition for women with heart disease. Sessions will provide peer support, advocacy and education by leading professionals in the field.

When: Mondays, October 13, November 10 & December 8 / 7 pm

Where: UCLA Cardiac Rehab Center, 200 UCLA Medical Plaza, Ste 206C

Info: (310) 825-0014



FEATURED EVENT

FLU-SHOT CLINICS

UCLA Health's Community Flu-Shot Clinics help protect residents during flu season by offering vaccinations for adults and children age 5 years or older. The shots are \$25 or billed to insurance, if covered.

Flu shots are free to members of the UCLA Health 50-Plus program at the two UCLA locations below or at any MinuteClinic® walk-in medical clinic inside select CVS/ Pharmacy® locations in Southern California. A voucher is needed at MinuteClinics. To obtain your voucher or join the 50-Plus program, call (800) 516-5323.

When: October 18 & October 25 / 1 – 4 pm

Where: UCLA Brentwood Medical Group, Internal Medicine-Pediatrics
11980 San Vicente Bl, Ste 102
Info: (310) 208-7777

When: Saturday, November 8 & Sunday, November 9 / 10 am – 2 pm

Where: UCLA Playa Marina Urgent Care, 4560 Admiralty Wy, Ste 100

Info: (310) 827-3700

KIDNEY DISEASE

Kidney Smart Classes

This specially-designed two-hour class focuses on how your kidneys function, ways to manage your diet and health to promote healthy kidneys, and information about kidney disease.

When: October 2, October 30, November 6, November 20, December 5, December 19 / 2–4 pm

Where: 1821 Wilshire Bl, Suite 200, Santa Monica
Info & RSVP: (888) 695-4363 or kidneysmart.org

LUPUS

Patient Conference

Distinguished practitioners and researchers will bring a better understanding of lupus and discuss the latest on lupus research.

When: Saturday, December 6 / 8:30 am – 2 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B130
RSVP: (310) 657-5667 or kcmahon@lupusla.org



WEBINARS ON DEMAND If you missed one of our UCLA MDChat Webinars, visit our Webinars On Demand library to view programs led by UCLA physicians. For more info visit: uclahealth.org/uclamdchat



FEATURED EVENT

NUTRITION & HEALTH SEMINAR

This seminar will provide participants with the scientific data and understanding of the central role of nutrition in health.

- **Integration of nutrition** in disease prevention and in the therapeutic plan of medical care — Mihaela Taylor, MD
- **Food for Thought:** Understanding Inflammation and the Role of Chinese Nutrition — Lawrence Taw, MD
- **Dietary approaches** to health and weight loss for chronic inflammatory conditions — Nancee Jaffe, RD

When: Saturday, November 22 / 9 am – Noon

Where: First Floor Auditorium, UCLA Medical Center, Santa Monica, 1250 16th St

Info & RSVP: (310) 582-6355 or ssanchez@mednet.ucla.edu

MULTIPLE SCLEROSIS

REACH to Achieve Program (ONGOING)

This weekly program focuses on fitness, memory, emotional well-being, recreation, nutrition and health education for those with multiple sclerosis.

Where: Marilyn Hilton MS Achievement Center

Info & Application: (310) 267-4071

PAIN MANAGEMENT

Back, Hip, Arm and Leg Pain

J. Pablo Villablanca, MD, UCLA diagnostic neuroradiologist, will explore the common causes of pain in the back, hip, arm and leg, the significance of specific symptoms, and the range of treatment options.

When: Monday, December 15 / 2 – 3:30 pm

Where: Westside Family YMCA, 11311 La Grange Av

RSVP: (800) 516-5323

Events in gold are offered near our UCLA offices in Malibu, Porter Ranch, Redondo Beach, Torrance and Thousand Oaks.

PARKINSONIAN DISORDERS

Parkinsonian Disorders

The Parkinsonian Disorders Support Group provides information, education, resources and support for patients and caregivers dealing with: progressive supranuclear palsy, corticobasal degeneration, multiple system atrophy and parkinson's disease. Facilitated by Loretta Mazorra, NP, and Yvette Bordelon, MD, PhD, of UCLA's Movement Disorders Clinic.

When: First Friday of each month from 2 – 4 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm 3102

Info & RSVP: Dolly West (310) 430-6678 or dwest@mednet.ucla.edu

PLASTIC SURGERY

Optimizing Nasal Appearance

Learn about the latest techniques and technologies available to improve the appearance of your nose.

When: Thursday, December 4 / 7 – 8:30 pm

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

RSVP: (800) 516-5323

STRESS MANAGEMENT

Stress Management: Self-Care

Heather Palleiko, clinical specialist at the UCLA Center for East-West Medicine, will discuss how stress affects the body and how integrative self-care plays an important role in reducing the physical symptoms of stress.

