

# Vital Signs

SPRING 2014 | VOLUME 62

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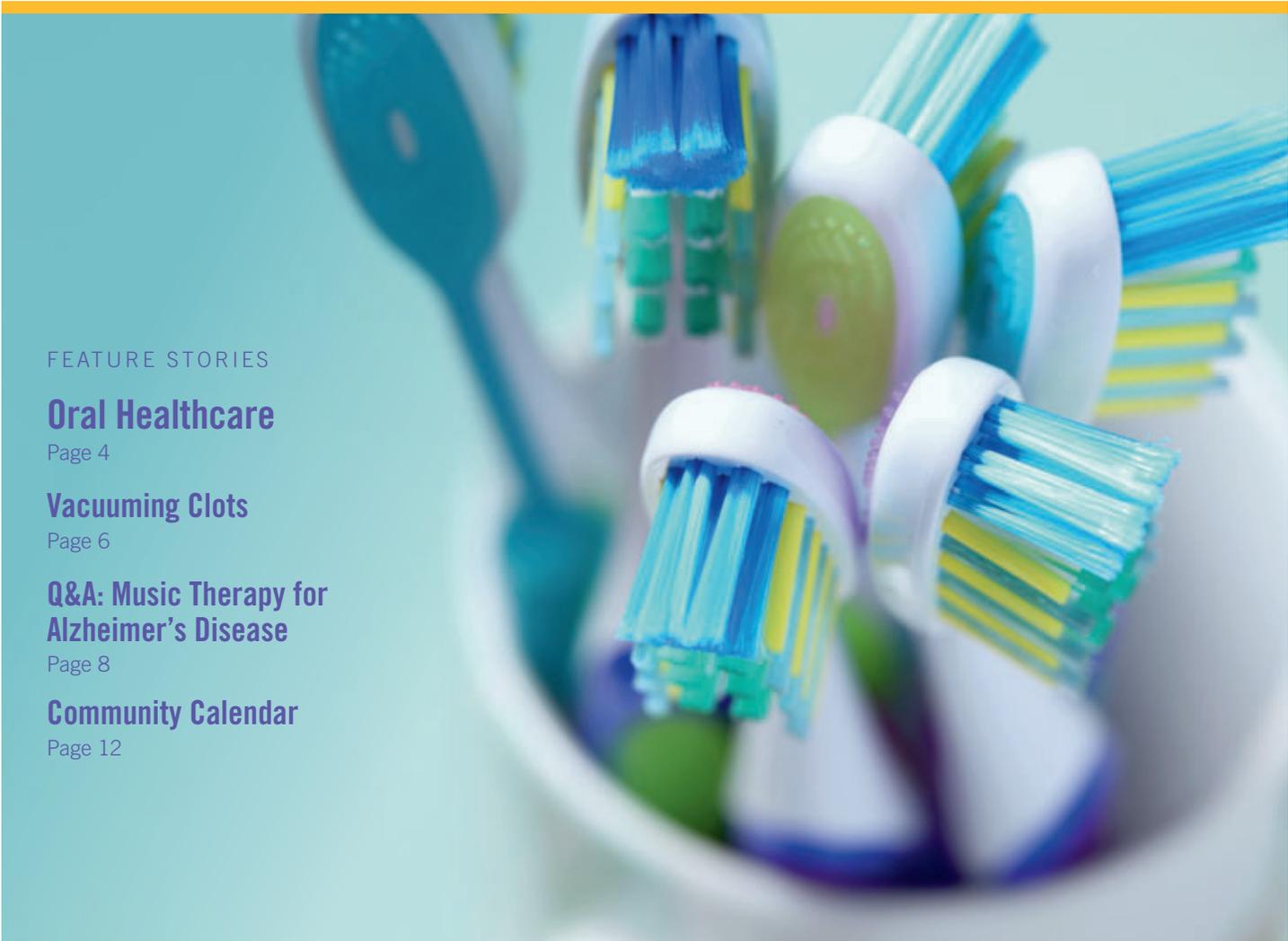
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## Transitioning from Pediatric to Adult Healthcare

The life expectancy of children with complex illnesses has increased dramatically over the past three decades. As a result, many adolescents must learn to manage their own chronic diseases or disabilities when they become adults. The key to a smooth transition from childhood to adult care, experts say, is planning ahead.

“Physicians sometimes hesitate telling their pediatric patients and families that it’s time to begin the transition to adult-based healthcare because they don’t want to worry them,” explains Debra Lotstein, MD, MPH, medical director of the UCLA Med-Peds Transition

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## View Your Health Record Online

UCLA Health's online patient portal — *myUCLAhealth* — is live. With *myUCLAhealth*, patients can request appointments, view their medical history and most test results, request prescription refills and communicate electronically with their medical team. Patients may also designate a surrogate, such as an adult child, to access their account. If you haven't already signed up for *myUCLAhealth*, you will receive an access code during your next doctor's or hospital visit. Help with setting up a *myUCLAhealth* account is available 24/7; call (855) 364-7052.



For more information and to sign up, go to:  
[my.uclahealth.org](http://my.uclahealth.org)

## Community Engagement: Project SEARCH

Project SEARCH is a program within UCLA Health that provides job-skills training for adults with developmental disabilities. The year-long program helps participants to develop skills for life and work, and to reach their full potential, through on-the-job training at Ronald Reagan UCLA Medical Center and UCLA Medical Center, Santa Monica. In addition to specific work tasks, they learn to interact with patients, hospital visitors, co-workers, supervisors and the medical staff. They also receive instruction from job coaches on other essential skills such as interviewing and writing a resume.



To see a video about Project SEARCH, go to:  
[community.medschool.ucla.edu/projectsearch](http://community.medschool.ucla.edu/projectsearch)

## Save the Date: Mini Med School

UCLA Health's Mini Med School is a series of lectures for the general public. The three-evening series features distinguished professors from the David Geffen School of Medicine at UCLA discussing the basics of medical science and advances in the biomedical and clinical sciences. All the lectures are presented in the Tamkin Auditorium of Ronald Reagan UCLA Medical Center, from 6:30 pm to 8 pm. The cost for the series is \$35.

**May 5 Integrative East-West Medicine**  
Edward Hui, MD  
Assistant Clinical Professor of Medicine

**May 12 Stem Cells**  
Gay Crooks, MBBS  
Professor, Pathology and Laboratory Medicine and Pediatrics  
Co-Director, Broad Stem Cell Research Center  
Co-Director, Cancer and Stem Cell Biology Program  
UCLA Jonsson Comprehensive Cancer Center

**May 19 Mood Disorders**  
Michael Gitlin, MD  
Professor of Clinical Psychiatry, Director  
Adult Division of Psychiatry, Director, Mood Disorders Clinic



## New Building to Serve as Focal Point for Interactive Medical Education

With construction of the new Teaching and Learning Center for Health Sciences (TLC), the David Geffen School of Medicine at UCLA is expanding its educational programs and setting the stage for improved teaching and learning experiences for students, faculty and staff. The six-level, 110,000-square-foot structure is scheduled for completion in 2016.

