



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of March 11-17, 2016

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FEATURES

Reverberations of study continue: Nearly half of California adults are pre-diabetic

Interest grows in study on Zika's link to birth defects

Tips on coping with Daylight Saving Time lead to headlines

Media reach out to heart expert

Bile-duct imaging study grabs attention

Impactful: New "Elder Index" fact sheet from UCLA Fielding School of Public Health

Young heart transplant recipient awes doctors with his progress

PrEP as safe as aspirin

Live Science unravels the brain's sighing reflex

Co-author of poverty-screening policy makes a mark

Spreading the word: Hey, kids, break a sweat – change your life

Sleep expert featured on SafeBee

The Conversation exposes dangers of chemicals in plastic

Data mining uncovers undetected diabetes

When you listen to music, you're never alone

Pesticide mixtures may increase health risks but are still unregulated by California

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Reverberations of study continue: Nearly half of California adults are pre-diabetic

A UCLA study reporting that 46 percent of California adults show early signs of diabetes continued to garner media interest. The research, by the UCLA Fielding School of Public Health's UCLA Center for Health Policy Research and the California Center for Public Health Advocacy, was covered by [The Davis Enterprise](#) March 16; [Contra Costa Times](#) and [Bel Marra Health](#) March 15; [California Healthline](#), [Examiner.com](#), [Black Voice News](#), [NewsMax](#), [Endocrinology Advisor](#), [Bioscience Technology](#), [Ventura County Star](#) and [Prensa Latina](#) March 14; [Clinical Advisor](#), [Microcap Magazine](#), [Visalia Times-Delta](#), [RecordNet](#) and [Sky Valley Chronicle](#) March 13; [Marin Independent Journal](#) March 12; [Tech Times](#),

[Morning News USA](#) and [TestCountry.com](#) March 11; and [CBS News](#), [KPCC 89.3FM](#), [San Jose Mercury News](#), [KABC-Channel 7](#), [The Orange County Register](#) and [LA Weekly](#) March 10.

Interest grows in study on Zika's link to birth defects

[Voice of America](#) March 10; and [Science Magazine](#), [Quartz](#), [Everyday Health](#), [Women in the World](#) (a joint venture with the New York Times) and [New Hampshire Voice](#) March 11; [State of the State Ks](#) March 13; [Examiner Gazette](#) March 14, and the [NIH Director's Blog](#) March 15 reported on research presenting strong evidence that the Zika virus can cause a range of abnormalities in pregnant women infected with the virus — with the effects manifesting any time during pregnancy. Some of the abnormalities noted have not been reported in connection with the virus. Study senior author Dr. Karin Nielsen, professor of clinical pediatrics in the division of pediatric infectious diseases at the David Geffen School of Medicine at UCLA, was quoted in some of the coverage.

Tips on coping with Daylight Saving Time lead to headlines

[Today.com](#), [Yahoo! News](#) and [KNX 1070AM](#) March 11; [CTV News](#) (Toronto) March 12; [Malay Mail](#), [CBS Port](#) and [Pop Herald](#) March 13; [Huffington Post](#), [YouDontKnowFootball.com](#), [Senegal-actu](#), [Quadrangle.com](#), [The Comment](#) and [Equilibrio Informativo](#) March 14, and [Junior College](#) March 15 reported on tips by Dr. Alon Avidan on the best ways to cope with losing an hour of sleep during the Daylight Savings Time shift. Avidan is a professor of neurology and the director of the UCLA Sleep Disorders Center.

