



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Aug. 17 - 23, 2012**

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Cramming Study Attracts Global Attention

L.A. Times, Others Spotlight Circumcision Op-ed

Jerusalem Post, Daily Mail Explore How Brain Encodes Speech

HuffPo, ABC Examine How Meditation Can Relieve Loneliness

PBS Highlights Depression and the Brain

Columns Cover Hot Tubs, Rashes and Boar Meat

Expert Addresses Cholesterol, Heart Attacks in Women

KCRW Touts Cancer-Inspired Art Exhibit

Sirius Radio Spotlights Medical Student Mistreatment

Souped-up Brain Circuitry Led to Evolution

Blog, Radio Show How Fructose Disrupts Memory, Learning

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Cramming Study Attracts Global Attention

Andrew Fuligni, a professor of psychiatry at the Semel Institute, was featured in coverage of his study showing that sacrificing sleep for extra study time, whether it's cramming for a test or plowing through a pile of homework, is actually counterproductive and may lead to more academic problems, not less, on the following day. Coverage included an Aug. 17 report by [KABC-Channel 7](#); Aug. 21 reports by [NPR](#), [Time.com](#), [ABCNews.com](#), [Huffington Post](#), [Telegraph.com](#) (UK), [Examiner.com](#), [Kurzweil.com](#), [Scienceblog.com](#) and [ZMEscience.com](#); Aug. 22 by [HealthCanal.com](#); and Aug. 22 by [WHEC-Channel 10](#) (New York), [KNBC-Channel 4](#), the [Los Angeles Times](#), [Toronto Globe & Mail](#), [Asian News International](#), [Education Week](#), Britain's [Daily Mail](#), [KNBC-Channel 4](#), [KTLA-Channel 5](#), [Chicago's WFLD-TV](#), Tampa Bay's [WFLA-TV](#), Minneapolis' [KSTP-TV](#), Detroit's [WJBK-TV](#) and Seattle's [KCPQ-TV](#).

L.A. Times, Others Spotlight Circumcision Op-ed

A journal editorial by Arleen Leibowitz, professor of public policy at the UCLA Luskin School of Public Affairs and a researcher at the UCLA AIDS Institute; and Katherine Desmond, an associate director at the UCLA Center for HIV Identification, Prevention and Treatment Services, recommending that all state Medicaid programs cover male circumcision was highlighted Aug. 20 by the [Los Angeles Times](#), [HealthDay News](#), [Businessweek](#), [Huffington Post](#), [Time](#), [ABCNews.com](#), and [MedPage Today](#); and Aug. 21 on [CBS News.com](#). Leibowitz was quoted.

Jerusalem Post, Daily Mail Explore How Brain Encodes Speech

The [Jerusalem Post](#) and [Gizmag](#) reported Aug. 23; the U.K.'s [Daily Mail](#), [Red Orbit](#), [Asian News International](#) and [News Medical.net](#) reported Aug. 22; and [Medical Xpress](#) and [Science Daily](#) reported Aug. 21 on research led by Dr. Itzhak Fried, professor of neurosurgery, neurology and psychiatry at the David Geffen School of Medicine at UCLA, with scientist from Technion, Israel's Institute of Technology, that unravels how our brain cells encode the pronunciation of individual vowels in speech. Published in the Aug. 21 edition of *Nature Communications*, the discovery could lead to new technology that verbalizes the unspoken words of people paralyzed by injury or disease.

HuffPo, ABC Examine How Meditation Can Relieve Loneliness

Steve Cole, professor of medicine and psychiatry at the Semel Institute and a member of the Cousins Center for Psychoneuroimmunology; and Dr. Michael Irwin, professor of psychiatry and the director of the Cousins Center, were featured August 21 by the [Huffington Post](#), [ABC News.com](#), and [KARK-Channel 4](#) (Arkansas) about their study showing that practicing meditation helped seniors reduce feelings of loneliness and led to a decrease in the expression of genes associated with chronic inflammation.

