

# Vital Signs

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## UCLA Initiative Aims to Screen Baby Boomers for Hepatitis C Infection

In response to a recommendation by the U.S. Preventive Services Task Force, UCLA Health has launched an initiative to screen baby boomers for the hepatitis C virus (HCV). Approximately three-fourths of people in the United States living with HCV infection were born between the baby-boom years of 1945 and 1965.

Hepatitis C is a leading contributor to chronic liver disease in the United States; it is the most common cause of cirrhosis, the biggest risk factor for liver cancer and the most common

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## Helping U Help the Community: and the Winners Are...

Members of the community cast more than 7,000 votes to select four projects to advance collaborations between UCLA faculty and community partners that aim to improve the health and quality of life for residents of Los Angeles and beyond. Each project will receive a \$20,000 award to support its work. The second Helping U Help the Community competition was sponsored by UCLA Health and the David Geffen School of Medicine at UCLA. The awardees for 2016 are: Clinic for the Developmentally Disabled in Underserved L.A., Student Run Homeless Clinics, Bruin Shelter and Project AutTrain.



To learn about the winners and their projects, go to: [uclahealth.ideascale.com](http://uclahealth.ideascale.com)

## Body Donations Advance Healthcare

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



To learn more about the UCLA Donated Body Program, go to: [uclahealth.org/donatedbody](http://uclahealth.org/donatedbody)



## Connect with UCLA Health

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

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

We'd love to hear from you.

Connect. Share. Improve.



To learn more about UCLA Health Connect, go to: [connect.uclahealth.org](http://connect.uclahealth.org)

# Protecting Against Summertime Hazards Can Increase Fun in the Sun

Fun in the sun puts exposed skin at risk for burns, bites and bee stings. But by taking some precautions, these warm-weather hazards don't have to ruin a good time. When Shawn Chaikin, DO, a UCLA primary-care physician in Marina del Rey, ventures outdoors in the summer months, he reaches for a sunscreen with a sun-protection factor (SPF) of at least 30.

"Everyone, regardless of skin tone and ethnicity, benefits from sun protection," Dr. Chaikin says. "The sun's ultraviolet (UV) rays make all of us more susceptible to skin cancer, sunburn and premature aging."

Dr. Chaikin recommends applying a generous amount of sunscreen — enough to fill the palm of one's hand — at least 15 minutes before sun exposure and to reapply every two hours, or more frequently if one is swimming or sweating. Applying sunscreen properly is particularly important if one is taking certain medications, such as tetracycline for acne, which make skin prone to burning.

Sun-protective clothing is another good option. Dr. Chaikin suggests dark-colored, tightly-woven fabrics or clothing with an ultraviolet protective factor (UPF) of 25 or higher, which is designed to block the sun. By comparison, a white cotton T-shirt blocks only about 7 percent of UV rays.



Shawn Chaikin, DO

If one does burn, anti-inflammatory medicine like ibuprofen can soothe the pain. "It works best if you take it within 24 hours of noticing the redness," Dr. Chaikin says. Moist, cold compresses and moisturizers with aloe also help. See a doctor if the sunburn is severe, with blistering, fever, headache, nausea or chills, he says.

Bugs are another bane of outdoor fun. Pants and long-sleeve shirts are great bug barriers, and Dr. Chaikin recommends against wearing scented lotions, perfumes or bright clothing, which can attract bees.

If a bee does sting, use the blunt edge of a credit card to scrape out the stinger. A moist, cold compress and hydrocortisone cream or calamine lotion can help to reduce swelling and pain, as will an anti-inflammatory medicine. About 10 percent of people develop a large, local reaction to a sting, Dr. Chaikin notes. "The area may swell over a day or two and then slowly disappear within a week." If a severe allergic reaction occurs, including difficulty breathing, it is important to administer epinephrine immediately. "People who have severe allergic reactions to bee venom should carry epinephrine syringes and seek immediate medical attention if stung," he says.

To keep mosquitoes at bay, use insect repellants made with DEET or picaridin, or wear clothing treated with a mosquito-repelling chemical called permethrin. For a more natural alternative, Dr. Chaikin suggests trying bug sprays made with lemon eucalyptus oil.

Scratching a mosquito bite might provide temporary relief, but Dr. Chaikin warns that it can expose the area to infection. Instead, stop the itch by applying cold compresses and hydrocortisone cream and by taking an over-the-counter antihistamine.



## Be Water Wise

There's no better way to beat the heat than by taking a dip in a pool, ocean or lake. But it is important to be aware of the risks. Drowning continues to be one of the leading causes of accidental death among children. Protect your family with these water safety tips:

### Raise a swimmer.

Start swim lessons for children as soon as you feel they are ready to take the plunge. Be mindful that even the best swimmers can still get into difficulty in the water.

### Buddy up.

Make sure your child never swims alone, and choose swim locations that have lifeguards.

### Stay alert.

Always stay within arm's reach of young children. Designate an adult to keep an eye on older kids and make sure they are the focus — not a cell phone or book.

### Heed warning signs.

Never swim or dive in prohibited areas. There may be strong currents, riptides, rocks or other hidden dangers.

