



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Jan. 6-12, 2017

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Risk calculator tells you if PrEP is right for you

How to manage stress in the new year

Witnessing the Vatican's exorcist at work

Firefighter and frequent hospital visitor named KNX "hero of the week"

Neurology Now reports on "Caregiver Bootcamp"

Media highlight data about impact of the Affordable Care Act

Psychiatrist talks social media addiction

At 95, bionic woman is still going strong

Hispanic press highlights Santa Monica's "No One Dies Alone" program

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Op-Ed: Ending captivity

This week on "Ask the Doctors"...

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Risk calculator tells you if PrEP is right for you

[News-Medical.net](#) on Jan. 12; [HIV Plus magazine](#), [Medical News Today](#), [Edge Media Network](#), [MD Mag](#), and [Infection Control Today](#) on Jan. 11; [Science Daily](#), on Jan. 10; [MedicalXpress](#) and [Science & Technology Research News](#) on Jan. 9; and [myScience](#) and [Public Now](#) on Jan. 6 highlighted a study from the UCLA Fielding School of Public Health suggesting that CDC guidelines for who should be on pre-exposure prophylaxis (PrEP) don't go far enough because current standards could miss some people who should be on it. Working with the Los Angeles LGBT Center, the researchers have developed an online PrEP risk calculator that may fill that gap.

Managing stress in the new year

Diana Winston, director of mindfulness education at UCLA's Mindful Awareness Research Center, was featured in several articles explaining how to respond to, and cope with, stress.

- The [Los Angeles Times](#) on Jan. 6 featured Winston in an article about methods for coping with stress using mindfulness.
- In the February issue of [Kiplinger's Personal Finance](#), Winston explained how to begin using mindfulness in our lives as well as the benefits of doing so.
- In another article in the same issue of [Kiplinger's Personal Finance](#), Winston's free Thursday meditation class at the Hammer Museum was highlighted.

Witnessing the Vatican's exorcist at work

Dr. Neil Martin, chair of neurosurgery at Ronald Reagan UCLA Medical Center, and Dr. Itzak Fried, director of UCLA's epilepsy surgery program, were featured in a December 2016 [Vanity Fair](#) article by William Friedkin, director of the movie "The Exorcist." Martin and Fried evaluated a video of a woman undergoing an exorcism by the late Vatican priest Father Gabriele Amorth.

Firefighter and frequent hospital visitor named KNX "hero of the week"

Santa Monica Fire Department Captain James Altman, a longtime supporter of UCLA Medical Center, Santa Monica, was named KNX-AM's "Hero of the Week" on Jan. 5 for starting a toy drive for the hospital's pediatrics unit almost a decade ago. The event has grown, with participation from dozens of local firefighters who buy and wrap gifts to bring to hospitalized children; the presents are delivered via fire truck, with Santa Claus on board. The segment aired several times during the week.

KNX: <http://bit.ly/2jG1KRb>

Neurology Now reports on "Caregiver Bootcamp"

[Neurology Now](#) reported Jan. 10 on The UCLA Improving Caregiving for Dementia (I-CareD) Caregiver "Bootcamp," an immersive and interactive one-day program for caregivers of people with Alzheimer's disease or dementia. The "bootcamp" is organized by the UCLA Alzheimer's and Dementia Care program and offers hands-on workshops on home safety, recreation therapy, handling problematic behaviors, choosing the right kinds of food, and stress-relieving activities such as yoga. Dr. Zaldy Tan, medical director of the UCLA Alzheimer's and Dementia Care Program and assistant dean for curricular affairs at the David Geffen School of Medicine at UCLA, was quoted.

Media highlight data about impact of the Affordable Care Act

[California Health Report](#) on Jan. 9 featured research from the California Health Interview Survey, conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, finding that people with low incomes and people of color have benefitted significantly from the Affordable Care Act.

Psychiatrist talks social media addiction

Dr. Timothy Fong, clinical professor of psychiatry and co-director of the UCLA Gambling Studies Program at the Semel Institute for Neuroscience and Human Behavior, was the featured expert Jan. 3 in an episode on [BuzzFeed's](#) "Am I Doing This Right?" series. The episode explores the possibility of addiction to social media and smartphones as well as how we can unplug.

