



UCLA HEALTH SCIENCES MEDIA REPORT
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Training doctors to manage their feelings

Yoga and dementia study draws international headlines

No evidence linking morning sickness drug and birth defects

Eliminating HIV is possible; UCLA, Danish researchers explain how

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Fielding School research reveals funding change for AIDS relief

Levels of hormone predict bone loss during menopause transition

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Tips to prevent high blood pressure

Hospital sewing circle relieves stress

UCLA team leads effort to repair damaged cells linked to genetic disorders

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Training doctors to manage their feelings

The [Wall Street Journal](#) featured May 9 an article on a resiliency training program to help pediatric residents at Mattel Children's Hospital UCLA learn how to cope with their work-related stress and trauma exposure and prevent physician burnout. The program was adapted from a resilience-training program known as FOCUS, an acronym for Families Overcoming Under Stress, used widely by the U.S. Defense Department to help support service members being deployed to war zones, as well as their family members. Dr. Patricia Lester, a professor of psychiatry and director of the Semel Institute's UCLA Nathanson Family Resilience Center who developed FOCUS, was quoted. In addition, Dr. Jessica Lloyd, assistant clinical professor of pediatrics at UCLA's children's hospital and Dr. Brenda Bursch, a professor of psychiatry and pediatrics at the David Geffen School of Medicine at UCLA, who together developed the resident training program were quoted, as well as Dr. Arija Iverson, a third-year pediatrics resident and Dr. Colin Parker, a first-year pediatrics resident. The story was cited May 10 in the Wall Street Journal's [The 10-Point](#) blog and May 11 in [Fox News](#) and [Becker's Spine Review](#).

Yoga and dementia study draws international headlines

[Asian News International](#), [The Australian](#), [The Sun](#) (U.K.), [WebMD](#), KCBS-Channel 2, KABC-Channel 7, [Huffington Post](#), [HealthDay News](#), [Daily Mail](#) (U.K.), [Health.com](#), [LiveScience](#), [New Zealand Herald](#), [Times of India](#) and dozens of media outlets worldwide reported May 11, and [The New York Post](#) and

[Daily Times](#) (Pakistan) reported May 12, on a study that found yoga can help with the cognitive decline that precedes Alzheimer's disease. The study was led by Helen Lavretsky, a professor in residence in the UCLA Department of Psychiatry.

KCBS <http://tinyurl.com/znfaaxn>

KABC <http://tinyurl.com/ja2w8hb>

No evidence linking morning sickness drug and birth defects

[KCBS-Channel 2](#), [KCAL-Channel](#), [United Press International](#), [U.S. News & World Report](#), [KPIX-TV](#) (San Francisco), [Science Daily](#), [MedicalXpress](#), [Med India](#), [News-Medical.net](#) and [Science Codex](#) reported May 9, and [Medical News Today](#) reported May 10, on a study by Marlena Fejzo that found no evidence that the anti-nausea drug Zofran caused birth defects. Fejzo is an associate researcher in the David Geffen School of Medicine at UCLA.

KPIX <http://tinyurl.com/jcn988k>

Eliminating HIV is possible; UCLA, Danish researchers explain how

[The Daily Mail](#), [Copenhagen Post](#), [Science Daily](#), [LA Weekly](#), and [Infection Control Today](#) reported May 10, and [The Telegram](#) and [Nature World News](#) reported May 11, on new research that the HIV epidemic has been brought to the brink of elimination by the "treatment-as-prevention strategy" advocated by the World Health Organization and the Joint United Nations Programme on HIV/AIDS. Sally Blower, director of the Center for Biomedical Modeling at UCLA, professor in residence at the UCLA Semel Institute for Neuroscience & Human Behavior and the study's senior author; Justin Okano, a statistician and the lead author, and Laurence Pal, postdoctoral fellow and co-author, were quoted.

Mexican government recognizes health researcher's contributions

[Noticias MVS](#), [Reforma](#), and [Terra](#) May 5, and [Univision](#), [La Opinión](#), [Quadratin](#), [La Voz](#), [Americano Victor](#), [Televisa](#), [Radio Fórmula](#), and [Clarín Veracruzano](#) May 6; and [La Radio del Domingo](#) May 7 reported that David Hayes-Bautista, Distinguished Professor of Medicine at the David Geffen School of Medicine at UCLA and director of the Center for the Study of Latino Health and Culture, was honored with the prestigious Ohtli Award during a celebration of the 154th anniversary of the Battle of Puebla, also known as Cinco de Mayo. The event was held at the Consulate General of Mexico in Los Angeles. The award recognizes Mexican, Mexican-American or Latino leaders whose efforts have contributed significantly to the wellbeing, prosperity and empowerment of Mexican communities abroad.