“Our vision is to promote a truly patient-centered approach to delivering medical care while developing world leaders in health, science and education,” says A. Eugene Washington, MD, MSc, dean of the medical school. “We’re constructing an edifice we believe will help shape the future.”

The TLC will consolidate teaching activities that currently are housed in 11 buildings in a single location near the intersection of LeConte and Tiverton avenues. The building will feature technology-enabled classrooms to facilitate active learning, a clinical-skills training center where students can learn from and with patients, as well as innovative

and flexible teaching labs that promote collaboration and multidisciplinary interaction. In addition, it will provide enhanced space for graduate-student and interprofessional education.

“Unlike several decades ago, when lectures were the primary teaching method, we now promote learning activities that involve problem-solving, teamwork and interactive communication,” explains LuAnn Wilkerson, EdD, senior associate dean for medical education.

“Some features of this building, such as the café, lounge areas and meeting rooms, attempt to break down some of the traditional silos that separate faculty from students,” adds Neil Parker, MD, senior associate dean for student affairs and graduate medical education. “We expect faculty to help students, mentor them, act as their role models and include them in their research and clinical work in a collegial way.”

The TLC will also include a large auditorium to be shared with the community, as well as a medicinal-herb garden in and around the building. “The TLC is an interesting metaphor for how we view the medical school and its role in our community,” says Clarence Braddock III, MD, MPH, vice dean for education. “We value collaboration, transparency and respect for other forms of healing, and those values are clearly represented in the design of the building.”

“The new medical-school building will be an identifiable and welcoming front door to the outside world,” says John Mazziotta, MD, PhD, executive vice dean of the medical school. “The result will be better-educated students who are more sophisticated in their ability to interact with others and more prepared to be effective members of the healthcare team, all of which will promote patient-centered care.”

# Oral Healthcare

## Often Neglected in Older Adults

As many as 60 percent of older adults do not receive regular dental-care services because they lack dental insurance or face other barriers to care. A major reason for this, experts say, is that most people lose employer-based healthcare when they retire, and programs such as Medicare and Medicaid rarely include dental coverage. Limited access to oral healthcare places these individuals at increased risk for a host of oral-health problems that affect their overall well-being.

“We often see the direct effects of poor oral healthcare, such as dental caries, gum disease, dry mouth, pain or even oral cancer, but we then forget about equally important issues related to quality of life,” says UCLA geriatric-medicine specialist Patricia Harris, MD. “As people start to lose their teeth, chewing and swallowing may negatively impact their nutrition, and cosmetic issues may lower their self-esteem and reduce social interactions.”



Poor oral healthcare is also associated with increased risk of respiratory disease, cardiovascular disease and diabetes, as well as inappropriate use of hospital emergency departments, according to an Institute of Medicine report. Although experts are not exactly sure why poor oral healthcare is linked to other serious health problems, the potential spread of infection from the tooth or gums to the jaw to the heart and other organs is considered a key suspect.

“Unexplained fever, pain in the tooth or jaw and dry mouth should not be ignored because they may be symptoms of tooth infections that may become serious and spread if left undiagnosed and untreated,” Dr. Harris explains. “That’s when older patients end up in the emergency room.”

Nearly one-third of older adults have untreated tooth decay that may lead to pain, dental abscess or more serious infections, such as bacteremia. According to Diana Messadi, DDS, DMSc, a specialist in geriatric dentistry and oral medicine in the UCLA School of Dentistry, many of these problems spiral out of control because elderly patients and their caregivers are inadequately trained in proper oral hygiene.

“One of the big issues in elderly patients is that many are taking medications that cause dry mouth, which is associated with higher rates of yeast infections and dental caries,” she explains. “These types of infections are

more common among denture wearers and often develop when people don’t clean the dentures properly.” Dr. Messadi recommends that patients brush their natural teeth twice a day with a soft toothbrush and clean their dentures once a day with a denture brush, and that dentures should not be worn at night. She also recommends that patients rinse with non-alcoholic mouthwash to avoid dryness caused by alcohol, and she calls for better training of caregivers who work in nursing and assisted-living facilities.

“Many of our elderly live in long-term-care institutions and must depend on others for their daily hygiene, yet the nursing staff in those facilities often receive little or no training in providing appropriate oral healthcare,” Dr. Messadi explains. “We need to do a better job at promoting oral health for older Americans, regardless of where they live.”



# 8 Things to Do to Improve Oral Health



Brush at Least  
**Twice** a Day



**Floss**  
Regularly



Visit Your  
**Dentist**  
Regularly



**Chew**  
Sugarless Gum



**Skip**  
Late-Night Eating



Drink  
**Green Tea**



Eat Food with  
Polyunsaturated  
**Fatty Acid**



**Stop**  
Smoking

# Vacuum Device Offers Alternative to Surgery for Patients with Potentially Deadly Clots

A minimally invasive procedure, used by UCLA physicians for the first time in California, uses a vacuum device to suck potentially deadly blood clots out of a patient's heart. The device, AngioVac, represents an important nonsurgical option to deal with such life-threatening clots.

UCLA interventional radiologists and surgeons used the AngioVac on a 62-year-old patient who came to the emergency room of Ronald Reagan UCLA Medical Center complaining of shortness of breath, fatigue

and extreme cold. A CT scan revealed a 24-inch clot that stretched from the patient's legs to his heart.

"The clot clogged his heart chamber like a wad of gum in a pipe," says John Moriarty, MD, who performed the procedure. "Every moment that passed increased the risk that the clot would migrate to his lungs and kill him."

