



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Jan. 27-Feb. 2, 2017

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E-cigs linked to cardiovascular risks

L.A. Lakers visit UCLA

The “silent epidemic” of loneliness

The benefits of tap water over bottled

Exploring new insights into concussion

UCLA awarded \$21 million epilepsy grant

Questioning what you know after cancer diagnosis.

Cardiologist examines women’s heart health

Pediatric allergist helps parents crack new peanut guidelines

Teaching survival skills to doctors in training

Memory, aging and what we can do about it

Keeping our families – and ourselves – healthy in 2017

“No One Dies Alone” program garners attention

Risk calculator tells you if PrEP is right for you

Study examines midlife cognitive decline in women

New, more potent TB therapy garners attention

Insomnia often caused by underlying psychiatric issues

How sensitive people can set healthy boundaries

This week on “Ask the Doctors”

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E-cigs linked to cardiovascular risks

[HealthDay](#), [The Verge](#), [Daily Mail](#) (U.K.), [WebMD](#), [MedPage Today](#) and others reported Feb. 1 on a new study in JAMA Cardiology finding that habitual e-cigarette users were more likely than the control group to

have increased cardiovascular risks. Study author Dr. Holly Middlekauff, professor of medicine in the division of cardiology at the David Geffen School of Medicine at UCLA, was quoted.

L.A. Lakers visit UCLA

[NBA.com](#) covered the Los Angeles Lakers' Jan. 30 visit to Ronald Reagan UCLA Medical Center to showcase the team's new partnership with UCLA Health. Johnese Spisso, president of UCLA Health, CEO of UCLA Hospital System and associate vice chancellor of UCLA Health Sciences, was quoted.

The “silent epidemic” of loneliness

UCLA research on the impact of loneliness at the molecular level was featured Jan. 31 in the [Daily Mail](#) (U.K.), Jan. 7 on [Big Think](#), Jan. 30 on [Vox](#) (that story also ran in [MSN](#)) and Feb. 1 by [Advisory Board](#). Steve Cole, a professor of medicine and psychiatry at UCLA's David Geffen School of Medicine and Semel Institute and director of the UCLA Social Genomics Core Laboratory, said loneliness is a bigger risk factor for disease than anxiety or depression.

The benefits of tap water over bottled

A story in [The National](#) (UAE), about the health benefits of tap vs. bottled water, featured research by Nancy Wayne, UCLA associate vice chancellor for research and a professor of physiology at the David Geffen School of Medicine at UCLA. Her research found that BPS, the replacement for the plastic additive BPA is just as harmful to human reproductive health as its predecessor is. Wayne was quoted.

Exploring new insights into concussion

[KABC-TV](#) reported Jan. 30 on a national concussion conference co-hosted Jan. 27 by the UCLA Steve Tisch BrainSPORT Program at the UCLA Luskin Center.

UCLA awarded \$21 million epilepsy grant

[Becker's](#) on Jan. 31 and [Phys.org](#) on Jan. 30 reported on a \$21 million grant from the National Institutes of Health to study epilepsy after a traumatic brain injury. UCLA will lead the study, which involves five institutions.

Questioning what you know after cancer diagnosis

The January/February issue of [Coping Magazine](#) published an article by Michael Eselun, a chaplain for the Simms/Mann-UCLA Center for Integrative Oncology, about coping with deep personal questions that arise after a cancer diagnosis.

Cardiologist examines women's heart health

Dr. Janki Shah, assistant clinical professor in the division of cardiology and director of the UCLA-Northwest Valley Women's Heart Health Program, appeared Jan 31 on [KCAL-TV](#) to talk about women's heart health, the focus of “National Wear Red Day” on Feb. 3.

Pediatric allergist helps parents crack new peanut guidelines

The February edition of [L.A. Parent](#) featured Dr. Maria Garcia-Lloret, professor of pediatrics in the division of allergy, immunology and rheumatology at Mattel Children's Hospital UCLA, in a Q&A about new peanut-allergy guidelines issued by the National Institutes of Health.

