



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Jan. 20-26, 2017**

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Media report on midlife cognitive decline in women

UCLA Health volunteers help at free health care clinic

NPR explores benefits of kangaroo care for newborns

NPR spotlights volunteer from Santa Monica's "No One Dies Alone" program

UCLA plastic surgery helps woman with facial disfigurement

CNN highlights fish oil's impact on brain health

New, more potent TB therapy garners attention

Imprisonment of children jeopardizes their health as adults

Opinion: American overdose deaths due to the opioid Fentanyl

Risk calculator tells you if PrEP is right for you

Nutrition doctor weighs in on why some men develop potbellies

Dietitian shines light on the truth about fish oil supplements

UCLA researcher helps unearth extinct species through skull renderings

Investigational drug combined with immunotherapy shows promise

Study pinpoints how skin cells' identity can be disassembled to create stem cells

This week on "Ask the Doctors"

Protecting the rights of sentient animals such as dolphins and orcas

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Media report on midlife cognitive decline in women

National and international media reported on research led by Dr. Arun Karlamangla, professor of medicine in the division of geriatrics, finding that mental sharpness in women begins to decline as early as in their 50s, which previous studies have failed to consistently detect. Stories were carried by Australia's [Starts at 60](#) on Jan. 25; [Medical News Today](#) and the U.K.'s [Independent](#) on Jan. 24; [The Huffington Post](#), [Counsel & Heal](#), [Health Medicine Network](#), and [PsychCentral](#) on Jan. 23; [Patch.com](#) on Jan. 21; and [Consultant 360](#), [Medical Daily](#), [City News Service](#), [Science Daily](#), [HealthCanal](#) and [News-Medical.net](#) on Jan. 20. Karlamangla was quoted in some of the coverage.

UCLA Health volunteers help at free health care clinic

[La Opinión](#) on Jan. 23, [Los Angeles Daily News](#) on Jan. 20 and [KABC-TV](#) on Jan. 19 highlighted UCLA Health faculty and staff who volunteered at Care Harbor, a free health care clinic for the underserved and underinsured. Dr. Patrick Dowling, chair of the UCLA department of family medicine, was interviewed by KABC-TV. Kevin Ramos, a clinical nurse with the Stein Eye Institute at UCLA, was interviewed in [La Opinión](#). Dr. Felipe Saavedra Cea, a trained physician from Chile who is enrolled in the UCLA International Medical Graduate program, commented in the [L.A. Daily News](#). UCLA's participation in Care Harbor was also mentioned Jan. 19 in the [Los Angeles Daily News](#).

NPR explores benefits of kangaroo care for newborns

National Public Radio's "[Morning Edition](#)" on Jan. 26 aired an interview with obstetrician Dr. Lydia Kyung-Min Lee about UCLA Health's use of skin-to-skin contact, also called kangaroo care, between newborns and their mothers to induce numerous health benefits while easing the infant's transition from the womb to the external world. UCLA patient Dr. Salma Shabaik and her husband, Dr. Andrew Li, a fellow in plastic surgery at Ronald Reagan UCLA Medical Center, were also featured. The segment, syndicated by 125 online news outlets, aired on 75 NPR-affiliated stations nationwide. It was shared on social media 16,350 times.

NPR spotlights volunteer from Santa Monica's "No One Dies Alone" program

[NPR](#) on Jan. 23 interviewed Marilyn Judson, a volunteer for UCLA Medical Center, Santa Monica's "No One Dies Alone" program, about her experience comforting dying patients who would otherwise be alone in their final hours. Judson, who volunteers with her palliative therapy dog, Frank, has been at the bedside of more than a dozen such patients. The story aired on more than 20 member stations nationwide in markets including Boston; Chicago; Portland, Oregon; Sacramento, California; San Francisco, and Washington, D.C.