### Learn CPR.

Enroll in a CPR class in your community. If you rescue someone from the water, call 911 immediately and begin hands-only CPR (no mouth-to-mouth breaths).

**Improved Procedures  
Boost Options to Address**

# Infertility



**Infertility is a difficult and emotionally charged issue for many couples, but today's treatment options offer better chances with higher success rates than ever before.**

Infertility or subfertility is typically defined as an inability to become pregnant after regular unprotected intercourse for a year. At that point, says Zain Al-Safi, MD, a fertility specialist at the UCLA Fertility and Reproductive Health Center, the couple should seek an evaluation. For women 35 and older, the evaluation should begin earlier, after six months of trying to conceive. If a woman or man has a suspected abnormality — such as sporadic menstrual cycles in women — then an evaluation would be warranted sooner.

Many factors can contribute to difficulty or inability to conceive. A semen analysis can determine the number, motility and shape of the sperm, which, when abnormal, can be managed with a variety of treatments ranging from intrauterine insemination (IUI) to in vitro fertilization (IVF) with or without intracytoplasmic sperm injection (ICSI), a procedure that involves injecting a sperm directly into the egg. Similarly, a variety of causes can be traced to the woman. The most common ovulation-related cause is polycystic ovary syndrome, a hormonal condition for which medications can be used to stimulate ovulation.

Often, no obvious explanation for the infertility can be found with the available testing. In such cases, Dr. Al-Safi explains, the standard approach is to start with ovarian stimulation and then introduce IUI — placing the sperm inside the woman's uterus — to promote greater success.

The most successful treatment is IVF. "IVF is more aggressive and higher cost than the other treatments, so unless otherwise indicated, we try those options first," Dr. Al-Safi says. "If those have not been successful, we can move to IVF." He notes

that refinements in IVF protocols have improved the ability to retrieve more and better-quality eggs, and improvements in the techniques to incubate the eggs and embryos have further bolstered success rates.

Since 2012, egg freezing has been an established fertility treatment. "It's a way of harvesting eggs when a woman is younger, so that she can use them when she is older," says Ingrid Rodi, MD, an obstetrician/gynecologist at the UCLA Fertility and Reproductive Health Center. While egg freezing is expensive and not typically covered by insurance, she notes that for a woman who wants to postpone childbirth until her late 30s, it may be more cost-effective than undergoing fertility treatments such as IVF at a later time. Dr. Rodi suggests that egg freezing also may be an option to consider for women who are having trouble with a first pregnancy and know they will want a second child several years later.

Overall, Dr. Rodi says, "We have more success with assisted reproduction, but also bigger challenges as more women delay childbearing."

A woman's fertility peaks in her late 20s and then declines steadily. "When we think about the concept of family planning, we should consider more than birth control," Dr. Rodi says. "It should also include looking ahead and thinking about how many children you think you want, and whether you want to conceive without fertility treatments. If that's the case, you need to prioritize getting pregnant sooner."



**For more information about fertility treatments and programs, go to:**  
[obgyn.ucla.edu/fertility](http://obgyn.ucla.edu/fertility)



**1-in-8 couples**  
experience difficulty conceiving



**When to have a fertility evaluation**

**UNDER 35**

Unable to conceive in **1 year** of trying

**OVER 35**

Unable to conceive in **6 months** of trying

**BMI 18.5-24.9**

is the ideal and normal range when you are trying conceive.



# When to Address Childhood Growth Concerns

When parents or their pediatricians are concerned about a child's growth, they should seek a consultation. Given that earlier treatment is more likely to be successful, it's best not to delay seeking those answers.

With the introduction of recombinant human growth hormone, the treatment of childhood growth disorders has evolved significantly. When used appropriately, and closely monitored, the therapy effectively addresses a wide range of growth concerns.

"Growth and development concerns are among the most pressing questions many parents have about their children," says pediatric endocrinologist Anna Pawlikowska-Haddal, MD, PhD. "They want to know whether or not there is something medically that should be addressed, and whether or not there is anything we can do to promote growth."

Dr. Pawlikowska-Haddal suggests that when parents or their pediatricians are concerned about a child's growth, they should seek a consultation. "Those are the types of questions we can answer during an evaluation," she says. "Given that earlier treatment is more likely to be successful, it's best not to delay seeking those answers."

With the advent of biosynthetic growth hormone, "we find that children who have short stature for other specific medical and genetic reasons can respond well to the therapy," Dr. Pawlikowska-Haddal says.

Childhood growth rates are based on a number of factors, including those family- and gender-associated, and environmental factors such as nutrition. But growth also can be adversely affected by a range of endocrine-related and genetic disorders, as well as for unknown reasons — a condition known as idiopathic short stature.

Children who are referred to UCLA due to concern about abnormal growth are given a comprehensive evaluation to determine the cause, including a physical examination, review of growth patterns over time and,

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## UCLA Initiative Aims to Screen Baby Boomers for Hepatitis C Infection

in some cases, blood tests and imaging to investigate hormonal or genetic disorders.

