



**UCLA HEALTH SCIENCES MEDIA REPORT**

**For the week of March 9 - 15, 2012**

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### Media Showcase Benefits of Yoga to Reduce Stress

Dr. Helen Lavretsky, professor of psychiatry at the Semel Institute and director of the UCLA Late-Life Depression, Stress, and Wellness Research Program, and her study finding that yoga and daily meditation improved cognitive functioning and lowered depression in caregivers of patients with dementia was covered March 13 by the [Los Angeles Times](#), [Huffington Post](#), [KPCC-89.3 FM](#), [Examiner.com](#) and [ScienceDaily.com](#); March 14 by [Sciencecodex.xom](#), [Seniorjournal.com](#), [Medical Express.com](#), [HealthCanal.com](#), and [TimesofIndia.com](#); and March 15 in [Yahoo News \(India\)](#), [TopNews.com](#) and [PsychCentral.com](#).

### Alzheimer's Discovery Draws Headlines

[HealthDay News](#) on March 12; [The Huffington Post](#) on March 8; [Psych Central](#) and [Bioscience Technology](#) on March 9; [Asian News International](#), [HealthJockey](#) and [Examiner](#) on March 7; and [Health Canal](#) and [Science Daily](#) on March 6 covered research that identified the intracellular mechanisms regulated by vitamin D3 that may help the body clear the brain of amyloid beta, the main component of plaques associated with Alzheimer's disease. Dr. Milan Fiala, a researcher at the David Geffen School of Medicine at UCLA and the Veterans Affairs Greater Los Angeles Healthcare System, was quoted. The HealthDay report was syndicated by the [Philadelphia Inquirer](#), [MSN](#), [U.S. News & World Report](#) and [Yahoo News](#).

### U.S. News & World Report Ranks Health Sciences Grad Schools

The David Geffen School of Medicine earned the No. 13 spot among top medical schools in research in the 2013 edition of [Best Graduate Schools](#) by U.S. News Media Group. UCLA's medical school also ranks No. 10 in primary care, No. 6 in AIDS, No. 3 in geriatrics and No. 12 in internal medicine. UCLA's School of Public Health ranks No. 10 in the nation and the School of Nursing ranks No. 21. Highlights of the rankings will be published in the Best Graduate Schools 2013 edition book, available April 3, 2012, which includes detailed statistical information on more than 1,200 programs nationwide.

### N.Y. Times, VOA News Cover Best Approach for Stubborn Epilepsy

The [New York Times](#) reported March 18 and [Voice of America](#) reported March 13 on a multi-center study led by Dr. Jerome Engel, professor of neurology and neurobiology, and director of the UCLA Seizure Disorder Center, finding that early surgical intervention followed by antiepileptic drugs stop seizures, improves quality of life, and helps avoid decades of disability in people with drug-resistant epilepsy.

### CBS Spotlight's Doctor's Experience in Post-Tsunami Japan

[March 11](#) and [March 10](#) CBS News reports about the rebuilding of Japan after the devastating 2011 earthquake and tsunami included an interview with Dr. Kozue Shimabukuro, a pediatric critical care doctor at Mattel Children's Hospital UCLA, who was part of a medical response team.

### Local Media Highlight New Dementia Care Program

[Examiner](#) and [City News Service](#) reported March 14 on the new UCLA Alzheimer's and Dementia Care program, which includes the participation of former President Reagan's daughter, Patti Davis, who co-facilitates a support group. Davis and Dr. David Reuben, chief of geriatrics, were quoted.

### **CBS, CNN Focus on Keeping the Brain Sharp and Alzheimer's Costs**

Dr. Gary Small, Parlow-Solomon Professor on Aging, a professor of psychiatry at the Semel Institute and director of the UCLA Longevity Center, was interviewed March 8 on [CBS "This Morning"](#) about the rising costs associated with Alzheimer's disease, and his book, "The Alzheimer's Prevention Program." Small was also interviewed March 10 on CNN's ["Sanjay Gupta MD"](#) about brain function during middle age.

### **NPR Reports Spicy Foods Have Health Benefits**

NPR ["Morning Edition"](#) aired a March 12 segment about spices like turmeric reducing the risk of diabetes and heart disease that featured an interview with Dr. Ravi Dave, associate clinical professor of medicine, division of cardiology at UCLA Medical Center, Santa Monica.

### **HealthDay Covers Heart Failure Study**

[HealthDay](#) reported March 13 on a study showing that the survival of hospitalized heart failure patients may vary by ethnicity. Dr. Gregg Fonarow, Eliot Corday Professor of Cardiovascular Medicine and Science and director of the Ahmanson-UCLA Cardiomyopathy Center, led the research.

### **KNBC Spotlights Woman's Mysterious Malady**

Dr. Quinton Gopen, assistant professor of head and neck surgery, was featured March 9 in a [KNBC-Channel 4](#) profile of a patient whom Gopen discovered had a tiny hole in one of her ear canals, which allowed sounds from inside and outside her body to reverberate inside her brain. After he plugged the hole during surgery, the woman's symptoms vanished and her hearing returned.