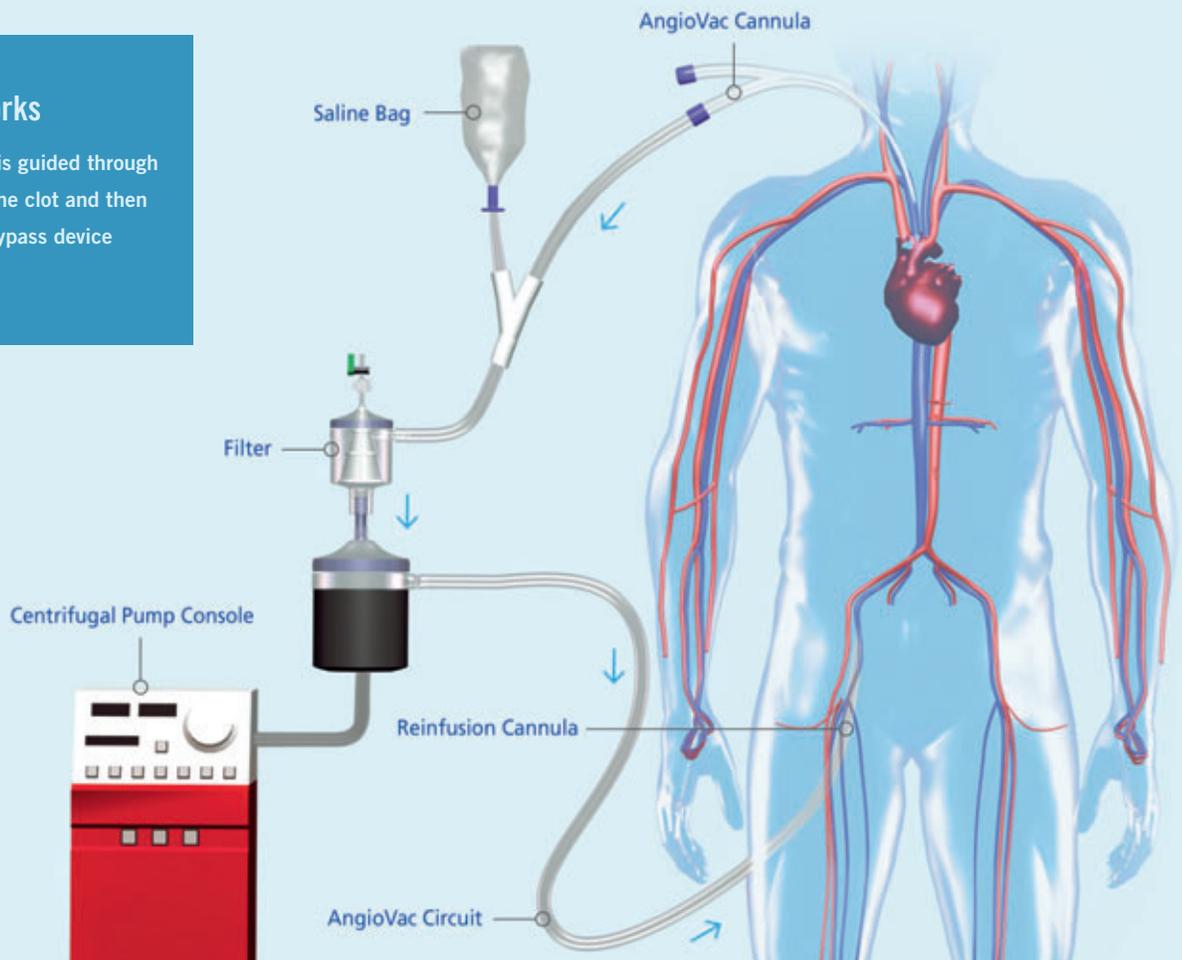
Medication failed to break up the clot, leaving the patient with a difficult choice: an open-heart procedure that he might have been too weak to endure or undergoing the first-time

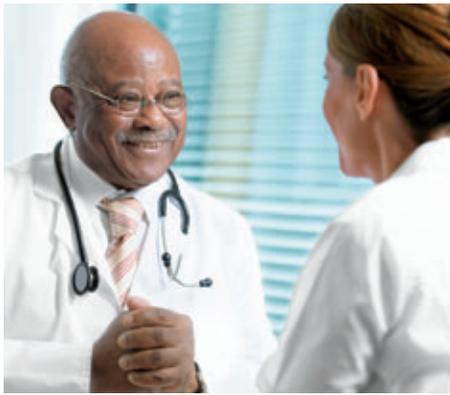
use of the device. He opted for the AngioVac, and the clot was successfully removed. The patient was able to return home within a week.

To perform the AngioVac procedure, interventional radiologists slide a tiny camera down the patient's esophagus to visually monitor the heart, and then insert a tube with a funnel-shaped tip into an artery in the neck. The tube is guided through the blood vessels until it reaches the clot. With one end of the tube pressed against the clot, the other end is threaded through a vein in the groin

## How AngioVac Works

The AngioVac cannula is guided through a vessel to the site of the clot and then connected to a heart-bypass device to create suction.





Continued from cover

## Transitioning from Pediatric to Adult Healthcare

Care Program. “But planning these transitions early is crucial because adolescents with complex, chronic conditions need uninterrupted access to appropriate, high-quality healthcare, or they risk becoming very sick.”

Approximately 15 percent of children in the United States aged 17 and younger have complex medical conditions, ranging from asthma, diabetes and congenital heart disease to juvenile inflammatory arthritis, cystic fibrosis, neurological disabilities and organ transplantation. As many as 60 percent of these patients experience gaps in medical care, health-insurance coverage or both during their transition from adolescence to adulthood. To avoid these problems, patients should begin the transition to adult-based healthcare between the ages of 12 and 18, Dr. Lotstein says: “Early planning prevents problems and helps to decrease anxiety for the patients and their parents.”

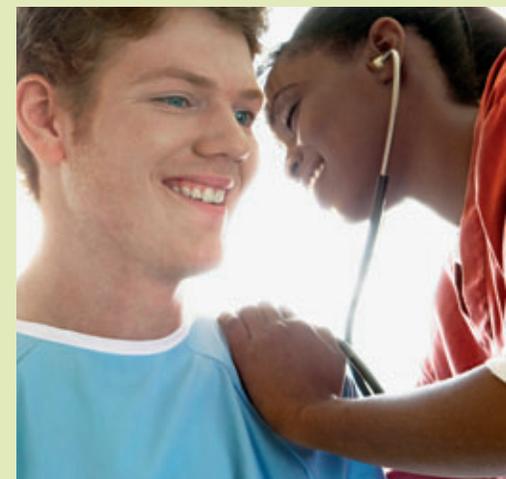
At UCLA’s Med-Peds Transition Care Program, preparing for the transition involves evaluating patients’ current and future healthcare needs and connecting patients with appropriate providers to meet those needs; addressing insurance-related issues to prevent gaps in health coverage when children are no longer eligible for coverage under their parents’ health plans; educating patients about self-care related to their conditions; and helping patients plan realistic education and career goals.

In the Adolescent/Young Adult Transitional Care Program for Congenital Heart Disease at UCLA, “we try to help patients and their parents understand their condition using an age and developmentally tailored approach,” says pediatric cardiologist, Leigh Reardon, MD, program director. “Many years after heart surgery, some of our patients believe they’re living on borrowed time, while others feel like they’re invincible.” Although an increasing percentage of

children with congenital heart defects are surviving into adulthood and leading active, productive lives, they may still face certain challenges related to lifestyle and career choices.

