



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Jan. 27-Feb. 9, 2017

Note: Website links may expire without notice. Some sites require password registration. If you cannot access a story or would like to obtain a copy, please call 310.267.7022.

L.A. Lakers visit UCLA to embrace new partnership

Women with congenital heart disease take heart in pregnancy recommendations

Imprisonment of children affects their health as adults

UCLA cardiologist raises awareness of heart disease

Study finds e-cigs associated with cardiovascular risks

Experts urge us to limit sugary drink intake

What to know about Huntington's disease

Medications can alleviate some Alzheimer's symptoms

Opinion: The difficulties of fixing Medicaid

Beer isn't a health food

Expert offers tips for containing norovirus outbreak

On-the-go tips for 7 Crohn's symptoms

Your guide to tracking Crohn's symptoms

Opinion: Educating the public about animal welfare

Hangovers: Nature's way of saying "that's enough"

Making autism studies diverse

Eating grapes could help stave off Alzheimer's

The addiction potential of smartphones

Why some cancers don't respond to immunotherapy

EFE News highlights "the new California"

This week on "Ask the Doctors"

**

L.A. Lakers visit UCLA to embrace new partnership

[Yahoo! Sports](#), [My Science](#), [Century City View](#), [Sports News Empire](#) and [Chat Sports](#) reported Feb. 1 that the Los Angeles Lakers visited Ronald Reagan UCLA Medical Center on Jan. 30. Lakers players, coaches, executives and Laker Girls participated in a physician coat/jersey exchange with UCLA Health doctors and leadership to celebrate the new long-term partnership before meeting with patients and staff. Johnese Spisso, president of UCLA Health, CEO of UCLA Hospital System, and Associate Vice Chancellor of UCLA Health Sciences, was quoted.

Women with congenital heart disease take heart in pregnancy recommendations

National media covered new advice to help women with congenital heart defects navigate pregnancy. Coverage included CBS Radio Network affiliates KNX-AM; WCBS-AM, New York; CBS-AM, San Francisco; and WBBM-AM, Chicago; [WPVI-TV](#), Philadelphia; and [MedicalXpress](#) on Feb. 6; and syndicated television coverage from Fox NewsEdge, [Cardiovascular Business](#) and [News-Medical.net](#) on Feb. 7. The coverage featured Mary M. Canobbio, a UCLA Health nurse and lecturer at the UCLA School of Nursing, who chaired the group that developed the new set of pregnancy recommendations, and Dr. Brian Koos, a professor of obstetrics and gynecology at the David Geffen School of Medicine at UCLA and a co-author on the statement. The recommendations were published in the American Heart Association journal *Circulation*.

CBS Radio Network: <http://bit.ly/2loJLjl>

FOXNewsEdge: <http://bit.ly/2lvyOcm>

Imprisonment of children affects their health as adults

A UCLA study finding that young people incarcerated in juvenile detention or jail may suffer health effects that last well into adulthood was covered Feb. 7 by Philadelphia's [National Public Radio](#) affiliate; Feb. 3 by [Healio](#); and Jan. 26 by the [Pacific Standard](#). Lead author Dr. Elizabeth Barnert, an assistant professor of pediatrics at Mattel Children's Hospital UCLA, was quoted on her findings, which were published Jan. 23 week in the journal *Pediatrics*.

UCLA cardiologist raises awareness of heart disease

[CBS Newspath](#) featured on Feb. 3 a UCLA cardiologist in a story about the American Heart Association's "Go Red Day" to raise awareness of heart disease. Dr. Karol Watson, a professor of medicine in the division of cardiology at the David Geffen School of Medicine at UCLA and co-director of the UCLA Program in Preventive Cardiology, was interviewed along with a cardiology patient. The story aired on approximately 100 CBS affiliates.

KCAL-TV: <http://bit.ly/2lgRzQ2>

Study finds e-cigs associated with cardiovascular risks

[Science News for Students](#) on Feb. 8, [Live Science](#) on Feb. 6, [Newswire](#) on Feb. 5, [Latin Post](#) on Feb. 4 and other media outlets reported on a new study published in *JAMA Cardiology* finding that habitual e-cigarette users were more likely than a control group to have increased cardiovascular risks. Study author Dr. Holly Middlekauff, professor of medicine in the division of cardiology at David Geffen School of Medicine at UCLA, was quoted.