### **FOX 11 Reports on Statin Drugs, Beta Blockers**

KTTV-TV Channel 11's "Studio 11" aired an in-studio interview on March 6 with Dr. Karol Watson, associate clinical professor of medicine, division of cardiology, about the health risks of statins. In a March 13 "Studio 11" interview, Watson addressed a new study about how beta blockers may help reduce stress levels.

(To view, click on links)

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<http://showroom.multivisioninc.com/share.do?id=154825&key=FDNUOEIA138pNR53xnfL42BYhYLuanjQ&email=rchampeau@mednet.ucla.edu>

### **KABC Spotlights Rare Form of Alzheimer's**

Dr. John Ringman, associate professor of neurology and a member of the Mary S. Easton Center for Alzheimer's Disease Research, was featured in a March 13 [KABC-Channel 7](#) report about his research into familial Alzheimer's disease, a rare form of the disorder that's genetically based.

### **Nature Praises Neurosurgeon's Research on Memory**

Dr. Itzhak Fried, professor of neurosurgery at the David Geffen School of Medicine at UCLA, and his research on individual neurons' role in making and recalling memories, were cited March 15 in a [Nature](#) review of a new book on the quest to measure consciousness.

### **Discovery Investigates Brain Injury's Possible Role in Massacre**

David Hovda, professor of neurosurgery at the David Geffen School of Medicine at UCLA and director of the Brain Injury Research Center at UCLA, was featured March 13 in a [Discovery](#) article exploring the influence of traumatic brain injuries on soldiers' decision-making in combat.

### **Health Policy Expert Featured by KPCC, MSNBC**

Shana Alex Lavarreda, director of health insurance studies at the UCLA Center for Health Policy Research at the Fielding School of Public Health, was interviewed March 8 on KPCC-89.3 FM's ["Patt Morrison Show"](#) about the Orange County's Board of Supervisors' rejection of efforts by the county's health care agency to secure federal grants funded by the Affordable Care Act. Her research also was cited in a March 9 [MSNBC](#) story about families who lack health insurance.

### **Medill Examines the Depressed Brain**

Research by Dr. Andrew Leuchter, professor of psychiatry and director of the UCLA Laboratory of Brain, Behavior, and Pharmacology at the Semel Institute, was covered March 8 by [Medill.com](#). His work showed that depression's multiple symptoms may be linked to malfunctions in brain networks rather than problems in individual areas of the brain. Dr. Ian Cook, professor of psychiatry, was also quoted.

### **New Test for Diagnosing Genetic Disease**

[GenomeWeb](#) reported March 7 on the UCLA Clinical Genomics Center offering a faster way of testing patients for rare hereditary diseases. Called exome sequencing, the new approach searches the protein-coding regions in the genome to pinpoint the mutation causing a patient's disorder and provide a definitive diagnosis. Dr. Stan Nelson, vice chair of human genetics and professor of pathology at the David Geffen School of Medicine, was quoted.

### **Online Press Highlights Brain Benefits of Meditation**

Eileen Luders, assistant professor of neurology and a member of the UCLA Laboratory of Neuro Imaging, and her research showing that long-term meditation increases the amount of cortical folding in the brain was featured March 14 by [Gizmodo.com](#), [Science Daily](#), [Medicalexpress.com](#), [TGDaily.com](#), [Sciencecodex.com](#), and [HealthCanal.com](#); and March 15 by [Examiner.com](#).

### **London Magazine Highlights Technology's Impact on Brain**

The March issue of Eureka Magazine, a science supplement to the London Times, ran a column written by Dr. Gary Small, Parlow-Solomon Professor on Aging, a professor of psychiatry at the Semel Institute and director of the UCLA Longevity Center on the impact of technology on the brain and social development.

### **Local Papers Examines Risk of Rabies**

The March 14 [Daily News](#), [Pasadena Star-News](#) and [Whittier Daily News](#) ran a column by Dr. Claire Panosian Dunavan, clinical professor of medicine, division of infectious diseases, about the risk of acquiring rabies from a dog bite.

### **Restoring Blood Flow in Stroke Patients**

The [Sun Chronicle](#) (Maine) reported March 9 on a study by Dr. Jeffrey Saver, professor of neurology and director of the UCLA Stroke Center, on a new mechanical clot-removing device that showed marked benefits in restoring blood flow to the brain in stroke patients. Saver was quoted.

### **Mitochondrial Mutation Study Attracts Coverage**

[Medical News Today](#), [Science Daily](#), [United Press International](#), [E! Science News](#), [Innovations Report](#), [Sci-Tech Today](#), [Sci Tech Daily](#), [Machines Like Us](#), [Biomechanism](#), [Stem Cell Research](#), [Stem Cell Franchise](#), [Science Codex](#), [eCancer News](#), [Stem Cell Café](#), [Stem Cells Therapy](#), [Stem Cell Medicine](#) and [SciCasts](#) reported March 12 on a UCLA study that described a way to correct mutations in human mitochondria. Coauthors Dr. Michael Teitell, professor of pathology and laboratory medicine, and Carla Koehler, professor of chemistry and biochemistry, are members of the Broad Stem Cell Research Center at UCLA.