PBS Highlights Depression and the Brain

Dr. Peter Whybrow, director of the Semel Institute and physician-in-chief of UCLA's Resnick Neuropsychiatric Hospital, was interviewed August 22 on PBS's "[Charlie Rose](#)" show about the latest research on the brain and depression.

Columns Cover Hot Tubs, Rashes and Boar Meat

The [Pasadena Star-News](#), [Whittier Daily News](#), [Daily News](#) and [San Gabriel Valley Tribune](#) ran an Aug. 16 column by Dr. Claire Panosian Dunavan, clinical professor of infectious diseases, on *Pseudomonas aeruginosa* — a bacteria that can survive in chlorinated hot tubs and cause irritating skin rashes. Another column that appeared in the Aug. 22 [Whittier Daily News](#) and [Daily News](#) discussed trichinosis, an infection stemming from microscopic parasites in pork that could be acquired from wild boar meat. Dr. Andrew Saxon, professor emeritus of medicine, division of clinical immunology and allergy, was quoted.

Expert Addresses Cholesterol, Heart Attacks in Women

Dr. Karol Watson, associate professor of medicine, division of cardiology, was interviewed Aug. 16 by [KCBS-Channel 2](#) about chemicals in coffee that may raise cholesterol levels. She also was interviewed Aug. 21 by [KTTV-Channel 11](#) about common signs of heart attack in women.

KCRW Touts Cancer-Inspired Art Exhibit

[KCRW 89.9 FM's "Which Way, LA?"](#) blog reported Aug. 22 about a new art exhibit at the David Geffen School of Medicine at UCLA's Learning Resource Center. Six artists expressed their feelings in art after each was diagnosed with cancer. The school uses the periodically changing exhibits to teach students compassion for their future patients' perspectives.

Sirius Radio Spotlights Medical Student Mistreatment

The David Geffen School of Medicine at UCLA's Dr. Neil Parker, senior associate dean for student affairs, and Joyce Fried, assistant dean and co-director of continuing medical education, were featured Aug. 21 on Sirius XM 81 Radio's "Doctor Radio" show. The two were interviewed and took audience calls about Fried's new study in *Academic Medicine* that highlighted UCLA's efforts to stop bullying of medical students by residents and faculty, a national problem.

Souped-up Brain Circuitry Led to Evolution

[Science Codex](#), [Medical Xpress](#), [Science Daily](#), [Europa Press](#) reported Aug. 22 and the [Indo-Asian News Service](#), [Asian News Service](#), [El Semanal Digital](#) and [News Medical.net](#) reported Aug. 23 on a new study led by Dr. Daniel Geschwind, UCLA's Gordon and Virginia MacDonald Distinguished Professor of Human Genetics, a professor of neurology and psychiatry at the David Geffen School of Medicine at UCLA and a researcher at the Semel Institute, revealing that more sophisticated wiring, not just a bigger brain, helped humans evolve beyond chimps.

Blog, Radio Show How Fructose Disrupts Memory, Learning

A study by Fernando Gomez-Pinilla, professor of neurosurgery at the David Geffen School of Medicine at UCLA, showing how a high-fructose diet can slow the brain and hamper memory and learning in rats was reported Aug. 17 on Cleveland's [WTAM-AM](#) radio and Aug. 22 in an article and podcast on the blog [EarthSky](#).

Geriatrician Offers Expert Spin on Dizziness

Dr. James Davis, staff geriatrician at UCLA Medical Center, Santa Monica and professor of medicine, wrote an Aug. 10 [Santa Monica Mirror](#) column about dizziness.

Trade Spotlights Top Hospital and Health System Leaders

The Aug. 8 edition of [Becker's Hospital Review](#) ranked the top 300 hospital and health system leaders, including Dr. David Feinberg, president of the UCLA Health System, CEO of the UCLA Hospital System and associate vice chancellor.

