



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of May 13-19, 2016

Note: Website links may expire without notice. Some sites require password registration. If you cannot access a story or would like to obtain a copy, please call 310.794.0777.

Pioneering geneticist profiled by Nature

Testing toxicity in Porter Ranch

Yoga and dementia study draws television coverage

Training doctors to manage their feelings

Rewiring your brain via neurofeedback

Making L.A. more age-friendly

To operate or not to operate: an important question with no clear answers

Morning sickness study receives additional coverage

Washington Post publishes op-ed by Fielding School dean

The Hollywood Reporter publishes opinion piece by Fielding's Neal Baer

Eye scientist awarded prestigious prize

Stress, depression may encourage HPV to linger

Parents need hospital playtime too

Santa Monica stroke expert explains sudden warning signs for brain attack

Santa Monica geriatrician's column helps readers sniff out relief from seasonal allergies

Buzzfeed features sleep expert

Los Angeles Times reports on state inspection of UCLA infection control

Fielding School research reveals inadequate mental health care for most California veterans

New Fielding School inductee named 2016 Leader of Today Honoree

UCLA trauma authority recognized for "love and dedication" to Newtown public schools

New app helps parents provide emotional support in the wake of natural disasters

Celebrate Cinco de Mayo but not through excessive alcohol consumption

Leading homeless veterans back into mainstream of life

On regulating gambling and getting help for gambling addiction

PEERS teaches social skills to young people with autism

Running to beat schizophrenia

Boosting your Brain Power

Motivating change through interview techniques

**

Pioneering geneticist profiled by Nature

[Nature](#) published May 10 an in-depth profile of Dr. Eric Vilain, a professor of human genetics, pediatrics and urology at the David Geffen School of Medicine at UCLA, examining his career studying sexual ambiguity and his research on disorders of sexual development, which occur in 1 to 2 percent of all live births. Vilain was quoted.

Testing toxicity in Porter Ranch

Michael Jerrett, professor and chairman of the department of environmental health sciences at the UCLA Fielding School of Public Health, commented or was cited extensively across news media for his work testing the level of toxic chemicals in Porter Ranch homes that could pose a health threat to residents. Coverage included May 12 stories by [KPCC 89.3FM](#), [Los Angeles Daily News](#) and [KCBS-Channel 2](#), and May 13 by the [Associated Press](#), [KABC-Channel 7](#), [My News LA.com](#) and [KNBC-Channel 4](#). The AP story was carried by ABCNews.com, the website of KCBS, The Denver Post, Las Vegas Sun, Boston Herald, Milwaukee Journal Sentinel, Times Record News, Danbury News Times and the Ventura County Star.

Yoga and dementia study draws television coverage

More than two dozen CBS affiliates carried a CBS Newspath report on a UCLA study that found yoga can help with the cognitive decline that precedes Alzheimer's disease. The study was led by Dr. Helen Lavretsky, a professor in residence in the UCLA Department of Psychiatry and a researcher at the Semel Institute. The report ran May 14 on WNCT-TV (Greenville, N.C.) and WLNS-TV (Lansing, Mich.); May 15 on WPEC-TV (West Palm Beach, Fla.), WISC-TV (Madison, Wis.) and WCCO-TV (Minneapolis-St. Paul, Minn.); and May 16 on KPHO-TV (Phoenix, Ariz.) and KSLA-TV (Shreveport, La.).

Training doctors to manage their feelings

WWSB-TV (Tampa Bay, Fla.) and other ABC affiliates featured May 16 a report 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, developed FOCUS. 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, developed the resident training program.

Rewiring your brain via neurofeedback

[Newsweek](#) published May 9 a story about a company's efforts to develop a neurofeedback device under the guidance of Barry Sterman, a professor emeritus of neurobiology at the David Geffen School of Medicine at UCLA. The tool is being evaluated for treating migraine headaches, insomnia, ADHD, depression, anxiety, irregular heartbeat and traumatic brain injuries.