“Some patients don’t understand why they should anticipate future challenges such as the potential detrimental effects of pregnancy or certain types of exercise,” he says. “Discussing their personal goals and recommendations early on helps to prevent them from being disappointed or from unintentionally hurting themselves later.” Another important goal in the transition process, Dr. Reardon says, is helping young patients develop medical independence.

“There’s an interesting dynamic that occurs when an adolescent takes ownership of their healthcare from their parents. They often feel empowered and begin participating in their care in ways that make them feel that they are not defined by their medical condition,” Dr. Reardon says. “Simple steps like scheduling appointments or refilling prescriptions can help make the transition to the adult setting much more successful. Ultimately, we promote independence so that our patients can learn how to make positive choices for their lives and participate in their own care and decision-making as they become adults.”



and attached to a heart-bypass machine, which creates high-pressure suction. Once connected, the device acts like a vacuum cleaner, sucking out the clot. The system then recirculates the patient’s blood through a blood vessel near the groin, eliminating the need for a transfusion.

Dr. Moriarty notes that the AngioVac can take about half as long to perform as open-heart surgery. Because it is minimally invasive, patients usually experience less pain and discomfort and have a much quicker recovery.

Approximately one in 500 Americans will develop blood clots in their leg veins, a condition called deep-vein thrombosis, and nearly 100,000 people die each year of a pulmonary embolism, when a clot breaks away from the blood-vessel wall and lodges in the lungs or heart. The clot-busting drug tPA is effective at breaking up clots, but it can take up to four days to work and is not always able to do the job; in the UCLA patient’s case, the clot was too large and dense. In addition, certain patients, such as those who have had a stomach ulcer or stroke and are at high risk for bleeding, are not good candidates for tPA.

“The AngioVac procedure is ideal for patients with large clots in areas where it’s not safe to operate, or the operations would be very difficult,” Dr. Moriarty says. “Such patients, if they can’t benefit from medication, should be evaluated because they may now have a much better option than they had before.”



To view a video about AngioVac, go to: [uclahealth.org/angiovac](http://uclahealth.org/angiovac)

# Music Can Penetrate the Fog of Alzheimer's Disease



Can listening to music soothe an agitated patient with Alzheimer's disease, or even unlock happy memories from better days? Although much of the evidence is anecdotal, there is plenty to suggest that songs can, at minimum, bring a smile to the face of a dementia patient.

And that is good enough for Joshua Grill, PhD, assistant professor of neurology and director of the Katherine and Benjamin Kagan Alzheimer's Disease Treatment Development Program at UCLA's Mary S. Easton Center for Alzheimer's Disease Research. Dr. Grill is on a campaign to collect pre-owned iPods and MP3 players, iTunes gift cards, headphones and related items for Alzheimer's patients in nursing homes. The program is a partnership between the Easton Center and the national nonprofit organization Music & Memory, which provides music therapy to nursing homes in the Los Angeles area. Dr. Grill discusses the evidence for music's benefits for dementia patients.

**How much is known about music's therapeutic potential for patients with Alzheimer's disease?**

Studies have found that music has the ability to uniquely activate the brain. One need look no further than a child learning the alphabet to see the power of musical melody in learning. Music clearly affects the brain differently from spoken word or a series of tones that don't form a melody, and studies have even shown that it can activate pleasure and reward centers in the brain. Specifically thinking about music and dementia, there are many anecdotal reports of Alzheimer's patients who are so amnesic they can't remember their own family members, yet they retain the ability to recall, perform and,

perhaps most important, enjoy music. In fact, one case report described a musician who was well into the course of dementia and could still learn new songs.

**Given music's power to evoke memories in all of us, is it possible it could have memory-related benefits for dementia patients?**

There are a few studies to support music as a strategy to improve memory in patients with amnesic disorders like Alzheimer's disease. One study suggested mild cognitive benefits in patients in a nursing home after group music therapy, including improved memory function. Another small study suggested that mild patients who listened to Vivaldi's



Joshua Grill, PhD



“Spring” movement from *Four Seasons* had improved autobiographical memories — memories from their own childhood, adult life and recent past. Unfortunately, however, most large, well-controlled studies looking specifically at memory have not found a benefit of music therapy. Still, there are many anecdotal reports of music unlocking happy memories in patients.

**Many dementia patients show behavioral symptoms that are difficult to control. Can music help there?**

I think the evidence is more compelling for music’s effect on the behavioral symptoms. The longer someone has Alzheimer’s disease, the more likely he or she is to experience behavioral problems, including depression, apathy, agitation and frustration. These are some of the more challenging symptoms that patients and their caregivers and families face. If music can reduce those symptoms, that would be incredibly helpful. We know that the regions of the brain affected by

Alzheimer’s disease are diffuse and increase in number and severity over time. But even late in the disease, music may be able to activate the circuits that remain intact and provide pleasure and improved mood. Studies have found that music therapy can reduce agitation and anxiety, decrease depression and improve quality of life. At the facility where we donated the first batch of iPods, staff reported that some patients were eating a whole meal or sleeping through the night for the first time in months after individualized music therapy.

**What inspired you to establish this program?**

I was struck when I heard about what Music & Memory was doing. At our center we spend most of our time conducting research and running clinical trials for Alzheimer’s disease, and we are very excited about where the field is going. We think we are on the cusp of having drugs that, for the first time, can actually slow the course of the disease.

Unfortunately, though, right now we are not able to revert severely demented patients back to mild states. So while we are very excited about the future, we can’t and won’t leave behind the millions of people who have dementia now. They still need us, and their families still need us, and if there are ways we can help them, we will.



**To make a tax-deductible donation of iPods and MP3 players, as well as related items, to the Mary S. Easton Center for Alzheimer’s Disease Research at UCLA’s Tunes for Alzheimer’s Patients program, go to: [eastonad.ucla.edu](http://eastonad.ucla.edu)**



**To view a video about UCLA’s Tunes for Alzheimer’s Patients program, go to: [uclahealth.org/musicdementia](http://uclahealth.org/musicdementia)**

# Fecal Test Offers Some Patients Alternative to Colonoscopy

For individuals who can't undergo a routine colonoscopy, the simple fecal occult blood test (FOBT) is recommended to reduce the risk of mortality from the second-leading cancer killer in the United States.

Regular colonoscopy screening saves lives by detecting and removing benign polyps that can lead to colorectal cancer, or by detecting the cancer at an early, treatable stage. But for individuals who can't or won't undergo a routine colonoscopy, the simple fecal occult blood test (FOBT) — a laboratory test that checks stool samples for hidden blood — is recommended to reduce the risk of mortality from the second-leading cancer killer in the United States.