When: Wednesday, December 17 / 10 – 11:30 am

Where: Multipurpose Room, Santa Monica Public Library, 601 Santa Monica Bl

RSVP: (800) 516-5323

THYROID DISEASE

Thyroid Disease Update

Angela Leung, MD, UCLA endocrinologist, will give an overview of thyroid disease, including hypothyroidism, hyperthyroidism and thyroid nodules, focusing on symptoms, diagnosis and treatments.

When: Thursday, November 13 / 2 – 3:30 pm

Where: Belmont Village, 10475 Wilshire Bl, Los Angeles

RSVP: (800) 516-5323

TRIGEMINAL NEURALGIA

Trigeminal Neuralgia

The Trigeminal Neuralgia (TN) Support Group helps patients diagnosed with TN and other facial pain syndromes and their families learn about diagnosis, research and treatment options.

When: Third Saturday of every other month starting November 15 / 9:30 – 11:45 am

Where: Ronald Reagan UCLA Medical Center, 6th Fl, Conference Room 6236

RSVP: mrdemer@mednet.ucla.edu

WELLNESS

Keeping Your Brain Healthy for Life

UCLA neurologists will discuss the integrative approach to medicine without medications to keep your brain working optimally.

Speaker: Jeremy Cholfin, MD

When: Tuesday, October 14 / 4:30 – 5:30 pm

Where: The Village at Northridge, 9222 Corbin Av

RSVP: (818) 923-1824

Speaker: Lorne Label, MD

When: Wednesday, November 5 / 6:00 – 7:30 pm

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

RSVP: (805) 388-1952

Understanding Gynecologic Issues

Lisa Little, MD, UCLA gynecologist, will discuss the causes and latest treatments for common conditions such as vaginal prolapse, incontinence and pelvic health.

When: Tuesday, November 18 / 4:30 – 5:30 pm

Where: The Village at Northridge, 9222 Corbin Av

RSVP: (818) 923-1824

Alternative Medicine and Miracle Cures

Gavin Bahadur, MD, UCLA ophthalmologist, will discuss evidence-based cures for spiritual and physical maladies and explore traditional medical advances, alternative therapies and misleading claims.

When: Wednesday, December 3 / 7 – 8:30 pm

Where: The Santa Monica Synagogue, 1448 18th St

RSVP: (800) 516-5323

Supplements: Facts & Myths

Alina Katsman, MD, UCLA family physician, will explore the facts and myths about supplements to help seniors make informed choices for better health.

When: Tuesday, December 9 / 4:30 – 5:30 pm

Where: The Village at Northridge, 9222 Corbin Av

RSVP: (818) 923-1824



DID YOU MISS A LECTURE YOU WANTED TO ATTEND? You can find videos of some of our past lectures by going to uclahealth.org/programvideos. Learn about hyperbaric medicine, urinary incontinence, mindful awareness or sleep disorders.



it begins with **U**



Scan to find out more, or go to: uclahealth.org/calendar

UCLA HEALTH 50-PLUS IS A PROGRAM offering educational lectures, a walking program, information on community and health resources, membership amenities, a free community flu shot clinic and special events. To sign up, call (800) 516-5323.



FEATURED EVENT

BODY, MIND, SPIRIT: RECREATING U

Learn the keys to ensuring a healthy body, mind and spirit and realizing your full potential. Workshops will cover resilience, brain health, spirituality, creativity, healing, reinventing your life at any age, nutritional trends and mindfulness meditation. Exercise sessions and screenings will be available.

When: Saturday, October 25 / 8 am – 1 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St
RSVP: (800) 516-5323

50+ Memory Training Course (ONGOING)

Learn practical memory-enhancing techniques in a course designed for people with mild memory concerns; not for those with dementia. Two hours per week for four weeks.

Where: Locations vary
Info & Cost: (310) 794-0680 or sgoldfarb@mednet.ucla.edu or longevity.ucla.edu

50+ UCLA Senior Scholars (ONGOING)

Choose from hundreds of classes each quarter and learn from UCLA's most distinguished professors while enjoying an intergenerational experience with bright undergraduate students. Registration deadline for winter quarter ends November 28, 2014.

Where: Locations vary on UCLA campus
Info: srscholars@mednet.ucla.edu or (310) 794-0679 or longevity.ucla.edu
Cost: \$150

50+ Joint Pains

Learn about diagnosis and treatments for joint pains.

When: Tuesday, October 14 / 2:30 – 4 pm
Where: Sunrise of Santa Monica, 1312 15th St
RSVP: (800) 516-5323

50+ Better Bones — Better Health

Andrea Shaw, MD, UCLA family physician, will address how to keep your bones healthy as you age. Come early to visit the booths at the Malibu Wellness Expo — starts at 11 am.

When: Thursday, October 23 / Noon – 12:45 pm
Where: Malibu Senior Center, 23825 Stuart Ranch Rd
RSVP: (800) 516-5323

50+ My Legs Hurt — Why?

Cheryl Hoffman, MD, UCLA interventional radiologist, will discuss the latest treatment options for varicose veins, deep vein thrombosis, peripheral artery disease and radiating nerve pain from the back.