Growth-hormone treatment involves a daily injection. While treatment has proven to be safe for a variety of conditions, it requires careful dosing and monitoring by an expert team. Dosage is based on the child's weight, growth velocity and, most important, the child's blood level of insulin-like growth factor-1 (IGF-1). "It's not only growth hormone but additionally IGF-1 that has a powerful effect on the body, and that is affected by the growth-hormone dose," says Dr. Pawlikowska-Haddal. "So we monitor the child's IGF-1 level and adjust the dose to ensure that it is optimal."

UCLA physicians were instrumental in moving the field from a focus solely on weight and growth velocity to the emphasis on IGF-1 response. That experience is pivotal given the importance of accurate administration and interpretation of the test results, Dr. Pawlikowska-Haddal says. "Growth hormone is an effective drug that can produce wonderful outcomes, but it tends to be overprescribed," she notes. "It is very important that the child be evaluated by an expert team to ensure appropriate diagnosis and treatment."



To learn more about the UCLA Growth Disorders Program, go to:  
[uclahealth.org/pediatricgrowth](http://uclahealth.org/pediatricgrowth)



To view a video about childhood growth issues, go to:  
[uclahealth.org/childrengrowth](http://uclahealth.org/childrengrowth)

reason for liver transplantation, accounting for more than 30 percent of liver transplants among adults.

HCV infection is even more alarming because, of the estimated 5-million people in the U.S. who are HCV-positive, about three-fourths don't know it. The infection rarely causes symptoms until the patient has developed chronic liver disease, a process that can take decades. "This is a major public-health concern," says UCLA hepatologist Sammy Saab, MD, MPH. "People with hepatitis C don't wear a badge saying that they're infected. Most are completely asymptomatic, and the only way they can be diagnosed is through a routine blood test by their healthcare provider."

The UCLA HCV-screening initiative is an important effort that began with the education of UCLA Health's primary-care leaders on the importance of hepatitis C screening and the national recommendations. A reminder about screenings was then introduced into UCLA's electronic health record to alert primary-care physicians about patients born between 1945 and 1965 who have not yet been screened.

Identifying individuals who are HCV-positive has become all the more important with the advent of antiviral therapy that represents a major improvement over prior treatment. "Previously, people had to have weekly immune-therapy injections for up to a year, and it was very debilitating — causing headaches, fevers and even depression," says UCLA infectious-disease specialist Jeffrey D. Klausner, MD, MPH. "Now, we have oral medications that are very well tolerated and far more effective. The vast majority of patients who complete the course — typically three months, but sometimes as short as two months — are cured."

Baby boomers are a particularly important group to screen because many from that age group who are infected have had the virus for a long period of time, putting them at high risk for developing the complications of liver cirrhosis, liver cancer and liver failure, Dr. Saab notes. "We have new treatments that are safe, rarely cause side effects and can cure patients," he says. "If we wait until they become symptomatic, it's often too late to treat hepatitis C."

Patients who test negative do not need to be tested again, assuming they don't meet any of the other high-risk criteria: having ever injected drugs or used intranasal cocaine, having been on hemodialysis or having received transfusions or an organ transplant before 1992. When a patient tests positive, the ordering physician receives a notification, along with recommendations for additional tests to confirm the infection and assess the degree of liver damage. A hepatitis C treatment coordinator monitors the laboratory results and provides assistance to link the providers with UCLA hepatologists and infectious-disease specialists so that patients can receive timely and appropriate care.

"Hepatitis C is a major cause of liver disease, and now we can prevent these complications through early treatment," Dr. Saab says. "The biggest barrier to curing hepatitis C is not knowing who is infected. That's why this initiative is so critical."



# Passion for Excellence

In February 2016, Johnese Spisso, MPA, took the reins as president of UCLA Health and CEO of UCLA Hospital System. She came to UCLA with more than 30 years of experience as a leader in academic healthcare. At University of Washington Medicine, she spent 22 years in progressive leadership positions, with the past eight years serving in the top role as chief health system officer and vice president for medical affairs. There, she played a major role in expanding collaborations with regional hospitals and helped to lead development of an accountable care network in the region. Trained as a nurse, with a master's degree in healthcare administration, Spisso rose through the ranks at UC Davis Medical Center, where she worked for 12 years, to direct critical care; trauma, burn and emergency services; and the Life Flight Air-Medical Program. She spoke about the direction for UCLA Health in the future.



Johnese Spisso, MPA



“As we progress toward population health, and away from what used to be a very siloed model of healthcare in which people came in only when they were sick, expanding in the community allows us to deliver preventive healthcare close to people’s homes in an affordable and accessible way.”

#### What opportunities do you see for UCLA Health in both the near- and long-terms?

They are multifold. As a leading academic health system, our mission is to provide high-quality, value-added healthcare, complete the bench-to-bedside translation of our research efforts and to train the next generations of healthcare professionals. UCLA Health is well positioned to lead the way in advances and transformation of the healthcare-delivery system to make healthcare accessible for all, in convenient locations. Our ability to deliver on our vision of healing humankind, one patient at a time, by improving health, alleviating suffering and delivering acts of kindness is what makes patients and families choose us for care. Going forward, we continue our efforts to make healthcare more affordable and eliminate inefficiency and waste, while improving the experience and outcomes for our patients and families.

