



UCLA HEALTH SCIENCES MEDIA REPORT
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Forever Young: Meditation Preserves Brain Tissue, Media Notes

Dr. Eileen Luders, assistant professor of neurology, and Dr. Florian Kurth, a post-doctoral scholar in the UCLA Brain Mapping Center, were featured widely in the media regarding their research that compared MRI brain images of people who meditate compared to those who don't. They found that, on average, people who meditate have less age-related atrophy in the brain's gray matter, the tissue that contains neurons. Coverage included Feb. 5 in [Science Daily](#), [redOrbit](#), [MedicalXpress](#), and [Scienceworldreport.com](#); Feb. 6 in the [Huffington Post](#), [International Business Times](#), [Psychcentral.com](#), and the [Bangalore Mirror](#) (India); Feb. 7 on [KABC-Channel 7](#), the [Express Tribune](#) of the International New York Times and [Medical News Today](#); Feb. 8 in the [Grenzwissenschaft-aktuell](#) (Germany); Feb. 9 in [Forbes](#), [KTLA-Channel 5](#), [Toronto Sun](#), [Times Live](#) (South Africa), the [Huffington Post Canada](#), [NewsX.com](#), and [Sierra Sun Times](#); and Feb. 11 in the [Tribune India](#).

Stroke Experts Weigh in on Newly Released Studies

- The [Los Angeles Times](#) reported Feb. 11 on four new brain stent studies, one being conducted at UCLA, that were just released showing a benefit in acute ischemic stroke. Dr. Sidney Starkman, co-director of the UCLA Comprehensive Stroke Center and professor of emergency medicine and neurology at the David Geffen School of Medicine at UCLA, noted that UCLA's stroke center has a team and system already in place to implement the procedures required to provide intra-arterial brain stent stroke treatment.
- A story Feb. 11 by the [Associated Press](#) on the four new brain stent studies, one being conducted at UCLA, was picked up by more than 100 media outlets throughout the United States and Canada, including [ABC News](#), [Miami Herald](#), [Yahoo! News](#), [Vancouver Sun](#) and many others. Other media outlets that covered the new stroke studies included [SMN Weekly](#), [WallStreet Online](#) and [MarketWatch](#) Feb. 11, and [Pioneer News](#), [Estrategias de Inversión](#) and [MedPage Today](#) Feb. 12. Dr. Jeffrey Saver, director of the UCLA Comprehensive Stroke Center and professor of neurology at the David Geffen School of Medicine at UCLA, was quoted.
- Stories on Feb. 11 on the "ship and drip" stroke study, conducted outside UCLA in which community hospitals administer clot busting drugs to stroke patients and transfer them to acute stroke centers for further care, were featured Feb. 11 in [HealthDay](#) and [Monthly Prescribing Reference](#). Dr. Jeffrey Saver, UCLA Comprehensive Stroke Center director, was quoted.
- [Medscape](#) and [Neurology Advisor](#) Feb. 11 reported on positive results of the UCLA SWIFT PRIME stroke study, presented by Dr. Jeffrey Saver at the International Stroke Conference.
- [HealthDay](#) Feb. 11 featured two new non-UCLA studies that examined whether adults who have recently suffered strokes are more likely to be involved in driving accidents. Dr. Doojin Kim, director of the stroke program at UCLA Medical Center, Santa Monica and associate professor of neurology, was quoted.

Stroke Study Continues to Garner Coverage

[Neurology Advisor](#) Feb. 5, [Doctors Lounge](#) Feb. 6, [redOrbit](#) Feb. 7, [KCBS-FM](#) (San Francisco) and [Imperial Valley News](#) Feb. 8, [Hospitals and Health Network Daily](#) and [KFDA-TV](#) (Texas) Feb. 9. [Beverly Hills Courier](#) Feb.10, and [Science 2.0](#) Feb. 11 reported on a study that found that paramedics can treat stroke patients in the field quickly and effectively. The CBS news report was picked up by nearly 100 network affiliates nationwide. KABC-Channel 7 also reported on the study, which was led by Dr. Jeffrey Saver, director of the UCLA Comprehensive Stroke Center and professor of neurology at the David Geffen School of Medicine at UCLA, and Dr. Sidney Starkman, co-director of the UCLA Comprehensive Stroke Center and professor of emergency medicine and neurology at the David Geffen School of Medicine at UCLA.

HuffPo Explains Wireless Sensors for Rehab

The [Huffington Post](#) Feb. 9 featured research by Dr. Bruce Dobkin, professor of neurology at the David Geffen School of Medicine, to improve rehabilitation in stroke patients. Dobkin is director of the UCLA Neurological Rehabilitation and Research Unit and co-director of the UCLA Wireless Health Institute.

