



**UCLA HEALTH SCIENCES MEDIA REPORT**  
**For the week of May 27-June 2, 2016**

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**Huffington Post publishes two op-eds by Fielding School dietician**

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**Yoga may be good for the brain**

[The New York Times](#) reported June 1 on a study that found yoga can help with the cognitive decline that precedes Alzheimer's disease. Dr. Helen Lavretsky, a professor in residence in the UCLA Department of Psychiatry and a researcher at the Semel Institute who conducted the study, was quoted throughout.

**Nature delves into gut microbiome and the mind-body connection**

The involvement of intestinal bacteria in gut-brain communication and its potential impact and linkage to irritable bowel syndrome, depression, sleep disorders, pain and a variety of other health concerns was explored May 19 in *Nature*. The article highlights and cites research by Dr. Emeran Mayer, professor of medicine and director of the UCLA Oppenheimer Center for Neurobiology of Stress and Resilience; Dr. Elaine Hsiao, assistant professor of integrative biology & physiology at UCLA; and Dr. Kirsten Tillisch, associate professor of medicine in the division of digestive diseases and a member of the UCLA Oppenheimer Center for Neurobiology of Stress and Resilience. Mayer was also quoted.

**How politicians sound charismatic**

New research presented by Rosario Signorello, a postdoctoral researcher in head and neck surgery at the David Geffen School of Medicine at UCLA, on how politicians manipulate their voices to express charisma and connect with potential voters, was covered June 2 by the [Washington Post](#); May 27 by [National Public Radio](#); May 25 by [The Atlantic](#) and the U.K.'s [Independent](#); and May 23 by the [Los Angeles Times](#).

#### **The teen brain likes social media “likes”**

Research from UCLA's Ahmanson-Lovelace Brain Mapping Center that has found social media activates the same brain circuits as eating chocolate or winning money was reported June 2 by [U.S. World & News Report](#), [The Washington Post](#), [The Daily Mail](#), [Wired](#) and numerous other outlets. The study's senior co-author Mirella Dapretto, a professor of psychiatry and biobehavioral sciences at the Semel Institute, and lead author Lauren Sherman, a researcher in the Ahmanson-Lovelace Brain Mapping Center, were quoted.

#### **Expert explains concussion poll to NPR**

National Public Radio's [All Things Considered](#) aired May 30 an interview with Dr. Christopher Giza, director of the UCLA Steve Tisch BrainSPORT Program, about the significance of a recent poll finding that one in four Americans reports having experienced a concussion. [Health Shots](#) also highlighted the segment online.

#### **Media spotlight potential treatment breakthrough for advanced brain cancer**

[U.S. News and World Report](#) and [Ars Technica](#) June 1, and [Tech Times](#) and [Relia Wire](#) June 2 reported on the development of a treatment for people with recurrent brain cancers including glioblastoma, the most common and aggressive form. Researchers successfully demonstrated that a modified virus combined with an antifungal medication can extend the lives of patients with this deadly disease. Dr. Timothy Cloughesy, lead author of the study and member of UCLA's Jonsson Comprehensive Cancer Center and director of the UCLA neuro-oncology program, was quoted.

#### **Possible role for MRI and ultrasound in rheumatoid arthritis**

Dr. Veena Ranganath, associate clinical professor of rheumatology at the David Geffen School of Medicine at UCLA, was interviewed May 31 by [MedPage Today](#) on the use of radiographs, a standard imaging approach currently used to image and assess joint damage due to rheumatoid arthritis, versus the use of more sensitive imaging modalities such as ultrasound and MRI to diagnose and catch rheumatoid arthritis damage before it occurs.

#### **South Bay paper profiles medical student**

The [Daily Breeze](#) published June 1 a profile of Harry Mai, who will graduate Friday from the David Geffen School of Medicine at UCLA. He was inspired to pursue a medical career after making regular trips to the orphanage his family supports in Vietnam, and being moved by the sight of so many children suffering from conditions that are easily corrected by surgery in the U.S. He begins a residency in orthopedic surgery at Harbor-UCLA Medical Center next month.

#### **Mindfulness helps reduce symptoms of IBS**

Dr. Kirsten Tillisch, associate professor of medicine in the division of digestive diseases at the David Geffen School of Medicine at UCLA and a member of the Oppenheimer Center for Neurobiology of Stress and Resilience, was interviewed May 24 by [Healio.com](#) regarding her research showing that specific aspects of mindfulness, the practice of mentally staying in the present, were most helpful in reducing symptoms of people suffering from Irritable Bowel Syndrome.

#### **A protein that could prevent tumor growth in cervical cancer**

[Fierce Biotech](#) and [News-Medical.net](#) reported June 1 on the discovery of a protein known as cystatin E/M that can inhibit cellular inflammation, which is a major contributor to the growth of cervical cancer. The finding could lead to the development of new treatments for this deadly disease. Dr. Eri Srivatsan, lead author of the study and member of UCLA's Jonsson Comprehensive Cancer Center and a professor of surgery at the David Geffen School of Medicine at UCLA, was quoted.

### **Fielding School's Neal Baer is an "Awesome Person"**

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, was featured May 26 by [GOOD Magazine](#) as part of their "Awesome Person" series.

### **Huffington Post publishes two op-eds by Fielding School dietician**

The Huffington Post ran two op-eds by Dana Ellis Hunnes, senior dietician at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health: [Earth Feels What WE Eat](#) on May 27, and [New Food Labels: It's All About the Sugar](#) on May 25.

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### **NOTABLE BRIEFS**

Research about diabetes and prediabetes conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was cited May 27 in a [TruthDig](#) article about pharmaceutical prescribing trends.

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### **NOTABLE QUOTABLES**

Dr. Gary Small, Parlow-Solomon Professor on Aging and director of the UCLA Longevity Center at the Semel Institute, commented May 27 in [USA Today](#) on new findings that implicate the immune system in Alzheimer's disease.

Dr. Bruce Kagan, a psychiatry professor with the Semel Institute and chief of staff at the Resnick Neuropsychiatric Hospital, commented May 27 in [USA Today](#) on new findings that implicate the immune system in Alzheimer's disease.

Dr. Deanna Attai, UCLA breast surgeon based in Burbank and assistant clinical professor of surgery, was quoted May 31 in a [KABC-Channel 7](#) segment on the importance of donating to breast cancer organizations that fund research as opposed to only raising awareness.

Arturo Vargas Bustamante, associate professor of health policy at the UCLA Fielding School of Public Health, commented June 1 in a [Modern Healthcare](#) article about income thresholds for undocumented immigrants in California to buy health insurance.

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 May 31 in [HealthDay News](#) about a study finding more evidence linking air pollution with increased risk of developing dangerously high blood pressure. Fonarow noted that the study results underscore a need for cleaner air and advises following the American Heart Association recommendations to avoid outdoor activities and/or exercise when pollution levels are high.

Dr. Shar Lashin, internist at UCLA Health Primary & Specialty Group in Palos Verdes, was quoted in the May-June issue of [South Bay Magazine](#) in an article on staying healthy while traveling.

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