#### UCLA’s presence in communities throughout the region is increasing. What is behind this expansion?

As we progress toward population health, and away from what used to be a very siloed model of healthcare in which people came in

only when they were sick, expanding in the community allows us to deliver preventive healthcare close to people’s homes in an affordable and accessible way. We now have more than 160 outpatient clinics throughout the Southern California region, which enables us to provide prompt access to care and to really begin to influence the health of these communities. At the same time as we enter new areas where there are opportunities to serve the community better, we continue to work with a variety of community agencies to broaden the scope of services we can provide to promote wellness to help populations stay healthy and reduce healthcare disparities. We also are looking at how we can become more involved in such areas as food and nutrition services, exercise and wellness efforts so we have a portfolio of activities that we provide and partners with whom we work to help make these improvements a reality.

#### UCLA is a national leader in evolving a culture of patient-centered care. Do you see ways to elevate that culture to another level?

As our culture of patient-centered care continues to evolve, we are looking more

at patient-empowerment strategies — listening and learning from the voice of the patient. We are creating advisory councils that include patients and members of their families, as well as physicians, nurses and other members of the care team. Sometimes as healthcare providers, we think we know what is best, but, really, it is the people who are using our services 24/7 who recognize how we can improve. Groups like advisory councils can provide us with the best information about what goes right, and also about what goes wrong and where we can make improvements. They can identify hurdles that patients feel are barriers to efficient care. We learn a great deal when we have an opportunity to view things through the lens of the patient and we see that things we may think are small issues really are monumental for the patient and family. It is at times like that when listening can provide our best learning.

# Bariatric Surgery an Effective Approach to Addressing Obesity

When performed at an experienced center, laparoscopic bariatric surgery is a safe and effective procedure to help patients who have struggled with weight loss. The operation can “reduce long-term health complications and add to a patient’s life span,” says Erik Dutson, MD, surgical director of the UCLA Center for Obesity and METabolic (COMET) Health. “The earlier they get it, the greater the benefit.”

COMET performs two types of bariatric surgeries — sleeve gastrectomy and gastric bypass. Individuals who are candidates for laparoscopic bariatric surgery have a body mass index (BMI) of at least 35 along with associated conditions such as diabetes, hypertension, high cholesterol and sleep apnea. For such patients, Dr. Dutson says,

As a multidisciplinary team, we evaluate patients and work with them from both the medical and nutritional perspective. And for patients who have surgery, we work with them right after the operation and continue to follow up with them over the long term, which is the key to success after bariatric surgery.

the results are superior to any other weight-loss treatment. After undergoing surgery, approximately three-fourths of COMET patients no longer have diabetes, hypertension is resolved in nearly two-thirds of patients, and 90 percent no longer experience sleep apnea. Over the long run, patients on average keep off 50-to-75 percent of their excess weight.

Patient education and preparation is a key component of COMET’s success, Dr. Dutson says. The center also has an integrated team of experts that includes bariatric surgeons, liver-disease specialists, endocrinologists who treat metabolic disorder and diabetes, cardiologists, interventional gastroenterologists and dietitians. After surgery, patients can participate in ongoing support groups and classes on weight management and healthy lifestyles.

“As a multidisciplinary team, we evaluate patients and work with them from both the medical and nutritional perspective,” says Zhaoping Li, MD, PhD, medical director of the UCLA Center for Human Nutrition and a member of the COMET team.

“And for patients who have surgery, we work with them right after the operation and continue to follow up with them over the long term, which is the key to success after bariatric surgery.”

COMET is not just for surgical patients. Nonsurgical weight-loss treatments also are offered, as well as treatments for obesity-related health conditions, such as diabetes and liver complications. “There is a lot of guilt associated with being unable to achieve a healthy weight on your own. People get messages from the media and their friends and family that they are to blame,” says Simon Beaven, MD, PhD, a liver specialist who serves as COMET’s research director. “That is a poorly placed focus. This is a disease state, much of which is dictated by the hormones going between fat, liver and the brain. It is a complicated problem that demands proper evaluation and treatment.”



For more information about bariatric surgery and COMET, go to: [bariatrics.ucla.edu](http://bariatrics.ucla.edu)



# Treatment for Autoimmune Disorders

## Benefits from Advances in Evolving Class of Drugs

The growing availability of biologic therapies for rheumatoid arthritis and other inflammatory autoimmune disorders has had a dramatic impact on the treatment and prognosis for patients with these potentially disabling diseases.

Biologics are genetically engineered drugs designed to interact with the body's immune response to dampen the damaging effects of rheumatologic disorders. In the case of rheumatoid arthritis, the most common of these disorders, the drugs specifically target proteins known to be involved in the joint inflammation that characterizes the disease. For some rheumatoid arthritis patients, biologics — either alone or in combination with traditional drugs — can slow the progression of rheumatoid arthritis.

“Fifty years ago, a diagnosis of rheumatoid arthritis often meant that the person would progress on to disability in a wheelchair,” says John FitzGerald, MD, PhD, interim chief of the UCLA Division of Rheumatology. “Today, with the availability of older drugs such as methotrexate and the newer biologics, we are able to put some patients into remission. While remission is difficult to achieve for many patients, in the past, it was not even a goal.”

