



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Oct. 16-22, 2015

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What You Can Learn From Our Ancestors' Sleeping Patterns

Research into the sleep habits of preindustrial people by Jerome Siegel, professor of psychiatry and biobehavioral sciences and director of the UCLA Sleep Research Lab at the Semel Institute, was reported Oct. 15 by the [New York Times](#), [Los Angeles Times](#), [The Atlantic](#), [Reuters](#), NPR's "All Things Considered," NPR's "Shots," [PBS NewsHour](#), [BBC](#) and many more outlets. Dr. Alon Avidan, a professor of neurology and director of UCLA Sleep Disorders Center, and Joel Rector, manager of UCLA Sleep Disorders Center, were featured prominently in the [PBS NewsHour](#) coverage. On Oct. 19 KPCC's [AirTalk](#)

interviewed Siegel about the findings and on Oct. 20 the [Los Angeles Times](#) revisited the research in an article about the dangers of sleep aids.

“Social Brain” Autism Study Draws Headlines

[Health News Digest](#), [Examiner.com](#), [Scrubs Report](#), [MedicalXpress](#), [Science Daily](#) and [News-Medical.net](#) Oct. 13; [Milwaukee Journal Sentinel](#), [HealthCanal](#), [Medical News Today](#), [redOrbit](#) and [PsychCentral](#) Oct. 14; [Periodic Post](#), [Science Recorder](#), [Science World Report](#), [Psychiatry Advisor](#), [Bioscience Technology](#), [Tech Times](#) and [Pulse Headlines](#) Oct. 15; [MedicalResearch.com](#), [TV Newsroom](#), [Nature World Report](#), [Trinity News Daily](#), [ScienceBlog.com](#), [Market Business](#) and [University Herald](#) Oct. 16; [Diabetes Insider](#) and [Pioneer News](#) Oct. 17, [Capital Wired](#) Oct. 18 and the [Pakistan Observer](#) Oct. 19 reported on a study by Dr. Kay Jann and Danny J.J. Wang that found that brain areas linked to social behaviors are both underdeveloped and insufficiently networked in youths with high functioning autism spectrum disorder. Jann is a postdoctoral researcher in the department of neurology. Wang is an associate professor of neurology and a researcher in the Ahmanson-Lovelace Brain Mapping Center at UCLA.

CicLAvia Significantly Improves Air Quality

Research from the UCLA Fielding School of Public Health finding that Los Angeles' CicLAvia, an event that closes streets to vehicle traffic so that people can freely cycle and walk, significantly reduces air pollution along the route and other streets in the communities where the event is held, garnered media interest. Articles were carried Oct. 19 by [Curbed LA](#), [LAist](#), [KPCC 89.3FM](#), [ScienceBlog](#), [Phys.org](#), [Science Codex](#), [Health Canal](#), [Take Part](#), [ECNmag.com](#), [WN.com](#), [myScience](#), and [Rooster's Report](#), and Oct. 20 by the Atlantic magazine's [CityLab](#) and [Medical News Today](#), and Oct. 21 by [Next City](#). Yifang Zhu, associate professor of environmental sciences at the Fielding School and the study's principal investigator, and Shi Shu, a postdoctoral researcher at the school and the study's lead investigator, were quoted in some of the coverage.

Brief Primary Care Interventions Can Curb Risky Drug Use

[United Press International](#), [Science Codex](#) and [MedicalXpress](#) Oct. 16, [Health Canal](#) Oct. 17, [PsychCentral](#) Oct. 18, [Medical News Today](#) Oct. 19 reported on research led by Dr. Lillian Gelberg finding that a few minutes of counseling in a primary care setting could help steer people away from risky drug use and possibly full-fledged addiction. [Big News Network](#) carried the UPI story. Gelberg is a professor of family medicine at the David Geffen School of Medicine at UCLA and of public health at the UCLA Fielding School of Public Health.

U.S. News Applauds UCLA Innovation

[US News & World Report](#) published Oct. 15 an interview with Katherine Steinberg, director of UCLA's Health System's Institute for Innovation in Health. The article featured a photo of EVA the robot with Dr. Paul Vespa, a professor of neurosurgery at the David Geffen School of Medicine at UCLA and director of the neuro-critical care unit at Ronald Reagan UCLA Medical Center.

