



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Jan. 13-19, 2017

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Health policy expert discusses health insurance

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Risk calculator tells you if PrEP is right for you

Psychology Today highlights research on physical activity and dementia risk

UCLA says yes to high-risk patient and performs life-saving lung transplant

California's uninsured rate hits a "historic low"

Research on barriers to breast cancer treatment in California prompts legislative hearing

UCLA expert explains osteoporosis

Researcher awarded \$3.2 million for lung cancer immunotherapy research

"Elder Index" reveals aging issues among ethnic communities

Dietitian explains how to minimize sugar in kids' diets

This week on "Ask the Doctors"...

Handling difficult colleagues

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UCLA experts craft AHA statement on managing pregnancy for congenital heart patients

[HealthDay News](#), [UPI](#), [U.S. News & World Report](#), [WebMD](#), [MedicalXpress](#) and [MedlinePlus](#) on Jan. 12; [Cardiovascular Business](#) on Jan. 13; [itech post](#) on Jan. 14; [Pulmonary Hypertension News](#) on Jan. 17; and [Reuters](#) and [Yahoo! News](#) on Jan. 18 highlighted the first scientific statement from the American Heart Association on the management of pregnancy in patients with complex congenital heart disease. Mary Canobbio, a lecturer at the UCLA School of Nursing and chair of the writing committee, and Dr. Jamil Aboulhosn, director of the Ahmanson/UCLA Adult Congenital Heart Disease Center and the Streisand/American Heart Association Endowed Chair in the Division of Cardiology, contributed to the statement and were quoted in the coverage. Including syndication, the news appeared in more than 30 media outlets nationwide.

Patient's life saved by 59 strangers

The meeting between a UCLA Health double-organ transplant patient and 15 of the 59 strangers who saved her life by donating blood products was reported Jan. 13 in segments by KABC-TV, KCBS-TV, KCAL-TV, KNBC-TV and KTTV-TV. The majority of the donors had immigrated to the U.S. from more than a dozen countries.

Health policy expert discusses health insurance

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 on health insurance in the following news media outlets:

- [North Carolina Health News](#) on Jan. 19; [Insurance News Net](#) and [The Huffington Post](#) on Jan. 18; and [PublicNow.com](#) on Jan. 17 about the feasibility of an "interstate" health insurance plan;
- [Fortune](#) and [The Compton Herald](#) on Jan. 18 about the potential repeal of the Affordable Care Act;
- [Atlanta Journal-Constitution](#) on Jan. 12 about health industry political campaign contributions;
- [California Healthline](#) on Jan. 10 about discrepancies between different health insurance premiums (republished Jan. 15 by [Pasadena-Star News](#)).

Insomnia can be serious

Dr. Alon Avidan, director of the UCLA Sleep Disorders Center, was featured Jan. 16 in a [New York Times](#) column on insomnia among older people. He noted that insomnia can be a clue to an underlying and often treatable health problem.

Volunteer's weekly visits encourage hospital patients

KCBS-TV and KCAL-TV aired "[Making a Difference](#)" segments on Jan. 16 about three-time brain-cancer survivor Scott Yonkouski, who volunteers at Ronald Reagan UCLA Medical Center 50 times a year to bring encouragement and positive energy to patients.

Risk calculator tells you if PrEP is right for you

KCBS-AM, San Francisco, on Jan. 15, [MyBioSource](#) on Jan. 13 and [Specialty Pharmacy Times](#) on Jan. 12 highlighted a study from the UCLA Fielding School of Public Health suggesting that CDC guidelines for who should be on pre-exposure prophylaxis (PrEP) for HIV don't go far enough. Working with the Los Angeles LGBT Center, the researchers have developed an online PrEP risk calculator that may fill that gap. Lead author Matthew Beymer, a post-doctoral scholar in the department of medicine, division of infectious diseases, at the David Geffen School of Medicine at UCLA, was interviewed.

Psychology Today highlights research on physical activity and dementia risk

[Psychology Today](#) reported Jan. 16 on research led by 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, suggesting that regular physical activity for older adults could lead to higher brain volumes and a reduced risk of developing dementia.