The first biologic was approved in 1998 by the U.S. Food and Drug Administration for the treatment of rheumatoid arthritis, reducing inflammation by inhibiting the molecule TNF-alpha. Other TNF blockers soon followed, Dr. FitzGerald notes. On the heels of their success in treating rheumatoid arthritis, they were approved for other closely related rheumatologic diseases, such as psoriatic arthritis and similar inflammatory arthritides. As the biology of these diseases became better understood, other target molecules were identified, and now several different classes of biologics have been approved. Given that no one drug is



effective for every patient, having a variety of options improves the likelihood of finding a successful drug or combination of drugs.

Because the biologics are costly — generally several thousand dollars a month — they are typically prescribed only after more traditional and inexpensive drugs such as methotrexate are proven to be insufficient for a patient. Most of the biologics are administered by self-injection, although an oral form has recently been introduced. Researchers are currently seeking clues that will help to accurately predict which patients will respond best to which treatment option, but for now it is difficult to know in advance, Dr. FitzGerald notes.

Until the 1980s, the approach to rheumatoid arthritis tended to be conservative rather than aggressive, notes Veena Ranganath, MD, a UCLA rheumatology researcher and clinician. “The conventional thinking was to start with physical therapy and high doses of nonsteroidal anti-inflammatory drugs or aspirin, but to wait before even using a

drug such as methotrexate,” Dr. Ranganath says. That changed, she explains, after research showed that earlier treatment with methotrexate improved overall outcomes. “Now it's very clear that we need to decrease the inflammation sooner rather than waiting until later,” she adds, noting that aside from the disability related to the joint problems, untreated symptoms can increase the risk for cardiovascular disease and osteoporosis, as well as diseases of the lungs, skin and eyes.

The good news, Dr. Ranganath notes, is that the likelihood of successful treatment is better than ever. “We have a long way to go,” she says, “but to even be able to talk about remission illustrates that we've made huge strides.”



To view a video about biologic therapies for autoimmune disorders, go to: [uclahealth.org/autoimmune](http://uclahealth.org/autoimmune)

# Community Health Programs

## JULY, AUGUST, SEPTEMBER 2016 COMMUNITY HEALTH PROGRAMS

UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education. Go to [uclahealth.org/calendar](http://uclahealth.org/calendar) for more information.

### AGING AND MEMORY CARE

#### Memory Care

Memory Care is a program designed for individuals age 65 and younger diagnosed with early-onset Alzheimer's. This weekly program offers caregivers and people with early-onset Alzheimer's techniques to boost memory, lower stress and stimulate the mind and body. The program also includes a social hour with a separate support group for caregivers.

**When:** Thursdays / 1 – 4 pm

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

**RSVP:** (310) 794-0680

### CANCER

#### Treating Pancreatic Cancer

Timothy R. Donahue, MD, and Zev Wainberg, MD, will present a comprehensive overview of pancreatic cancer treatments, including surgery, radiation therapy, chemotherapy and novel biologic agents. They will also discuss recent clinical trials that have shown improved survival rates for patients with advanced-stage disease.

**When:** Tuesday, July 12 / 7 – 9 pm

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

**Info:** (310) 794-6644

#### New Lymphoma Treatments

Sven De Vos, MD, PhD, will discuss the different types of lymphoma, standard treatment approaches and novel therapeutics for this disease. He will highlight several new, exciting therapies currently in clinical trials.

**When:** Tuesday, August 9 / 7 – 9 pm

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

**Info:** (310) 794-6644

#### Treating Cancer with the Immune System

Melissa J. Cohen, MD, UCLA oncologist, will discuss how cancer immunotherapy redirects the immune system to fight cancer and how personalized treatment plans ensure the best care.

**When:** Tuesday, August 23 / 6:30 – 8 pm

**Where:** Cancer Support Community VVSB,  
530 Hampshire Rd, Westlake Village

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

### CANCER (CONTINUED)

#### Prostate Cancer

Mark S. Litwin, MD, MPH, will discuss pertinent issues and recent research surrounding prostate cancer screening, treatment, follow-up and long-term quality of life.

**When:** Tuesday, September 13 / 7 – 9 pm

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

**Info:** (310) 794-6644

#### Evolving Strategies for Breast Cancer

UCLA physicians will discuss how the diagnosis and management of early-stage breast cancer have evolved in recent years and the importance of a personalized treatment approach.

**When:** Friday, September 30 / Noon – 1:30 pm

**Where:** Cancer Support Center – Benjamin Ctr,  
1990 S. Bundy Dr, Ste 100

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

### DIABETES

#### Preventing Pre-Diabetes

Alina Katsman, MD, UCLA family medicine physician, will discuss the prevalence, diagnosis, treatment and prevention of pre-diabetes.

**When:** Wednesday, September 7 / 6 – 7:30 pm

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

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

#### Type 2 Diabetes: Beyond the Basics

Matthew Freeby, MD, UCLA endocrinologist, will discuss diabetes prevention, diagnosis and treatment. He will also focus on prevention and treatment of diabetes complications.