Media reach out to heart expert

Dr. Gregg Fonarow, the Eliot Corday Chair in Cardiovascular Medicine and Science, director of the Ahmanson–UCLA Cardiomyopathy Center and co-chief of the UCLA Division of Cardiology, was quoted in several outlets concerning issues in cardiology:

- [WebMD](#) March 14 concerning a study finding that twice as many people as previously thought are genetically predisposed to develop dangerously high cholesterol levels. Fonarow noted that without treatment, the condition, called familial hypercholesterolemia, could cause people to have heart attacks or stroke as early as their 40s, but there are effective and existing treatments to prevent them from occurring.
- [Medscape](#) March 15 quoted from a Fonarow editorial about the large numbers of patients with heart failure who did not receive or adhere to medical therapy before receiving an implantable cardioverter-defibrillator (ICD). Failure to do so may have resulted in unnecessary surgeries, he noted.
- [HealthDay News](#) March 16 concerning a study showing that less than half of patients with the heart rhythm disorder called atrial fibrillation are not prescribed recommended blood thinners by their cardiologists. Fonarow noted there is overwhelming evidence for the benefit of blood thinners, and that patients face an excess risk of stroke.
- [HealthDay News](#) March 16 about another study suggesting that keeping your heart fit may help your mind stay sharp as well. He noted that heart health and brain health go together, and older adults should try to increase their level of physical activity to aim for 10,000 steps each day.

Bile-duct imaging study grabs attention

[DotMed](#), [News-Medical.net](#), [MedicalXpress](#), [Examiner.com](#) and [Science Codex](#) reported March 11 on a study by Dr. Ali Zarrinpar about an optimal way to image the bile ducts during gallbladder removal surgeries that makes the procedures safer. Zarrinpar is an assistant professor of surgery in the UCLA Division of Liver and Pancreas Transplantation.

Impactful: New "Elder Index" fact sheet from UCLA Fielding School of Public Health

Research and commentary by Steven P. Wallace, chair and professor of community health sciences at the UCLA Fielding School of Public Health and associate director at the UCLA Center for Health Policy Research, about the health of "hidden poor" elders in California was featured March 11 by [New America Media](#), March 16 by [American Journal of Managed Care](#) and March 17 by [Latin Post](#).

Young heart transplant recipient awes doctors with his progress

[KCBS-Channel 2](#) and [KABC-Channel 7](#) featured March 15 a story on the one year anniversary of a baby who received a successful life-saving heart transplant last year when he was only 3 weeks old. Dr. Juan Alejos, professor of pediatric cardiology and medical director of the pediatric heart transplant program at Mattel Children's Hospital UCLA, was interviewed.

PrEP as safe as aspirin

[HIV Plus Magazine](#) reported March 11 on a study suggesting that oral emtricitabine and tenofovir, two HIV antiviral medications used in combination as pre-exposure prophylaxis, or PrEP, to prevent infection with HIV, are as safe to use as aspirin. The study was conducted and written by Noah Kojima, a second year medical student at the David Geffen School of Medicine at UCLA, and Dr. Jeffrey Klausner, professor of medicine in the division of infectious diseases at the David Geffen School of Medicine at UCLA and of public health at the UCLA Fielding School of Public Health.

Live Science unravels the brain's sighing reflex

A Nature study that pinpointed the origin of the sighing reflex in the brain was covered March 7 by [Live Science](#). Jack Feldman, a professor of neurobiology at the David Geffen School of Medicine at UCLA, co- led the research with a team from Stanford.

Co-author of poverty-screening policy makes a mark

[MedPage Today](#) reported March 9 on a new policy by the American Academy of Pediatrics recommending that pediatricians should screen patients for poverty because it affects many aspects of patient care and outcomes. Dr. Alice Kuo, associate professor of internal medicine and pediatrics at the David Geffen School of Medicine at UCLA and chief of UCLA Medicine-Pediatrics, co-authored the policy and was quoted in the article.

