

UCLA

Health

UCLA HEALTH SCIENCES MEDIA REPORT

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[Washington Post](#): The Great Recession made America's blood pressure spike

(Photo: Stock image)



[Univision](#): Students observe Brain Awareness Week at UCLA

(Photo: Leigh Hopper)



[L.A. Times](#): Beating daylight-savings-time sluggishness

(Photo: Hugo Bernard/Flickr)



FEATURED

The Great Recession made America's blood pressure spike

The [Washington Post](#), [The Atlantic](#), [CNN.com](#), [HealthDay News](#), [STAT](#), [Tech Times](#), the U.K.'s [Daily Mail](#), [The Outline](#), [Inverse](#), [Wall Street OTC](#), [ApertureGames](#) and many others reported on research led by Teresa Seeman finding that the Great Recession of 2008-2010 was associated with heightened cardiovascular risk factors, including increased blood pressure and glucose levels. The connections were especially pronounced among older homeowners and people still in the work force, two groups that may have been especially vulnerable to the stresses brought about by the recession. [U.S. News & World Report](#), [DoctorsLounge](#) and five other outlets carried the HealthDay story; [Philly.com](#), [Daily Journal](#) and three other outlets ran the Washington Post piece; [MSN](#), [KAKE.com](#) and seven other outlets syndicated the CNN article; and KING-TV, Seattle, Washington, and 70 other television stations across the country aired a CBS Newspath report. Seeman, a professor of medicine in the division of geriatrics at the David Geffen School of Medicine at UCLA and of epidemiology at the UCLA Fielding School of Public Health, was quoted in the coverage.

Observing Brain Awareness Week at UCLA

[Univision](#) featured UCLA's Brain Awareness Week, which brought 300 Los Angeles Unified School District students to campus to learn about the brain through hands-on activities such as comparisons of different species' brains and the dissection of a sheep's brain.

How to beat daylight-saving-time sluggishness

[Los Angeles Times](#), [CBS Los Angeles](#), [ABC Action News](#) and more than 40 other media outlets featured Dr. Alon Avidan, a professor of neurology and director of the UCLA Sleep Disorders Center, in stories about how to adjust to daylight saving time.

UCLA surgeons rebuild man's face after biking accident

[CBS' "The Doctors"](#) featured the story of man who was crushed by a car while riding his bike and suffered life-threatening and disfiguring damage to the side of his face. In a series of operations, UCLA surgeons rebuilt his face using tissue from his thigh. Dr. Jason Roostaeian, an assistant professor of plastic and reconstructive surgery, was interviewed.

Continued media interest in Depression Grand Challenge

[The Chronicle of Higher Education](#) covered the Depression Grand Challenge, UCLA's campus-wide initiative to radically transform how depression is treated, starting with voluntary screening of UCLA's own students. Michelle G. Craske, director of the UCLA Anxiety and Depression Research Center and a member of the Executive Committee of the Depression Grand Challenge, was quoted. [University World News](#) also published the Chronicle story.

Buzzfeed spotlights UCLA's first female ophthalmologist

In a story about eight female physicians who changed medicine and influenced history, [Buzzfeed](#) profiled Dr. Patricia Bath, who was the first female surgeon on the ophthalmology faculty at the UCLA Stein Eye Institute.

More women than men are first authors on scientific conference's abstracts

A [Healio: Infectious Disease News](#) article highlighting that more women than men presented findings at this year's Conference on Retroviruses and Opportunistic Infections featured Dr. Judith Currier, professor of medicine and chief of the Division of Infectious Diseases. Currier was the conference's chair and also appeared in a video.

Sleep apnea research shows more male-female differences

A study by Paul Macey, associate professor at the UCLA School of Nursing, showing the significant clinical differences in the brains of women and women with sleep apnea was featured in [Psych Central](#), [myscience.org](#), [HealthNews Digest](#), [Medical Express](#) and [Life Science Daily](#).

Boosting brain's immune cell function improves Alzheimer's symptoms in mice

[Alzforum](#) featured research by Dr. X. William Yang, a professor of psychiatry and biobehavioral sciences at the David Geffen School of Medicine at UCLA, finding that boosting levels of the TREM2 protein in a mouse version of Alzheimer's made brain immune cells better at fighting disease.

Keeping former HIV-positive inmates healthy

[PLUS](#) magazine and [Healio](#) reported on research led by Dr. William Cunningham about LINK LA, an intervention that helps tie inmates to regular health care after they leave jail. It was more effective in helping keep their disease at bay than the most common health interventions now in use for released prisoners. Cunningham, a professor of medicine in the division of general internal medicine and health services research at the David Geffen School of Medicine at UCLA and of public health at the UCLA Fielding School of Public Health, was quoted.