Making L.A. more age-friendly

[My News LA.com](#) and [Los Angeles Patch](#) on May 18, and [City News Service](#) and [Next Avenue](#) on May 19 reported on Purposeful Aging Los Angeles, a three-year plan between the city and county incorporating civic participation and employment, community support and health services and transportation to make Los Angeles more accessible to the elderly. The UCLA Los Angeles Community Academic Partnership for Research in Aging, which is led by Dr. Catherine Sarkisian, professor in residence of medicine in the division of geriatrics, is an integral part of the initiative.

To operate or not to operate: a serious question with no clear answers

[Vox](#) reported May 19 on research led by Dr. Greg Sacks, a general surgery resident at UCLA and a Robert Wood Johnson/Veterans Affairs Clinical Scholar that found wide variances in surgeons' decision to operate or recommend an alternative treatment option, suggesting that it depends as much on how surgeons perceive the world as it does on the patient's diagnosis.

Morning sickness study receives additional coverage

[Forbes](#) on May 15 and New England Cable News on May 18 reported 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.

NECN: <http://tinyurl.com/jka972w>

Washington Post publishes op-ed by Fielding School dean

[The Washington Post](#) published May 13 an op-ed by Jody Heymann, dean of the UCLA Fielding School of Public Health, Aleta Sprague of the Fielding School's WORLD Policy Analysis Center, on whether countries can stay competitive while providing paid leave.

The Hollywood Reporter publishes opinion piece by Fielding's Neal Baer

Dr. Neal Baer, adjunct professor of community health sciences at the UCLA Fielding School of Public Health and co-director of FSPH's Global Media Center for Social Impact, wrote a May 4 [Hollywood Reporter](#) commentary about opiate abuse and the opportunity to stimulate public discourse through related television narratives.

Eye scientist awarded prestigious prize

[Vision Monday](#) on May 6 and Seattle's [ABC-TV](#) affiliate on May 3 reported that UCLA scientist Dean Bok was awarded the 2016 Helen Keller Prize for Vision Research to honor his more than four decades of discoveries in retinal cell biology. Bok is the Dolly Green Professor of Ophthalmology at the Stein Eye Institute, a professor of neurobiology at the David Geffen School of Medicine at UCLA and a member of the Brain Research Institute.

Stress, depression may encourage HPV to linger

[Daily Rx News](#) reported May 12 on the first study to suggest that stress and depression play a significant role in whether a woman with human papillomavirus (HPV) can get rid of her infection or not. HPV that lingers in a woman's system eventually can lead to cervical cancer. The study's principal investigator, Dr. Anna-Barbara Moscicki, a professor of pediatrics and chief of adolescent and young adult medicine at Mattel Children's Hospital UCLA, was quoted.

Parents need hospital playtime too

[NewsMedical.net](#) and [HealthMedicinet](#) featured May 18 an article on how the child life team at Mattel Children's Hospital UCLA is helping parents of hospitalized children relieve stress by offering activities such as sewing circles, Zumba classes and free haircuts and manicures. Kellye Carroll, director of the Chase Child Life program, and Denise Matsuyama Lai, a UCLA child life specialist and coordinator of the family resource room, were quoted.

Santa Monica stroke expert explains sudden warning signs for brain attack

Dr. Doojin Kim, staff neurologist at UCLA Medical Center, Santa Monica, was quoted by [WebMD](#) and [HealthDay News](#) on May 13 and [Bel Marra Health](#) on May 15 on the five warning signs for recognizing

stroke, what to do and how to prevent it. His advice also appeared on several media websites that carry HealthDay content.

Santa Monica geriatrician's column helps readers sniff out relief from seasonal allergies

Dr. Hong-Phuc Tran, geriatrician at UCLA Medical Center, Santa Monica and assistant clinical professor, authored a May 13 Santa Monica Mirror column about finding relief from seasonal allergies.

Buzzfeed features sleep expert

Dr. Alon Avidan, director of the UCLA Sleep Disorders Center, was featured in a [Buzzfeed](#) mini-documentary on polyphasic sleep, the practice of sleeping multiple times in a 24-hour period.

