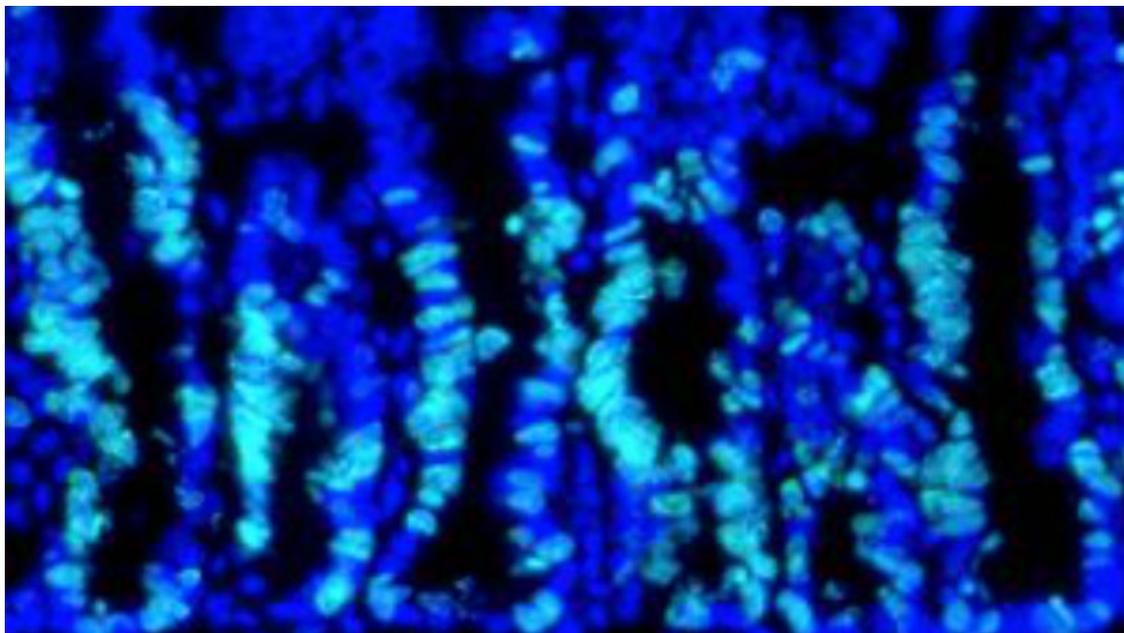


UCLA

Health

UCLA HEALTH SCIENCES MEDIA REPORT
January 26-February 1, 2018

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[Independent \(U.K.\): The cholesterol, colon cancer link](#)

(Photo: Flickr / Izumi Mitatami)



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KQED: UCLA stem cell work highlighted

(Photo: UCLA Broad Stem Cell Research Center)



TIME: Impact of short naps on productivity

(Photo: Flickr / Steve Janosik)



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FEATURED

New finding could explain link between high-cholesterol diet and colon cancer

A UCLA study about how a high-cholesterol diet increases colon cancer risk was widely covered by international media including the [Independent](#) (U.K.), [Asian News International](#), [Deccan Chronicle](#), [Medical Xpress](#), [Science Daily](#), [News-Medical Net](#) and other outlets in eight other countries. Dr. Peter Tontonoz, the medical school's Frances and Albert Piansky Professor of Pathology and Laboratory Medicine, led the research. The Independent report was syndicated by [Yahoo! News](#) (U.K.), and the ANI report was picked up by India's [Economic Times](#) and [Hindustan Times](#), among others.

UCLA research is highlight for California's stem cell agency

[KQED](#) featured Dr. Donald Kohn of the UCLA Broad Stem Cell Research Center in a story about California's investment in stem cell research through the California Institute for Regenerative Medicine. Kohn's gene therapy treatment for Severe Combined Immune Deficiency was highlighted as a successful outcome of the state's \$3 billion dollar investment. The story was syndicated by 82 public radio stations across the United States.

Impact of short naps on productivity

[Time Magazine](#) featured Dr. Alon Avidan, a professor of neurology and director of the UCLA Sleep Disorders Center, in an article about whether sleeping in short, 20-minute bursts can improve productivity.

What's all the screen time doing to the teen brain?

The [Today Show](#) and [The Street](#) featured Susan Bookheimer, a professor of cognitive neuroscience at UCLA, in stories about the largest long-term study of brain health in children in the United States. The Adolescent Brain and Cognitive Development Study will look at the impact of factors such as screen time or marijuana use. Bookheimer is principal investigator of the study at UCLA, one of 21 sites.

Can preschoolers learn to be more mindful?