### **Trade Reports on Whooping Cough Study**

[Family Practice Medicine](#) reported March 15 on a study by Dr. James Cherry, professor of pediatric infectious diseases at Mattel Children's Hospital UCLA, at the International Conference on Emerging Infectious Diseases. His team found that infants with severe pertussis infections are more likely to have higher white blood counts and more rapidly increasing counts than those with milder infections.

### **Web Sites Cover Fruit Fly Study**

[Science Daily](#), [Science Codex](#), [PhysOrg.com](#), [Examiner.com](#), [Stem Cell Therapy](#), [Blog Arena](#), [Stem Cell TV](#), [Stem Cell Research Project](#), [iPS Cell Therapy](#), [Stem Cell News](#), [Stem Cell Clinic](#), [Stem Cell Digest](#) and [D Life](#) on March 12 reported on a UCLA study that showed insulin and nutrition prevent blood stem cells from differentiating in the common fruit fly. Author Utpal Banerjee, chair of molecular, cell and developmental biology, is a researcher with the Broad Stem Cell Research Center at UCLA.

### **Radio Show Explores Kids' Breathing Problems**

The "Sound Medicine" show on [WFYI 90.1FM](#) (IN) aired a March 11 interview with Dr. Nina Shapiro, director of pediatric otolaryngology at Mattel Children's Hospital UCLA and associate professor of head and neck surgery, about common breathing issues in young children. Her new book, "Take a Deep Breathe: Clear the Air for the Health of your Child," was also cited in the March issue of Parents magazine.

### **Online Press Cites Melanoma Study**

[Melanoma Updates](#), [News Net](#) on March 9 and [CBS42](#) (Atlanta) on March 10 reported on a UCLA study that uncovered a new mechanism of resistance to a melanoma drug. Author Dr. Roger Lo is an assistant professor of dermatology and molecular/medical pharmacology and a Jonsson Cancer Center scientist.

### **BRIEFS**

The [Los Angeles Times](#) reported March 12 that the ninth-annual John Varvatos charity event to benefit Stuart House, an adjunct facility of the UCLA Rape Treatment Center, raised a record amount. Gail Abarbanel, founding director of both facilities, was quoted.

[Santa Monica Mirror.com](#) included a video about the opening of UCLA Medical Center, Santa Monica in a March 15 email highlighting local news and events.

### **QUOTABLES**

Dr. Bruce Dobkin, professor of neurology and director of the UCLA Neurologic Rehabilitation and Research Program, was quoted in a March 13 [ABCNews.com](#) article about an animal study that used a multiple sclerosis drug for the treatment of spinal cord injuries.

Dr. Richard Jackson, professor and chair of environmental health sciences at the Fielding School of Public Health, was quoted in a March 15 [Univision](#) story about the Boyle Heights neighborhood having 77 percent more liquor stores than nearby cities with higher populations.

Dr. George LaBrot, a pulmonologist and sleep-disorders specialist at UCLA Medical Center, Santa Monica, was quoted in a March 13 [Los Angeles Times](#) story about the rising incidence of sleep problems.

Jeannette Meyer, clinical nurse specialist for palliative care at UCLA Medical Center, Santa Monica, was quoted in a March 14 [Santa Monica Daily Press](#) story about a local hospice that hosts an annual dinner to encourage conversations about death and dying.

Dr. Jorn Olson, a professor of epidemiology at the Fielding School of Public Health, was quoted in a March 14 [ABCNews.com](#) article about a study finding that exposing pregnant mice to radiation from a cell phone later affected the behavior of their offspring.

Diana Saikali, registered dietitian and specialist in pediatric nutrition with Mattel Children's Hospital UCLA, was quoted in a March 13 [Santa Monica Daily Press](#) article about a local school district's efforts to improve the nutritional content of its lunches.

Dr. Beate Ritz, professor of epidemiology at the Fielding School of Public Health, was quoted in a March 14 [Reuters](#) article about research showing that people on statins have a slightly lower risk of developing Parkinson's disease than those not on the cholesterol-lowering drugs.

Dylan Roby, director of the health economics and evaluation research program at the UCLA Center for Health Policy Research at the Fielding School of Public Health, was quoted in a March 13 [California Healthline](#) article about health care lobbying in California.

Dr. Wendy Slusser, associate professor of pediatrics and public health and director of the Fit for Healthy Weight program at Mattel Children's Hospital UCLA, was quoted March 9 in an [MSNBC](#) piece about healthy choices for kids at fast-food restaurants.

Dr. Jonathan Tobis, director of interventional cardiology, commented March 14 in an [ABC News.com](#) article on a new study about closing a type of hole in the heart to stop strokes. The story also ran on the websites for WNBC 1290 AM (New York) and KBOI 670 AM (Idaho).

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