“FOBT is not the preferred means by which to screen patients, and isn't needed for people who are following colonoscopy-screening recommendations,” says UCLA gastroenterologist Bennett Roth, MD. “But at best, only 55-to-60 percent of the population is adhering to those recommendations. Those who aren't should, at least, consider having an annual FOBT, which, if positive, would be stronger evidence for the need for colonoscopy.”

For the FOBT, patients send stool samples to a laboratory to test for occult, or hidden, blood that would not be detectable by the naked eye and that could indicate the presence of benign polyps or cancer. If blood is detected, patients undergo a colonoscopy.

Traditionally, the FOBT has used a substance called guaiac to detect occult blood, but a newer type of FOBT, fecal immunochemical testing (FIT), is far superior, Dr. Roth says.

The FIT test is also more convenient than the guaiac-based FOBT in that it generally requires collecting and mailing one sample rather than three, and doesn't require avoiding particular foods or medications.

But despite becoming the FOBT test of choice, FIT is not nearly as effective at detecting and preventing colorectal cancer as colonoscopy screening and shouldn't be seen as a substitute, Dr. Roth says. For patients at average risk, that generally means getting an initial colonoscopy at age 50 and then once every 10 years until the age of 75 or 80, assuming the results are negative. Those who have had a first-degree relative diagnosed with colon cancer are advised to start at 40 (earlier if the relative's disease was diagnosed before age 50). For

anyone getting a colonoscopy, if polyps are found during the exam, a three-to-five-year follow-up is recommended.

Studies have shown that colonoscopy screening reduces the likelihood of colorectal cancer by up to 75 percent and the risk of colorectal cancer death by 50-to-60 percent. “Rather than only testing for occult blood, a later finding in colon disease, during a colonoscopy we can directly visualize the colon wall, identify abnormalities and preemptively remove polyps that could progress into cancer,” says Sandra Vizireanu, MD, a UCLA family physician in Redondo Beach. “For patients who are not getting a colonoscopy, the FOBT is considerably better than no screening at all. However, for detecting precancerous polyps and preventing cancer, a colonoscopy is the gold standard.”

# Behavioral-Health Services

## Available at UCLA Health Community Offices

To provide easier access to behavioral-health services, board-certified psychiatrists, licensed family therapists and licensed clinical social workers are available to see patients at various UCLA Health's primary-care community offices.

"We are embedding psychiatrists and therapists within primary-care practices to make it easier for our patients to get behavioral-health services, as well as to improve the coordination of care," explains Mark S. Grossman, MD, MBA, medical director of UCLA Behavioral Health Associates, the faculty-practice group that provides the services in partnership with UCLA's Department of Psychiatry and Biobehavioral Sciences.

Dr. Grossman estimates that 10-to-15 percent of primary-care patients have a need for behavioral-health services but aren't receiving them for multiple reasons. One reason has to do with insurance — many patients find it difficult to find behavioral-health professionals covered under their plan or have been deterred by the prospect of navigating the insurance system to secure coverage. UCLA Behavioral Health Associates removes the stress by handling the insurance verification process.

"We are embedding psychiatrists and therapists within primary-care practices to make it easier for our patients to get behavioral-health services, as well as to improve the coordination of care."

Providing patients with a therapist or psychiatrist who is part of their primary-care physician's team may also help to remove the stigma that prevents many patients from seeking behavioral-health services. "If the patient's primary-care doctor is the one doing the referral and has discussed the usefulness beforehand, the patient is more likely to be at ease seeing a therapist or psychiatrist," Dr. Grossman says. "This also facilitates the process and keeps the primary-care doctor abreast of what the patient is doing. It's a better-coordinated system and a more holistic approach to primary-care delivery — concerned with the person's behavioral as well as physical needs."

UCLA Behavioral Health Associates provides short-term treatment — typically 10-to-20 therapy sessions or intensive short-term therapy with a psychiatrist. More complex



psychiatric needs are referred to UCLA's psychiatry department. Referrals to the Behavioral Health Associates must be obtained through a UCLA primary-care physician.



For more information about UCLA Behavioral Health Associates, go to: [uclahealth.org/bha](http://uclahealth.org/bha)

# Community Health Programs



## APRIL, MAY, JUNE 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](http://uclahealth.org/calendar) for more information.

### ALLERGIES

#### Allergies Update

Rita Kachru, MD, UCLA allergist, will describe the symptoms of environmental and food allergies as well as the various mechanisms of diagnosing, managing and preventing allergies.

**When:** Tuesday, June 17 / 2 – 3:30 pm

**Where:** OASIS, Macy's 3rd level, 10730 W. Pico Bl, Los Angeles

**RSVP:** (800) 516-5323

### ALZHEIMER'S

#### 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.

**When:** Wednesday, April 16 / 11:30 am – 12:30 pm

#### Resources for Dementia Patients

Elana Lev, MSW, Resnick Neuropsychiatric Hospital, and Laura Shlechter, MSW, Resnick Neuropsychiatric Hospital.

**When:** Wednesday, May 21 / 12 – 1 pm

#### Common Medications Prescribed for Dementia Patients

Sarah Mourra, MD, UCLA Geriatric Psychiatry

**When:** Wednesday, June 18 / 12 – 1 pm

**Info:** [dementia.uclahealth.org](http://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 you? A support group may be your answer. Patti Davis, daughter of President Ronald Reagan and Nancy Reagan, and Linda Ercoli, PhD, director of UCLA Geriatric Psychology, will co-facilitate the Tuesday support group, and Xavier Cagigas, PhD, will co-facilitate the Thursday support group.

**When:** Tuesdays & Thursdays / 6:30 – 7:30 pm (except holidays)

**Where:** UCLA Medical Center, Santa Monica, 1250 16th Street, Board Room G210

### CANCER

#### Nutrition and the Immune System

Carolyn Katzin, MS, CNS, oncology specialist, Simms/Mann-UCLA Center for Integrative Oncology, and Robert Schiestl, PhD, professor of pathology & environmental health and radiation oncology, will discuss nutrition and cancer with an emphasis on how the "microbiome of the gut" may be a key factor in preventing cancer.

**When:** Tuesday, April 8 / 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 will teach participants how to address the side effects of cancer treatments and regain confidence.

**When:** Monday, April 28 / 2:30 – 4:30 pm

**Where:** 1821 Wilshire Bl, Suite 200, Santa Monica

**RSVP:** (800) 227-2345 – For cancer patients only.

#### UCLA Fights Women's Cancer 21st Annual EIF Revlon Run/Walk

The Revlon/UCLA Women's Cancer Research Program at UCLA's Jonsson Comprehensive Cancer Center is the leading beneficiary of this annual 5K fundraiser. All UCLA Fights Women's Cancer team members receive a complimentary UCLA team bag, and prizes are awarded to top fundraisers.

