



**UCLA HEALTH SCIENCES MEDIA REPORT**  
**For the week of April 1-7, 2016**

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**Daily fantasy sports: Like a casino in your browser**

**Expert prescribes a healthier lifestyle as good medicine for the brain**

**How to accurately diagnose, treat conversion disorder in youth**

**Sleep expert talks to HealthDay**

**Perspectives on different governmental approaches to health insurance**

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**Longer maternity leave linked to better infant health**

A new study released by the UCLA Fielding School of Public Health and McGill University found that paid maternity leave policies in low- and middle-income countries could help prevent infant deaths. Coverage of the finding was featured April 6 in [WBUR 90.9FM](#) (Boston); April 1 in [The Daily Mail](#) (U.K.), [The Economic Times](#), [Can-India.com](#), [The Health Site](#), [The Siset Daily](#), [OneIndia](#), [Business Standard](#), [Big News Network](#), [Bustle.com](#) and [New Kerala](#); March 31 in [Gephardt Daily](#); and March 30 in [Montreal Gazette](#) and [UPI](#).

### **Los Angeles tenants may favor smoke-free apartments despite their unavailability**

Two new studies published by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health indicated that 80 percent of residents who live in Los Angeles apartment buildings would prefer their buildings to have smoke-free policies, despite the absence of these protections. Reports were carried April 7 by [California Healthline](#) and [Health Canal](#), and April 6 by [KPCC 89.3FM](#), [Los Angeles Daily News](#), [The Daily Breeze](#), [La Opinión](#) and [CBS Los Angeles](#).

### **The Atlantic reports on Zika's links to abnormal pregnancies**

[The Atlantic](#) reported April 5 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. [The New York Times](#) also cited the research April 1. Dr. Karin Nielsen, professor of clinical pediatrics in the division of pediatric infectious diseases at the David Geffen School of Medicine at UCLA, was the study's senior author.

### **Levels of a hormone predict bone loss during menopause transition**

[MedPage Today](#) reported April 5, and [Healio: Endocrine Today](#), [Endocrinology Advisor](#), [Science Codex](#), [MedicalXpress](#) and [Science Daily](#) reported April 1, on research by Dr. Arun Karlamangla, professor in residence of medicine in the division of geriatrics, finding that levels of a specific hormone strongly predicted the rate of women's bone loss during the menopause transition and may help identify which women can be expected to lose bone at a faster than average rate.

### **Surgery cuts fracture risk in primary hyperparathyroidism**

Dr. Michael Yeh, associate professor of surgery and medicine, and chief of endocrine surgery at the David Geffen School of Medicine at UCLA, was featured in several outlets regarding his research showing that in treating hyperparathyroidism (one cause of osteoporosis), a simple surgical procedure significantly reduces fracture risk over time. The study compared surgery to treatment with any of the commonly prescribed drugs called bisphosphonates, and found the drugs actually increase the risk in the same patients. The news was featured April 7 in [Medscape](#); April 6 in Healthday's [Physician Briefing](#), [Doctor's Lounge](#), and [Surgical Products](#) magazine; and April 5 in [UPI](#), [Endocrinology Advisor](#), [News-Medical.net](#), and [Breitbart.com](#).

### **Exome sequencing study highlighted**

[MedicalXpress](#), [Examiner.com](#), [Science Codex](#), [HealthCanal](#), [News-Medical.net](#), [Med India](#) and [Science Daily](#) reported April 6 on a study that found a state-of-the-art molecular genetic test greatly improves the speed and accuracy with which they can diagnose neurogenetic disorders. The study was led by Dr. Brent Fogel, director of the UCLA Neurogenetics Clinic and an associate professor of neurology and human genetics.

### **Running to beat schizophrenia**

Research into the value of exercise and cognitive training in treating schizophrenia by Keith Nuechterlein, a professor of psychiatry and director of the UCLA Aftercare Research Program, and other program members was reported April 7 by [California Health Line](#), [Science World Report](#) and [PsychCentral](#).

### **Research on health insurance access garners media interest**

Research conducted by the UCLA Center for Health Policy Research in the UCLA Fielding School of Public Health about barriers to health insurance was covered in news outlets including Lake County News April 4, [Health Canal](#) April 1 and [New American Media](#) March 31. The research was also cited April 4 by [Pulse Headlines](#) in a story on access to information about insurance affordability across different demographics of parents, March 31 in an [Inland Empire Community News](#) article about the health conditions of LGBTQ detainees, and March 30 in a [Tech Times](#) article about drug loans to cover expensive prescription drugs.

### **Beverly Hills Courier spotlights donation to UCLA Stroke Rescue Program**

The [Beverly Hills Courier](#) spotlighted April 1 a major donation from philanthropists Arline and Henry Gluck to UCLA Health to implement a groundbreaking mobile stroke program. Their gift will allow the health

system to buy, equip, and staff the first of a fleet of UCLA Arline and Henry Gluck Stroke Rescue mobile stroke units to improve acute stroke care in West L.A. In addition, the donation will establish the UCLA Arline and Henry Gluck Stroke Rescue Program in the Department of Neurology at the UCLA's David Geffen School of Medicine. Dr. John Mazziotta, vice chancellor of UCLA Health Sciences and CEO of UCLA Health, and Dr. Jeffrey Saver, director of the UCLA Stroke Center, were quoted.