[Redbook](#) and [Yahoo! Lifestyle](#) featured UCLA's Mindfulness Awareness Research Center and Diana Winston, director of mindfulness education at UCLA, in a story about a mindfulness class for preschoolers.

Why is loneliness so toxic?

[Globe and Mail](#) featured Steve Cole, director of the UCLA Social Genomics Core Laboratory, in an article about the negative health impacts of loneliness.

When stomach pains mean something serious

In a [Today.com](#) story about colitis, Dr. Daniel Hollander explained the types of stomach pains and symptoms that could indicate a serious medical issue. The story was syndicated on [MSN](#). Hollander is an inflammatory bowel disease specialist and a professor emeritus in the department of medicine.

National media spotlight UCLA Health's mobile stroke unit

[Fox News](#) covered UCLA Health's launch of the first mobile stroke unit on the West Coast, which will enable the rapid delivery of care to stroke patients in Los Angeles County. The story was syndicated on [MSN](#). Dr. May Nour, medical director of the UCLA Arline and Henry Gluck Stroke Rescue Program, commented.

Diabetes expert explains autoimmune disease clusters

A [U.S News & World Report](#) story, explaining how people with an autoimmune disease are at elevated risk for developing another condition, featured Dr. Matthew Freeby, director of the UCLA Gonda Diabetes Center.

Growing ears from cells

A [Gizmodo](#) article about five Chinese children who received lab-made ears grown from their own cells highlighted parallel research performed at UCLA and the University of Edinburgh on growing ears made from stem cells. Bruno Peault, professor of orthopaedic surgery and the study's senior author, was quoted.

Amazon, Berkshire Hathaway & JPMorgan Chase plan health venture

The [Los Angeles Times](#) featured Gerald Kominski, director of the Fielding School's UCLA Center for Health Policy Research, in a Q&A about a plan by Amazon, Berkshire Hathaway and JPMorgan Chase to create a health insurance company for their employees.

ACA spurs preventive cardiovascular care

[Healio: Cardiology Today](#) reported on research by Dr. Joseph Ladapo, associate professor of medicine in the division of general internal medicine and health services research. His study found that the Affordable Care Act led to increased rates of preventive cardiovascular care, such as screenings for diabetes, smoking, hypertension, and, for men, aspirin therapy.

Nutrition expert assesses the health food trends

[Prevention](#) published a story in which Erin Morse, chief clinical dietitian at UCLA Health, was quoted on upcoming health food trends and nutrition.

Immunotherapy active in gastrointestinal cancers

[OncLive](#) published a story on how immunotherapy is showing promise in the treatment of

people with gastrointestinal tumors. Dr. Arun Singh, assistant professor of medicine and a UCLA Jonsson Comprehensive Cancer Center member, was featured.

Ultrafine pollution particles may affect teens' brain ability

[California Health Report](#) featured a study, on how fine particles of air pollution can affect development of the brain and lower IQ, by Pan Wang, a statistician at the Fielding School's UCLA Center for Health Policy Research.

L.A. Times op-ed explores the promise of a universal flu vaccine

A [Los Angeles Times](#) editorial examined the difficulty of protecting people from influenza with an annual vaccine and cited a UCLA study, recently published in *Science*, for making progress in the quest for a universal flu vaccine. Ren Sun, a professor of pharmacology at the David Geffen School of Medicine at UCLA, led the research.

Op-ed: Why we will choose public service over politics in the Pruitt EPA

[The Hill](#) published an opinion piece by Timothy Malloy, a professor at the UCLA School of Law and the Fielding School of Public Health, and two other scientists. The authors explained why they will continue to serve on the board of scientific counselors of the Environmental Protection Agency despite their stance against a new directive from the agency.

Column: Good relationships are good for our health

In a [U.S. News and World Report](#) column, Dr. Jonathan Fielding, the professor-in-residence at the Fielding School of Public Health, discussed how maintaining quality social relationships can have a positive impact on our health.

Stem cells yield insights into germ cell tumors

[Technology Networks](#), [MyScience.org](#), and [Front Line Genomics](#) featured stem cell research that could point the way toward new drugs to treat germ cell tumors. Amander Clark and Dr. Joanna Gell, who developed a protocol to re-create germ cell tumor cells from stem cells and used the new model to study the genetics of the cancer, led the research. Clark is a professor of molecular cell and developmental biology in the UCLA College of Life Sciences and a member of the UCLA Broad Stem Cell Research Center. Gell is a clinical instructor in the department of pediatric hematology and oncology at UCLA Mattel Children's Hospital.