When: Tuesday, October 28 / 2 – 3:30 pm
Where: The Canterbury, 5801 Crestridge Rd, Rancho Palos Verdes
RSVP: (800) 516-5323

50+ Protecting Your Skin

David Beynet, MD, and Joseph Greco, MD, UCLA dermatologists, will discuss signs and treatments of skin cancer and precancerous growths.

When: Tuesday, November 4 / 1:30 – 3 pm
Where: OASIS, Macy's 3rd level, 10730 W Pico Bl, Los Angeles
RSVP: (800) 516-5323

50+ A Collaborative Dialogue about Relationships

This workshop will focus on the importance and value of fostering meaningful relationships and discuss ways to better navigate challenges created by differences.

When: Wednesday, November 5 / 7 – 8:30 pm
Where: The Santa Monica Synagogue, 1448 18th St
RSVP: (800) 516-5323

50+ Prolapse and Incontinence

Have you ever experienced a loss of urine with exercise, cough or sneeze or a sensation of bulging at the vaginal opening? These are not uncommon problems, especially in those who have given birth. Amy Rosenman, MD, UCLA urogynecologist, will discuss what this is, why it happens and how it is treated.

When: Wednesday, November 12 / 7 – 8:30 pm
Where: Santa Monica Bay Woman's Club, 1210 4th St
RSVP: (800) 516-5323

50+ Fit Feet After Fifty

Learn foot care tips and how to keep your feet healthy after 50.

When: Thursday, November 20 / Noon – 1:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: (800) 516-5323

50+ Tremors

Zeba Vanek, MD, UCLA neurologist, will focus on the common causes, diagnosis and treatments of tremors.

When: Tuesday, December 2 / 4 – 5:30 pm
Where: Auditorium at UCLA Medical Center, Santa Monica, 1250 16th St
RSVP: (800) 516-5323

50+ Oh My Aching Back!

Learn what causes back pain and what you can do about it.

When: Tuesday, December 9 / 2:30 – 4 pm
Where: Sunrise of Santa Monica, 1312 15th St
RSVP: (800) 516-5323

50+ Deep Vein Thrombosis and Clots

John Moriarty, MD, UCLA vascular and interventional radiologist, will explore nonsurgical treatments for heavy, swollen legs.

When: Thursday, December 18 / 2 – 3:30 pm
Where: Belmont Village, 10475 Wilshire Bl, Los Angeles
RSVP: (800) 516-5323



WEBINARS ON DEMAND If you missed one of our UCLA MDChat Webinars, visit our Webinars On Demand library to view programs led by UCLA physicians. For more info visit: uclahealth.org/uclamdchat

405 Hilgard Avenue
Box 956923, Wilshire Center, Suite 1850
Los Angeles, CA 90095-6923

NONPROFIT
ORGANIZATION
U.S. POSTAGE

PAID

U C L A



U.S. News & World Report's
Best Hospital Survey ranks UCLA
the No. 5 hospital in the country
and the Best in the West.



UCLA Medical Group awarded
Gold Level Achievement for clinical
quality by the California Department
of Managed Health Care.



Make a Difference with a Charitable Gift Annuity

A charitable gift annuity established with a donation of cash or securities provides support for UCLA Health while you receive fixed, dependable payments for life, as well as significant tax benefits. Your charitable gift annuities help UCLA Health to continue providing the highest standard of patient care, conduct cutting-edge research and recruit top medical professionals.

For more information about charitable gift annuities, go to uclahealth.org/giving.
Or contact Jason Gross, director of gift planning, (310) 267-1832 or jgross@support.ucla.edu.

Vital Signs

FALL 2014 | VOL. 64

CHIEF MARKETING OFFICER

Pattie Cuen

DIRECTOR,
MARKETING COMMUNICATIONS

Judi Goodfriend

EDITOR

David Greenwald

CALENDAR EDITOR

Tiffani Q. Mendinueto

MEDICAL EDITOR

Robert Oye, MD

CONTRIBUTORS

Kimberly Enard

Dan Gordon

ADVISORY BOARD

Matteo Dinolfo, MD

Bernard Katz, MD

Janet Pregler, MD

Gary Small, MD

DESIGN

Donenfeld & Associates

Copyright © 2014 by UCLA Health.
All rights reserved.

For inquiries about *Vital Signs*,
contact UCLA Health
Marketing Communications, Box 956923
Los Angeles, CA 90095-6923
uclahealth.org
e-mail: VitalSigns@mednet.ucla.edu

Download the Free UCLA Health App

Updated and convenient features include:

- Find a UCLA doctor
- Patient stories
- Maps and locations
- UCLA Health news
- Request an appointment
- And more!

 To download the free UCLA Health app, go to:
uclahealth.org/uclaapp



 **SUBSCRIBE TO VITAL SIGNS & HEALTH TIPS FOR PARENTS ELECTRONICALLY**
uclahealth.org/enews