Teaching survival skills to doctors in training

The February edition of [Monitor on Psychology](#) highlighted a UCLA-pioneered program designed to teach emotional resilience to medical residents. Brenda Bursch, a professor of psychiatry at the Semel Institute; Dr. Jessica Lloyd, associate director for the pediatric residency program at Mattel Children's Hospital UCLA; and pediatric resident Dr. Robert Guglielmo, were quoted.

Memory, aging and what we can do about it

The January issue of [Lifestyle Magazine](#) featured an interview with Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, in a video highlighting his book, *2 Weeks to a Younger Brain*.

Keeping our families – and ourselves – healthy in 2017

Dr. Arlene Brown, D'Ann Morris, and Dr. Keith Norris coauthored a Jan. 11 article in the [L.A. Sentinel](#) looking at preventive health care and how each of us can take steps to stay healthy in the new year. Brown and Norris are professors of medicine at the David Geffen School of Medicine at UCLA, and Morris is the school's program director of community outreach.

“No One Dies Alone” program garners attention

UCLA Medical Center, Santa Monica's “No One Dies Alone” program, which comforts patients who would otherwise be alone in their final hours, was featured Jan. 26 in a [Healthcare Business & Technology](#) story. [NPR](#) aired a Jan. 23 interview with one of the program's volunteers.

Risk calculator tells you if PrEP is right for you

[Washington Blade](#) reported Jan. 28 on 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. Lead author Matthew Beymer, a postdoctoral scholar in infectious diseases at the David Geffen School of Medicine at UCLA, was quoted.

Study examines midlife cognitive decline in women

[Medscape](#) and [The Doctor Oz Blog](#) reported Jan. 27 on research by Dr. Arun Karlamangla, professor of medicine in the division of geriatrics, finding that mental acuity in women begins to decline as early as the 50s.

New, more potent TB therapy garners attention

The [Huffington Post](#) reported Jan. 26 on a potential tuberculosis drug regimen that could cut treatment time up to 75 percent while reducing patients' risk of developing a drug-resistant strain. The story was syndicated from an earlier Live Science article. Dr. Marcus Horwitz, a distinguished professor of medicine and microbiology, immunology and molecular genetics at the David Geffen School of Medicine at UCLA, led the study.

Insomnia often caused by underlying psychiatric issues

Dr. Alon Avidan, director of the UCLA Sleep Disorders Center, was interviewed Jan. 27 by [720 ABC](#) radio in Australia about common types of insomnia and what can trigger them.

How sensitive people can set healthy boundaries

Saying “no” is emotionally healthy and supports healthy relationships, says Dr. Judith Orloff, assistant clinical professor of psychiatry at the Semel Institute, in the Jan. 31 [Café Mom](#).

This week on “Ask the Doctors”

UCLA Health internists Dr. Robert Ashley, Dr. Eve Glazier and Dr. Elizabeth Ko addressed 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's column:

- On how frequently people should eat throughout the day, featured Jan. 28 in [Hanford Sentinel](#)
- On optimism's effects on mental health, featured Feb. 1 in [Elko Daily Free Press](#)
- On treating toenail fungus, featured Jan. 30 in [Beatrice Daily Sun](#)
- On the health benefits of consuming nuts, featured Jan. 29 in [Bismarck Tribune](#)
- On alcohol being linked to increased risk for melanoma, featured Jan. 27 in [Cumberland Times-News](#)
- On baby blues for new moms, featured Jan. 26 in [Times-Tribune](#)

NOTABLE BRIEFS

[KCBS-TV](#) reported Jan. 30 on two Los Angeles teens who bake and sell cakes to benefit lung cancer research. UCLA's Jonsson Comprehensive Cancer Center was mentioned.

[L.A. Guest List](#) reported Jan. 28 on a celebrity fundraiser at Brooks Brothers that benefitted the UCLA Jonsson Cancer Center Foundation.

Data by the Center for Health Policy Research at the UCLA Fielding School of Public Health was cited Jan. 27 in the [Sacramento Bee](#); Jan. 29 by the [International Examiner](#); and Feb. 1 by the [Fresno Business Journal](#).in coverage of the Affordable Care Act.

