



## **UCLA HEALTH SCIENCES MEDIA REPORT For the week of Dec. 19, 2008 – Jan 1, 2009**

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**Teen Heartthrob Plays Santa for Sick Kids**

**Ivanhoe Spotlights Treatment for Disfiguring Eye Disease**

**Rose-Parade Float Riders Profiled by Regional TV**

**Washington Post Publishes Physician's Column**

**Human-Animal Caroling Draws Local Headlines**

**KABC Highlights Exercise Study**

**Surgeons Explore Cancer, Headaches on EXTRA TV**

**Science Magazine Spotlights AAAS Fellows**

**Marine Corp News Profiles Efforts to Help Wounded Soldiers**

**UPI Reports on PTSD Gene**

**Autism Expert Advises "AirTalk"**

**L.A. Times, Sac Bee Cover Strike Authorization**

**Professor's Book Explores Internet's Effect on the Brain**

**Nursing Dean Remembered by L.A. Times**

**Mental Health Trade Explores Persistent Depression**

**BRIEFS**

**QUOTABLES**

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### **Teen Heartthrob Plays Santa for Sick Kids**

US Magazine, E! News, Entertainment Tonight, New York Daily News, Arizona Republic, KKFX-Channel 11 (Santa Barbara) and others covered actor Zac Efron's Dec. 19th visit with pediatric patients at Mattel Children's Hospital UCLA, where he distributed toys donated by Gifts.com.

"Zac Efron Brings Holiday Cheer to L.A. Hospital"

<http://www.usmagazine.com/news/zac-efron-visits-critically-ill-kids>

"Celebrity Do-Gooders"

[http://www.nydailynews.com/gossip/2008/12/22/2008-12-22\\_celebrity\\_dogooders.html](http://www.nydailynews.com/gossip/2008/12/22/2008-12-22_celebrity_dogooders.html)

"Zac Efron Plays Santa to Sick Kids"

<http://www.etonline.com/news/2008/12/69120/index.html>

"News Bites: Zac Efron Cheers Up Sick Kids"

[http://sociallifelife.celebuzz.com/archive/2008/12/20/news\\_bites\\_zac\\_efron\\_cheers\\_up\\_sick\\_kids.php](http://sociallifelife.celebuzz.com/archive/2008/12/20/news_bites_zac_efron_cheers_up_sick_kids.php)

### **Ivanhoe Spotlights Treatment for Disfiguring Eye Disease**

Ivanhoe Newswire published a Dec. 30 report on a procedure by Dr. Robert Goldberg, chief of the orbital and ophthalmic plastic surgery division at Jules Stein Eye Institute, to repair the damage wreaked by Graves' disease, an auto-immune disease that attacks eye muscle tissue, resulting in eyes that protrude from their sockets. A TV segment profiling one of Dr. Goldberg's patients aired in over 15 markets nationwide, including Denver, Chicago and Philadelphia. Goldberg was interviewed.

"Fixing Bulging Eyes"

<http://www.thedenverchannel.com/health/18377526/detail.html>

"Graves Disease"

[http://search.ivanhoe.com/channels/p\\_channelstory.cfm?storyid=20182&channelid=CHAN-100008](http://search.ivanhoe.com/channels/p_channelstory.cfm?storyid=20182&channelid=CHAN-100008)

### **Rose-Parade Float Riders Profiled by Regional TV**

KHAS-Channel 5 (Hastings, NE) on Dec. 30 profiled a husband and wife who donated their drowned two-year-old son's liver to a California toddler who underwent her transplant 24 years ago at UCLA Medical Center. The newly married young woman was slated to ride the "Donate Life" float in the Rose Parade on New Years Day. KEYT-Channel 3 (Santa Barbara) on Dec. 23 also profiled float rider Joe Darga, a 74-year-old UCLA heart transplant recipient, who was honored for his extensive volunteer efforts to educate the public about organ donation.

"One Life is Given to Save Another"

<http://new.khastv.com/modules/news/article.php?storyid=15735&storytopic=7>

"Heart Transplant / UCLA"

<http://showroom.multivisioninc.com/share.do?id=98246&key=oK4cLNbZR945eOE7Hvn0zzcx3vgnxiEd&mail=AAAlbin@mednet.ucla.edu>

### **Washington Post Publishes Physician's Column**

The Washington Post on Dec. 19 featured a column by Dr. Claire Panosian Dunavan, clinical professor of infectious diseases, about a woman who has lived with HIV for more than two decades and who has dedicated her life to educating others about AIDS prevention.