**When:** Saturday, May 10

**Where:** L.A. Memorial Coliseum

**Info and RSVP:** [cancer.ucla.edu/revlonrunwalk](http://cancer.ucla.edu/revlonrunwalk)

#### Lung Cancer Update

Anita Kaul, MD, UCLA oncologist, will explore how different types of lung cancers are evaluated and treated, and how systemic treatment is changing based on molecular profile.

**When:** Tuesday, June 3 / 6:30 – 8 pm

**Where:** Cancer Support Community Valley/Ventura/ Santa Barbara, 530 Hampshire Rd, Westlake Village

**RSVP:** (800) 516-5323

### CANCER (CONTINUED)

#### Prostate Cancer Controversies

Robert Reiter, MD, MBA, UCLA Urologist, will discuss prostate cancer screening and treatments, including the controversy surrounding PSA screening.

**When:** Tuesday, June 10 / 7 – 9 pm

**Where:** Ronald Reagan UCLA Medical Ctr, Rm B130

#### Lung Cancer Screening

Denise Aberle, MD, UCLA diagnostic radiologist, will talk about UCLA's approach to lung cancer screening.

**When:** Friday, June 13 / Noon – 1:30 pm

**Where:** Cancer Support Community — Benjamin Center, 1990 S Bundy Drive, Ste 100

**RSVP:** (800) 516-5323

### DERMATOLOGY

#### Preserving and Enhancing Your Skin

Teresa Soriano, MD, UCLA dermatologist, will address ways to maintain skin wellness and discuss aesthetic dermatologic procedures ranging from dermal fillers to lasers.

**When:** Wednesday, June 11 / 7 – 8:30 pm

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

**RSVP:** (800) 516-5323

### 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](http://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](http://uclahealth.org/diabetes) or (310) 794-1299



**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](http://uclahealth.org/programvideos). Learn about hyperbaric medicine, urinary incontinence, mindful awareness or sleep disorders.

## GOUT

### New Therapies and Diagnostic Procedures for Management of Gout

John FitzGerald, MD, PhD, will provide an overview of the treatment and management of gout, including latest diagnostic imaging techniques such as ultrasound and CT.

**When:** Saturday, June 7 / 9 – 10:30 am

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

**RSVP:** (310) 875-7992

**Cost:** Registration fee \$20

## HAIR RESTORATION

### New Advances in Hair Restoration

Jeffrey Rawnsley, MD, UCLA head and neck surgeon, will present a live demonstration of the latest techniques to re-create a natural hairline.

**When:** Wednesday, May 14 / 7 – 8 pm

**Where:** 200 UCLA Medical Plaza, Ste 550

**RSVP:** (310) 570-0244

## 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, April 7, May 12 & June 9 / 7 pm

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

**Info:** (310) 825-0014 or womenheartwestla@gmail.com

### Aortic Stenosis Update

Olcay Aksoy, MD, UCLA interventional cardiologist, will discuss symptoms of aortic stenosis (narrowing of the aortic heart valve) and treatments focusing on non-surgical options.

**When:** Wednesday, May 21 / 2 – 3:30 pm

**Where:** Belmont Village, 10475 Wilshire Bl

**RSVP:** (800) 516-5323

## HORMONES

### How Hormones Affect Body Fat

Daniel Dumesic, MD, UCLA gynecologist, will discuss the facts and myths surrounding the influence of hormones on body fat, genes and their influences in determining body fat distribution as we age.

**When:** Wednesday, April 9 / 7:00 – 8:30 pm

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

**RSVP:** (800) 516-5323

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

## INTEGRATIVE MEDICINE

### Integrative Medicine – Chinese Nutrition

UCLA Center for East-West Medicine specialists will explore the East-West philosophy of health and prevention, as well as the guiding principles of Chinese nutrition.

**When:** Thursday, June 12 / Noon – 1:30 pm

**Where:** Santa Monica Family YMCA, 1332 6th St

**RSVP:** (800) 516-5323

## MEMORY CARE

### Brain Boot Camp (ONGOING)

This intensive course teaches healthy lifestyles and enhances memory ability for people with age-related memory concerns.

**Where:** UCLA Longevity Center, 10945 Le Conte Av, Suite 3119

**Info:** (310) 794-4055

**Cost:** \$300 for two 90-minute sessions

### Memory Care

This weekly program is designed for both caregivers and people experiencing memory loss to learn memory techniques as well as strategies to lower stress and stimulate the mind and the body.

**When:** Tuesdays, 1 – 4:15 pm

**RSVP:** (310) 794-6314

## MINDFULNESS MEDITATION

### Mindfulness Meditation (ONGOING)

The Mindful Awareness Practices (MAPs) class is the signature six-week program offered by UCLA Mindful Awareness Research Center (MARC). This class lays the foundation for students to understand the principles of mindfulness, develop a personal meditation practice and apply the techniques in their daily life.

**When:** Ongoing (Next series starts March 10)

**Where:** Westwood, Santa Monica, El Segundo, Toluca Lake. Online class is available.

**Info:** marc.ucla.edu

### Mindfulness Meditation (ONGOING)

Diana Winston, director of education, UCLA Mindful Awareness Research Center (MARC), will guide participants through 30 minutes of meditation and give a 20-minute lecture on topics in mindfulness and exercise, and she will answer questions. The weekly practice group is open to the public and suitable for beginners or continuing practitioners.

**When:** Ongoing / Tuesdays / 7 – 8:30 pm

**Where:** 300 UCLA Medical Plaza, UCLA Marisa Leif Conference Rm 3200

**Info:** marc.ucla.edu

## MULTIPLE SCLEROSIS

### REACH to Achieve Program (ONGOING)

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

**Where:** Marilyn Hilton MS Achievement Center

**Info & Application:** (310) 267-4071

## OPHTHALMOLOGY

### Your Eyes – A User's Manual

Gavin Bahadur, MD, UCLA ophthalmologist, will give an interactive and informative session about the treatment of common eye conditions, including cataracts, glaucoma, macular degeneration, dry eyes and others.

**When:** Wednesday, May 7 / 7 – 8:30 pm

**Where:** The Santa Monica Synagogue, 1448 18th St

**RSVP:** (800) 516-5323

## ORTHOPAEDICS

### Rotator Cuff Tears

Kristofer Jones, MD, UCLA orthopaedic surgeon, will review the relevant anatomy, common symptoms and treatment options for rotator cuff tears, including research demonstrating good outcomes with conservative care.