Senator Honors Transplant Doctors

The [Victorville Daily Press](#) reported Aug. 23 and the [Santa Clarita Valley News](#) reported Aug. 22 on state Sen. Sharon Runner's presentation of a resolution to Dr. Abbas Ardehali, professor of cardiothoracic surgery and director of the UCLA Heart and Lung Transplant program; and Dr. David Ross, professor of pulmonology and medical director of the UCLA Lung Transplant program. The doctors were honored by Runner during a special ceremony at the Senate chamber in Sacramento on Aug. 21. Runner underwent a double lung transplant at UCLA in February.

La Opinión Records Wrestlers' Visit to Sick Kids

[La Opinión](#) reported Aug. 16 and [Wrestling Inc.](#) reported Aug. 17 on professional wrestlers from World Wrestling Entertainment who visited pediatric patients at Mattel Children's Hospital UCLA.

Sentinel Spotlights Woman's Double Transplant

The Los Angeles Sentinel reported Aug. 9 on a Compton woman who underwent a risky yet successful heart and kidney transplant at UCLA. The story cited Dr. David Ross, professor of pulmonology and medical director of the UCLA Lung Transplant Program; Dr. Daniel Cruz, clinical instructor of cardiology;

Dr. Richard Shemin, professor and chief of cardiothoracic surgery; and Dr. H. Albin Gritsch, associate professor of urology.

Websites Note Hospital Award

[Health Daily Digest](#) reported Aug. 22; [Century City/Westwood Patch](#) and [News-Medical](#) reported Aug. 21 and [Examiner](#) and [NewsBlaze](#) reported Aug. 20 on Ronald Reagan UCLA Medical Center's award for outstanding heart-attack care from the American College of Cardiology Foundation. UCLA is one of only 164 hospitals nationwide to receive the award.

Local FOX Covers Self-Control, Weight

An Aug. 20 [KTTV-TV Channel 11](#) story focused on research from the University of Wisconsin demonstrating a correlation between children who had low self-control and adults who had weight issues. Dr. David Heber, director of the UCLA Center for Human Nutrition, was interviewed.

Melanoma Study Continues to Grab Headlines

[Cancer-Research](#) on Aug. 18, [United Press International](#) on Aug. 19 and [PharmaBiz.com](#) on Aug. 21 featured a story by Dr. Antoni Ribas and Dr. Richard Koya that found pairing a BRAF inhibitor with immunotherapy boosted anti-tumor activity in an animal model of metastatic melanoma. Ribas is a professor of hematology/oncology and Koya is an assistant professor of surgical oncology. Both are members of UCLA's Jonsson Comprehensive Cancer Center.

Radio Covers Kidney Stone Study

An Aug 19 [Sound Medicine](#) radio show covered a study showing that as rates of obesity and diabetes have risen in the U.S., the incidence of kidney stones has also increased significantly. Study author Dr. Charles Scales, Jr., a Robert Wood Johnson Foundation/U.S. Department of Veterans Affairs Clinical Scholar in urology and medicine, was interviewed.

Blog Features Retinoblastoma Study

[Voxxi](#) on Aug. 23 highlighted research that showed babies born to U.S.-born Latinas are at greater risk for retinoblastoma than their foreign-born counterparts. Dr. Beate Ritz, a researcher at UCLA's Jonsson Comprehensive Cancer Center and professor and chair of epidemiology and professor of environmental health sciences in the UCLA Fielding School of Public Health; and Julia Heck, an assistant researcher in the Fielding School, led the study.

Blogger Reviews Doctor's Book on Healthy Eating

The Aug. 18 [Packer](#) reviewed a book by Dr. Natalie Digate Muth, a former pediatric resident at Mattel Children's Hospital UCLA, who wrote "Eat Your Vegetables and Other Mistakes Parents Make." The book focuses on how to raise healthy eaters.

First Aortic Valve Replacement without Open Heart

[Medical Quack](#) blog reported Aug. 16 on Ronald Reagan UCLA Medical Center's first minimally-invasive aortic valve replacement for patients who are not candidates for open-heart surgery.

