



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Aug. 30-Sept. 5, 2013**

Note: Website links may expire without notice. Some sites require password registration. If you cannot access a story or would like to obtain a copy, please call 310.794.0777.

Facebook as a Tool for HIV Prevention

Swallowing Exercises Benefit Head & Neck Cancer Patients

Stem Cell Researchers Receive CIRM Early Translational Grants

Drug Substitutions Mean Medicare Savings

Who Gets Chosen for Organ Transplants?

Pushing Patient-Centered Care

TB Testing By Nursing School Clinic Gathers More Coverage

Huffington Post on Caregivers and Stress

N.J. Newspaper Notes that Meditation Strengthens the Brain

Physician Newsletter Reports that with Stroke, Time Equals Brain

San Luis Obispo Newspaper Highlights Undocumented Immigrants and Health Reform

Jewish Journal Profiles New Program to Better Serve Teen Cancer Patients

Santa Monica Daily Highlights Spirited Work by Campus Chaplaincy Program

The Dish on Inflammatory Bowel Disease

Working to Prevent Alzheimer's

Buddy Families Help Operation Mend Patients

Nurse Wins Award

Outcomes for Aneurysm Patients

Blogging Helps Cancer Patients

Neurons, Aging and Learning

Mobile Health Clinic Must Find New Location

BRIEFS

QUOTABLES

Facebook as a Tool for HIV Prevention

[Reuters](#), [Examiner.com](#), [Phys.org](#), and the Web site of [CBS3-TV](#) (Philadelphia) Sept. 2; [NPR](#), the Cleveland [Plain Dealer](#), [MedPage Today](#), [KPLU 88.5FM](#) (Seattle), [Parent Herald](#), [Property Mentor Group](#), [redOrbit](#), [Headlines and Global News](#), [Zee News](#) (India), [News-Medical](#), [Aninews](#), and [The Times of India](#) Sept. 3; and [Slate](#) Sept. 4 reported on a study led by Sean Young, assistant professor of family medicine and director of innovation at the Center for Behavior and Addiction Medicine at the David Geffen School of Medicine at UCLA, that found that Facebook discussion groups helped men at high risk of HIV infection increase healthy behaviors and get tested for HIV. Young was quoted. The Reuters story also ran on [MedCity News](#), [Solar News](#), [GMA News Online](#) and [Health 24](#); the MedPage Today story was carried by [Everyday Health](#); the NPR report appeared on [GPB News](#), [Capitol Public Radio](#), [OPB](#), [Texas Public Radio](#), [New Hampshire Public Radio](#), [ideastream](#), [WLRN](#) (Miami), [Delmarva Public Radio](#), [Northwest Public Radio](#) (Pullman, Wash.), and [Montana Public Radio](#).

Swallowing Exercises Benefit Head & Neck Cancer Patients

[News-Medical](#), [Examiner.com](#), [DrBiscuspid](#), [Science Daily](#) Aug. 30, and [Medical News Today](#), [Celebrity Balla](#), [SiloBreaker](#), and [Oral Cancer News](#) Sept. 1 reported on a study from UCLA's Jonsson Comprehensive Cancer Center (JCCC) showing that head and neck cancer patients who complied with a protocol of swallowing exercises during and after their radiation treatments were able to better maintain their swallowing ability after treatment. Dr. Marilene Wang, JCCC member and professor-in-residence of head and neck surgery at the David Geffen School of Medicine at UCLA led the study and was quoted in the coverage.

Stem Cell Researchers Receive CIRM Early Translational Grants

[USA Today](#), [Stem Cell Roundup](#), [Stem Cell News Blog](#), [Stem Cell Daily](#), [The Pluripotent](#), [eWallstreeter](#), [Stem Cells Therapy](#), [FindLaw](#), [Bruin Professionals](#), [NewMediaWire](#) Aug. 30; [BioPortfolio](#) Sept. 2; [Stem Cell Treatments](#), [TWC Central](#), [Alltop](#), [Phys.org](#) Sept. 3 and [News-Medical](#) Sept. 4 reported on four prominent members of UCLA's Eli & Edythe Broad Center of Regenerative Medicine & Stem Cell Research who received Early Translational grants totaling \$13M from the California Institute of Regenerative Medicine (CIRM), the state's stem cell agency. Dr. Jerome Zack, professor of medicine and microbiology, immunology and molecular genetics; Dr. Robert Reiter, Bing Professor of Urologic Research; Dr. Donald Kohn, professor of pediatrics and microbiology, immunology and molecular genetics in the life sciences; and Dr. Gerald Lipshutz, associate professor-in-residence of surgery, urology and medicine, are the leaders of the recipient research teams.

Drug Substitutions Mean Medicare Savings

[Pharma Times](#) reported Aug. 30 on a study led by Dr. O. Kenrik Duru, associate professor of general internal medicine and health services research at the David Geffen School of Medicine at UCLA, showing that substituting generic or therapeutic alternatives for brand-name drugs could result in significant savings for Medicare patients, health plans and the government. Duru was quoted.