**When:** Thursday, May 1 / 2 – 3:30 pm

**Where:** Westside Family YMCA, 11311 La Grange Av

**RSVP:** (800) 516-5323



#### FEATURED EVENT

### CAREGIVER U — A Day About Taking Care of U

UCLA Health and WISE & Healthy Aging invite you to a special event for caregivers. This free program includes interactive workshops on mindfulness meditation, self-massage techniques, tips for caregivers to help build confidence and manage emotions when coping with caregiver demands, and the latest research on Alzheimer's disease. One-on-one consultations will be available with UCLA geriatricians, geriatric care managers and nurse practitioners, and Urban Zen and integrative medicine practitioners.

**When:** Saturday, May 31 / 10 am – 1 pm, Registration at 9:30 am

**Where:** WISE & Healthy Aging, 1527 4th St, Santa Monica

**RSVP:** (800) 516-5323

**ORTHOPAEDICS (CONTINUED)**

**Bone Tumors**

Nicholas Bernthal, MD, UCLA orthopaedic surgeon, will discuss benign and malignant bone tumors. He will focus on novel therapeutics and techniques, as well as new directions of research.

**When:** Tuesday, May 20 / 7 – 8:30 pm

**Where:** Cancer Support Community — Benjamin Center, 1990 S Bundy Drive, Ste 100

**RSVP:** (800) 516-5323

**PARKINSONIAN DISORDERS**

**Parkinsonian Disorders Support Group**

Sponsored by UCLA's Movement Disorders Clinic, this group provides information, education, resources and support for patients and their families and is facilitated by Loretta Mazorra, NP.

**When:** First Friday every month / 2 – 4 pm

**Where:** Ronald Reagan UCLA Medical Ctr, Rm 3102

**RSVP:** Dolly West (310) 430-6678

**PEDIATRICS**

**Summer Safety for Kids**

Piper Calasanti, MD, UCLA pediatrician, will explore how to keep your kids safe during the summer months, including sun safety, adequate hydration for weather/activity, water safety and recreational activity safety, such as helmets and other protective equipment.

**When:** Wednesday, June 4 / 7 – 8:30 pm

**Where:** Connections for Children, 2701 Ocean Park Bl, Ste 253, Santa Monica

**RSVP:** (800) 516-5323

**PODIATRY**

**Bunion and Bunion Surgery**

Bob Baravarian, DPM, will discuss the latest advances in conservative and surgical treatment of foot and ankle arthritis.

**When:** Tuesday, April 8 / 5:45 – 6:45 pm

**Where:** 2121 Wilshire Bl, Ste 101, Santa Monica

**RSVP:** (310) 828-0011 (dates subject to change)

**VOLUNTEERS NEEDED**

**AMBASSADORS NEEDED AT UCLA**

UCLA Medical Center, Santa Monica, is looking for nonstudent Ambassadors to volunteer at the Information Desk, Surgical Waiting Area and Geriatrics unit.

**Info:** Elaine Eastwood (424) 259-8176 or [eeastwood@mednet.ucla.edu](mailto:eeastwood@mednet.ucla.edu)

**PODIATRY (CONTINUED)**

**Heel and Ankle Pain**

Gary Briskin, DPM, will discuss the common causes of ankle and heel pain, including plantar fasciitis, arthritis, tendonitis and tendon tears. Surgical and nonsurgical therapies, including arthroscopy and shockwave, will be explored.

**When:** Tuesday, May 13 / 5:45 – 6:45 pm

**Where:** 2121 Wilshire Bl, Ste 101, Santa Monica

**RSVP:** (310) 828-0011 (date subject to change)

**Ankle Arthritis and Ankle Replacement**

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

**When:** Tuesday, June 10 / 5:45 – 6:45 pm

**Where:** 2121 Wilshire Bl, Ste 101, Santa Monica

**RSVP:** (310) 828-0011 (date subject to change)

**SLEEP APNEA**

**Sleep Apnea Update**

Ora Fried, MD, UCLA pulmonologist, will discuss how to diagnose sleep apnea and treatment options.

**When:** Wednesday, May 28 / 11:45 am – 1:15 pm

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

**RSVP:** (800) 516-5323

**STROKE**

**Saving Strokes**

The American Heart Association and the American Stroke Association are partnering with UCLA Health to bring Saving Strokes to Los Angeles. Saving Strokes is a rehabilitation-through-golf program for stroke survivors and their caregivers to introduce or reintroduce stroke survivors to the game of golf post stroke. The event is free to attend and includes a golf lesson, health and vendor fair and free lunch.

**When:** Tuesday, April 29 / 10 am – 1 pm

**Where:** Rancho Park Golf Course

**Info & RSVP:** Carrie Vines (916) 446-6505 or at [carrie.vines@heart.org](mailto:carrie.vines@heart.org) or go to [savingstrokes.com](http://savingstrokes.com)

**TREMORS**

**Tremors and Parkinson's Disease**

UCLA movement disorders specialists will help you understand and cope with tremors. Treatment options including medicines, surgery (deep brain stimulation) and noninvasive therapies will be discussed.

**When:** Saturday, May 17 / 9 am – Noon

**Where:** Beverly Hills Public Library

**RSVP:** (310) 571-5741 or [ucla.tremor@gmail.com](mailto:ucla.tremor@gmail.com)



**17th Annual City of Angels Fun Ride**

Presented by Volkswagen, the urban bike adventure through Los Angeles will benefit the UCLA Blood & Platelet Center. Participate in one of two rides: recreational ride for 32 miles, with rolling LAPD traffic closure at relaxed pace of 10-12 mph, or the advanced ride for 62 miles, with a partial rolling closure for the first 10 miles, before the riders restart and ride at their own pace.

**When:** Sunday, May 4

**Where:** Starts and ends at Los Angeles Police Academy (Elysian Park)

**Info & Register:** [coafunride.com](http://coafunride.com)

**Cost:** \$65 if registered before April 21 and \$70 after April 21. Entry fee includes T-shirt, medals, lunch and raffle.

**WEIGHT GAIN**

**Weight Gain After Bariatric Surgery**

Rabindra Watson, MD, UCLA gastroenterologist, will discuss the mechanisms of weight gain, how bariatric surgery works, why many patients regain weight after surgery, endoscopic techniques to treat weight regain, and obesity.

**When:** Saturday, April 26 / 10 – 11:30 am

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

**RSVP:** (800) 516-5323

**WELLNESS**

**Freedom From Smoking**

UCLA Health is offering an eight-session smoking cessation program to help its employees, family members and people in the community to finally kick the habit! The Freedom From Smoking program is a well-proven program designed by the American Lung Association.