\$7.7 million grant to study HIV “rebound”

[Specialty Pharmacy Times](#) highlighted a \$7.7 million grant from the National Institute of Allergy and Infectious Diseases to UCLA researchers investigating ways to control or prevent HIV “rebound,” which is when the virus re-emerges from its hiding places in cells after HIV-positive people stop taking their medications.

A new treatment method for aggressive prostate cancer

[ABC News Radio Australia](#) featured research published by Dr. Amar Kishan, an assistant professor of radiation oncology and a member of the UCLA Jonsson Comprehensive Cancer Center, and colleagues finding that treating advanced prostate cancer patients with external beam radiotherapy plus brachytherapy is significantly associated with better outcomes.

New drug combo improves survival rate for breast cancer patients

[OncLive](#), [Targeted Oncology](#) and [Oncology Nursing News](#) reported on new data from a phase III study led by Dr. Richard Finn, an assistant professor of medicine and a member of the UCLA Jonsson Comprehensive Cancer Center. He found that using a combination of palbociclib plus letrozole in the first-line settings significantly improved the survival rate for patients with metastatic breast cancer.

Brush your teeth the right way

[Reader's Digest](#) published a story about mistakes to avoid when brushing teeth, featuring expertise from Dr. Edmond Hewlett, professor of restorative dentistry and associate dean for outreach and diversity at the UCLA School of Dentistry.

Importance of screening for, and preventing, colorectal cancer

[Los Angeles Wave](#) published a story about a patient's experience with colorectal cancer, featuring expertise on screening and treatment from Dr. Richard Reznichuk, health sciences associate clinical professor of urology.

Study compares stroke death rates related to blood thinners

[Neurology Today](#) reported on a study of patients who had suffered a stroke caused by bleeding on the brain. In the study, those who took one of the new types of blood thinners, such as Eliquis, had lower mortality rates than those who took a warfarin-type blood thinner. Lead author Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, was quoted.

Everyday Health identifies warning signs of concussion

Dr. Christopher Giza, director of the UCLA Steve Tisch BrainSPORT Program and a professor of pediatrics and neurosurgery, advised [Everyday Health](#) about concussion symptoms that parents should watch for in their children following a head injury.

Expert explains “miracle” cure for tremors

Dr. Nader Pouratian, chief of functional neurosurgery, was interviewed by [Healthline](#) about a viral video showing surgeons in India curing a woman of tremors so severe that they prevented her from sleeping. He explained the procedure and the more current surgical approach to treating essential tremor.

Facing the recipe for global obesity

[Voice of America](#) published a story about the global obesity epidemic in which Dana

Hunnes discussed how a modern lifestyle and our psychology about food impacts nutrition and weight gain. Hunnes is a senior dietitian at Ronald Reagan UCLA Medical Center and an adjunct assistant professor at the UCLA Fielding School of Public Health.

Healthcare system could save \$17 billion on hip and knee replacements

[Health News Digest](#), [MedicalXpress](#) and [Orlando Medical News](#) wrote about an opinion piece by Dr. Jonathan Fielding, professor-in-residence of health policy and management at the UCLA Fielding School of Public Health; Steven Teutsch, adjunct professor at the Fielding School; and Vanessa Lam, a graduate student in the Fielding School's Department of Health Policy and Management and the UCLA Luskin School of Public Affairs. The piece, published in the Journal of the American Medical Association, posited that the U.S. could save billions of dollars per year by controlling costs related to elective hip and knee replacements. Fielding is also co-director of the UCLA Center for Health Enhancement, Education and Research; Teutsch is a collaborator with the Center for Health Advancement.

Cardiologist discusses healthcare reform impacts on heart patients

The [American Journal of Managed Care](#) reported on a panel discussion at the 67th Scientific Session of the American College of Cardiology to discuss the impact of healthcare reform on heart failure patients. Panel member Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, was quoted.

How psychiatrists cope with patient suicide

[Frontline Medical News](#) featured an interview with Dr. Michael Gitlin, professor of clinical psychiatry at the UCLA David Geffen School of Medicine and director of the UCLA Mood Disorders Clinic, about how psychiatrists cope when a patient commits suicide.

Collective impact for health and wellbeing

[Stanford Social Innovation Review](#) published an article co-authored by several UCLA experts, including Dr. Wendelin Slusser, associate vice provost of the Healthy Campus Initiative and adjunct professor in the department of community health sciences at the UCLA Fielding School of Public Health; Hannah Malan, a doctoral student at the Fielding School; and Tyler Watson, a doctoral candidate at the Fielding School. The article describes UCLA's Healthy Campus Initiative and specifically points out a project completed at the Fielding School that is meant to entice people to take the stairwell rather than the elevator.