At 95, bionic woman is still going strong

The [Jewish Journal](#) spotlighted Jan. 5 an interview with Betty Cohen, a 95-year-old Holocaust survivor, who has volunteered at UCLA Health for almost 30 years.

Hispanic press highlights Santa Monica's "No One Dies Alone" program

[Hispanos Press](#) on Jan. 5 published an article on UCLA Medical Center, Santa Monica's "No One Dies Alone" program in which volunteers comfort dying patients who lack friends or family to be with them. Jeannie Meyer, clinical nurse specialist, and Diana Ramirez, administrative assistant for the hospital's Palliative Care department, were interviewed, as was volunteer Judy Bin-Nun, who participates with her palliative therapy dog, Mazel.

Researchers to map the heart

[Cardiovascular Business](#) on Jan. 3 and [The World-Herald](#) (Omaha, Nebraska) on Jan. 2 reported that a UCLA-led consortium of seven universities has received an \$8.6 million grant from the National Institutes

of Health to map the nerves of the heart. Dr. Kalyanam Shivkumar, the study's lead investigator and director of the UCLA Cardiac Arrhythmia Center and Electrophysiology Programs, will lead the consortium.

Barcode scanning system reduces number of blood transfusions

[HealthCare IT News](#) on Jan. 11 featured a story on UCLA Health's move from a hybrid barcode-paper format to a program that uses all-electric barcode scanning with an embedded clinical support program for its blood transfusion processes. The change resulted in increased patient safety and a reduction in transfusions. Meg Furukawa, a nursing informaticist at UCLA Health, was interviewed.

Tips for a winning resume

[Nurse.com](#) on Jan. 9 featured five easy tips for nurses on how to create a winning resume. Sheri Monsein, manager of nurse recruitment for UCLA Health, was interviewed.

Gastroenterologist pens column on dietary health

[Food Matters](#) published an article Jan. 8 by Dr. Emeran Mayer about the gut microbiome and longstanding dietary principles. Mayer is director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience, and co-director of the CURE: Digestive Diseases Research Center.

Opinion: Ending captivity

[The Huffington Post](#) published Jan. 4 an op-ed by Dana Hunnes, adjunct assistant professor of community health sciences at the UCLA Fielding School of Public Health and senior dietitian at Ronald Reagan UCLA Medical Center, about ways to support efforts to end wildlife captivity.

This week on "Ask the Doctors"...

UCLA Health internists Dr. Robert Ashley, Dr. Eve Glazier, and Dr. Elizabeth Ko addressed a variety of health-related questions in the recurring "Ask the Doctors" column, syndicated in more than 50 outlets nationwide. A sampling of the stories from the past week:

- On how running can in fact be good for our knees, featured Jan. 11 in [Beatrice Daily Sun](#) (Beatrice, Nebraska)
- On mini-stroke as a potential sign for underlying health issues, featured Jan. 11 in [Star Gazette](#) (Elmira, New York)
- On exercising the brain to stave off dementia, featured Jan. 11 in [Scranton Times-Tribune](#) (Scranton, Pennsylvania)
- On menopause and osteoporosis risk, featured Jan. 10 in [Herald Standard](#) (Uniontown, Pennsylvania)
- On coping skills to address infertility-related stress, featured Jan. 9 in [Bismarck Tribune](#) (Bismarck, North Dakota)
- On vitamin E supplements, featured Jan. 7 in [Citizens' Voice](#) (Wilkes-Barre, Pennsylvania)
- On measles outbreaks and the importance of vaccines, featured Jan. 7 in [The Californian](#) (Salinas, California)
- On how using smartphones at night affects sleeping patterns, featured Jan. 5 in [Hanford Sentinel](#) (Hanford, California)

NOTABLE BRIEFS

UCLA Medical Group was cited Jan. 5 in a [Becker's Hospital Review](#) article about the 20 medical groups with the most physicians.