Spreading the word: Hey, kids, break a sweat – change your life

[WFMZ-Channel 69](#) (Philadelphia, Pa.) March 15 and [WLTZ-Channel 38](#) (Columbus, Ga.) March 9 aired a story on a UCLA study that found the UCLA Health Sound Body Sound Mind program helped triple the rate of students passing the state physical fitness test. Sound Body Sound Mind is dedicated to fighting childhood obesity by installing state-of-the-art fitness programs in underserved middle and high schools. The study's author, Dr. Anastasia Loukaitou-Sideris, a professor of urban planning and associate dean in the UCLA Luskin School of Public Affairs, was interviewed. In addition, [KMEX-Channel 34](#) reported March 4 on the grand opening of a UCLA Health Sound Body Sound Mind fitness center at Belvedere Middle School in East Los Angeles.

Sleep expert featured on SafeBee

[SafeBee](#) March 16 featured Dr. Alon Avidan, professor of neurology and the director of the UCLA Sleep Disorders Center, in a story on people who overestimate and underestimate the amount of sleep they're getting.

The Conversation exposes dangers of chemicals in plastic

A March 11 article in [The Conversation](#) highlighted a UCLA study revealing that BPA and BPS, two chemicals widely added to plastic consumer products, lead to premature birth and disrupt the reproductive tract in zebrafish. Nancy Wayne, UCLA associate vice chancellor for research and a professor of physiology at the David Geffen School of Medicine at UCLA, wrote the piece with her Shanghai University coauthors.

Data mining uncovers undetected diabetes

New research into the value large-scale analysis of electronic health records holds for predicting Type 2 diabetes risk by Ariana Anderson, an assistant research professor and statistician at the Semel Institute, and Mark Cohen, a Semel Institute professor in residence, was reported March 15 by [MD Magazine](#).

When you listen to music, you're never alone

Research by Istvan Molnar-Szakacs, research neuroscientist at the Semel Institute and coordinator of the Tennenbaum Center for the Biology of Creativity, into the value of music for staving off loneliness was highlighted March 10 in a [Nautilus](#) article about the social impact of listening to music with headphones.

Pesticide mixtures may increase health risks but are still unregulated by California

A February 2016 report released by the Sustainable Technology and Policy Program, based in the UCLA Fielding School of Public Health and UCLA School of Law, highlighting the failure of regulatory agencies to consider additional health effects of pesticides when they are combined, was covered March 13 by [Consortium News](#).

NOTABLE BRIEFS

UCLA Health’s educational forum about organ donation was publicized March 11 in the Santa Monica Daily Press.

NOTABLE QUOTABLES

Dr. Deanna Attai, UCLA breast surgeon based in Burbank and assistant clinical professor of surgery, was quoted March 14 in a [KABC-Channel 7](#) segment on breast-skin dimpling, an unusual sign of breast cancer.

Dr. Timothy Fong, an associate professor of psychiatry at the Semel Institute and co-director of the Gambling Studies Program, described the brain chemistry experienced by sports fans betting on a near-miss by their favorite team March 15 in [ESPN](#) coverage on so-called bad beat losses,

Gerald Kominski, professor of health policy and management at the UCLA Fielding School of Public Health and director of the school’s UCLA Center for Health Policy Research, was quoted March 12 in a [Houston Chronicle](#) story about a lawsuit filed by a Texas hospital that alleges a group of insurers have put the hospital in financial jeopardy by omitting them from the insurers’ PPO networks.

Catherine Mogil, assistant clinical professor at the Semel Institute and director of training and intervention development for the Nathanson Family Resilience Center, commented March 10 in a [Slate](#) article about the rise of anxiety disorders among children.

Dr. Karin Nielsen, professor of clinical pediatrics in the division of pediatric infectious diseases at the David Geffen School of Medicine at UCLA, was quoted March 15 in a [STAT](#) article about a study suggesting that women in French Polynesia infected with Zika during the first trimester of their pregnancies face a 1 in 100 chance of delivering a child with an abnormally small head, a condition known as microcephaly.

Dr. Aldo Palmieri, chair of the department of obstetrics and gynecology at UCLA Medical Center, Santa Monica and clinical professor, was quoted March 16 in an [EverydayHealth.com](#) article on ways to relieve menstrual cramps.

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