**When:** Thursday, September 15 / 10 – 11:30 am

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

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

#### Diabetes Management

David Ahn, MD, UCLA endocrinologist, will focus on how the latest technologies help manage diabetes and improve health, wellness and vitality.

**When:** Thursday, September 29 / 1:30 – 3 pm

**Where:** Santa Clarita YMCA,  
26147 McBean Pkwy

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

### DIABETES (CONTINUED)

#### Living with Type 2 Diabetes

Certified by the American Diabetes Association, this self-care class will help you gain important skills, knowledge and confidence to successfully manage your diabetes. A physician referral is required. The class is covered by most medical insurance policies.

**When:** Santa Monica: every month on the second and fourth Monday / Porter Ranch: starting August, every other month, on the third Monday / Torrance: every month on the third Friday

**Info:** (310) 794-1299 or e-mail  
[diabeteseducation@mednet.ucla.edu](mailto:diabeteseducation@mednet.ucla.edu)

### FERTILITY

#### Female Fertility Preservation Update

In addition to reproductive aging, female ovarian function can be adversely affected by numerous conditions that could impair fertility. Preserving a woman's potential for becoming a genetic mother is now possible. Zain Al-Safi, MD, UCLA OB/GYN will discuss indications and current trends for female fertility preservation through egg freezing.

**When:** Thursday, August 25 / 7 – 8:30 pm

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

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

### HEART DISEASE

#### WomenHeart West Los Angeles

This peer-led support group is part of WomenHeart, a national coalition for women with heart disease. Sessions include peer support, advocacy and education.

**When:** Mondays, August 8 & September 12 / 7 pm

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

**Info:** (310) 825-0014

#### High Blood Pressure: What Are My Options?

Yu-Hsiang Lin, MD, UCLA internal medicine physician, will discuss the definition of hypertension and current treatment options, including medications and lifestyle modifications.

**When:** Tuesday, August 30 / 2 – 3:30 pm

**Where:** Atria Tarzana, 5235 Etiwanda Av

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

## INTEGRATIVE MEDICINE

### Create Calm

The UCLA Urban Zen Integrative Therapy program incorporates complimentary healing modalities such as yoga therapy, Reiki, essential oil therapy and contemplative care. This workshop will also include demonstrations and an overview of how these modalities are integrated into a mainstream allopathic healthcare setting.

**When:** Saturday, September 24 / 2 – 4 pm

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

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

## KIDNEY DISEASE

### When Life Gives You Kidney Stones

UCLA nephrologist Ramya Malchira, MD, will discuss how to prevent kidney stones with proper fluid intake and other kidney stone-related questions.

**When:** Wednesday, September 7 / 1 – 2:30 pm

**Where:** Santa Clarita Family YMCA, 26147 McBean Pkwy

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

## LIVER DISEASE

### Liver Disease: Update 2016

Sponsored by the Pflieger Liver Institute at UCLA, this free patient seminar provides patients, families and the community an opportunity to receive information about hepatitis and other liver diseases.

**When:** Saturday, August 27 / 8 am – Noon

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

**RSVP:** Jamie Cordova (310) 206-6705

## MIDWIFE SERVICES

### UCLA Midwives

Come and meet UCLA Midwives, discuss UCLA services and ask questions.

**When:** Tuesdays, July 5 & 19, August 2 & 16, September 6 & 20 / 1:15 – 2 pm

**Where:** 200 UCLA Medical Plaza, Rm 447

**RSVP:** (310) 794-7274

## MULTIPLE SCLEROSIS (MS)

### REACH to Achieve Program

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

**When:** Ongoing (call for more info)

**Where:** Marilyn Hilton MS Achievement Ctr at UCLA

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

### FEATURED EVENT

#### UCLA KIDNEY EDUCATION ENHANCEMENT PROGRAM (UKEEP)

Kidney and high blood pressure specialists Anjay Rastogi, MD, PhD, Niloofar Nobakht, MD, and Mohammad Kamgar, MD, will conduct free monthly educational programs about kidney health, high blood pressure and kidney disease management. Relevant experts will be invited to speak. The interactive sessions will include free blood-pressure tests, educational materials and other resources.

#### Sunday, July 17:

High Blood Pressure

#### Sunday, August 14:

Celebrando La Vida: Recursos Latinos

#### Sunday, September 18:

Role of Diet in Your Health

**When:** 1 – 4 pm

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

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

## MULTIPLE SCLEROSIS (MS)

(CONTINUED)

### Free From Falls

An eight-week program designed for people with multiple sclerosis who are at risk for falling. Learn about risks for falls, how to reduce those risks and exercises to improve balance and mobility.

**When:** Call for more info

**Where:** Marilyn Hilton MS Achievement Ctr at UCLA

**Info & Application:** (310) 481-1113

## PAIN MANAGEMENT

### Back, Hip, Arm and Leg Pain

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

**When:** Wednesday, September 14 / 7 – 8:30 pm

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

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

## PLASTIC SURGERY

### Facial Aesthetics and Rejuvenation

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

**When:** Thursday, September 8 / 7 – 8:30 pm

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

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

## PODIATRY

### Bunion and Bunion Surgery

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

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

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

**RSVP:** (310) 828-0011

### Heel and Ankle Pain

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

**When:** Tuesday, August 16 / 5:45 – 6:45 pm (date subject to change)

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

**RSVP:** (310) 828-0011

### Foot and Ankle Pain

Doctors from the Santa Monica Podiatry Group will present the latest techniques in the treatment of heel pain, nerve pain, arthritis, tendonitis, ankle injuries and peripheral neuropathies, as well as new treatment options using Class 4 Multiwave Locked System therapy lasers.