"For HIV Survivor, a Passion for Prevention"

<http://www.washingtonpost.com/wp-dyn/content/article/2008/12/19/AR2008121903002.html>

### **Human-Animal Caroling Draws Local Headlines**

KTTV-Channel 11, KNX 1070AM, and KFWB 980AM on Dec. 21 covered the People-Animal Connection program's annual holiday caroling event at Mattel Children's Hospital UCLA. Director Jack Barron was interviewed.

"FOX News"

<http://showroom.multivisioninc.com/share.do?id=98247&key=9oTTJUWjvqfFwcRk6gqxDA01wall9ttH&mail=AAAlbin@mednet.ucla.edu>

### **KABC Highlights Exercise Study**

KABC-Channel 7 reported Dec. 22 on a UCLA study assessing the impact of exercise on lung function in people with emphysema and chronic obstructive pulmonary disease. Dr. Christopher Cooper, professor of medicine and physiology, and Thomas Storer, adjunct professor of medicine, were interviewed.

"Exercise Prescription Helps with COPD"

<http://abclocal.go.com/kabc/story?section=news/health&id=6568942>

### **Surgeons Explore Cancer, Headaches on EXTRA TV**

EXTRA TV "Lifechangers" series aired Dec. 16 and Dec. 18 segments featuring Dr. Robert Cameron, professor of thoracic surgery, who explored potential causes of lung cancer and high-risk foods to avoid. Dr. Neil Martin, professor and chairman of neurosurgery, also explained in a Jan. 1 segment when an

intense headache with neurological symptoms could result from a life-threatening brain aneurysm.

"The Facts about Lung Cancer"

[http://extratv.warnerbros.com/2008/12/lifechangers\\_the\\_facts\\_about\\_l.php](http://extratv.warnerbros.com/2008/12/lifechangers_the_facts_about_l.php)

"Avoid These Foods to Avoid Cancer"

[http://extratv.warnerbros.com/2008/12/avoid\\_these\\_foods\\_to\\_avoid\\_can.php](http://extratv.warnerbros.com/2008/12/avoid_these_foods_to_avoid_can.php)

"Deadly Symptoms"

[http://extratv.warnerbros.com/2009/01/lifechangers\\_deadly\\_symptoms.php](http://extratv.warnerbros.com/2009/01/lifechangers_deadly_symptoms.php)

### **Science Magazine Spotlights AAAS Fellows**

Science Magazine published a Dec. 19 online report on the AAAS Council's recognition of its new Fellows for their contributions to science and technology. The three UCLA faculty members named to the prestigious group include Albert Carnesale, chancellor emeritus and professor of public policy/mechanical and aerospace engineering; H. Ronald Kaback, professor of physiology at the Geffen School of Medicine's physiology department, for his lifelong work to tease out the secrets of a single protein, lacY; and James Bowie, professor of chemistry and biochemistry, for his role in devising techniques to determine protein structure.

"News and Notes: AAAS Members Elected as Fellows"

<http://www.sciencemag.org/cgi/content/full/322/5909/1806>

### **Marine Corp News Profiles Efforts to Help Wounded Soldiers**

The Marine Corp News on Dec. 31 spotlighted UCLA's Operation Mend program, a collaboration with Brooke Army Medical Center, which provides specialized reconstructive facial surgery to military personnel wounded in Iraq and Afghanistan. Dr. Timothy Miller, professor and chief of plastic surgery; Ronald Katz, UCLA Medical Center board member; and Operation Mend volunteer Patti Taylor, a clinical nurse specialist with UCLA's liver transplant program, were interviewed.

"Scars are Not Forever"

<http://www.marines.mil/units/hqmc/divpa/lapa/Pages/ScarsAreNotForever.aspx>

### **UPI Reports on PTSD Gene**

Dr. Armen Goenjian, a research psychiatrist at the Semel Institute for Neuroscience and Human Behavior at UCLA, and his research finding that vulnerability to post-traumatic stress disorder, depression and anxiety runs in families was featured in Dec. 20 reports by United Press International and Asian News International.

"PTSD can Run in Families"

[http://www.upi.com/Science\\_News/2008/12/19/PTSD\\_can\\_run\\_in\\_families/UPI-6281122972688/](http://www.upi.com/Science_News/2008/12/19/PTSD_can_run_in_families/UPI-6281122972688/)

"Susceptibility to PTSD, Depression and Anxiety may be Inherited"

[http://www.thaindian.com/newsportal/health/susceptibility-to-ptsd-depression-and-anxiety-may-be-inherited\\_100133094.html](http://www.thaindian.com/newsportal/health/susceptibility-to-ptsd-depression-and-anxiety-may-be-inherited_100133094.html)

### **Autism Expert Advises "AirTalk"**

Elizabeth Laugeson, a clinical instructor of psychiatry in the Semel Institute and director of The Help Group-UCLA Autism Research Alliance, appeared on the Dec. 18 KPPC-89.3 FM show "AirTalk" to discuss the latest treatments for autism.