Los Angeles Times reports on state inspection of UCLA infection control

[The Los Angeles Times](#) reported May 15 that inspectors found infection-control safety lapses at Ronald Reagan UCLA Medical Center and Cedars-Sinai Medical Center following CRE outbreaks in 2015. Both hospitals immediately made adjustments and passed follow-up inspections. [The Associated Press](#), [Chicago Tribune](#), KNX 1070AM, KFI 640AM and KTLA-Channel 5 repeated the story May 16.

Fielding School research reveals inadequate mental health care for most California veterans

New research from the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was featured May 9 in a [California Healthline](#) article about how 76 percent of California's veterans who are in need of mental health care receive inadequate treatment or none at all.

New Fielding School inductee named 2016 Leader of Today Honoree

Coverage about UCLA Fielding School of Public Health alumni Paul S. Viviano being named 2016 Leader of Today Honoree by the Fielding School's Health Policy and Management Alumni Association was featured May 11 by [Drugs News](#).

UCLA trauma authority recognized for "love and dedication" to Newtown public schools

Recognition for services delivered to the Newtown, Conn. community since 2012 by Melissa Brymer, director of terrorism and disaster programs at the UCLA-Duke National Center for Child Traumatic Stress, was reported May 13 by the [Newtown Bee](#). Brymer set up a recovery program there in the wake of the Sandy Hook tragedy.

New app helps parents provide emotional support in the wake of natural disasters

The launch of Help Kids Cope, an Apple-based app that the UCLA-Duke National Center for Child Traumatic Stress developed with a Missouri mental health provider, was covered May 17 by [The Joplin Globe](#) and [KOAM-TV](#) (Joplin, Mo.) as well as five other Joplin-area television news stations through May 18. Melissa Brymer, who helped develop the app as director of terrorism and disaster programs at the UCLA-Duke National Center for Child Traumatic Stress, was quoted.

Celebrate Cinco de Mayo but not with excessive alcohol consumption

Suzette Glasner-Edwards, an adjunct associate professor of psychiatry in the Semel Institute and clinical psychologist with Integrated Substance Abuse Programs, enumerated risks connected with overindulging in alcohol in Cinco de Mayo-themed articles that appeared May 4 in the New York Spanish-language newspaper [El Diario](#) and the Los Angeles Spanish-language newspaper [La Opinión](#).

Leading homeless veterans back into mainstream of life

[Phys.org](#) reported May 4 on ongoing UCLA-GLAVA research into obstacles to community integration faced by military veterans with a history of homelessness. Michael Green, a professor of psychiatry and researcher at the Semel Institute who is leading the effort, was quoted.

On regulating gambling and getting help for gambling addiction

Dr. Timothy Fong, an associate professor of psychiatry at the Semel Institute and co-director of the Gambling Studies Program, addressed a wide range of issues surrounding gambling, its regulation and treatment for gambling addiction in an interview that appeared April 26 in the [Wallethub](#).

PEERS teaches social skills to young people with autism

Elizabeth Laugeson, an assistant clinical professor of psychiatry at the UCLA Semel Institute and director of the UCLA PEERS Clinic, discussed May 4 on Sirius's Doctor Radio the benefits of PEERS and obstacles to success faced by young people with autism. It was also the subject of a piece that aired April 27 on KXTV (Sacramento). Laugeson was quoted.

Running to beat schizophrenia

Research into the value of exercise and cognitive training in treating schizophrenia by Keith Nuechterlein, a professor of psychiatry at UCLA and director of the UCLA Aftercare Research Program, and other program members was reported March 3 by the German media outlet [Frankfurter Allgemeine Wissen](#).

Boosting your brain power

Dr. Gary Small, Parlow-Solomon Professor on Aging and director of the UCLA Longevity Center, discussed May 12 strategies for improving memory on the Hallmark Channel's [Home & Family](#). In addition, he was interviewed April 30 on Radio New Zealand about theories connecting Alzheimer's disease and insulin resistance and inflammation.