UCLA plastic surgery helps woman with facial disfigurement

[The Doctors](#) ([segment 1](#), [segment 2](#)) on Jan. 18 featured the story of a woman whose botched facial injections left her so severely disfigured that she did not leave her house for years. She reached out to plastic surgeons across the county for help in reconstructing her face but no one would take her case except UCLA. Her surgeon, Dr. Reza Jarrahy, associate clinical professor of plastic and reconstructive surgery, was interviewed. Her story was also featured in, among other outlets, the [New York Daily News](#) on Jan. 20; the U.K.'s [Daily Mail](#) and [iTechPost](#) on Jan. 19; and the U.K.'s [The Independent](#) on Jan. 18.

CNN highlights fish oil's impact on brain health

[CNN](#) on Jan. 19 covered research 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, linking lower levels of the omega-3 fatty acids commonly found in fish with smaller brain volume and poorer mental acuity among seniors.

New, more potent TB therapy garners attention

[Live Science](#) on Jan. 24, and [Infection Control Today](#), [NEWS-Line for Physician Assistants](#), [MedicalXpress](#), [HealthCanal](#) and [Science Daily](#) on Jan. 25 highlighted research led by Dr. Marcus Horwitz on a potential tuberculosis drug regimen that could cut the treatment time by up to 75 percent, while simultaneously reducing the risk that patients could develop drug-resistant TB. [Fox News](#); [Health Medicine Network](#); [Yahoo! News](#); [WCSI-AM](#), Columbus, Indiana; and [RocketNews](#) carried the [Live Science](#) story. Horwitz is Distinguished Professor of Medicine and Microbiology, Immunology & Molecular Genetics at the David Geffen School of Medicine at UCLA.

Imprisonment of children jeopardizes their health as adults

[Reuters](#) and [HealthDay News](#) reported Jan. 23 on a UCLA study finding that young people in juvenile detention or jail may suffer health effects that last well into adulthood. Lead author Dr. Elizabeth Barnert, an assistant professor of pediatrics at Mattel Children's Hospital UCLA, was quoted on her research, which was published this week in the journal [Pediatrics](#). Both reports were syndicated by dozens of

outlets, including Yahoo! News, Medscape, the Huffington Post, United Press International, the Ledger Independent, St. Louis Post-Dispatch and Fox News.

Opinion: American overdose deaths due to the opioid Fentanyl

Dr. Jonathan Fielding, professor-in-residence of health policy and management at the UCLA Fielding School of Public Health, wrote an op-ed published Jan. 25 by [U.S. News & World Report](#) about the increasing number of American overdose deaths due to the opioid prescription pain medicine Fentanyl.

Risk calculator tells you if PrEP is right for you

The [Bay Area Reporter](#) on Jan. 26, [KPCC-FM](#) on Jan. 25 and [Contagion Live](#) on Jan. 20 featured 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, UCLA researchers have developed an online PrEP risk calculator that may fill that gap. Co-author Robert Weiss, professor of biostatistics at the UCLA Fielding School of Public Health, and 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, were quoted.

Nutrition doctor weighs in on why some men develop potbellies

Dr. Zhaoping Li, director at UCLA's Center for Human Nutrition, was featured Jan. 24 in a [Live Science](#) story on the reasons why men seem to first gain weight in their bellies. The story was picked up by five other outlets the next day, including [Fox News](#).

Dietitian shines light on the truth about fish oil supplements

[SELF](#) on Jan. 20 published an article by Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health, on fish oil supplements and whether we really need them.

UCLA researcher helps unearth extinct species through skull renderings

Research co-authored by Dr. Stuart White, professor emeritus of maxillofacial radiology at the UCLA School of Dentistry, uncovered an extinct species of large otter that was well-designed to hunt prey. White is quoted in a number of stories on his efforts to restore renderings of the otter's skull and jaw, including Jan. 23 in a [Live Science](#) story that was syndicated the same day on [CBS News](#), Discovery's [Seeker](#), and three other outlets. White's rendering was also featured Jan. 25 in the [New York Times](#) and a variety of other publications.

Investigational drug combined with immunotherapy shows promise

[Targeted Oncology](#) reported Jan. 23 on a study led by Dr. Antoni Ribas that combined pembrolizumab (Keytruda) with an experimental drug called intratumoral SD-101 in early-stage melanoma patients. The results showed the drug combo increased immune function and was well-tolerated. Ribas, professor of surgery and of molecular and medical pharmacology at the David Geffen School of Medicine at UCLA and director of UCLA's Jonsson Comprehensive Cancer Center Tumor Immunology Program, was quoted.