Experts urge us to limit sugary drink intake

[Dentistry Today](#) published on Feb. 3 a feature on UCLA experts discussing how sugary beverages continue to dominate American diets and impact health. The experts featured were Dr. Francisco Ramos-Gomez, professor of pediatric dentistry at UCLA School of Dentistry, and Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health.

What to know about Huntington's disease

A [Prevention](#) story Feb. 3 on the symptoms of Huntington's disease featured Dr. Susan Perlman, director of the UCLA Huntington's Disease Center of Excellence.

Medications can alleviate some Alzheimer's symptoms

[WAAY-TV](#), Huntsville, Alabama, on Feb. 8 and [KSAT-TV](#), San Antonio, on Feb. 2 aired segments featuring Dr. Gary Small explaining how certain medications can improve quality of life for those with Alzheimer's. Small is director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center.

Opinion: The difficulties of fixing Medicaid

Dr. Richard Boxer, voluntary clinical professor of urology at the David Geffen School of Medicine at UCLA, co-authored a [Wall Street Journal](#) op-ed published Feb. 5 on methods and strategies the U.S. health care system can implement to improve Medicaid.

Beer isn't a health food

[Outside Magazine Online](#) on Feb. 2 published a review of various studies about beer's effects on our health. The review featured Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health.

Expert offers tips for containing norovirus outbreak

[Santa Monica Daily Press](#) published an interview on Feb. 6 with Dr. Paul Krogstad, a professor of pediatric infectious diseases at Mattel Children's Hospital UCLA, about the closure of John Adams Middle School following an outbreak of norovirus. The article focused on what the administration can do to help curtail spread of the contagious disease.

On-the-go tips for 7 Crohn's symptoms

Dr. Christina Y. Ha, assistant clinical professor of medicine in the Vatche and Tamar Manoukian Division of Digestive Diseases at the David Geffen School of Medicine at UCLA, was featured Feb. 6 in an [Everyday Health](#) article on how to manage Crohn's disease while living an active life.

Your guide to tracking Crohn's symptoms

Dr. Jenny Sauk, health sciences assistant clinical professor of medicine in the Vatche and Tamar Manoukian Division of Digestive Diseases at the David Geffen School of Medicine at UCLA, was featured Feb. 6 in an [Everyday Health](#) article on how to be aware of Crohn's disease symptoms early and often.

Opinion: Educating the public about animal welfare

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, authored an op-ed published Feb. 3 by [The Huffington Post](#) on educating the public about issues of climate change and environmental conservation related to animal welfare.

Hangovers: Nature's way of saying "that's enough"

A Feb. 2 [LAist](#) article about "hangover food," and why your body feels so bad the morning after imbibing, featured Lara Ray, director of the UCLA Addictions Laboratory.

Making autism studies diverse

Dr. Daniel Geschwind, Gordon and Virginia MacDonald Distinguished Professor of Human Genetics, was featured Feb. 7 in a [Spectrum](#) Q&A about recruiting African American families for autism genetics studies.

Eating grapes could help stave off Alzheimer's

New research finding that regularly eating grapes helps prevent metabolic decline in brain regions linked to Alzheimer's disease was covered Feb. 5 by Israel's [Haaretz](#); Feb. 6 by the U.K.'s [Daily Mail](#) and [Genetic Engineering News](#); and Feb. 7 by [MSN](#) and [Tech Times](#) and many others. The coverage quoted lead author Dr. Daniel Silverman, a professor of pharmacology at the David Geffen School of Medicine at UCLA. The journal *Experimental Gerontology* published the study, commissioned by the California Table Grapes Association.

The addiction potential of smartphones

A Feb. 4 video interview on [Pocketnow.com](#) featured Dr. Timothy Fong, associate clinical professor of psychiatry at the Semel Institute, discussing when our obsession with smartphones may become a problem.