Study: Lowering blood alcohol limit would reduce drunken driving deaths

The [La Crosse Tribune](#) and [Forbes](#) featured a report by a National Academies of Sciences, Engineering and Medicine committee, led by UCLA Fielding School of Public Health adjunct professor Steven Teutsch. The report recommended that states lower the legal blood-alcohol concentration from .08 to .05 and calls for an increase in alcohol taxes. Teutsch was quoted.

Children need reassurance that their schools are safe

Melissa Brymer, the director of terrorism and disaster programs at the UCLA-Duke National Center for Child-Traumatic Stress, was featured on the [Ryan Jesperson Show](#) on 630 CHED-AM in Canada, speaking about the importance of reassuring children that measures are being taken to keep them safe at school.

Study compares impact of blood thinners on stroke outcomes

[MedPage Today](#) reported on a study published in *JAMA* finding that stroke patients who

used either non-vitamin K antagonist oral anticoagulants or warfarin experienced higher rates of in-hospital mortality compared to those who did not use anticoagulants. The study's lead author, Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science at the David Geffen School of Medicine at UCLA and co-chief of cardiology, was cited.

Media interest in stem cell-derived touch neurons continues

[Bay News 9](#) featured research by Samantha Butler, the first person to create sensory interneurons, the cells that enable our sense of touch, from stem cells. Butler is an associate professor of neurobiology and a member of the Broad Stem Cell Research Center at UCLA.

Curcumin study draws more attention

[The Independent](#), [Times of India](#), [Men's Health](#) and [New York Daily News](#) were among more than 100 outlets reporting on research led by Dr. Gary Small, director of geriatric psychiatry at UCLA's Longevity Center, on whether curcumin might play a role in improving memory and mood.

Cardiologist discusses the newly revised hypertension guidelines

[ReachMD](#) interviewed Dr. Karol Watson, a professor of medicine/cardiology, about the new hypertension guidelines issued by the American Heart Association last year and how the changes are impacting patients. Watson is co-director of the UCLA Program in Preventive Cardiology and director of the UCLA Barbra Streisand Women's Heart Health Program.

Plastic surgeon helps save woman from permanent disfigurement

[Plastic Surgery News](#) featured the story of a woman who underwent reconstructive surgeries at UCLA to repair severe damage caused by botched facial injections performed by a non-UCLA physician. Her surgeon, Dr. Reza Jarrahy, associate clinical professor of surgery, was interviewed.

A call for greater attention to older women's sexual health

[MedPage Today](#) reported on an article published in the Journal of the American Geriatrics Society that examined sexual health issues in older women and called for physicians to include more discussions on the topic with their patients. The article's co-author, Dr. Janet Pregler, a professor of medicine and director of the Iris Cantor-UCLA Women's Health Center, was quoted.

Using gene therapy to combat HIV

[HealthCanal](#) and [MyScience.org](#) reported on UCLA research led by Scott Kitchen finding that, through gene therapy, blood-forming stem cells can be engineered to carry chimeric antigen receptor (CAR) genes to make cells that can detect and destroy HIV-infected cells.

CDC awards \$2.7 million to Fielding School of Public Health to train undergraduates

[The Los Angeles Sentinel](#) featured a five-year, \$2.7 million CDC grant awarded to the UCLA Fielding School of Public Health for its Public Health Scholars Training Program.

Patchwork of public mental health services for older Californians

[California Health Report](#), [MedicalXpress](#), Sierra Sun Times and [KNCO-AM](#) in Nevada featured a new study, about California's public mental health services for older adults, by the Fielding School's UCLA Center for Health Policy Research. The coverage featured

Kathryn Kietzman, study co-author and a research scientist at the center, and Janet Frank, a faculty associate at the center and leader of the evaluation.

Parkinson's risk genes add up to hasten disease

[Alzforum](#) summarized a *JAMA Neurology* study led by UCLA epidemiology and environmental health sciences professor Beate Ritz, which reported the use of a polygenic risk score based on 23 risk variants to predict cognitive and motor decline in patients with Parkinson's disease.

This week on "Ask the Doctors"

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

- On a type 1 diabetes diagnosis in adulthood, featured in [The Times-Tribune](#)
- On over-the-counter pain medications and their effect on emotional suffering, featured in [The Rocky Mount Telegram](#)
- On colonoscopies for detecting colon cancer, featured in [The Herald Standard](#)
- On the side effects of too many vitamins, featured in [Tulsa World](#)
- On recent bacterial outbreaks linked to pet store puppies, featured in [The Hanford Sentinel](#)
- On marriage and a reduced risk of mental decline, featured in [The Cumberland Times-News](#).

QUOTED

"We don't know whether this virus strain will kind of keep going up even further or will plateau out and then start coming down."

