



**UCLA HEALTH SCIENCES MEDIA REPORT  
For the week of Feb. 17-23, 2017**

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**UCLA Health Sciences Media Relations: Year in Review: 2016 Sizzle Reel**

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**Duchenne expert addresses drug's hefty price tag on CBS News**

**Healthy living through more sleep**

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## **UCLA Health Sciences Media Relations: Year in Review: 2016 Sizzle Reel**

The UCLA Health Sciences Media Relations office works year-round to place stories about our experts and expertise in external media outlets, while also managing a multitude of requests for interviews, information, photography and filming. Now, we're pleased to present highlights of that work – some of the [top media stories about UCLA Health Sciences of 2016](#).

Please note that we could not include every story from the past year. This is for internal use only and not for rebroadcast. You may need to copy and paste the link into your web browser to play.

<https://vimeo.com/201083987/7e3004ea4a>

Congratulations – and thank you -- to all of the dedicated doctors, nurses, researchers, faculty and staff at UCLA Health Sciences who made this year's stories possible.

Moving forward into 2017... If you receive a request for an interview, photography or video from a news organization or any other media outlet, please contact your designated UCLA Health Media Relations press officer or call our main number at (310) 267-7022.

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### **Duchenne expert addresses drug's hefty price tag on CBS News**

CBS "This Morning" interviewed Dr. Carrie Miceli, co-director of the Center for Duchenne Muscular Dystrophy at UCLA and a professor of microbiology, immunology and molecular genetics at the David Geffen School of Medicine at UCLA, in a Feb. 16 segment about a newly approved drug for Duchenne muscular dystrophy. Miceli is researching new therapies for the deadly disease, which affects boys like her son, Dylan, who was also featured. The story re-aired this week on 32 affiliates nationwide.

CBS: <http://bit.ly/2mhjJvt>

### **Healthy living through more sleep**

[Los Angeles Times](#) on Feb. 23 featured Dr. Alon Avidan, professor of neurology and director of the UCLA Sleep Disorders Center, in an article about how one forgets things, craves simple carbohydrates and tends to make poor decisions when sleep-deprived.

### **Try these methods for chilling out**

[Los Angeles Times](#) on Feb. 23 featured Dr. Emanuel Maidenberg, a clinical professor of psychiatry and biobehavioral sciences, and Dr. Helen Lavretsky, a geriatric psychiatrist, in a story about finding relief from stress.

### **UCLA Health strategically expands clinics to adapt to industry conditions**

[Becker's Hospital Review](#) on Feb. 17 highlighted UCLA Health's clinic expansion and other strategic adjustments in an article about how health systems are adapting to healthcare industry conditions. Johnese Spisso, president of UCLA Health and CEO of UCLA Hospital System, was extensively quoted.

### **Media tap health insurance expert**

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 in the following news media outlets:

- Feb. 19 in a [San Francisco Chronicle](#) article about how repeal of the Affordable Care Act may reverse gains seen at safety-net hospitals; the article also ran Feb. 22 in [California Healthline](#).
- Feb. 17 in [The Marshalltown](#) in coverage about health insurance provider Humana, Inc.'s announcement that it would leave the Obamacare market in 2018.
- Feb. 16 in an [Arizona Sonora News](#) column written by a student with type 1 diabetes who worries that her parents' insurance plan will no longer cover her pre-existing disease if the Affordable Care Act is repealed.

### **Infectious diseases doctor explains norovirus**

A KNX-AM report on Feb. 3 about a norovirus outbreak that forced the closure of a local school featured 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.

KNX: <http://bit.ly/2mqfbSM>

### **ACA repeal options, single-payer proposals in California**

A [KPCC-FM](#) report on Feb. 22 about Affordable Care Act replacement proposals, including a single-payer plan proposed in California, featured Shana Alex Charles, faculty associate at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health. [Public Now](#) cited the interview.

### **Sleep is a commonly misunderstood aspect of behavior**

[BBC](#) on Feb. 21 featured Jerome Siegel, a professor of psychiatry and director of the University of California Los Angeles Center for Sleep Research, in an article about why we sleep and how much we need.

### **Study examines midlife cognitive decline in women**

Australia's [Aged Care Guide](#) reported Feb. 22 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. Karlamangla was quoted.