Why some cancers don't respond to immunotherapy

[Science Daily](#) on Feb. 6 and [Technology Networks](#) on Feb. 7 highlighted new research finding that cancer patients who carry the genetic mutations JAK1 or JAK2 may not respond to immunotherapy treatment. The study authors were Dr. Antoni Ribas, professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA and director of UCLA's Jonsson Comprehensive Cancer Center Tumor Immunology Program, and Dr. Daniel Shin, a clinical fellow in the division of hematology/oncology.

EFE News highlights "the new California"

[EFE News](#) reported Feb. 9 on David Hayes-Bautista's new book "La Nueva California: Latinos from Pioneers to Post-Millennials," a history of Latinos in the state over the past 160 years. The book is largely rewritten from the first version, published in 2004. *La Opinión* syndicated the article. Hayes-Bautista, professor of medicine in the division of general internal medicine and health services research and director of the UCLA Center for the Study of Latino Health and Culture, was interviewed.

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 the value of yearly physicals, featured Feb. 8 in [The Cumberland Times-News](#)
- On the importance of the shingles vaccine, featured Feb. 6 in [The Frederick News-Post](#)
- On how aspirin can improve survival rates in heart attack patients, featured Feb. 3 in [Brattleboro Reformer](#)
- On how a healthy diet can restrict psoriasis flare-ups, featured Feb. 3 in [Pinal Central](#)
- On research around breast cancer and alcohol use, featured Feb. 3 in [Hanford Sentinel](#)
- On acute flaccid myelitis, featured Feb. 2 in [Elko Daily Free Press](#)

NOTABLE BRIEFS

The [Los Angeles Times](#) noted Feb. 7 that Dr. Jason Ahn, a member of the 2016-18 cohort in the UCLA National Clinician Scholars Program, is entering the 34th Congressional District race to succeed former U.S. Rep. Xavier Becerra, D-Los Angeles.

A 2003 UCLA study from the Semel Institute finding that the herbal supplement ginkgo biloba could improve memory was cited Feb. 7 in a [Newsmax](#) story.

Dr. Valencia Walker, assistant clinical professor of neonatology at the David Geffen School of Medicine at UCLA, was featured Feb. 3 in a [Becker's](#) list of female physician leaders to know.

The [Santa Monica Daily Press](#) on Feb. 6 referenced Ronald Reagan UCLA Medical Center staff in a story about a patient who twice survived cancer and later hiked Mount Kilimanjaro.

[News-Medical.net](#) on Feb. 8 cited a study based on data from the California Health Interview Survey, administered by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health. The coverage focused on Spanish-speaking patients' experiences during doctors' visits.

[Politico](#) on Feb. 8 cited data from the California Health Interview Survey, conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health. The story focused on whether

the health system is ready to care for a rapidly growing, multi-cultural and often non-English speaking population

The [San Bernardino Sun](#) on Feb. 7 and the [San Bernardino Press-Enterprise](#) on Feb. 8 cited research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health and by the UC Berkeley Center for Labor Education and Research. The coverage centered on low-income adults in Riverside and San Bernardino counties who might lose their health insurance if the Affordable Care Act is repealed.

A [Center for Health Reporting](#) article on Feb. 5 cited diabetes data from the California Health Interview Survey, administered by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health. The article, about increasing rates of type 2 diabetes in California, was republished Feb. 8 by [San Bernardino Press-Enterprise](#); Feb. 6 by [My Informs](#); and Feb. 5 by the [Los Angeles Daily News](#), [San Bernardino Sun](#), [Inland Valley Daily Bulletin](#), [Torrance Daily Breeze](#), [Pasadena Star-News](#), [Long Beach Press-Telegram](#), [Redlands Daily Facts](#), and [Whittier Daily News](#).

A column about universal health care in California, published Feb. 7 in the [Merced Sun-Star](#) and [Modesto Bee](#) and Feb. 4 in the [Sacramento Bee](#) and [Fresno Bee](#), cited research from the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health.

A [Psychology Today](#) blog on Feb. 7, about anxiety busters for moms, included a list of [free, guided meditations](#) from UCLA's Mindful Awareness Research Center.