UCLA says yes to high-risk patient and performs life-saving lung transplant

[KCBS-TV](#) on Jan. 12 featured the story of a young Texas woman with cystic fibrosis who was turned down by other lung transplant centers because her case was considered too risky. When UCLA's lung transplant team heard about her story, they accepted her for evaluation and subsequently performed the transplant. The patient, who is a Star Wars fan, was escorted out of the hospital on the day she was discharged by characters from the movie. Her surgeon, Dr. Abbas Ardehali, surgical director of the UCLA Heart and Lung transplant program, was interviewed. The KCBS story also aired on KCAL-TV, KNX-1070AM and KOVR-TV, Sacramento. [MyScience.org](#) and [KENS-TV](#), San Antonio, featured her story on Jan. 13.

California's uninsured rate hits a "historic low"

Research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was featured Jan. 19 in a [Politifact](#) article about California's historically low uninsured rate

since implementation of the Affordable Care Act. Shana Alex Charles, faculty associate at the center, was quoted.

Research on barriers to breast cancer treatment in California prompts legislative hearing

[The Sacramento Bee](#) and [MyInforms](#) reported Jan. 12 on research co-authored by Ninez Ponce about barriers to timely breast cancer treatment and on subsequent state legislative briefings on the subject. Ponce, professor of health policy and management at the UCLA Fielding School of Public Health and associate director of the UCLA Center for Health Policy Research at the Fielding School, was quoted. Study co-author AJ Scheitler, coordinator of stakeholder relations and coordinator of the National Network of State and Local Health Surveys at the UCLA Center for Health Policy Research, was cited in the article.

UCLA expert explains osteoporosis

[Lifescrypt.com](#) on Jan. 14 featured an interview with Dr. Aurelia Nattiv, a professor in the departments of family medicine and orthopaedic surgery at the David Geffen School of Medicine at UCLA, on the prevention and treatment of osteoporosis.

Researcher awarded \$3.2 million for lung cancer immunotherapy research

[Life Science Daily](#) reported Jan. 18 that Dr. Edward Garon received a \$3.2 million grant from the National Institutes of Health to continue to study how advanced lung cancer patients benefit from immunotherapy treatments. Garon is an associate clinical professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA and a member of UCLA's Jonsson Comprehensive Cancer Center.

"Elder Index" reveals aging issues among ethnic communities

Research by Steven P. Wallace was featured Jan. 13 in a [New American Media](#) article about how aging issues among America's ethnic communities, such as Filipinos, remain underreported in the media. Wallace, professor and chair 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, was quoted.

Dietitian explains how to minimize sugar in kids' diets

Erin Morse, chief clinical dietitian at Ronald Reagan UCLA Medical Center, was featured Jan. 15 in an [L.A. Parent Magazine](#) story on how parents can reduce the amount of sugar their kids are consuming.

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 the scant evidence that talc causes cancer, featured Jan. 13 in [Cumberland Times News](#)
- On teenage boys getting the HPV vaccine, featured Jan. 16 in [Bennington Banner](#)
- On seeing a physician before moving kids to vegan diet, featured Jan. 17 in [Elko Free Daily Press](#)
- On the adverse effects of teenagers playing too many video games, featured Jan. 18 in [Scranton Times Tribune](#)
- On whether electric toothbrushes are worthwhile, featured Jan. 18 in [Star Gazette](#)
- On the potential for multiple prescriptions to have negative interactions, featured Jan. 18 in [Beatrice Daily Sun](#)

Handling difficult colleagues

[eFinancialCareers](#) published Jan. 13 a column by Shola Richards, director of training at UCLA Health, on how to navigate difficult situations in the workplace.

Ronald UCLA Medical Center was referenced in a Jan. 18 [Bloomberg Businessweek](#) column about the benefits of executive health programs offered by many of the nation's leading hospitals.

Research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was cited Jan. 17 by [The Orange County Register](#) in an article about the effect of repeal of the Affordable Care Act on an LGBT Center in Santa Ana, California.

Research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health and the UC Berkeley Center for Labor Research and Education was cited Jan. 15 by the [Los Angeles Daily News](#) and [Pasadena-Star News](#) about U.S. Senator Kamala Harris' attendance at a rally to protest the potential repeal of the Affordable Care Act.

