



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Aug. 14 - 20, 2009**

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BRIEFS

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N.Y. Times Offers Tips for Combating 'Chemo Brain'

The Aug. 11 New York Times ran the second in a series of columns on a book coauthored by Dr. Daniel Silverman, head of neuronuclear imaging and associate professor of molecular and medical pharmacology, about practical steps that patients can take to address the memory and cognitive problems that often occur after chemotherapy. The women's blog, EmpowHer, also reported Aug. 17 on research on chemo brain by Silverman and Patricia Ganz, director of cancer prevention and control research at UCLA's Jonsson Comprehensive Cancer Center.

"Taking Steps to Cope with Chemo Brain"

http://www.nytimes.com/2009/08/11/health/11brod.html?_r=1&ref=health

"Chemo Brain Studies Under Way"

<http://www.empowher.com/news/herarticle/2009/08/18/chemo-brain-studies-underway-0>

Media Note Mental Health Services Sought by Gays, Bisexuals

The Los Angeles Times' health blog reported Aug. 15, United Press International reported Aug. 13 and Asian News International, Britain's Pink News, BioMed Central and Live Science reported Aug. 14 on a School of Public Health study finding that gays, lesbians and bisexuals are twice as likely as heterosexuals to seek help from mental health professionals. Susan Cochran, professor of epidemiology, was quoted.

"Mental Health? Gays and Lesbians Appear More Likely to Try for It"

http://latimesblogs.latimes.com/booster_shots/2009/08/gays-lesbians-bisexual-mental-health-.html

"Gays and Lesbians often Seek Health Care"

http://www.upi.com/Science_News/2009/08/13/Gays-and-lesbians-often-seek-health-care/UPI-11941250204400/

"Lesbians, Gays, Bisexuals Prone to Mental Health Issues"

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Lesbians-gays-bisexuals-prone-to-mental-health-issues/articleshow/4893374.cms>

"Gay Men and Lesbians More Likely to Seek Treatment for Mental Health and Substance Abuse"

<http://www.pinknews.co.uk/news/articles/2005-13680.html>

New Scientist, London Mail Reports on Obesity and the Brain

Paul Thompson, professor of neurology and a member of the Laboratory of Neuro Imaging, was featured in the Aug. 19 London Mail and New Scientist Magazine about his research about his research showing that regions in the brain that are key to cognition are smaller in obese, older people when compared with their leaner peers, making their brains look up to 16 years older than their true age.

"Obese People Have Smaller Brains than Their Skinny Counterparts"

<http://www.dailymail.co.uk/health/article-1207709/Obese-people-smaller-brains-skinny-friends.html#ixzz0OKT2qBcP>

"Expanding Waistlines May Cause Shrinking Brains"

<http://www.newscientist.com/article/mg20327222.400>

Westside Today Spotlights Neuro Imaging Grant

Westside Today reported Aug. 15 that UCLA's Laboratory of Neuro Imaging received \$1.9 million in federal Recovery Act funds to further its research on brain structure and function. Lab director Arthur Toga, professor of neurology and associate director of the Division of Brain Mapping, was quoted.

"UCLA Gets Stimulated"

<http://www.westsidetoday.com/m4-1390/ucla-gets-stimulated.html>

NBC's "LifeChangers" Discusses Brain Health

Dr. Neil Martin, chair of neurosurgery, appeared Aug. 15 on NBC Extra "LifeChangers" show about brain aneurisms, brain health and the dangers of excessive smoking and alcohol consumption.

Marie Claire Dubs Prof a 'Danger Junkie'

Anne Rimoin, assistant professor of epidemiology at the School of Public Health, was featured in the August issue of Marie Claire magazine about women with dangerous jobs. The story highlighted her research on emerging infectious diseases in the Democratic Republic of Congo.

"Danger Junkies"

<http://www.marieclaire.com/career-money/jobs/articles/dangerous-jobs-5>

Neurologist Addresses New Play on Autism

Examiner.com reported Aug. 15 on a new play airing on KPCC 89.3FM's "LA Theatre Works" about an autistic teen. The broadcast featured an interview with neurologist Dr. Daniel Geschwind, professor of neurology and psychiatry and director of the UCLA Center for Autism Research and Treatment.

"Free Theater: LA Theatre Works Airs 'Lucy' "

<http://www.examiner.com/x-3896-LA-Theater-Reviews-Examiner~y2009m8d15-Free-Theater-LA-Theatre-Works-Airs-Lucy>

"AirTalk" Explores Anti-Aging Drugs for Longevity

Dr. Gary Small, professor of psychiatry at the Semel Institute and director of UCLA's Center on Aging, appeared on the Aug. 19 segment of KPCC.89.3FM's "AirTalk," where he addressed research into the development of anti-aging drugs to possibly help extend life.

"Can Old Age be Cured?"