NOTABLE QUOTABLES

Dr. Tanya Altmann, an assistant clinical professor of pediatrics at Mattel Children's Hospital UCLA, commented Feb. 6 in a [CNN.com](#) article about how children can confuse pet medications for candy. The article was syndicated by dozens of news outlets nationwide.

Dr. Jeff Bronstein, director of the Movement Disorders Program at UCLA, commented Feb. 8 in a [CNN](#) story about a new blood test that can make diagnosis of Parkinson's disease easier. The story was syndicated to more than 40 outlets.

Dr. John Clemens, professor of epidemiology at the UCLA Fielding School of Public Health, commented Feb. 6 in a [New York Times](#) article about scientific developments in stopping the spread of cholera.

Christopher Colwell, professor of psychiatry at the Semel Institute and director of UCLA's Laboratory for Circadian and Sleep Medicine, commented Feb. 8 in a [Reader's Digest](#) article about resetting your sleep schedule.

Dr. Gabriel Danovitch, distinguished professor of medicine at the David Geffen School of Medicine at UCLA and medical director of the UCLA Kidney and Pancreas Transplant Program, was quoted Feb. 7 in an [Associated Press](#) story about a Vatican conference on organ transplant processes. He and others called for independent scrutiny to ensure that China is not using organs from executed prisoners. The story was syndicated to multiple news outlets, including the [New York Times](#) and the [Washington Post](#).

Dr. Timothy Fong, associate clinical professor of psychiatry at the Semel Institute, commented Jan. 20 in an [ESPN.com](#) article about how a 16-year-old gamer became a compulsive gambler.

Dr. Barbara Giesser, clinical director of the multiple sclerosis program at the David Geffen School of Medicine at UCLA, commented in the February/March issue of [Neurology Now](#) in an article about actress Jamie-Lynn Sigler's diagnosis with MS.

Dr. David Heber, professor emeritus of medicine at the David Geffen School of Medicine at UCLA, commented Feb. 8 in an [Epoch Times](#) story on inflammation and its effects on health.

Gerald Kominski, professor of health policy and management at the UCLA Fielding School of Public Health and director of the Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Feb. 2 in [McClatchy DC](#) about the possible repeal of the Affordable Care Act and its effect on Republicans in California. The article was syndicated by the [Sacramento Bee](#), [Fresno Bee](#), [Miami Herald](#), [Merced Sun-Star](#), and [Ft. Worth Star-Telegram](#).

Dr. David McAllister, chief of sports medicine and a professor of orthopedic surgery at the David Geffen School of Medicine at UCLA, was quoted Feb. 3 in a [Los Angeles Times](#) article about how professional athletes can recover from back spasms.

Dr. Don Shields, professor of pediatrics at UCLA's David Geffen School of Medicine and Mattel Children's Hospital, was quoted Feb. 3 in a [Knoxville News Sentinel](#) story on treating infantile spasms.

Dr. Gary Small, a professor of psychiatry and biobehavioral sciences at the Semel Institute, commented Feb. 8 in a [Time](#) magazine article about whether our smartphones are making us dumb.

Dr. Thomas Strouse, medical director of the Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA and Maddie Katz Chair in Palliative Care Research and Education, was quoted Feb. 2 in a [Healthline](#) article discussing the possibilities of marijuana to ease the symptoms of heroin users.

Dr. Marilene Wang, a professor of head and neck surgery at the David Geffen School of Medicine at UCLA, commented Feb. 6 in the San Fernando Valley Business Tribune about a new device designed to improve patient's breathing following nasal surgery. (PDF available on request.)

Amy Waterman, associate professor-in-residence of medicine in the division of nephrology, was quoted Jan. 28 in a [Wall Street Journal](#) article about organ donations between co-workers.

=====

UCLA's Health Sciences Media Relations office e-publishes this report weekly. For more information, please call Tami Dennis, executive director of media relations, or Enrique Rivero, senior media relations officer, at 310-267-7022. Our office also offers publicity for new research, medical breakthroughs, clinical trial recruitment, inspirational patient stories and more. To identify the appropriate public information officer for your department, visit <https://www.uclahealth.org/Newsroom/Pages/Media-Relations-Directory.aspx>.