Who Gets Chosen for Organ Transplants?

Dr. Gabriel Danovitch, medical director of the UCLA Health System's kidney and pancreas transplant program, was interviewed Sept. 4 on [NPR](#) about the criteria various hospitals use in selecting candidates for organ transplants.

Pushing Patient-Centered Care

[Science Daily](#) reported Sept. 2 on a joint UCLA-USC patient-centered medical care program in which medical residents use a team-based, coordinated approach to dealing with patients' health needs. Dr. Michael Hochman, a fellow in the Robert Wood Johnson Foundation Clinical Scholars Program at the David Geffen School of Medicine at UCLA, was quoted.

TB Testing By Nursing School Clinic Garners More Coverage

The UCLA School of Nursing's role in containing the outbreak of tuberculosis on Skid Row was featured in a story Aug 29 on [California Health Report](#). Dr. Mary Marfisee, medical director for the UCLA School of Nursing Health Clinic at the Union Rescue Mission, and medical assistant Antonio Vera, were quoted in the story. The report also cited the work of medical students from David Geffen School of Medicine at UCLA and Charles R. Drew University of Medicine and Science.

Huffington Post on Caregivers and Stress

Dr. Helen Lavretsky, professor of psychiatry at the Semel Institute and director of the Late-Life Depression, Stress and Wellness Research Program, was featured in a Sept. 3 [Huffington Post](#) article about her study comparing the stress levels of male and female caregivers, and stress release techniques, for those who care for individuals with Alzheimer's disease.

N.J. Newspaper Notes that Meditation Strengthens the Brain

Eileen Luders, assistant professor of neurology, was featured in a Sept. 2 [New Jersey Daily Record](#) column on the medical benefits of meditation and her research showing that people who meditate have, on average, more folds in the brain's cerebral cortex, which has been linked to improved information processing, memory formation and decision making.

Physician Newsletter Reports that with Stroke, Time Equals Brain

Dr. Jeffrey Saver, professor of neurology and director of the UCLA Stroke Center, was featured in the Aug. 29 [Internal Medicine News](#) regarding his research that examined how outcomes for stroke patients are influenced by how quickly they receive a common clot-busting drug.

San Luis Obispo Newspaper Highlights Undocumented Immigrants and Health Reform

An article in the Aug. 31 [San Luis Obispo Tribune](#) highlighted research by the UCLA Center for Health Policy Research at the Fielding School of Public Health showing that roughly 900,000 undocumented immigrants in California lack health insurance and that most will likely remain uninsured once the Affordable Care Act is implemented.

Jewish Journal Profiles New Program to Better Serve Teen Cancer Patients

The Sept. 4 [Jewish Journal](#) profiled the UCLA Daltrey/Townshend Teen and Young Adult Cancer Program located at UCLA Medical Center, Santa Monica. The first of its kind in the U.S., the program focuses on providing support and improving the quality of life for teens and young adults undergoing treatment. Daniel Bral and Emily Magilnick, two members of the program's advisory council, were quoted in the story. Dr. David Feinberg, president of the UCLA Health System and associate vice chancellor for health sciences, was referenced.

Santa Monica Daily Highlights Spirited Work by Campus Chaplaincy Program

The [Santa Monica Daily Press](#) Sept. 1 highlighted UCLA Medical Center, Santa Monica's chaplaincy program and its efforts to advance spiritual care in a broader, more contemporary way. Timothy Thorstenson, manager, spiritual care, and Lori Koutouratsas, palliative care chaplain, were quoted in the story.

The Dish on Inflammatory Bowel Disease

Information Television Network's "Healthy Body, Healthy Mind" Sept. 1 featured expert commentary on inflammatory bowel disease by three UCLA physicians: Dr. Emeran Mayer, professor of medicine in the division of digestive diseases and of physiology and psychiatry; Dr. Brennan Spiegel, associate professor of medicine in residence in the division of digestive diseases; and Dr. Lin Chang, professor of medicine in the division of digestive diseases.

Working to Prevent Alzheimer's

UCLA research on Alzheimer's disease prevention was highlighted Sept. 4 in a segment on current Alzheimer's research on NBC's "[Today](#)."

Buddy Families Help Operation Mend Patients

[KCBS-Channel 2](#) and [KCAL-Channel 9](#) Aug. 29 featured a story on UCLA's Operation Mend Buddy Family program which pairs local volunteer families with wounded military personnel being treated at UCLA. Operation Mend provides free reconstructive surgery and other medical services and the Buddy Families provide a social outlet for the patients and their families while they are at UCLA for treatment. Melanie Gideon, manager of the UCLA Operation Mend program, was interviewed. In addition, Gideon was interviewed Aug. 31 on Health Radio's "You the Owner's Manual with Dr. Michael Roizen" show about Operation Mend.