A study by Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, and Jorge Barrio, professor of molecular and medical pharmacology at the David Geffen School of Medicine at UCLA, was cited in a Feb. 1 [Bloomberg](#) story on brain trauma and pro football players. The story was picked up the same day by [Yahoo! Finance](#).

NOTABLE QUOTABLES

Dr. Tanya Altmann of Mattel Children's Hospital UCLA was quoted Feb. 1 in a [National Public Radio](#) story spotlighting a new strategy to help midwives and pharmacists in Nigeria lower the risk of infant mortality. The segment was syndicated by 55 NPR-affiliates nationwide.

Thomas Coates, director of the UCLA Center for World Health, was quoted Jan. 30 by [U.S. News & World Report](#) about the importance of teaching global health in the medical school curriculum.

Dr. Daniel Dumesic, professor of obstetrics/gynecology and chief of reproductive endocrinology and infertility at UCLA Health, commented Jan. 27 in [Prevention.com](#) about polycystic ovary syndrome.

Dr. Richard Finn, assistant of hematology-oncology and a Jonsson Comprehensive Cancer Center researcher, was quoted Jan. 30 by [Onclive](#) about how the drug Keytruda may improve survival in advanced liver-cancer patients. He also commented Jan. 20 on [Cancer Network](#) and [Onclive](#) about another drug's impact on survival in patients with hepatocellular carcinoma.

Fernando Gomez-Pinilla, a UCLA professor of neurosurgery and integrative biology and physiology, commented Jan. 27 in the [Financial Times](#) about new apps to uncover the links between diet and brain function.

Dr. Carlos Lerner, an associate professor of pediatrics at Mattel Children's Hospital UCLA, commented Jan. 26 in [EveryDay Health](#) about when to consult a doctor about a cold.

Dr. Sandra Loo, director of pediatric neuropsychology at Mattel Children's Hospital and an assistant professor of psychiatry at the Semel Institute, was quoted Jan. 30 in the [New York Times](#) about the methods offered by brain centers that are financially backed by education secretary nominee Betsy DeVos.

Dr. Jeffrey Klausner, professor of medicine in the division of infectious diseases at the David Geffen School of Medicine at UCLA and of public health at the UCLA Fielding School of Public Health, commented Jan. 22 in [MedPage Today](#) about drug-resistant gonorrhea. The story republished Jan. 23 in [POZ](#).

Gerald Kominski, director of the Center for Health Policy Research at the UCLA Fielding School of Public Health, commented in an article published Jan. 30 in [The Mercury News](#), [East Bay Times](#) and [The Desert Sun](#); Jan. 28 in the [Santa Cruz Sentinel](#); Jan. 26 by [KQED](#) and [CalMatters](#); and Jan. 25 by [Capital & Main](#) about the implications for California's undocumented children if the Affordable Care Act is repealed.

Dr. Leena Nathan, obstetrician-gynecologist at UCLA Health, was quoted Jan. 25 in an article on [TheBroadcast.com](#) about sexually transmitted diseases and infections.

Nadereh Pourat, research director of the Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Jan. 27 on the Lithuanian radio show "Morning Sounds" about the possible repeal of the Affordable Care Act.

Dr. Tom Rosenthal, retired chief administrative officer of UCLA Health, commented in a Jan. 31 [U.S. & World Report](#) article examining whether an additional pediatric heart transplant program would be beneficial to a Florida community.

Stuart Schweitzer, professor of health policy and management at the UCLA Fielding School of Public Health, commented Jan. 31 in [Refinery29](#) about birth control potentially becoming available over the counter.

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, commented Jan. 23 in the [San Diego Union Tribune](#) about helping medical students care better for older patients.

Steven Wallace, associate director of the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Feb. 1 in [Reuters](#) and [KFGO](#) about the effect of immigration raids on infant's birth weight.

- He commented Jan. 28 in the [Los Angeles Daily News](#) and [Redlands Daily Facts](#) about the future of community health clinics if the Affordable Care Act is repealed.

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