Should L.A. ban smoking in apartment buildings?

The [Los Angeles Times](#) published May 9 an op-ed by Dr. Michael Ong, associate professor in residence of medicine in the division of general internal medicine and health services research, suggesting that the city of Los Angeles ban smoking in apartment buildings, in the same way that other municipalities across the state have done so.

Fielding School research reveals funding change for AIDS relief

Research conducted by Corrina Moucheraud, assistant professor of health policy and management at the UCLA Fielding School of Public Health, assessing a decline in federal funding for PEPFAR, President's Emergency Plan for AIDS Relief, was featured May 9 by [Healio: Infectious Disease News](#).

Levels of a hormone predict bone loss during menopause transition

[United Press International](#), [Health Canal](#) and [AllMediaNY](#) reported May 11 on research led 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.

KCAL profiles mother who raises money for cancer research

[KCAL-Channel 9](#) May 11 featured Paulinda Babbini, who lost her daughter to ovarian cancer at age 20. Babbini has been raising money to fund the research of Dr. Sanaz Memarzadeh, an associate professor of obstetrics and gynecology and director of the G.O. Discovery Lab.

KCAL <http://tinyurl.com/htqpbcb>

Tips to prevent high blood pressure

[La Opinion](#) featured May 9 an article authored by Dr. Martin Cadeiras, an assistant clinical professor of medicine in the division of cardiology at Ronald Reagan UCLA Medical Center, which described ways in which people can prevent high blood pressure, a “silent” condition that affects one in three people.

Hospital sewing circle relieves stress

[KCAL-Channel 9](#) featured May 6 a story on a weekly sewing circle organized by the Chase Child Life department at Mattel Children’s Hospital UCLA. UCLA Health volunteer Shannon Allbright teaches the sewing class in an effort to provide parents of pediatric patients an opportunity to take a break and relieve stress. Allbright was interviewed.

UCLA team leads effort to repair damaged cells linked to genetic disorders

[Photonics Online](#) and [Health Canal](#) reported May 10 on a new methodology developed by UCLA researchers to study mitochondrial diseases that can affect the brain, heart and muscles. The new approach uses sophisticated technology to create holes in the cell membrane to deliver healthy mitochondrial DNA to damaged or mutated cells. Dr. Michael Teitell, co-lead author of the study and director of basic and translational research at the UCLA Jonsson Comprehensive Cancer, was quoted.

NOTABLE BRIEFS

[Malibu Times](#) reported May 9 that UCLA Medical Center, Santa Monica was offering a free community talk on stroke, blood-pressure checks and risk assessments as part of “National Stroke Awareness Month.”

NOTABLE QUOTABLES

Dr. Christopher Crisera, associate clinical professor of plastic and reconstructive surgery and co-director of UCLA Operation Mend, was quoted May 9 in an [ESPN.com](#) feature story on Israel Del Toro, a severely burned Air Force veteran who was competing in the Invictus Games, a sporting event for wounded service members. Del Toro is a patient of Operation Mend, which provides free reconstructive surgeries and medical services to wounded warriors.

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 May 6 in a [HealthDay](#) article on a study that found select patients with atrial fibrillation might be able to take medications only on an as-needed basis by diligently monitoring their pulse and tracking their heartbeat via a smartphone EKG. Fonarow commented that larger studies with longer follow up are needed before this strategy should be implemented. Fonarow also commented May 6 in a separate [HealthDay](#) story on research which found that people with heart failure and atrial fibrillation were more likely to be hospitalized during winter months compared with summer months. Fonarow noted that blood pressure is higher in the winter and respiratory infections are more common—factors which could raise the risk of hospitalization.

Dr. Karin Nielsen, professor of clinical pediatrics in the division of pediatric infectious diseases at the David Geffen School of Medicine at UCLA and Mattel Children’s Hospital UCLA, was quoted May 11 in an article in [The Scientist](#) about trio of mouse studies offering further evidence that the Zika virus causes birth defects such as microcephaly.

Dr. Gary Rachelefsky, a professor of pediatric allergy and immunology at Mattel Children's Hospital UCLA, commented in the May issue of [Infectious Diseases in Children](#) in an article about asthma care in schools.

Dr. Kirsten Tillisch, associate professor of medicine in the division of digestive diseases, was quoted May 12 in [Self.com](#) about the natural microbes in our gut and how they may play a role in such diseases and conditions as obesity, cancer, anxiety, and depression.

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