<http://www.scp.org/programs/airtalk/2009/08/19/can-old-age-be-cured/>

HealthDay Explores Cognitive Decline in the Elderly

HealthDay News reported Aug. 14 on research by Dr. Arun Karlamangla, associate professor of geriatrics, finding no link between aging people's socioeconomic status and cognitive decline. The report also appeared on the websites of the Atlanta Journal-Constitution, U.S. News & World Report, MSN.com and EmpowHer. The study was published in the American Journal of Epidemiology

"Rich, Poor See Similar Declines in Old Age"

<http://www.healthday.com/Article.asp?AID=629926>

L.A. Times Prints Op-Ed on Living Wage

E. Richard Brown, director of the Center for Health Policy Research at the School of Public Health, and Gerald F. Kominski, associate director, were the co-authors of an August 15 Los Angeles Times op-ed piece about the need for a living wage tied to health benefits for contract employees at Los Angeles International Airport.

"L.A. Needs a Real Living Wage Ordinance"

<http://www.latimes.com/news/opinion/la-oe-brown15-2009aug15,0,1503861.story>

Psychology Today Explores Risks of Texting

Psychology Today.com features a blog by Dr. Gary Small, professor of psychiatry at the Semel Institute and director of UCLA's Center on Aging. An Aug. 19 posting addressed the impact of texting on brain function. He is author of "iBrain: Surviving the Technological Alteration of the Modern Mind."

"Is Texting Making Us Stupid?"

<http://www.psychologytoday.com/blog/brain-bootcamp/200908/is-texting-making-us-stupid>

New America Runs Op-ed on Healthcare Reform

New America Media featured an Aug. 14 op-ed by David Hayes-Bautista, professor of general internal medicine and health services research and director of the UCLA Center for the Study of Latino Health and Culture. He addressed the potential impact of healthcare reforms on immigrants.

"Healthcare for All? It Depends on Your Visa"

http://news.newamericamedia.org/news/view_article.html?article_id=d1bac198c92a8769da538fceb7f343e

Newswire Reports on Cancer Fatigue

Asian News International reported Aug. 19 on a study by Dr. Julie Bower, associate professor of psychiatry and behavioral sciences, finding that fatigue experienced by cancer patients after radiotherapy may result from the treatment's activation of an inflammatory pathway in the body. Bower is quoted.

"Fatigue during Radiotherapy by Inflammation"

<http://timesofindia.indiatimes.com/life-style/health-fitness/health/Fatigue-during-radiotherapy-by-inflammation/articleshow/4910200.cms>

Trade Highlights Pomegranate Research

Research by Dr. Allan Pantuck, associate professor of urology and a researcher at UCLA's Jonsson Cancer Center, finding that pomegranate juice slows prostate cancer progression was featured Aug. 19 in Renal and Urology News. His findings were presented at the American Urological Association annual meeting.

"Pomegranate Juice May Help Prostate Cancer Patients"

<http://www.renalandurologynews.com/Pomegranate-Juice-May-Help-Prostate-Cancer-Patients/article/146790/>

Community Paper Recounts Resident's Lifesaving Heart Care

The Palisadian Post published an Aug. 13 story and photo about local resident Jay Smith's rapid treatment at Santa Monica-UCLA Medical Center and Orthopaedic Hospital following a heart attack. Dr. Wally Ghurabi, medical director of the hospital's Nethercutt Emergency Center, was quoted.

"Jay Smith Survives a Heart Attack"

http://www.palisadespost.com/content/index.cfm?Story_ID=5069

Geriatrician Shares Insights on Diagnosing Senior Depression

The Santa Monica Mirror ran an Aug. 13 column by Dr. Grace Chen, staff geriatrician at Santa Monica-UCLA Medical Center and Orthopaedic Hospital, about diagnosing depression in the elderly.

"Some Hope for Senior Blues"

<http://www.smmirror.com/MainPages/DisplayArchiveArticle.asp?eid=10748>

L.A. Times Showcases Healthcare Savings at Dental Schools

The Los Angeles Times reported Aug. 17 on the savings to be found at local dental schools when oral healthcare is provided by dental students working under faculty supervision. Two sidebar stories accompanied the feature. Dr. Richard Stevenson, chair of restorative dentistry, and Dr. Lynn McCullough, medical director of the Ronald Reagan UCLA Medical Center emergency department, were quoted.

"Dental Care on a Budget"

<http://www.latimes.com/features/health/la-he-yourmoney17-2009aug17,0,3731142.story>

"The Ins and Outs of Affordable Dental Care"

<http://www.latimes.com/features/health/la-hew-yourmoney-more17-2009aug17,0,1448870.story>

"Keep your Kids Smiling with these Dental Services"

<http://www.latimes.com/features/health/la-hew-yourmoney-kids17-2009aug17,0,535959.story>

Watts Paper Profiles Minority Students in Dental Labs

The L.A. Watts Times ran an Aug. 20 profile of several high school students participating in a School of Dentistry program that introduces local African-American and Latino youngsters to careers in dentistry and research.

"High School Scientists Spend Summer in UCLA Lab"

<http://www.lawattstimes.com/education/education/1019-high-school-scientists-spend-summer-in-ucla-lab.html>

BRIEFS

The Aug. 19 Baltimore Sun cited research by Lenore Arab, professor of general internal medicine and health services research, finding that drinking at least three cups of green or black tea per day can significantly reduce the risk of stroke. The article also ran on the Web site of KFSM-TV (AR.).