Data from the California Health Interview Survey, conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited Jan. 12 in a [Sacramento Bee](#) article about the increased number of deaths in California reportedly due to type 2 diabetes.

A UCLA study on sleep, temperature and circadian rhythms was referenced Jan. 12 in an [Eat This, Not That!](#) story on nighttime rituals. The story was picked up the same day by [Yahoo! Style](#).

QUOTABLES

Dr. Zain Al-Safi, assistant clinical professor of obstetrics and gynecology and reproductive endocrinologist at the UCLA Fertility and Reproductive Health Center, was quoted Jan. 9 in a [Healthline.com](#) article on new ways to preserve fertility in women who receive chemotherapy as part of their cancer treatment.

Roshan Bastani, professor of health policy and management at the UCLA Fielding School of Public Health and director of the UCLA Kaiser Permanente Center for Health Equity at the Fielding School, commented Jan. 18 in a [ScienceBlog](#) article about a multidisciplinary UCLA-based computational model that reflects how humans think and communicate, which could lend insight into how parents feel about vaccines.

Dr. Jennifer Beck, assistant clinical professor of orthopaedic surgery and sports medicine specialist at UCLA Medical Center, Santa Monica, was quoted in the January issue of [Women's Health Magazine](#) in an article about questions to ask yourself before starting a New Year's workout routine.

Dr. Paul Chung, professor of pediatrics and chief of general pediatrics at UCLA's David Geffen School of Medicine and Mattel Children's Hospital, was quoted Jan. 18 in a [ThinkProgress.org](#) story on paid family leave.

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. 12 in a [Reuters Health](#) article on a policy statement issued by the American Heart Association on the impact of telehealth in treating patients with cardiovascular disease and stroke. Fonarow was a co-author on the paper.

Dr. Barbara S. Giesser, a professor of neurology and medical director of UCLA's Marilyn Hilton Multiple Sclerosis Achievement Center, was quoted Jan. 16 in a [Neurology Now](#) article about the importance of exercise for people with multiple sclerosis.

Sander Greenland, professor emeritus of epidemiology at the UCLA Fielding School of Public Health, commented Jan. 13 in a [Bloomberg](#) article about the value of applying scientific principles when evaluating the safety of vaccines.

Joseph Horwitz, professor of ophthalmology at Stein Eye Institute, was quoted Jan. 12 in a [Healthy Food Spot](#) story on cataracts.

Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health, commented Jan. 16 in a [Mic.com](#) article about foods that can boost mood.

Dr. Karin Nielsen, a professor of clinical pediatrics in the division of pediatric infectious diseases at the David Geffen School of Medicine at UCLA and Mattel Children's Hospital UCLA, was quoted Jan. 16 in a [New York Times](#) article about the public health system's weak response to Zika.

Dr. Nina Shapiro, a professor of head and neck surgery and director of pediatric otolaryngology at Mattel Children's Hospital UCLA, was quoted Jan. 17 in a [CNN.com](#) story about a new study that assessed the effectiveness of tonsillectomies to improve breathing during sleep and to reduce throat infections. The CNN story appeared on dozens of online outlets including [KSL.com](#), Salt Lake City; [Fox61.com](#), Hartford, Connecticut; and [ABC15.com](#), Phoenix.

Steven P. Wallace, professor and chair 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 Jan. 19 in a [California Healthline](#) article about the future of community health clinics and the uncertainty of replacement options if the Affordable Care Act is repealed.

Laura Wherry, assistant professor of medicine in the division of general internal medicine and health services research, commented Jan. 15 in a [PolitiFact](#) article that examined the accuracy of Sen. Rand Paul's assertion that Medicare expansion drove health insurance coverage under the Affordable Care Act.

Diana Winston, director of mindfulness education at UCLA, was quoted Jan. 17 in a [KPCC-FM](#) report about mindfulness trainers reaching out to school principals. Winston is part of an effort to create a mindfulness teachers association.

Yifang Zhu, professor of environmental health sciences at the UCLA Fielding School of Public Health, was quoted Jan. 13 in a [U.S. News & World Report](#) article examining the long- and short-term health consequences of the pollution in Beijing and other cities worldwide.

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