**When:** Monday, September 19 / 5 – 6 pm

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

**RSVP:** (310) 451-1618

### Ankle Arthritis and Ankle Replacement

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

**When:** Tuesday, September 20 / 5:45 – 6:45 pm (date subject to change)

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

**RSVP:** (310) 828-0011

## RADIOLOGY

### Understanding Radiology

Shahnaz Ghahremani Koureh, MD, UCLA radiologist, will discuss how imaging has evolved and developed in the diagnosis and treatment of various conditions. She will also discuss how radiologists act as consultants for patients and clinicians.

**When:** Thursday, August 11 / 6:30 – 8 pm

**Where:** Annex at Westchester Family YMCA, 8020 Alverstone Av

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

Events in gold are offered near our UCLA community offices.

## RETINAL DISORDERS

### Retina Update

Gad Heilweil, MD, UCLA ophthalmologist, will discuss age-related macular degeneration, diabetic retinopathy and the aging retina, with an emphasis on prevalence, prevention and treatments of retinal disorders.

**When:** Friday, July 29 / 2 – 3:30 pm

**Where:** The Fair Oaks, 951 S. Fair Oaks Av, Pasadena

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

## RHEUMATOID ARTHRITIS

### Rheumatoid Arthritis Update

Veena Ranganath, MD, UCLA rheumatologist, will give an overview of rheumatoid arthritis prevention, symptoms, treatments and management.

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

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

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

## SCAR TREATMENT

### Scar Treatment

Andrew Vardanian, MD, director of the UCLA Scar Treatment Program, will discuss the latest technologies for scar treatment.

**When:** Thursday, July 21 / 6 – 7 pm

**Where:** 200 UCLA Medical Plaza, Conf Rm 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

## STROKE

### Stroke Update

UCLA neurologist Doojin Kim, MD, and the UCLA Health nursing team, will give an overview of the types of strokes, warning signs, prevention and treatments, as well as what to do in the event of a stroke. Following the presentation, UCLA clinicians will conduct blood-pressure and stroke-risk assessments.

**When:** Saturday, September 17, 9:30 – 11 am

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

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

## SUPPORT GROUPS

### Brain Tumor Caregiver Support Group

This group provides a safe space for brain tumor caregivers to express themselves, seek advice and validation, and hear different perspectives on caregiving.

**When:** Thursday, July 14, August 11 & September 15 / 6:30 – 8:30 pm

**Where:** 200 UCLA Medical Plaza, Level B2

**Info:** (310) 267-3135

### FEATURED EVENT

### NEW SCHOOL YEAR SIGNALS BACK-TO-SCHOOL SPORTS

Jennifer Beck, MD, UCLA pediatric sports medicine physician, will provide sport-safety tips for athletes, parents, coaches and schools. Dr. Beck will also review how to prevent overuse injuries and avoid concussions. Santa Monica Family YMCA will provide free supervised child activities during this seminar for adults.

**When:** Wednesday, August 24 / 7 – 8:30 pm **Where:** Santa Monica Family YMCA, 1332 6th St

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

## SUPPORT GROUPS (CONTINUED)

### Head and Neck Cancer Support Group

This support group provides a welcoming space for patients with head and neck cancers and their families. Speakers from various professions share information on topics such as nutrition, complementary techniques, speech and swallowing, pain management and mental health.

**When:** Tuesdays, July 19, August 16 & September 20 / 6 – 8 pm

**Where:** 200 UCLA Medical Plaza, Ste B265

**Info:** (310) 267-3135

### UCLA Insulin Connection (IConnect) Support Groups

Join one of our support groups for people with diabetes who use insulin through multiple daily injections or insulin pumps. Become informed, network and get support from your peers in a fun and relaxed atmosphere.

**When/Where:** Thousand Oaks: every other month on the second Thursday

Westwood: starting September, every other month on the second Tuesday

**Info:** (310) 794-1299 or [e-mail diabeteseducation@mednet.ucla.edu](mailto:diabeteseducation@mednet.ucla.edu)

### Lupus LA Adult Support Group

Join our monthly, confidential support group to learn more about lupus and how to live well with it.