Green spaces may promote brain development

[The Talking Democrat](#) featured a new study co-authored by Michael Jerrett, department chair and professor of Environmental Health Sciences at the UCLA Fielding School of Public Health, reporting that exposure to green space during childhood is associated with beneficial structural changes in the developing brain.

Ecofriendly biocremation could replace funerals

A Wired video explaining UCLA's bio-cremation process, which employs an environmentally friendly method to dissolve and dispose of human remains, was covered by [Starts at 60 News](#). Dean Fisher, director of UCLA's Donated Body Program, was quoted.

Epidemiologist testifies in Roundup cancer lawsuit

[Bloomberg](#) and [Legal Scoops](#) covered testimony given by UCLA Fielding School of Public Health epidemiology and environmental health sciences professor Beate Ritz in a case in San Francisco involving the agricultural company Monsanto. The plaintiffs claim that exposure to Monsanto's herbicide Roundup can cause non-Hodgkin's lymphoma.

How to make spring sports safer

KIRO-AM Radio Seattle, [The Medical News](#) and [Health News Digest](#), interviewed Dr. Joshua Goldman, family medicine physician and assistant clinical professor, on ways to reduce spring sports injuries in children.

Gala honors UCLA physician for educational work in the community

[The Hollywood Reporter](#) covered a gala that honored Dr. Gary Gitnick and his wife, Cherna Gitnick, for co-founding the Fulfillment Fund, which helps make college a reality for underserved students. Gary Gitnick is co-chief of the Vatche and Tamar Manoukian Division of Digestive Diseases.

This week on "Ask the Doctors"

UCLA Health internists and assistant professors of medicine 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 the ketogenic diet, in Maryland's [The Frederick News-Post](#)
- On properly storing medicine and supplements, in Spokane, Washington's [The Spokesman-Review](#)
- On adenovirus, in [Life Extension](#)
- On the nutrition of dark chocolate, in Georgia's [The Brunswick News](#)
- On the impact of years of physical labor, in Vermont's [The Berkshire Eagle](#)
- On pelvic exams for women after age 65, in California's [Hanford Sentinel](#).

QUOTED

"I really think that you are dealing with a new model for chronic-disease management. Taking the intervention to where people live, work, and play is going to be essential to chronic-disease management."

- Dr. Karol Watson, in [Medscape](#) (log in required but subscription is free.)



Dr. Jeff Chen, director of the UCLA Cannabis Research Initiative, commented in a [Self](#) magazine article about whether cannabis shows promise as a sleep aid.

Dr. Ravi Dave, director of interventional cardiology at UCLA Health, commented in a [ReadersDigest.com](#) article on ways to keep your heart valves healthy.

Dr. Eric Esrailian, co-chief of the Vatche and Tamar Manoukian Division of Digestive Diseases, was quoted in a [Deadline Hollywood](#) story about actress Mira Sorvino's selection as the inaugural award recipient for The Promise Institute for Human Rights at UCLA School of Law.

Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, was quoted in the following outlets:

- A [Modern Healthcare](#) article about physicians' hopes that the Centers for Medicare and Medicaid Services will drop plans to hold hospitals accountable for the higher costs of treating heart attack patients.
- A [MedPage Today](#) video on a clinical trial finding that reducing co-payment charges on heart medications could help improve patients' adherence to drug treatment.
- A [HealthDay](#) report on two studies finding that playing professional football was associated with heart problems. The HealthDay story was syndicated in outlets including [Health.com](#), [U.S. News and World Report](#) and [Philly.com](#).

Dr. Deena Goldwater, an attending cardiologist and geriatrician, commented in a [CNN.com](#) article about a study finding that a strong handshake could indicate a healthy heart. The CNN article was syndicated in 45 national outlets including [AZ Family](#) and [Fox News Now](#), Milwaukee, Wisconsin.

Dr. Sara Hurvitz, director of the Breast Oncology Program at the Jonsson Comprehensive Cancer Center and co-director of the Santa Monica-UCLA Outpatient Oncology Practice, was interviewed by [OncLive](#) about promising data from the 2018 Miami Breast Cancer Conference.

Dr. Jeffrey Klausner was quoted in a [Yahoo! Lifestyle](#) article about an outbreak of HIV and syphilis among 15- to 24-year-olds in Milwaukee, Wisconsin. Klausner is a 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.

Gerald Kominski, professor of health policy and management at the UCLA Fielding School of Public Health and director of the UCLA Fielding Center for Health Policy Research, was quoted in a [Los Angeles Times](#) article about the just-announced \$52-billion merger of Cigna Corp. and Express Scripts Holding Co.