Nurse Wins Award

Salpy Akaragian, director of the international nursing program and nurse credentialing with the UCLA Health System, was profiled Aug. 5 in a [Nurse.com](#) article as a finalist for a GEM (Giving Excellence Meaning) Award in the volunteerism and service category. She received the award at an Aug. 23 ceremony.

Outcomes for Aneurysm Patients

IMNG Medical Media reported Sept. 3 on a study led by Dr. Peter Lawrence, chief of vascular surgery at the David Geffen School of Medicine at UCLA and director of the Gonda (Goldschmied) Venous Center, examining several factors that affect outcomes for patients with femoral artery aneurysms.

Blogging Helps Cancer Patients

[Reuters](#) reported Aug. 30 on a study led by Dr. Annette Stanton, professor of psychology and psychiatry and a member of UCLA's Jonsson Comprehensive Cancer Center, that found that women who chronicled their experiences with breast cancer online tended to experience a reduction in depressive symptoms, an increase in positive mood and enhanced appreciation for life. Stanton was quoted.

Neurons, Aging and Learning

The [Pittsburgh Business Times](#) reported Aug. 30 on research by Dr. Joshua Trachtenberg, associate professor of neurobiology, and colleagues indicating that inhibitory neurons in the brain can begin to impede our cognitive function and ability to learn as we get older.

Mobile Health Clinic Must Find New Location

[KNBC-Channel 4](#) reported Sept. 5 on a mobile health clinic run by UCLA medical students which provides medical care and a coalition that provides food to the homeless. Both will need to find a new location because the activity blocks a right-of-way.

BRIEFS

Mattel Children's Hospital UCLA was referenced Sept. 2 in an [East Valley Tribune](#) (Phoenix) article and [KTVK-Channel 3](#) (Phoenix) story about a local 1-year-old boy who will undergo a hemispherectomy brain surgery at UCLA to treat his uncontrollable seizures.

A [CBS News.com](#) article published Sept. 2 about kids and concussions cited new guidelines co-developed by Dr. Christopher Giza, associate professor of neurosurgery and pediatric neurology at the David Geffen School of Medicine at UCLA and Mattel Children's Hospital UCLA, for the handling of sports-related concussions

QUOTABLES

Dr. Alon Avidan, professor of neurology and director of the UCLA Sleep Disorders Center, was quoted Aug. 30 in a [Headlines and Global News](#) article about the causes of insomnia. Separately, Avidan was quoted in the Aug. 29 [HealthDay News](#) about Americans' use of prescription sleeping pills.

Dr. Andrew Charles, professor of neurology and director of the headache research and treatment program, was quoted in a Sept. 4 [MedPage Today](#) article about the structural effect of migraines on the brain.

Dr. Ravi Dave, cardiologist at UCLA Medical Center, Santa Monica and clinical professor of medicine, was quoted in a Sept. 1 [HealthDay News](#) article about a study showing that heart attack patients who had multiple coronary arteries opened with angioplasty did better than those patients who had only the "culprit artery" cleared.

Dr. Linda Ercoli, director of geriatric psychology in the UCLA Division of Geriatric Psychiatry, commented in a Sept. 5 [NBC.com](#) story about the stress experienced by caregivers who are responsible for Alzheimer's disease patients.

Dr. Gregg Fonarow, UCLA's Eliot Corday Professor of Cardiovascular Medicine and Science and director of the Ahmanson–UCLA Cardiomyopathy Center, was quoted Sept. 3 in a [HealthDay News](#) article about gauging heart disease risk by measuring blood pressure in the ankle. Fonarow was also quoted Sept. 3 in another [HealthDay News](#) article that also ran on [WebMD](#) about the high rate of preventable deaths in the U.S. from heart disease and stroke.

Eufemia Jacob, assistant professor of nursing, was quoted in a Sept 3 [Reuters](#) article about "pain scales" that children use to rate the level of their pain.

Dr. Joseph Pierre, associate clinical professor of psychiatry at the Semel Institute, was quoted in a Sept. 3 [Huffington Post](#) article about synthetic marijuana.

Dr. Gary Small, the Parlow–Solomon Professor on Aging, professor of psychiatry and biobehavioral sciences at the Semel Institute and director of the UCLA Longevity Center, commented in a Sept. 4 [Boston Globe](#) article about research assessing the impact of playing a video game to improve memory. In addition, he was quoted in an Aug. 29 special issue of the Austrian newspaper Der Standard focusing on the impact of technology on the human brain.

=====

UCLA's Health Sciences Media Relations office e-publishes this report weekly. For more information, please call Roxanne Moster, director of Health Sciences Media Relations, or Enrique Rivero, senior media relations officer, at 310-794-0777. Our office also offers publicity for new research, medical breakthroughs, clinical trial recruitment, inspirational patient stories and more. To identify the appropriate public information officer for your department, visit www.uclahealth.org/mediacontacts.