Motivating change through interview techniques

A training session in motivational interview techniques conducted by Andrew Kurtz, a clinical specialist with the Semel Institute, was covered May 11 by The [Siskiyou Daily News](#). The technique was designed to help effect behavior change in individuals who have mental health or substance abuse disorders or who have chronic health conditions.

NOTABLE BRIEFS

[Santa Monica Mirror](#) reported May 15 that Dr. Wally Ghurabi, medical director of the Nethercutt Emergency Center at UCLA Medical Center, Santa Monica, will be honored by the WISE and Healthy Aging organization at its May 21 fundraiser.

Research conducted by the UCLA Fielding School of Public Health was cited May 15 in an [Examiner.com](#) article about higher homicide and incarceration rates in the U.S. compared with other countries.

Research by Jack Needleman, chair and professor of health policy and management at the UCLA Fielding School of Public Health, was cited May 10 in a [Slate Magazine](#) article about the quality of workplace environment for nurses.

NOTABLE QUOTABLES

Shana Alex Charles, faculty associate at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, commented May 10 in articles published by [Governing.com](#) and [InsuranceNews.net](#) about lower health premiums in California compared with other states.

Steven Cole, a professor of medicine and a member of the Cousins Center for Psychoneuroimmunology, was quoted May 10 in a [Quanta](#) magazine article about new evidence for brain mechanisms that appear to have evolved to prevent loneliness.

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 in a HealthDay article published May 13 by [United Press International](#) and May 16 on [CBS News](#) online about a new study which found drinking alcohol could alter heart function in people with high blood

pressure. Fonarow commented that the findings reinforce current guidelines that individuals with high blood pressure should limit their alcohol consumption.

Dr. Charles Grob, professor of psychiatry and pediatrics at the David Geffen School of Medicine at UCLA and Harbor-UCLA Medical Center, commented May 17 in a [STAT](#) article on new research that suggests psilocybin should be investigated as a potential treatment for depression.

Dr. Richard Jackson, professor of environmental health sciences at the UCLA Fielding School of Public Health, commented May 14 in a [San Diego Union-Tribune](#) article about the effect of human-made surroundings—buildings, parks, green space and related infrastructure—and their effect on public health.

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, commented May 17 in a [Kaiser Health News](#) story on how the fight against Zika in the United States might be funded. He was also quoted May 19 in an article in [The Verge](#) about how the media fell for an anti-Zika condom stunt.

Dr. Anna-Barbara Moscicki, chief of adolescent and young adult medicine and professor of pediatrics at Mattel Children's Hospital UCLA, commented May 17 in an [Albany Daily Star](#) article on how to talk with teens about sex.

Katherine Narr, an associate professor of neurology, commented May 13 in a [Reuters Health](#) story on using electroconvulsive therapy to treat depression.

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 17 in an [NPR](#) report about who should be worried about Zika and what they should do as mosquito season arrives in parts of the United States.

Dr. Zev Wainberg, co-director of the gastrointestinal oncology program and member of UCLA's Jonsson Comprehensive Cancer Center, was quoted in May 19 in [The Mercury News](#) about a study which found that advanced colon cancer patients live at least one year longer if their tumors started to grow on the left side of the colon instead of on the right side.

Amy Waterman, associate professor of medicine in the division of nephrology, was quoted May 17 in a [New York Times](#) article about new ways to find organ donors. The article also noted her national research disseminating the Explore Transplant patient education program to thousands of dialysis centers to reduce disparities in access to transplant and increase informed patient and living donor decision-making.

=====

UCLA's Health Sciences Media Relations office e-publishes this report weekly. For more information, please call Amy Albin, senior media relations officer, or Enrique Rivero, senior media relations officer, at 310-794-0777. Our office also offers publicity for new research, medical breakthroughs, clinical trial recruitment, inspirational patient stories and more. To identify the appropriate public information officer for your department, visit <https://www.uclahealth.org/Newsroom/Pages/Media-Relations-Directory.aspx>.