UCLA Doctor Delivers Baby on Flight

The Associated Press published Oct. 16 a story about Dr. Angelica Zen, a UCLA pediatric resident, who delivered a newborn on the flight home from her Bali honeymoon. The article was syndicated by the [New York Times](#), the [Washington Post](#), [ABC News](#), [Yahoo! News](#), [Salon](#), [Toronto Star](#), [New Zealand Herald](#), the [Hong Kong Standard](#) and hundreds of other outlets worldwide.

Metformin Can Prevent Diabetes in High Risk People

The November issue of [Family Circle](#) ran a report on research led by Dr. Tannaz Moin, assistant professor of medicine in the division of endocrinology at the David Geffen School of Medicine at UCLA and VA Greater Los Angeles, finding that only 3.7 percent of at-risk patients were prescribed the diabetes drug metformin for their pre-diabetes, even though it is an effective, low-cost way to help prevent the onset of the disease. Moin was quoted.

KFI Reports on Artery Study

[KFI 640AM](#) reported Oct. 4 on a study by Danny J.J. Wang that found a new way to measure the stiffness of arteries. Wang is an associate professor of neurology and a researcher in the Ahmanson-Lovelace Brain Mapping Center at UCLA.

What Parents Need to Know about Concussion

[Examiner.com](#) and [Health Canal](#) reported Oct. 21 on tips to help parents prevent and reduce concussion in their children who play sports. Dr. Christopher Giza, director of the UCLA Steve Tisch BrainSPORT Program, and a professor of pediatrics and neurosurgery at the David Geffen School of Medicine at UCLA and Mattel Children's Hospital UCLA, was quoted

Deadly Prostate Cancer Cells Have Stem Cell Qualities

[Health Canal](#) and [Examiner.com](#) October 12, [MedicalXpress](#), [ScienceBlog](#) and [Imperial Valley News](#) October 13, SiriusXM Doctor Radio October 14 and [OncoTherapy Network](#) October 20 reported on a study published in the journal Proceedings of the National Academy of Sciences showing that the cells responsible for generating deadly prostate cancer share some genetic qualities with the tissue-specific stem cells that naturally reside in the healthy prostate. The study was directed by senior author Dr. Owen Witte, director of the UCLA Broad Stem Cell Research Center and professor of microbiology, immunology and molecular genetics in the David Geffen School of Medicine at UCLA. The study's first author was Bryan Smith, a postdoctoral researcher in Witte's lab.

Alzheimer's Study Covered by KFI

[KFI 640AM](#) reported Sept. 27 on a study by Dr. Dale Bredesen that found that Alzheimer's disease has three distinct subtypes. Bredesen is a professor of neurology and member of the Easton Laboratory for Neurodegenerative Disease Research and founding president of the Buck Institute for Research on Aging.

Combining Access to Primary and Dental Care

A study by Nadereh Pourat, director of research at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was featured Oct. 15 in an [Association of Health Care Journalists](#) article about health care facilities that offer both dental and primary care services.

Hidden Health Costs of African-American Beauty Products

Teni Adewumi, a doctoral candidate in environmental health sciences at the UCLA Fielding School of Public Health, was profiled Oct. 16 in [Atlanta Black Star](#) and Oct. 14 in [MyScience.org](#) for her work that sheds light on the potential health effects of certain hair products and promotes carcinogen-free ingredients that are linked to cancer.

Voices from the Margins: Reflections of an Oncology Chaplain

Michael Eselun, chaplain with the Simms/Mann UCLA Center for Integrative Oncology, published an essay about being an oncology chaplain in the Sept. issue of [Journal of Pastoral Care & Counseling](#) (subscription only).

Geriatrician's Column Covers Bare-Bones Facts on Osteoporosis

[Santa Monica Mirror](#) published Oct. 20 a column by Dr. Grace Chen, geriatrician at UCLA Medical Center, Santa Monica and assistant clinical professor of medicine, about osteoporosis in conjunction with "World Osteoporosis Day."

BRIEFS

The California Health Interview Survey, conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited Oct. 21 by [El Tecolote \(Bay Area\)](#) in a story about a new local yoga studio that offers free classes to low-income youth and seniors.