"Treating Autism"

[http://www.scpr.org/programs/airtalk/listings/2008/12/airtalk\\_20081215.shtml](http://www.scpr.org/programs/airtalk/listings/2008/12/airtalk_20081215.shtml)

### **L.A. Times, Sac Bee Cover Strike Authorization**

The Los Angeles Times, KTLA-Channel 5 and Sacramento Bee, among others, reported Dec. 23 and Dec. 24 that registered nurses at the five University of California hospitals have voted to authorize a strike, according to the California Nurses Association, which is trying to negotiate a new contract for its 10,000 UC members.

"University of California Hospital Nurses OK Strike over Staffing Levels"

<http://www.latimes.com/news/local/la-me-briefs24-2008dec24,0,7557235.story>

"Business Briefings"

<http://www.sacbee.com/103/v-print/story/1493811.html>

### **Professor's Book Explores Internet's Effect on the Brain**

The Dec. 21 Ottawa Citizen featured a review of "iBrain: Surviving the Technological Alteration of the Modern Mind," by Dr. Gary Small, Parlow-Solomon Professor of Aging at the Semel Institute. The book demonstrates how Internet searches stimulate areas of the brain controlling decision-making and complex reasoning in middle-aged and older adults. Small was quoted.

"Digital Evolution"

<http://www.ottawacitizen.com/Digital+Evolution/1101873/story.html>

### **Nursing Dean Remembered by L.A. Times**

Marie Cowan, former dean of the UCLA School of Nursing, was featured by the Los Angeles Times in a Dec. 28 retrospective of science and medical leaders who passed away in 2008.

"Science and Medical Leaders"

<http://www.latimes.com/news/science/la-me-obits2008-science-2008dec28.0.5300383.story>

### **Mental Health Trade Explores Persistent Depression**

Mental Health Weekly reported Dec. 15 on a study led by Dr. Alexander Young, professor-in-residence of psychiatry and biobehavioral sciences, that found that nearly five percent of Americans suffer from chronic depression or anxiety and that many do not receive adequate treatment. Young was quoted.

"Study Provides First long-Term look at Depression, Anxiety Care"

## **BRIEFS**

The Los Angeles Times reported Jan. 1 on two new laws taking effect in 2009 that have garnered national attention for creating a new state office with the authority to investigate and impose harsh new penalties on hospital workers who snoop without permission in patient medical records.

"Text-messaging, 911 Use Among the Many Areas Affected by New California Laws"

[http://www.latimes.com/news/local/la-me-newlawsweb1-2009jan01\\_0,4589893.story](http://www.latimes.com/news/local/la-me-newlawsweb1-2009jan01_0,4589893.story)

UCLA Medical Center was cited in a Dec. 20 Omaha World-Herald story about Milt and Janet Bemis, a Nebraska couple who nearly 25 years ago donated their deceased 2-year-old son's liver to Lily Allen when she was 14 months old. The transplant was performed at UCLA.

"Pair Paint Son's Portrait for Float"

[http://www.omaha.com/index.php?u\\_page=3940&u\\_sid=10519124](http://www.omaha.com/index.php?u_page=3940&u_sid=10519124)

A Dec. 21 article in the LA Daily News and a Dec. 22 article in the Inland Valley Daily Bulletin about the increasing burden on community clinics by the growing numbers of uninsured cited a survey by the Center for Health Policy Research in the School of Public Health reporting that one-fifth of all Californians under age 65 were without health insurance for all or some of 2007.

"Load Rising for 'Safety Net' Health Providers"

[http://www.dailynews.com/news/ci\\_11285959](http://www.dailynews.com/news/ci_11285959)

TCTMD.com reported Jan. 1 on a UCLA study showing that newer drug-eluting stents may work better than older metal stents in treating coronary disease in patients who previously had a heart transplant. Dr. Michael Lee, assistant clinical professor of cardiology, led the study.

"DES Safe, Effective for Aggressive CAD in Heart Transplant Patients"

<http://www.tctmd.com/show.aspx?id=75428>

A Dec. 26 Associated Press article reported that the family of Nataline Sarkisyan, a 17-year-old who died last year while awaiting a liver transplant, has sued Cigna, its insurance company for delaying and rejecting medical claims that allegedly resulted in her death. The story notes a letter sent by UCLA doctors to Cigna about the case.