Study pinpoints how skin cells' identity can be disassembled to create stem cells

[Phys.org](#) reported Jan. 20 on research that demonstrates how specialized proteins are able to change the identity, or cellular characteristics, of skin cells and create induced pluripotent stem cells, which have the ability to turn into any cell type in the body. The research also identified an additional protein that accelerates the transition to pluripotency and increases the efficiency of the process by a hundredfold. Senior authors Kathrin Plath, professor of biological chemistry, and Jason Ernst, assistant professor of biological chemistry and computer science, led the research, which was published in the journal *Cell*. Both Plath and Ernst are members of the UCLA Broad Stem Cell Research Center.

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. On Jan. 22, [The Tribune-Star](#) highlighted the column as a great source for health news and advice. A sampling of the stories from the past week's column:

- On using marijuana to manage pain, featured Jan. 24 in [Tri-Valley Dispatch](#)
- On how clinical trials work, featured Jan. 23 in [Bismarck Tribune](#)
- On determining whether patients need statins, featured Jan. 20 in [Berkshire Eagle](#)
- On year-round sun exposure and vitamin D production, featured Jan. 20 in [Hanford Sentinel](#)

Protecting the rights of sentient animals such as dolphins and orcas

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, wrote op-eds published [Jan. 22](#) and [Jan. 19](#) by The Huffington Post about the importance of protecting animal rights, in particular those of dolphins and orcas'. The Jan. 22 piece was carried by [Yahoo! News](#).

NOTABLE BRIEFS

A recent study by Dr. Helen Lavretsky, director of the Late-life Depression, Stress and Wellness Research Program at the Semel Institute, comparing yoga and memory training in older adults was mentioned in a Jan. 25 [Tech Times](#) article about mindfulness and stress reduction.

A study from the Semel Institute about a link between Alzheimer's disease and excessive dietary iron from red meat was cited Jan. 20 in a [Reader's Digest](#) article about what happens if you stop eating red meat.

Dr. Barbara Natterson-Horowitz, a professor of medicine in the division of cardiology, who studies medical similarities between humans and animals, was cited Jan. 24 in an [American Heart Association News](#) article about a sheep that made veterinary history as the first one to undergo patent ductus arteriosus ligation, a heart repair surgery common in humans.

Ronald Reagan UCLA Medical Center and UCLA Medical Center, Santa Monica, were named in a Jan. 19 [Healthcare Finance News](#) story about the top 5 percent of hospitals providing quality care.

Ronald UCLA Medical Center was referenced in a Jan. 19 [Becker's Hospital Review](#) story about the benefits of executive health programs offered by many of the nation's leading hospitals.

[Cerritos News](#) reported Jan. 22 that the Rape Treatment Center at UCLA Medical Center, Santa Monica, was among the beneficiaries of "Charity for Charities," a fundraising effort by students at Norwalk High School.

Mattel Children's Hospital UCLA was referenced Jan. 20 in a [Detroit News](#) story about the "Wish Upon a Teen" program, which decorates hospital rooms for teenage patients. The program was founded by Michelle Soto, a former employee at Mattel.

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. 21 by [Finance Daily Press](#) and Jan. 19 by [The Sacramento Bee](#) in coverage about potential changes to the health care law under the new presidential administration.

Dr. Richard Jackson, professor of environmental health sciences at the UCLA Fielding School of Public Health, was mentioned in a Jan. 25 [Climate Science & Policy Watch](#) article about the value of considering health implications of future generations when discussing potential changes to climate change policy.

A video produced by UCLA's Jonsson Comprehensive Cancer Center, which shows how art and science are similar when it comes to creativity, was featured Jan. 20 by [Phys.org](#).

NOTABLE QUOTABLES

Dr. Deanna Attai, UCLA Health breast surgeon based in Burbank and assistant clinical professor of surgery, commented Jan. 20 in a [Healio.com](#) article on a new study examining whether cryoablation may be a viable alternative to surgery for some early breast cancers.