### **Santa Monica physician educates BuzzFeed viewers**

Buzzfeed's The Try Guys ([here](#) and [here](#)) interviewed Dr. Keith Heinzerling, internist at the UCLA Family Health Clinic in Santa Monica, and medical director of the UCLA Center for Behavioral and Addiction Medicine, for a segment on alcohol consumption and hangovers. Video and story posted March 16 on BuzzFeed. Between youtube.com and Facebook, the video has been viewed 5.4 million times.

### **Testing toxicity in Porter Ranch**

Two UCLA Fielding School of Public Health faculty members—Michael Jerrett, professor and chairman of the department of environmental health sciences, and Dr. David Eisenman, associate professor in residence in the department of community health sciences—were featured April 4 in a [New York Times Magazine](#) article about the natural gas leak in Porter Ranch, California and potential health threats to residents. Eisenman is also an associate professor of medicine in the division of general internal medicine and health services research at the David Geffen School of Medicine at UCLA.

### **Eye specialist warns readers to not take floaters and flashes lightly**

The Outlook newspapers covering the San Gabriel Valley published March 24 a guest column from Dr. Gad Heilweil, ophthalmologist with Doheny Eye Center UCLA, about floaters and flashes and when to get evaluated for their presence.

### **Daily fantasy sports: Like a casino in your browser**

An op-ed about betting on fantasy sports teams by Dr. Timothy Fong, an associate professor of psychiatry at the Semel Institute and co-director of the Gambling Studies Program, appeared April 4 on [Zocalo Public Square](#) and the [Houston Chronicle](#).

### **Expert prescribes a healthier lifestyle as good medicine for the brain**

Dr. Gary Small, Parlow-Solomon Professor on Aging and director of the UCLA Longevity Center at the Semel Institute, provided tips for preserving memory during the aging process in a new, undated article on [AARP's](#) website.

### **How to accurately diagnose, treat conversion disorder in youth**

Dr. Rochelle Caplan, professor emeritus of psychiatry in the Semel Institute, described April 6 the different manifestations of conversion disorder in youth in a [Healio](#) video shot at the annual meeting of the Anxiety and Depression Association of America.

### **Sleep expert talks to HealthDay**

Dr. Alon Avidan was a featured expert April 7 in a [HealthDay](#) story about a study that found sleep deprived teens are at higher risk for accidents. Avidan is a professor of neurology and the director of the UCLA Sleep Disorders Center.

### **Perspectives on different governmental approaches to health insurance**

Commentary from Nadereh Pourat, adjunct professor of health policy and management at the UCLA Fielding School of Public Health and research director at the UCLA Center for Health Policy Research in the Fielding School, was featured April 6 in a [Zócalo Public Square](#) article about the complexities of obtaining and understanding health insurance.

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## **NOTABLE BRIEFS**

Ronald Reagan UCLA Medical Center was mentioned April 6 in a [New York Post](#) article about government missteps that contributed toward the deaths of patients infected with a deadly superbug after being treated with faulty duodenoscopes.

A UCLA study linking bisphenol S, or BPS, a common replacement for the chemical BPA in plastics, to accelerated embryonic development, premature birth and disturbance of the reproductive tract in animals, was cited April 4 in an [Atlanta Journal-Constitution](#) story about how to limit exposure to both chemicals. Nancy Wayne, associate vice chancellor of research and a professor of physiology at the David Geffen School of Medicine at UCLA, led the study.

The Friends of the Semel Institute's forthcoming April 12 fundraiser "Food and Friends at Vibiana" was promoted April 3 by the [Pasadena Star-News](#).

Research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited April 2 in a [San Francisco Chronicle](#) article about the increasing number of California residents who currently have or will develop diabetes.

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## NOTABLE QUOTABLES

Dr. Jennifer Beck, assistant clinical professor, orthopaedic surgery, and associate director of the Orthopaedic Institute for Children's Center for Sports Medicine in Santa Monica and downtown Los Angeles, was interviewed March 31 in a [KABC-Channel 7](#) segment on overuse injuries in baseball players.

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, commented April 5 on a study in [HealthDay](#) suggesting that older adults who develop atrial fibrillation may be more prone to walking problems. Fonarow stressed the importance of identifying effective strategies to prevent and treat the disease. Separately, Fonarow commented April 6 in [HealthDay](#) on a study from China suggesting that eating fresh fruit regularly may help prevent heart attacks and strokes. Fonarow agreed that diets high in fruit are associated with a lower risk of heart disease, but said more research is needed.

Dana Hunnes, a senior dietitian and professor at the UCLA Fielding School of Public Health, commented April 1 in a [Financial Prospect](#) article about the potential health benefits of eating spicy food more slowly.

Elizabeth Laugeson, an assistant clinical professor of psychiatry at the Semel Institute and director of the UCLA PEERS Clinic, commented April 6 in a [Buzzfeed](#) video about the art and science of making friends

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