**When:** Tuesdays, July 5, August 2 and September 6 / 6:30 – 8 pm

**Where:** Rheumatology-Rehabilitation Ctr Building, 3rd Floor Library, 1000 Veteran Av

**Info:** (310) 657-5667, [kmcmahon@lupusla.org](mailto:kmcmahon@lupusla.org) or [lupusla.org](http://lupusla.org)

### Parkinsonian Disorders Support Group

The Parkinsonian Disorders Support Group meets monthly to provide information, education, resources and support for families dealing with the following disorders: PSP, CBD, MSA and PD. Facilitator: Loretta Mazonra, RN, NP, MN, MA

**When:** First Friday of each month / 2 – 4 pm

**Where:** 300 UCLA Medical Plaza, 3rd Fl, Marisa Leif Conf Rm

**Info:** Dolly West at (310) 206-2154 or [dwest@mednet.ucla.edu](mailto:dwest@mednet.ucla.edu)

## TREMORS

### Tremor: Shake the Shakes Event

UCLA movement disorders specialists will discuss treatment options to cope with tremors, including medicines, surgery (deep-brain stimulation) and noninvasive therapies.

**When:** Saturday, September 17 / 12 – 3 pm

**Where:** Joslyn Adult Center 1301 W Olive Av, Burbank

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

## VOLUNTEER SERVICES

### Volunteer Open House

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

**When:** Friday, August 19 / 10 – 11 am

**Where:** Ronald Reagan UCLA Medical Ctr, Volunteer Office, Ste B791

**RSVP:** Sandra Molina at (310) 267-8182 or [smolina@mednet.ucla.edu](mailto:smolina@mednet.ucla.edu)

## WELLNESS

### Yoga as Medicine

Elizabeth Ko, MD, UCLA internal medicine physician and yoga instructor, will lead an interactive session on posture, mindfulness and meditation as a means to promote health and wellness. This program is cosponsored by the Santa Monica Chamber of Commerce Organization for Women Leaders Committee.

**When:** Wednesday, August 10 / 7 – 8:30 pm

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

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

### Santa Monica Chamber of Commerce Well-Being Festival

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

**When:** Saturday, September 10 / 11 am to 3 pm

**Where:** Santa Monica Civic Auditorium parking lot, 1855 Main St



**RESEARCH AND TRIALS** UCLA conducts research on a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials: [uclahealth.org/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, call (800) 516-5323.

**5+** Memory Training Course

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

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

**Where:** Locations vary

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

**5+** Westside Walkers: Free Mall Walking Program

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

**When:** Tuesdays and Thursdays / 8 – 10 am

**Where:** 10730 W Pico Bl

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

**5+** Fitness U

Join the UCLA Stay Active and Independent for Life fitness and education program led by UCLA physical therapists and designed for healthy seniors.

**When:** Mondays and Thursdays / 10 – 11 am

**Where:** St. Monica's Catholic Church, 725 California Av, Santa Monica

**Info & Enrollment:** (424) 259-7140

**Cost:** \$40 per month for unlimited participation. First-time participants should arrive 30 minutes early for physical therapy screening.

**5+** Understanding Medicare

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

**When:** Thursday, August 4 / 7 – 8:30 pm

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

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

Events in gold are offered near our UCLA community offices.

**5+** Nutritional Issues in Older Adults

Learn about the nutritional needs, goals and disorders specific to older adults and how diet, medications and supplements affect health.

**When:** Tuesday, September 13 / 2 – 3:30 pm

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

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

**5+** Adult Preventive Medicine

Amy S. Wang, MD, UCLA internal medicine physician, will discuss the importance of early detection and intervention of asymptomatic chronic diseases and conditions, such as hypertension, diabetes and high cholesterol. She also will discuss preventive care.

**When:** Tuesday, September 20 / 1 – 2:30 pm

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

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

**5+** Advance Directives

Robert Ashley, MD, UCLA family medicine physician, will discuss end-of-life care, choosing a durable power of attorney for healthcare and how to establish your care preferences.

**When:** Wednesday, September 21 / 1:30 – 3 pm

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

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

**5+** Osteoporosis: Are You at Risk?

Osteoporosis can strike at any age, although the risk for developing the disease increases as you get older. UCLA OB/GYN Jodi Ferro, MD, will guide you through the diagnosis, treatment and prevention of osteoporosis.

**When:** Tuesday, September 27 / 6:30 – 8 pm

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

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

**5+** Tomorrow Comes: Plan for It Today!

A panel of senior-services experts discusses key issues to consider as you or a loved one age. Topics will include estate planning, the advantages of a geriatric-care manager and senior residential options.

**When:** Wednesday, September 28 / 7 – 8:30 pm

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

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

**5+** Senior Scholars

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

**When:** Quarterly / Fall classes begin August 2016

**Where:** Locations vary by UCLA campus

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

**Cost:** \$150 per course

**5+** Brain Boot Camp

Brain Boot Camp is an intensive course that teaches healthy lifestyles and enhances memory for people with age-related memory concerns.

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

**Dates & RSVP:** (310) 794-4055

**Cost:** \$300

**DID YOU MISS A LECTURE YOU WANTED TO ATTEND?**

You can find videos of some of our past lectures and learn about a range of health-related issues, including sleep disorders, urinary incontinence, nutrition and weight loss, and more.

**Info:** [uclahealth.org/programvideos](http://uclahealth.org/programvideos)



**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 information, visit: [uclahealth.org/uclamdchat](http://uclahealth.org/uclamdchat)

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contact Jason Gross, director of gift planning, UCLA Health Sciences Development, at (310) 267-1832 or [jgross@support.ucla.edu](mailto:jgross@support.ucla.edu)

## Vital Signs

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