### **More love for canine cupids and their valentine deliveries**

[Santa Monica Patch](#) on Feb. 16 and the Santa Monica Mirror on Feb. 17 featured photo montages of valentine deliveries made by People-Animal Connection therapy dogs to patients at UCLA Medical Center, Santa Monica.

### **Kids shouldn't specialize in one sport**

Sports Stars of Tomorrow on Feb. 19 featured research by Dr. John DiFiori, professor and chief of the UCLA Division of Sports Medicine and Non-Operative Orthopaedics, finding that early specialization in a sport as a child does not guarantee future success and could also lead to overuse injuries. The report aired on WABC-TV, New York and 19 other ABC, NBC, CBS and Fox affiliates around the country.

WABC: <http://bit.ly/2lwoSkV>

### **Tips for a healthy heart**

[NewsBlaze](#) on Feb. 17 published heart-healthy tips from Dr. Sheila Sahni, interventional cardiology fellow at the David Geffen School of Medicine at UCLA and the UCLA Barbra Streisand Women's Heart Health Program, which were picked up from an earlier story. The tips explained how to help make healthy lifestyle choices and take control of one's cardiovascular risk factors in order to prevent or slow the progression of heart disease.

### **Research on red wine and its effects on dementia**

[The Daily Meal](#) on Feb. 22, [Wine Spectator](#) on Feb. 21, and [Medical Daily](#) on Feb. 6 covered new research led by Dr. Daniel Silverman, professor of molecular and medical pharmacology at the David Geffen School of Medicine at UCLA, indicating red wine may slow the effects of dementia in patients already exhibiting cognitive decline associated with the disease. The Daily Meal story was picked up in other outlets the same day, including [Yahoo! Style](#) and [MSN](#).

### **Opinion: Wildlife conservation**

[Huffington Post](#) on Feb. 16 published an op-ed by Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health, about conserving wildlife in Taiji.

### **Racial disparities in the juvenile justice system**

[The Chronicle of Social Change](#) on Feb. 21 featured research from the UCLA Fielding School of Public Health examining racial disparities in the juvenile justice system. Lauren Gase, chief of health and policy assessment for the division of chronic disease and injury prevention at the Los Angeles County

Department of Public Health, conducted the research while a doctoral student at the Fielding School and was quoted.

### **Canadian casinos court Asian gamblers**

Canada's [National Post](#) on Feb. 21 featured Dr. Timothy Fong, clinical professor of psychiatry and co-director of the UCLA Gambling Studies Program at the Semel Institute, in an article about how Canadian casinos aggressively market themselves to Asians. The article also appeared in the [Vancouver Sun](#).

### **Common drugs can trigger addiction**

[Bustle](#) on Feb. 22 featured Suzette Glasner-Edwards, a clinical psychologist and associate professor of psychiatry and biobehavioral sciences at the Semel Institute, in an article about common medications that can be addictive.

### **Ways to delay Alzheimer's**

[KFSN-TV](#), Fresno, California, on Feb. 17 featured Dr. Gary Small, a professor of psychiatry at the Semel Institute, in a report about tips to delay onset of Alzheimer's disease. [WFMZ-TV](#), Allentown, Pennsylvania, also quoted Small on Feb. 17 in a story about the under-treatment of early Alzheimer's.

### **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 in more than 50 outlets nationwide. A sampling of the stories from the past week's column:

- On the absence of a known link between vitamin D and cancer or Alzheimer's, featured Feb. 22 in [The Californian](#)
- On the use of topical pain relievers, featured Feb. 21 in [Bismarck Tribune](#)
- On the need for a vitamin B12 supplement on a vegan diet, featured Feb. 18 in [Pharmacy Choice](#)
- On the recent study showing elderly patients with female doctors fared better, featured Feb. 17 in [Pinal Central](#)
- On the use of CoQ10 in conjunction with statin drugs for pain, featured Feb. 17 in [Elko Daily Free Press](#)
- On practicing balance and preventing falls as we age, featured Feb. 16 in [Beatrice Daily Sun](#)

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## **NOTABLE BRIEFS**

Dr. Eric Esrailian, co-chief of the Vatche and Tamar Manoukian Division of Digestive Diseases, was mentioned Feb. 22 in a [Deadline Hollywood](#) story about how "The Promise," a film he produced about the Armenian Genocide, will donate all proceeds to non-profits. The story was picked up the same day in 13 other national and international publications, including [Yahoo! Style Singapore](#).