Media Continue Counting Hispanic Physicians

A study led by Dr. Gloria Sanchez, associate clinical professor of family medicine, finding that the rate of Hispanic physicians per 100,000 population has fallen by 22 percent since 1980 even as the Hispanic

population has grown by 243 percent, garnered coverage Feb. 5 by [Mundo Fox](#) and Feb. 10 by [EFE News](#); and Feb. 11 by [NBCNews.com](#), [MedicalXpress](#), [Latin American Herald Tribune](#), [North Dallas Gazette](#) and [HealthCanal](#). Sanchez and Dr. David Hayes-Bautista, director of the UCLA Center for the Study of Latino Health and Culture, were quoted. The EFE story also quoted UCLA medical students Karla Gonzalez and Cynthia Mendez.

NY Daily News, HuffPo Spotlight *The Surgical Reconstruction of War: Operation Mend*

The Feb. 7 [New York Daily News](#) and the Feb. 9 [Huffington Post](#) both spotlighted a recently published book authored by Dr. Timothy Miller, former medical director of UCLA's Operation Mend, a program that provides surgical, medical and mental health care to military personnel who have sustained facial and other injuries during the Iraq and Afghanistan wars and other military missions. The book, entitled [The Surgical Reconstruction of War: Operation Mend](#), tells of the journeys of 11 of Miller's patients and the transformations that can result in many aspects of the patients' lives.

Doctors Discuss the Measles Outbreak

- Dr. Arturo Vargas Bustamante, assistant professor in the department of health policy and management at the UCLA Fielding School of Public Health, commented in a Feb. 6 [Mundo Fox](#) story on reports that Hispanic immigrants are bringing measles to the U.S.
- Dr. James Cherry, distinguished research professor of pediatrics at the David Geffen School of Medicine at UCLA and attending physician of pediatric infectious diseases at Mattel Children's Hospital UCLA, commented Feb. 6 in [International Business Times](#) and [Healthline](#) about pediatricians refusing unvaccinated children in their practices. He was also quoted in a Feb. 12 [Los Angeles Times](#) story on the fact that measles, once considered a childhood illness, has showed that it is a danger to people of all ages. The article noted UC and UCLA Health System policies regarding immunization requirements.
- Dr. Daniel Vigil, health sciences associate clinical professor of family medicine, was featured in a Feb. 5 [Self](#) magazine article on what adults should know about the measles.
- Dr. Steven Wallace, chair of community health sciences at the UCLA Fielding School of Public Health, was quoted Feb. 6 in a [Financial Times](#) article on the debate over child vaccination in the United States.

The Atlantic Looks at Happiness

Dr. Steven Cole, associate professor of medicine and psychiatry, and a member of the Cousins Center for Psychoneuroimmunology, was featured in the Feb. 10 [Atlantic](#) about his research looking at the biological underpinnings of happiness, and that happiness seems to alter the function of immune cells.

"Good Morning America" Investigates Lash Extensions

Dr. Anthony Aldave, chief of cornea-external ocular disease at the Stein Eye Institute and a professor of ophthalmology at the David Geffen School of Medicine at UCLA, was featured Feb. 11 in an [ABC News](#) "Good Morning America" segment about the potential health risks caused by eyelash extensions. The story also aired on ABC affiliates in five other markets, including Fresno and Washington, DC.

Radio DJ's Dangerous Aneurysm

[KABC-Channel 7](#) and [WJRT-TV](#) (Flint, Mich.) Feb. 11, [KFDX-TV](#) (Wichita, Texas) Feb. 10 and [KABT-TV](#) (Beaumont, Texas) Feb. 5 highlighted a delicate two-part procedure that involved rerouting arteries around a radio DJ's vocal cords in order to help stop a life-threatening aneurysm. The successful procedures were performed by the team at the UCLA Aortic Center. The patient is now happily back to hosting his weekly radio show. Dr. William Quinones-Baldrich, professor of vascular surgery and director of the UCLA Aortic Center, was interviewed. Additional outlets covering the story included [KFDM-TV](#) (Beaumont, Texas); [WMDU-TV](#) (South Bend, Ind.), [WAAY-TV](#) (Huntsville, Ala.) and [WWTW-TV](#) (Traverse, Mich.).

Research Leads to Accelerated FDA Approval of Breast Cancer Drug

[OncLive](#) and [AACR](#) Feb. 10 reported on the FDA approval of IBRANCE (palbociclib), a potentially groundbreaking new drug to treat women with advanced breast cancer, signaling a new treatment strategy to arrest tumor growth and extend the time before the cancer worsens. The approval was based

on a UCLA-led clinical trial. Study lead Dr. Richard Finn, assistant professor of medicine in the division of hematology/oncology and member of UCLA's Jonsson Comprehensive Cancer Center (JCCC), and Dr. Dennis Slamon, director of the Revlon/UCLA Women's Cancer Research Program and Clinical/Translational Research at the JCCC, were quoted.