– Dr. Peter Katona, clinical professor of medicine, in a [KNX-AM](#), Los Angeles, report about the flu season.



Dr. Jeff Chen, director of the Cannabis Research Initiative at UCLA's Semel Institute, commented in a [Men's Fitness](#) article about whether cannabis can help people lose weight. Chen also was included in a [Marijuana Times](#) article about California's burgeoning cannabis industry.

Dr. Dennis Evangelatos, associate clinical professor of medicine, was quoted in a [Hollywood Reporter](#) story about how the current flu season is affecting the movie industry's Oscar season.

Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science at the David Geffen School of Medicine at UCLA and co-chief of cardiology, was quoted in [HealthDay](#) about a study finding that fainting is rarely linked to a blood clot in the lungs and doesn't require additional medical tests. The HealthDay article was syndicated by [U.S. News and World Report](#), [Philly.com](#) and [MedicalXpress](#).

Dr. Timothy Fong, a clinical professor of psychiatry and director of the UCLA Addiction Psychiatry Fellowship, commented in a [WXYZ-TV Detroit](#) story about new video games offering digital "loot boxes."

Dr. Barbara Giesser, professor of clinical neurology at the David Geffen School of Medicine at UCLA and clinical director of the UCLA multiple sclerosis program, commented in a [Healthline](#) article about an antidepressant as a potential therapy for MS.

Dana Hunnes, a senior dietitian at Ronald Reagan UCLA Medical Center and an adjunct assistant professor at the UCLA Fielding School of Public Health, commented in a [MEL Magazine](#) story about sell-by dates on food products.

Dr. Peter Katona, clinical professor of medicine in the division of infectious diseases at the David Geffen School of Medicine at UCLA and adjunct professor of epidemiology at the UCLA Fielding School of Public Health, commented in a [KNX-AM](#), Los Angeles, report about the severe flu season.

Deborah Lehman, professor of clinical pediatrics and assistant dean for student affairs at the David Geffen School of Medicine at UCLA, commented in [Washington Post](#) and [Huffington Post](#) stories about a "Fox & Friends" co-host who does not get the flu vaccine in order to "build up" immunity against the virus.

Dr. Emeran Mayer, director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience and co-director of the CURE: Digestive Diseases Research Center, was quoted in [BigThink](#) about the interactions between the gut and the brain in a story about the root of intuition.

Dr. Leena Nathan, assistant clinical professor and obstetrician-gynecologist at UCLA Health-Westlake Village, commented in an [Everyday Health](#) article about the symptoms of endometriosis.

Dr. Beate Ritz, a professor of epidemiology and environmental health sciences at the UCLA Fielding School of Public Health, was quoted in the [Newton County Times](#) about California's affordable housing shortage. Ritz commented on the health dangers associated with housing senior citizens in residences close to freeways.

Dr. Elizabeth Volkmann, assistant professor of medicine in the division of rheumatology, was quoted in a [Prevention](#) story about the foods that gout sufferers should avoid.

BRIEFS

[Becker's Hospital Review](#) and [Healthcare Finance News](#) reported that Ronald Reagan UCLA Medical Center and UCLA Medical Center, Santa Monica, received a 2018 Distinguished Hospital Award for Clinical Excellence from Healthgrades, an online resource for patients.

UCLA Health Operation Mend was mentioned in a [Beverly Hills Courier](#) article about an upcoming fundraiser that will benefit the program's mental health services for wounded veterans.

The Center for Duchenne Muscular Dystrophy at UCLA was cited in a [Santa Clarita Valley Signal](#) story about a local family donating an electric wheelchair to another family whose son's wheelchair was destroyed in a fire. Both boys suffer from Duchenne disease.

Paula Tavrow, director of the Bixby Program on Population and Reproductive Health at the UCLA Fielding School of Public Health, [authored a letter in the Los Angeles Times](#) in which she highlights the importance of removing barriers for women who seek an abortion.

CONTENT CREATED BY MEDIA RELATIONS

[A dose of inspiration – 'Black Men in White Coats' – is just what the doctor ordered](#) UCLA Newsroom

[UCLA scientists use stem cells to study genetics of germ cell tumors](#) UCLA Newsroom

[Feeling overwhelmed by barrage of distressing news? Try doing good as antidote](#) UCLA Health Connect blog



This report features media placements from UCLA Health, which includes the David Geffen School of Medicine at UCLA, Ronald Reagan UCLA Medical Center, UCLA Medical Center, Santa Monica, UCLA Mattel Children's Hospital, the Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA, the UCLA Health Clinics and the UCLA Faculty Practice Group.

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