**When:** Tuesdays, starting April 1 / 7:30 pm

**Where:** 200 UCLA Medical Plaza Building, Ste 206

**Info:** (310) 825-0014 or [lharning@mednet.ucla.edu](mailto:lharning@mednet.ucla.edu)

**Cost:** \$150

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



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Scan to find out more, or go to: [uclahealth.org/calendar](http://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 as a member, call (800) 516-5323.

**50+ Memory Training Course (ONGOING)**

Learn practical memory-enhancing techniques in this four-week, two hours each week course. The program is designed for people with mild memory concerns and not for those with any form of dementia.

**Where:** Locations vary

**Info & Cost:** (310) 794-0680 or [sgoldfarb@mednet.ucla.edu](mailto:sgoldfarb@mednet.ucla.edu) or [longevity.ucla.edu](http://longevity.ucla.edu)

**50+ Senior Scholars (ONGOING)**

Learn from UCLA's most distinguished professors while enjoying an intergenerational experience with bright undergraduate students. Registration deadline for summer quarter session A ends May 23, 2014. Cost: \$150

**Where:** Locations vary on UCLA campus.

**Info:** [srscholars@mednet.ucla.edu](mailto:srscholars@mednet.ucla.edu) or (310) 794-0679 or [longevity.ucla.edu](http://longevity.ucla.edu)

**50+ Heart Failure in Older Adults**

Learn about this serious and common condition — causes, diagnosis, lowering your risk, symptoms and treatment options.

**When:** Tuesday, April 8 / 2:30 – 4:00 pm

**Where:** Sunrise of Santa Monica, 1312 15th St

**RSVP:** (800) 516-5323

**50+ Caring For the South Bay Community Lecture Series**

Heart health is important at every age. Come learn from Gopi Manthripragada, MD, UCLA cardiologist about tips to take care of your heart.

**When:** Thursday, April 10 / 5:30 – 7:30 pm

**Where:** Belmont Village, 5701 Crestridge Rd, Rancho Palos Verdes

**RSVP:** (310) 377-9977 or e-mail [tcampbell@belmontvillage.com](mailto:tcampbell@belmontvillage.com)

**50+ Making Friends as We Age**

Learn how you can enhance your well-being and quality of life through social interaction and companionship. This workshop will focus on the benefits of companionship as a protective factor for negative health consequences. Participants will engage in activities and learn resources and strategies on how to develop meaningful connections with others.

**When:** Wednesday, April 23 / 2:30 – 4:00 pm

**Where:** Boardroom, UCLA Medical Center, Santa Monica, 1250 16th St

**RSVP:** (800) 516-5323

**50+ Street Smarts for Seniors**

Learn how to fight back and not be a victim of crime! This workshop will focus on tips, advice and demonstrations about how to defend and protect yourself.

**When:** Monday, April 28 / 2:30 – 4:00 pm

**Where:** Boardroom, UCLA Medical Center, Santa Monica, 1250 16th St

**RSVP:** (800) 516-5323

**50+ Principals of Balance**

Learn how abdominal core strength can greatly affect your balance, posture and health using unique exercises and movement; appropriate for all ages and fitness levels.

**When:** Wednesday, April 30 / Noon – 1:30 pm

**Where:** YWCA Santa Monica Westside, 2019 14th St

**RSVP:** (800) 516-5323

**50+ Caring For the South Bay Community Lecture Series**

UCLA rheumatologist Marian Kaldas, MD, will discuss the role of lifestyle modifications, particularly physical activity, in addition to medications to manage the symptoms of osteoarthritis.

**When:** Thursday, May 8 / 5:30 – 7:30 pm

**Where:** Belmont Village, 5701 Crestridge Rd, Rancho Palos Verdes

**RSVP:** (310) 377-9977 or e-mail [tcampbell@belmontvillage.com](mailto:tcampbell@belmontvillage.com)

**50+ Vision Problems in Older Adults**

Learn about common vision problems people experience as they get older, ways of reducing risks and the latest treatments.

**When:** Tuesday, May 13 / 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 treatments for heavy, swollen legs — from blockages to clots, and how to improve your life without surgery.

**When:** Thursday, May 15 / Noon – 1:30 pm

**Where:** Santa Monica Family YMCA, 1332 6th St

**RSVP:** (800) 516-5323

FEATURED EVENT

**GET CONNECTED: A Technology Fair for Older Adults**

This free event includes computer workshops for beginners on using the mouse, basic Internet and e-mail; lectures for more advanced users on social media, how to design and create a website, and how to use mobile devices (including your smartphone and Websites).

**When:** Saturday, May 17 / 10 am – 2 pm

**Where:** Santa Monica Public Library, 601 Santa Monica Bl

**Info:** (800) 516-5323

**50+ Make the Most Out of Your Trip to the Doctor**

Sandra Vizireanu, MD, UCLA family medicine physician, will discuss what to expect at your annual physical, recommended screenings, routine tests and how to get the most out of your doctor's visit.

**When:** Thursday, May 15 / 6:30 – 8 pm

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

**RSVP:** (800) 516-5323

**50+ Constipation**

Rimma Shaposhnikov, MD, UCLA gastroenterologist, will focus on the myths and misconceptions of constipation and treatment options.

**When:** Tuesday, June 10 / 2:30 – 4 pm

**Where:** Sunrise of Westlake Village, 3101 Townsgate Rd

**RSVP:** (800) 516-5323

**50+ Age-Related Hearing Loss**

UCLA audiologists will discuss age-related hearing loss, including strategies for coping and communicating successfully, the use of hearing aids and other devices.

**When:** Thursday, June 12 / 2:30 – 4 pm

**Where:** OASIS, Macy's 3rd level, 10730 W. Pico Bl, Los Angeles

**RSVP:** (800) 516-5323

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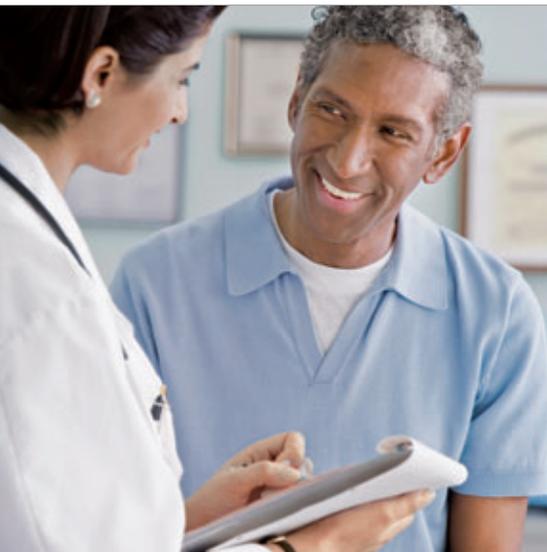
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## Vital Signs

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