"Drink to Think"

<http://www.baltimoresun.com/health/wellness/chi-tc-health-theaninemay30,0,3665875.story>

The Aug. 24 issue of The New Yorker ran a letter to the editor by Dr. Gabriel Danovitch, medical director of the kidney and pancreas transplant program, about living kidney donation.

"Re: The Kindest Cut"

http://www.newyorker.com/magazine/letters/2009/08/24/090824mama_mail4

UCLA Medical Center was cited in an Aug. 17 Ventura County Star profile of an Oxnard man who is seeking a lung transplant at UCLA.

“Oxnard Man Battling Red Tape for Lung Transplant”

<http://www.venturacountystar.com/news/2009/aug/17/no-headline---nxxlung17/>

QUOTABLES

Dr. David Baron, chief of staff at Santa Monica-UCLA Medical Center and Orthopaedic Hospital, was quoted in an August 14 KNX 1070AM report about bacteria on sandals and “flip flops.”

Gregory Cole, professor of medicine and neurology and associate director of the Mary S. Easton Center for Alzheimer’s Disease Research, commented Aug. 17 in the Los Angeles Times about inflammation in the brain and its possible role in Alzheimer’s disease. Segments also appeared Aug. 17 on KKKF Ch. 11 (Santa Barbara), and Aug. 18 on KMPH Ch. 11 (Fresno).

“Inflammation and How it Relates to Chronic Diseases”

<http://www.latimes.com/features/health/la-hew-anti-inflammation-side17-2009aug17,0,4353042.story>

“Mediterranean Diet plus Exercise Lowers Alzheimer’s Risk”

http://www.myfox11.com/Global/story.asp?S=10890208&nav=menu1589_10_3_10

Dr. Jeffrey Cummings, professor of neurology and director of the Mary S. Easton Center for Alzheimer’s Disease Research, was quoted Aug. 17 in the Los Angeles Times about the relationship between high cholesterol and Alzheimer’s risk, and habits people can adopt to help prevent the disease.

“Healthy Habits to Help Prevent Alzheimer’s

<http://www.latimes.com/features/health/la-he-closer17-2009aug17,0,2419159.story>

Dr. Timothy Fong, assistant professor of psychiatry at the Semel Institute and co-director of the Gambling Studies Program, was quoted in the summer edition of AARP Magazine about the tendency of older people to be more at risk for gambling problems.

“Just Once More: The Face of Addiction”

http://www.aarp.org/health/conditions/articles/just_once_more_the_face_of_addiction.html

Dr. David Heber, professor of medicine and public health and director of the UCLA Center for Human Nutrition, commented Aug. 17 in the New York Times about the 30th anniversary of the publication of “The House of God,” a novel detailing the experiences of a medical intern. He also commented Aug. 17 in the Los Angeles Times about addressing chronic inflammation through diet.

“A Book Doctors Can’t Close”

<http://www.nytimes.com/2009/08/18/health/18house.html>

“Battling Inflammation through Food”

<http://www.latimes.com/features/health/la-he-anti-inflammation17-2009aug17,0,3196484.story>

Shana Alex Lavarreda, research scientist and director of health insurance studies at the Center for Health Policy Research at the School of Public Health, commented Aug. 17 in the Sacramento Bee about healthcare disparities in the Sacramento area.

“Placer, Yolo Counties’ Diverse Populations Illustrate Health Care Disparities”

<http://www.sacbee.com/ourregion/story/2114512.html?storylink=pd>

Bernadette Lodge-Lemon, director of patient business services at Ronald Reagan UCLA Medical Center, was cited in an Aug. 12 Chicago Tribune column offering tips on managing medical bills.

“Negotiating Your Medical Bills”

<http://www.chicagotribune.com/health/family/chi-tc-health-billsmay30,0,741916.story>

Dr. David Reuben, chief of geriatrics, was quoted Aug. 17 in a Journal of the American Medical Association article about efforts to boost the number of doctors to treat an aging population.

“Effort underway to Prepare Physicians to Care for Growing Elderly Population”

<http://jama.ama-assn.org/cgi/content/full/302/7/727>

Dr. Michael Rodriguez, professor of family medicine, was quoted Aug. 18 in a USA Today story about the new National Institutes of Health chief.

“NIH’s New Chief Pledges to Lead Research Agency ‘as a Scientist’”

http://www.usatoday.com/news/health/2009-08-17-nih-collins_N.htm?POE=click-refer

Dr. Arya “Nick” Shamie, associate professor of orthopedic surgery at the UCLA Spine Center, was quoted Aug. 17 in the Albuquerque (N.M.) Journal about the benefits of exercise for patients with scoliosis.

“Scoliosis May Worsen with Age, but Exercise Can Help”

<http://www.abqjournal.com/health/172238253866health08-17-09.htm>

Dr. Neil Wenger, professor of general internal medicine and health services research and director of the UCLA Health System Ethics Center, commented Aug. 18 in the Wall Street Journal about end-of-life care. “Preparing for the Final Hours”

<http://online.wsj.com/article/SB10001424052970204044204574356423438598710.html>

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