The Global Media Center for Social Impact at the UCLA Fielding School of Public Health was cited Oct. 20 by [Kidscreen.com](#) for its endorsement of Scout and The Gumboot Kids, a new Vancouver-based television series.

[Variety](#) reported Oct. 20 that “The Alliance for Children’s Rights” will honor Fox Television executives Gary Newman and Dana Walden with the National Champion for Children Award, for their commitment to improving the lives of at-risk children, fighting poverty and strengthening access to healthcare. Both are members of the Jonsson Cancer Center Foundation at UCLA.

The UCLA People Animal Connection, the hospital’s animal-assisted therapy program, was cited Oct. 22 in an [E! Online](#) article about former shelter pets who go on to become contributing members of society by working as therapy animals, service animals and even part of search-and-rescue teams.

UCLA Health was cited Oct. 19 in a [Becker’s Hospital Review](#) story about Oscar health, a new insurance company that is being offered on the Covered California exchange.

QUOTABLES

Dr. Deanna Attai, a UCLA breast surgeon based in Burbank and assistant clinical professor of surgery, commented Oct. 20 in [KABC-Channel 7](#) and KTTV-Channel 11 segments on new American Cancer Society guidelines on frequency of mammograms

Dr. Gregg Fonarow, Eliot Corday Professor of Cardiovascular Medicine and Science and director of the Ahmanson-UCLA Cardiomyopathy Center, was quoted Oct. 15 in [HealthDay News](#) on a research finding that the flu shot seems associated with a reduced risk for stroke by about one-fifth over two months. However, the study did not prove that the flu vaccine causes a drop in stroke risk. Fonarow was also quoted Oct. 19 in [NewsMax Health](#) on new research suggesting that HDL cholesterol, commonly called the “good” cholesterol, may be harmful to women going through menopause.

Dr. Timothy Fong, an associate professor of psychiatry at the Semel Institute and co-director of the UCLA Gambling Studies Program, was quoted Oct. 15 in a [Bloomberg](#) article on increased interest in regulating fantasy sports games. The article ran in the Chicago Tribune.

Dr. Arun Karlamangla, professor of medicine in the division of geriatrics, was quoted Oct. 15 in a [CBSNews.com](#) story about some of the hidden health issues that can contribute toward falls among the elderly.

Kathryn Kietzman, senior research scientist at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Oct. 19 in [California Healthline](#) about a new community-based preventive care project, HAPPI, which focuses on older adults in South Los Angeles.

Gerald Kominski, professor of health policy and management at the UCLA Fielding School of Public Health and director of the UCLA Center for Health Policy Research, commented Oct. 18 in a [Los Angeles Times](#) story about Oscar Health, a new insurance company that is being offered on the Covered California exchange.

Dr. Brandon Koretz, interim chief executive officer of the UCLA Faculty Practice and Medical Group, was quoted Oct. 18 in a [Los Angeles Times](#) article about Oscar Health, a new insurance company that is being offered on the Covered California exchange.

Dr. John Mafi, assistant professor-in-residence of medicine in the division of general internal medicine and health services research, was quoted Oct. 16 in a [Boston Herald](#) story about a proposed Massachusetts state bill targeting the state’s opioid scourge that would, among other things, limit the number of pills doctors can dole out and give hospitals new powers to commit addicts if they’re deemed dangerous, which is something that only judges can currently do.

Dr. Larissa Mooney, an associate clinical professor of psychiatry and director of the UCLA Addiction Medicine Clinic, commented Oct. 16 on KCRW's [Press Play](#) about the drug spice, which recently has been the target of a number of large raids by law enforcement. She also commented Oct. 21 in a [CBSNews.com](#) article about a dramatic rise in marijuana use.

Dr. Alison Moore, professor of medicine in the division of geriatrics and of psychiatry, was quoted Oct. 16 in a [Greatist.com](#) article on whether drinking a little every day or only on weekends is healthier.

Imelda Padilla-Frausto, a graduate student researcher at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Oct. 16 in a [Vallejo Times Herald](#) story about single seniors in Napa and Sonoma counties who struggle financially despite earnings that exceed the minimum qualifications for federal aid.

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