Julie Elginer, lecturer in the Department of Community Health Sciences at the UCLA Fielding School of Public Health, was cited Feb. 23 in [The Acorn](#) as a scheduled speaker at an upcoming City of Calabasas transportation forum.

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 Education and Research was cited Feb. 18 in a [Los Angeles Daily News](#) article about a motion filed by Los Angeles County officials that would ask county administrators to study financial options to continue subsidized government health care. The article was republished Feb. 21 by [MyNewsLA](#) and Feb. 22 by [Courthouse News Service](#).

UCLA's Mindful Awareness Research Center was mentioned in a Feb. 17 [Washington Post](#) article about hobbies to boost career success.

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## **NOTABLE QUOTABLES**

Dr. David Ahn, clinical instructor of medicine in the division of endocrinology, diabetes and metabolism at the David Geffen School of Medicine at UCLA, was quoted Feb. 17 in a [Medscape](#) article about insulin dosing and type 1 diabetes.

Dr. Jonathan Fielding, professor-in-residence at the UCLA Fielding School of Public Health, commented Feb. 16 in a [Patch.com](#) article about Los Angeles having received a top rating for residents' health and well-being from the de Beaumont Foundation's new CityHealth Initiative.

Suzette Glasner-Edwards, a clinical psychologist and associate professor of psychiatry and biobehavioral sciences at the Semel Institute, was quoted Feb. 23 in a [MedPage Today](#) article about a CDC report showing an increase in heavy drinking rates among both men and women in 2016.

Dr. Alison Grimes, director of audiology for UCLA Health, commented Feb. 17 in a [Reuters Health](#) story about cytomegalovirus and hearing loss in children under age 5.

Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health, was quoted Feb. 17 in an article on [The List](#) about the effects of caffeine.

Dr. Zhaoping Li, director at UCLA's Center for Human Nutrition, was quoted Feb. 19 in a [Los Angeles Times](#) story on nutrition and healthy living.

Dr. Luke Macyszyn, was interviewed Feb. 20 by NBC's "[Today](#)" show about how to choose the correct mattress for optimal spinal health. Macyszyn is an assistant professor of neurosurgery and orthopedics at UCLA's David Geffen School of Medicine and Comprehensive Spine Center. The story re-aired on 13 NBC affiliates.

Erin Morse, chief clinical dietitian at Ronald Reagan UCLA Medical Center, was quoted Feb. 22 in a [Dr. Oz: The Good Life](#) story about the Sirtfood diet.

Dr. Colin McCannel, associate professor of ophthalmology at the UCLA Stein Eye Institute, was quoted Feb. 17 in a [Reuters Health](#) story about an intraocular drug associated with vision loss due to retinal vasculitis.

Dr. Stanley Nelson, co-director of the Center for Duchenne Muscular Dystrophy at UCLA and a professor of human genetics at the David Geffen School of Medicine at UCLA, commented Feb. 16 in a [CNN Health](#) story about the high price of a newly approved drug for Duchenne muscular dystrophy. Nine other news outlets syndicated the story.

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. 19 in a [New York Times](#) article about use of medical marijuana among a nursing home's residents. The article also ran in nearly 30 other publications, including the [Miami Herald](#), Raleigh [News & Observer](#), [The Sacramento Bee](#), the Fort Worth [Star-Telegram](#) and [The Charlotte Observer](#).

Dr. Donald Tashkin, professor of medicine in the division of pulmonary and critical care medicine at the David Geffen School of Medicine at UCLA, was quoted Feb. 20 in a [MedPageToday](#) story on the effects of immunosuppressants.

Dr. Steven Teitelbaum, associate clinical professor of plastic surgery at David Geffen School of Medicine at UCLA, was quoted Feb. 17 in an [Allure](#) story on the world of celebrity plastic surgery. The story was picked up the same day on [Yahoo! Beauty](#).

Dr. Elizabeth Volkmann, clinical instructor of medicine in the division of rheumatology at the David Geffen School of Medicine at UCLA, was quoted Feb. 20 in a [MedPageToday](#) story on the effects of immunosuppressants.

Dr. Dennis Woo, pediatrician at UCLA Medical Center, Santa Monica, commented Feb. 17 in a [WebMD.com](#) article on the increase in outbreaks of norovirus in schools.

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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>.