The Guardian Looks at Marijuana Use among Marathon Runners

The Feb. 11 [Guardian](#) (U.K) took an in-depth look into the fact that some marathon runners claim cannabis helps manage stress, cramps and nausea during runs and relaxes them after, but the verdict from scientists is inconclusive. Research by Dr. Donald Tashkin, professor of pulmonology and critical care medicine, was cited and Tashkin was quoted.

Hospital Water Prices Expected to Continue Ascent

[Hospitals & Health Networks](#) on Feb. 11 focused on water costs as a part of a hospital's overhead and featured one strategy that UCLA Health System used to reduce water consumption. Val Padilla, director of facilities management, UCLA Health System, was interviewed.

Healthcare Innovation News Interviews Chief Innovation Officer

The February edition of [Healthcare Innovation News](#) (subscription required) featured a Q&A with Dr. Molly Coye, chief innovation officer for the UCLA Health System, on the landscape of healthcare technology.

UCLA Affiliates with Doheny Eye Institute

[Examiner.com](#) Feb. 8 and [Macular Degeneration News](#) Feb. 9 reported about how the Stein Eye Institute at UCLA has joined forces with the Doheny Eye Institute, formerly of USC, to improve patient access to leading vision specialists. The new affiliation will expand the size of the UCLA ophthalmology faculty and add three more clinics to the Southern California region.

Websites Cover Heart Healthy Tips

[Epoch Times](#) Feb. 3, [Sierra Sun Times](#) Feb.2, and [News-Medical.net](#) Jan. 30 featured lifestyle tips for a healthy heart in celebration of heart month. UCLA cardiologists from the UCLA Barbra Streisand Women's Heart Program were quoted, including Dr. Karol Watson, professor of medicine in the division of cardiology; Dr. Tamara Horwich, associate professor of medicine in the division of cardiology, and Dr. Marcella Anne Calfon Press, assistant professor of medicine in the division of cardiology.

Public Health Adjunct to Take Over Animal Care Center

Dr. James Greenwood, an adjunct professor of epidemiology at the UCLA Fielding School of Public Health, will take over as interim director of the Irvine Animal Care Center and lead a search for a permanent director, according to the Feb. 10 [OC Register](#).

Factcheck.org Investigates News Claim that ACA Costs \$50,000 per Person

Dr. Gerald Kominski, professor of Health Policy and Management at the UCLA Fielding School of Public Health, was interviewed Feb. 6 by [FactCheck.org](#) for insight into certain news agencies' claims that taxpayers will pay \$50,000 in subsidies for every person insured under Obamacare.

KCBS Radio, Westside Today Report on New Finding in Mouse Model of Huntington's

Dr. William Yang, professor of psychiatry, was interviewed Feb. 9 by KCBS 740AM and [Westside Today](#) about his research using a novel mouse model for Huntington's disease that helped identify a molecular 'switch' that causes Huntington's disease-like symptoms in mice. The finding provides clues to how disease develops.

BRIEFS

[Rafu Shimpo](#) Feb. 10 cited data from the California Health Interview Survey by the UCLA Center for Health Policy Research about the prevalence of hypertension, diabetes, and heart disease in Japanese-American Californians.

Tobacco usage statistics compiled by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health were used extensively in a Feb. 6 [Sacramento Bee](#) opinion piece on smoking prevalence in California's Central Valley.

A study on MediCal's effects on undocumented immigrants from UC Berkeley and the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was cited in a Feb. 9 [California Healthline](#) article.

Research by Dr. Steven Wallace, chair of community health sciences at the UCLA Fielding School of Public Health, was referenced in a Feb. 7 [Trinidad and Tobago Guardian](#) piece about people staying employed past typical retirement age.

QUOTABLES

Dr. Gregg Fonarow, Eliot Corday Professor of Cardiovascular Medicine and Science and director of the Ahmanson-UCLA Cardiomyopathy Center, commented in a Feb.10 [HealthDay](#) story that also ran on Philly.com on a new study showing that only one in three donated hearts finds a recipient.

Dr. Jody Heymann, dean of the UCLA Fielding School of Public Health, was quoted Feb. 12 by [PBS Newshour](#) and [NET Nebraska](#) in an article about children living in urban slums around the world.

Dr. Gerald Kominski, director of the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was quoted by the [Los Angeles Times](#) Feb. 5 in a story about the Anthem, Inc. security breach in which hackers stole millions of customers' protected data. He was also quoted Feb. 11 in [California Healthline](#) and [The Oklahoman](#) about how states are dealing with health insurance plans offering limited provider networks.

Dr. Karol Watson, professor of medicine in the division of cardiology, commented in Feb. 2 [Yahoo! News](#) and Feb. 3 [FOXNews.com](#) articles about a study on the impact of strenuous exercise levels and mortality risk. The story originally ran on Livescience.com.

Miranda Westfall, program manager and clinic dietitian with the Fit for Healthy Weight Program at Mattel Children's Hospital UCLA, commented Feb. 6 in a [KPCC 89.3FM](#) story on tips for getting kids to eat less salt.

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