Dr. Jonathan Fielding, professor-in-residence of health policy and management at the UCLA Fielding School of Public Health, was noted Jan. 10 by [West LA News](#) and [Patch](#) as the previous permanent head of the Los Angeles Department of Public Health, in articles announcing the appointment of Barbara Ferrer to this position.

The UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was cited Jan. 5 by [The Community Voice](#) in a story about the possible implications of repealing the Affordable Care Act.

UCLA Health-Woodland Hills was referenced Jan. 10 in a [Retail Dive](#) story on medical facilities being integrated into major malls.

NOTABLE QUOTABLES

Dr. Marcella Calfon Press, an assistant clinical professor of medicine at the David Geffen School of Medicine at UCLA, was quoted Dec. 30 in a [Reuters Health](#) article about research comparing two drugs that promote rapid platelet inhibition in patients who have suffered a cardiac arrest.

Dr. James Cherry, a professor emeritus of pediatric infectious diseases at Mattel Children's Hospital UCLA, commented Jan. 10 in a [KPCC-FM](#) story on the possibility that outspoken vaccination critic Robert F. Kennedy Jr. might be part of a commission on autism.

Dr. Gregg Fonarow, the Eliot Corday Chair in Cardiovascular Medicine and Science, director of the Ahmanson–UCLA Cardiomyopathy Center and co-chief of the UCLA Division of Cardiology, was quoted Jan. 6 in a [Medscape](#) report on a study finding that elevated levels of troponin proteins in the blood among hospitalized heart failure patients was predictive of worse in-hospital outcomes and long-term survival. Fonarow suggested that clinicians should routinely test for troponin levels.

Dr. Patricia Ganz, distinguished professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA, distinguished professor of health policy and management at the UCLA Fielding School of Public Health and director of UCLA's Jonsson Comprehensive Cancer Center for Cancer Prevention and Control Research, was quoted Jan. 11 in a [HealthDay News](#) story about a study finding that cognitive impairment called “chemo brain” can last six months following breast cancer treatment for some patients. Ganz also co-authored an editorial attached to the study. The HealthDay story was carried by Everyday Health, U.S. News & World Report, WebMD, MedicalXpress, LadyLively, the Philadelphia Enquirer and others.

Dr. Carolyn Goh, assistant clinical professor of medicine in the division of dermatology, was quoted Jan. 9 in a [True Viral News](#) article on how often to shampoo your hair.

Dr. Stuart Kaplan, assistant clinical professor of medicine in the division of dermatology, was quoted Jan. 8 in a [Las Vegas Review-Journal](#) story on tattoo removal.

Dana Katz, a volunteer director of Community Engagement and Buddy Programs with the UCLA Operation Mend program, was quoted Jan. 2 in a [Union Democrat](#) (Sonora, California) article about a local woman who transforms authentic military uniforms into “honor bears” that are given to wounded warriors who are patients with Operation Mend.

Gerald Kominski, professor of health policy and management at the UCLA Fielding School of Public Health and director of the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Jan. 10 in a [California Healthline](#) article about Californians who purchase state health insurance plans, but may be unaware of associated out-of-pocket costs.

Dr. Thomas Strouse, medical director of UCLA's Resnick Neuropsychiatric Hospital, was quoted Jan. 11 in an editorial in [The Toledo Blade](#) about marijuana as a potential “gateway” out of the opioid crisis. Strouse noted that marijuana can contribute to psychiatric problems in some people, and that the drug is not necessarily a good switch for someone taking opioids for pain.

Steven P. Wallace, professor and chair of the Department of Community Health Sciences at the UCLA Fielding School of Public Health and associate director of the UCLA Center for Health Policy Research at

the Fielding School, commented Dec. 16 in [La Opinión](#) about factors that contribute to many Los Angeles elders having little money for such expenses as medicine or food after paying for housing.

Sean Young, associate professor of family medicine at the David Geffen School of Medicine at UCLA and executive director of the University of California Institute for Prediction Technology, commented in the January issue of Medical Ethics Advisor on digital pills with ingestible sensors that allow healthcare providers to monitor medication adherence.

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