Dr. Alon Avidan, director of the UCLA Sleep Disorders Center, was quoted Jan. 25 in a [Parents.com](#) article about self-care for busy moms. He spoke about how chronic lack of sleep has adverse health consequences.

Dr. Michael Broder, assistant clinical professor of obstetrics and gynecology, was quoted Jan. 20 in a [Romper.com](#) article about the effects on the fetus of smoking during early pregnancy.

Shana Alex Charles, faculty associate at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was quoted Jan. 20 in a [Los Angeles Times](#) article about how an ACA replacement under the Trump administration could be cheaper or better, but not both.

Dr. Eric Esrailian, co-chief of the Vatche and Tamar Manoukian Division of Digestive Diseases, was quoted Jan. 24 in [Variety](#) story on the future of the Motion Picture Television Fund and its push toward newcomers in the entertainment industry. Esrailian, who is a producer on "The Promise," commented on medical assistance for people working in the industry. UCLA Health is also mentioned as a partner to the fund. The story was picked up Jan. 25 in [Yahoo! Finance](#).

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. 25 in a [HealthDay](#) article on a study finding that catheter ablation to fix irregular heartbeats in a condition called atrial fibrillation helped about 75 percent of patients. However, the procedure does not come without side effects. Fonarow noted that more studies are needed to determine the benefits and risks of the procedure. The HealthDay story was picked up by [U.S. News & World Report](#), [WebMD](#), [Everyday Health](#), and others.

- Fonarow was also quoted Jan. 20 in a [Reuters Health](#) article about a new analysis finding that hospital readmission rates appear to be falling since the passage of the Medicare Hospital Readmissions Reduction Program. Fonarow noted that the findings were not clear on why the rates improved and said more studies are needed to determine the impact of readmission penalties.

Dr. Jody Heymann, dean of the UCLA Fielding School of Public Health and founding director of the WORLD Policy Analysis Center, commented Jan. 24 in a [Romper](#) article about paid parental leave policy in the United States.

Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at UCLA's Fielding School of Public Health, commented Jan. 23 in a [SELF](#) story about protein in the diet and signs of deficiency.

Gerald Kominski commented Jan. 26 in a [Cal Matters](#) article reporting that 164,000 undocumented children receiving Medi-Cal benefits may be the first in the state to lose health benefits if the Affordable Care Act is repealed.

- He was also quoted Jan. 24 by [CNN Money](#) about the feasibility of an "interstate" health insurance plan. The CNN story was carried by [Crossroads Today](#), [AZfamily.com](#), and other outlets. Kominski is 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 Fielding School of Public Health.

Dr. Leena Nathan, obstetrician-gynecologist at UCLA Health, was quoted Jan. 19 in a cbsnews.com article on a new study showing that the number of American women taking maternity leave has remained unchanged for the past two decades.

- She was also quoted Jan. 19 in a [Live Science](http://livescience.com) story on whether jade eggs help maintain vaginal health. Her comments were carried in several other outlets' stories, including the [Washington Post](http://washingtonpost.com) and [Chicago Tribune](http://chicagotribune.com).

Nadereh Pourat, adjunct professor of health policy and management at the UCLA Fielding School of Public Health and research director at the UCLA Center for Health Policy Research at the Fielding School, was quoted Jan. 24 in a [California Healthline](http://californiahealthline.com) article about chronically ill patients who rely on insurance coverage under the Affordable Care Act (ACA).

- She also commented Jan. 20 in a [Los Angeles Times](http://losangelestimes.com) article about how an ACA replacement under the Trump administration could be cheaper or better, but not both.

Dr. Kyle Ragins, an emergency medicine resident at the David Geffen School of Medicine at UCLA/UCLA Olive View Medical Center, was quoted Jan. 21 in [MedPage Today](http://medpagetoday.com) and Jan. 23 in [Fierce Healthcare](http://fiercehealthcare.com) in stories about physicians supporting the Affordable Care Act and women's health issues.

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