- Kominski was also quoted in a [Politifact](#) a story about gubernatorial candidate Antonio Villaraigosa's contention that a single-payer health system in California would bump seniors off Medicare.

Nadereh Pourat, professor-in-residence of health policy and management at the UCLA Fielding School of Public Health, was quoted by [Boise State Public Radio](#) in an article about Idaho's attempt to skirt provisions in the Affordable Care Act.

Dr. David Reuben, chief of geriatrics at UCLA Health, commented in an [Associated Press](#) article on new research showing that over-the-counter drugs worked as well as prescription opioids in reducing chronic pain in people with backaches or arthritis. The article also appeared in the [Rocky Mountain Telegram](#), [The Greenville Sun](#), [Scienmag.com](#), [ScienceNewslne](#), [CBS Detroit](#) and several other publications.

Dr. Karol Watson, a professor of medicine/cardiology, commented in [Medscape](#) and [MedPage Today](#) about a new study showing that a pill combining low doses of three medications lowered blood pressure faster than the standard treatment.

- In a separate [Medscape](#) article, Watson commented on a study finding that linking barber shops with pharmacist-directed drug therapy helped almost two-thirds of black men diagnosed with uncontrolled hypertension. Watson is co-director of the UCLA Program in Preventive Cardiology and director of the UCLA Barbra Streisand Women's Heart Health Program.

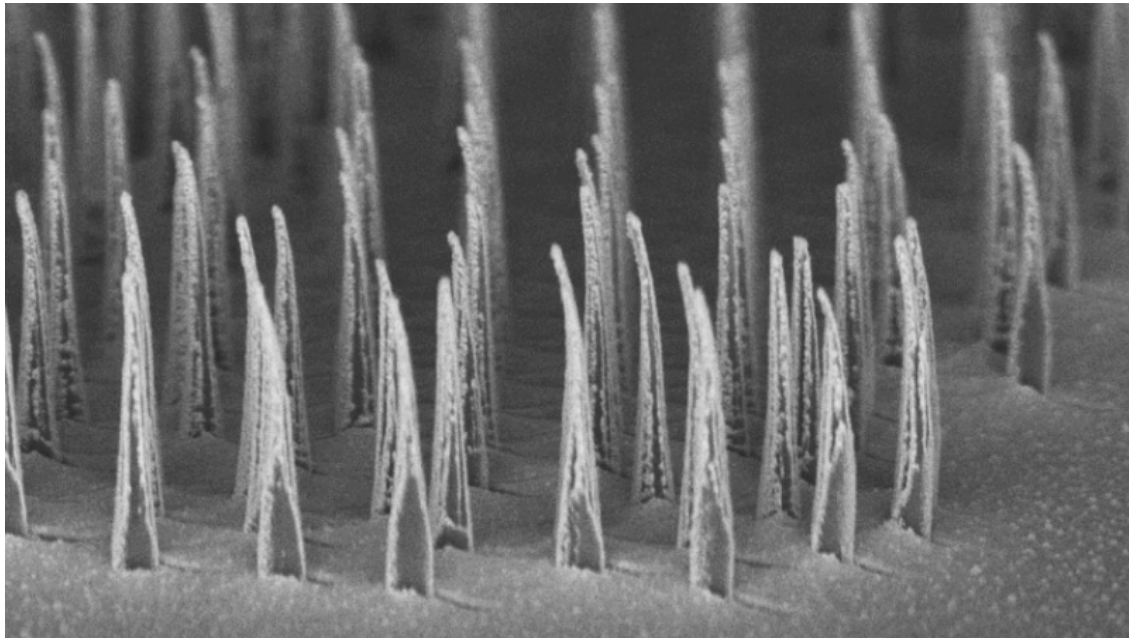
BRIEFS

[Healthcare Informatics](#), in a story about shared decision making in health care, referenced UCLA Health for its processes to integrate patient preferences in treatment decisions.

[KPCC](#), in a story about the host of a recent fundraiser in Beverly Hills, referenced a project that donates teddy bears to patients at UCLA Mattel Children's Hospital.

[Becker's Hospital Review](#) included the David Geffen School of Medicine at UCLA in roundups of the top 10 medical schools for research and primary care.

CONTENT CREATED BY MEDIA RELATIONS



[UCLA Newsroom](#): Nanostructures created by UCLA scientists could make gene therapies safer, faster and more affordable

(Photo: UCLA Broad Stem Cell Research Center/ACS Nano)



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[Sleep apnea study finds male-female differences in cerebral cortex thickness, symptoms](#) UCLA Newsroom

[How this pediatrician is working to protect the special health needs of juveniles in criminal justice system](#) UCLA Health Connect blog

[Red cap reminders of need to protect tiny hearts](#) UCLA Health Connect blog



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