BRIEF

An article in the August 19 [Modesto Bee](#) about seniors struggling to afford basic necessities highlighted a study by the UCLA Center for Health Policy Research at the Fielding School of Public Health showing that many financially troubled California seniors can't receive public assistance because the official federal poverty level is set too low.

QUOTABLES

Gail Abarbanel, director of the UCLA Rape Treatment Center at UCLA Medical Center, Santa Monica, commented Aug. 20 on [NBC News.com](#) about Rep. Todd Akin's claim that a woman's body is able to prevent pregnancy resulting from rape.

Dr. David Baron, family medicine physician at UCLA Medical Center, Santa Monica and executive director of the UCLA Arthur Ashe Student Health and Wellness Center, commented in an Aug. 23 KNX AM1070 report about dead birds found in Santa Monica that were infected with the West Nile virus.

Dr. Chris Cagnon, chief of radiology physics and professor of radiological sciences at the David Geffen School of Medicine at UCLA, was quoted in an Aug. 17 story in the Santa Monica edition of [AOL's Patch](#) about a woman suing the city due to alleged radiation exposure from parking meters.

Dr. Andrew Charles, director of UCLA's Headache Research and Treatment Program and a professor of neurology who holds UCLA's Luskin Chair in Migraine and Headache Studies, was quoted Aug. 13 in a [Science](#) article about why women get more migraines than men.

Dr. James Cherry, professor of pediatric infectious diseases at Mattel Children's Hospital UCLA, was quoted Aug. 20 in a [USA Today](#) article about California legislation aimed at requiring all school children be vaccinated. He was also quoted Aug. 17 in the [Wisconsin Rapids Tribune](#) about the rise of whooping cough.

Dr. William Cunningham, professor of general internal medicine and health services research and of public health, was quoted Aug. 20 in a [Los Angeles Times](#) profile of HIV educator Precious Jackson.

Dr. Gregg Fonarow, Eliot Corday Professor of Cardiovascular Medicine and Science and director of the Ahmanson-UCLA Cardiomyopathy Center, commented in Aug. 21 [Health24](#) and [HealthDay News](#) articles about research suggesting that individuals with a close relative who died young from heart disease have a higher risk of developing heart disease themselves. The HealthDay story ran in [U.S. News & World Report](#).

Dr. Daniel Geschwind, UCLA's Gordon and Virginia MacDonald Distinguished Professor of Human Genetics and a professor of neurology and psychiatry, was quoted Aug. 23 by the [Los Angeles Times](#), [KTLA-Channel 5](#) and [Petri Dish News](#); and Aug. 22 by [Nature News](#) and [Examiner.com](#) about why children born to older fathers may have higher rates of autism.

Michael Green, professor of psychiatry at the Semel Institute, was quoted in the August 18 [Ventura County Star](#) about a local program that treats youths with early symptoms of serious mental illness.

Gerald Kominski, director of the UCLA Center for Health Policy Research and a professor at the UCLA Fielding School of Public Health, was quoted in an August 21 [New America Media](#) article about support for the Affordable Care Act among minority communities in California.

Dr. Amy Rosenman, an assistant clinical professor of obstetrics-gynecology at the David Geffen School of Medicine at UCLA, commented Aug. 20 on [NBC News.com](#) about Rep. Todd Akin's claim that a woman's body is able to prevent pregnancy resulting from rape.

Dr. Gary Small, Parlow-Solomon Professor on Aging, a professor of psychiatry at the Semel Institute and director of the UCLA Longevity Center, commented in an Aug. 20 [Time](#) article about the use of cell phones and texting in children.

Dr. Antronette Yancey, professor of health services at the Fielding School of Public Health and co-director of the UCLA-Kaiser Permanente Center for Health Equity, was quoted August 17 by [CBS News.com](#) about a doctor who holds programs in hair salons to encourage healthy living in the African American community.

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