"Calif. Teen's Family sues Cigna Over Transplant"

[http://www.google.com/hostednews/ap/article/ALeqM5hFp8DsNC\\_gJwb9q72kNfDiZCioSwD95AN0E00](http://www.google.com/hostednews/ap/article/ALeqM5hFp8DsNC_gJwb9q72kNfDiZCioSwD95AN0E00)

## **QUOTABLES**

Gail Abarbanel, director of the Rape Treatment Center at Santa Monica-UCLA Medical Center and Orthopaedic Hospital, commented Dec. 12 on National Public Radio's "All Things Considered" program about the backlog in processing DNA evidence from rape kits stored in Los Angeles County crime labs. "Audit Prods L.A. to Tackle Backlog in DNA Evidence"  
<http://www.npr.org/templates/story/story.php?storyId=98001964>

Dr. Larry Baraff, professor of emergency medicine and pediatrics, commented Dec. 29 and Dec. 31 in MSNBC website articles about preventing and treating the common cold and impact of the flu. "Sniffly Americans Skipping Cold Remedies"  
<http://www.msnbc.msn.com/id/28391830/>  
"Cold Weather Means More Illnesses"  
<http://www.msnbc.msn.com/id/28449530/>

Dr. David Baron, chief of staff at Santa Monica-UCLA Medical Center and Orthopaedic Hospital, commented Dec. 30 on KNX 1070AM about the lack of background checks being done on licensed health professionals. The report also aired on the CBS Radio Network.

Dr. Gregg Fonarow, Eliot Corday Chair in Cardiovascular Medicine and Science and director of the Ahmanson-UCLA Cardiomyopathy Center, commented Dec. 22 on HealthDay News about a gene variation that may predispose some heart-attack patients to future heart problems if they take the anti-clotting drug Plavix. "Gene Ups Risk for Those on Blood-Thinner Plavix"  
<http://www.healthday.com/Article.asp?AID=622553>

Dr. Timothy Fong, an assistant professor of psychiatry at the Semel Institute and director of the Impulse Control Disorders Clinic, was quoted Dec. 22 on HealthDay News about a spike in mental health problems during the holidays. "Blue and Broke for the Holidays"  
<http://www.washingtonpost.com/wp-dyn/content/article/2008/12/22/AR2008122200824.html>

Dr. Sharon Hame, assistant professor of orthopaedic surgery, was quoted Dec. 23 in a St. Petersburg Times article about the importance of exercise to maintain health as one ages. "The Importance of Keeping Fit as We Age"  
<http://www.tampabay.com/news/aging/lifetimes/article946045.ece>

Dr. Mary Hardy, medical director at the Simms/Mann-UCLA Center for Integrative Medicine at UCLA's Jonsson Comprehensive Cancer Center, commented Dec. 21 in the Los Angeles Times on recent research suggesting that vitamins and mineral supplements do not reduce the risk of cancer, heart disease or stroke. "Vitamin Supplements Don't Fight Cancer, Study Shows"  
<http://www.latimes.com/news/printedition/asection/la-sci-vitamins21-2008dec21,0,6843523.story?page=1>

Dr. David Heber, director of the UCLA Center for Human Nutrition, commented Dec. 18 on Discovery Channel's "How Stuff Works" about the nutritional content of beer.

William McCarthy, adjunct associate professor at the School of Public Health, was quoted Dec. 22 in the Los Angeles Times about the value of fish as a good source of protein and omega-3 fatty acids, which are critical in the development of the nervous system. "Will FDA Relax its Standards on Seafood?"  
<http://www.latimes.com/features/health/la-he-closer22-2008dec22,0,3013558.story>

Dr. Bruce Ovbiagele, associate professor of neurology and director of the Olive View/UCLA Stroke Program, was quoted in a Dec. 22 Altnet.com article about identifying the warning signs of strokes. "Want to Save Some Lives? Here is a Simple Formula for Identifying Strokes"  
[http://www.altnet.org/healthwellness/114499/want\\_to\\_save\\_some\\_lives\\_here\\_is\\_a\\_simple\\_formula\\_for\\_identifying\\_strokes/?page=entire](http://www.altnet.org/healthwellness/114499/want_to_save_some_lives_here_is_a_simple_formula_for_identifying_strokes/?page=entire)

Dr. Christopher Saigal, associate professor of urology, commented Dec. 30 in a Scientific American.com article about the risks of taking Viagra without a prescription.

“Did the CIA Trade Viagra for Intel?”

<http://www.sciam.com/blog/60-second-science/post.cfm?id=did-the-cia-trade-viagra-for-intel-2008-12-29>

Lynn Woods, professor at the School of Nursing, commented Dec. 23 in a CNN story on the therapeutic value of touch in treating patients suffering from Alzheimer's disease.

“Touch may Counter Alzheimer's”

<http://www.cnn.com/video/#/video/health/2008/12/23/gupta.healing.touch.cnn?iref=videosearch>

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