



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of March 25-31, 2016**

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Defeating dogma and advancing spinal cord research

How to make an altruist

Testing toxicity in Porter Ranch

Fetal maternal medicine expert featured on NPR's "All Things Considered"

Better sleep for moms, dads and kids

Nasal balloons for kids might help prevent ear infections

Exercise to ward off Alzheimer's

Media reach out to heart expert

Spreading the word about opioid addiction – and what you should know

Santa Monica geriatrician shares healthy travel tips

Female security, lift-team members flex for success in Santa Monica

UCLA researcher receives largest award in latest round of funding from California's stem cell agency

Cell protein's role in aggressive childhood cancer garners media interest

New fitness center helps teens get healthy

Vocative highlights men's health physician

Sleep tips appear in the Imperial Valley News

Blogger discusses fee-for-service pros and cons

Examiner.com reports on PET imaging study and cancer treatment

Diabetes rates increasing in California

Fielding School professor authors commentary about surprise healthcare costs at hospitals

Study sheds light on uninsured population

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Defeating dogma and advancing spinal cord research

Research published in the journal Nature by Dr. Michael Sofroniew, a professor of neurobiology at the David Geffen School of Medicine at UCLA, challenged what has long been dogma in neuroscience. Contrary to long-held belief, glial scar tissue that forms after spinal cord damage actually encourages the regeneration. The new research was highlighted by March 31 [UPI](#) and [Medical News Today](#), and March 30 by [Science Daily](#).

How to make an altruist

Marco Iacoboni, professor of psychiatry at the Semel Institute and director of the Transcranial Magnetic Stimulation Lab in the Ahmanson Lovelace Brain Mapping Center, discussed March 24 his recent findings on the neuroscience of altruism on KPCC 89.3FM's "[AirTalk](#)." The findings were also highlighted March 24 in an opinion piece in [The Guardian](#) (U.K.).

Testing toxicity in Porter Ranch

Michael Jerrett, professor and chairman of the department of environmental health sciences at the UCLA Fielding School of Public Health, was featured March 28 by [NBC Los Angeles](#) and March 29 in the [Los Angeles Daily News](#) for his work testing the level of toxic chemicals in Porter Ranch homes that could pose a health threat to residents.

Fetal maternal medicine expert featured on NPR's "All Things Considered"

Dr. Carla Janzen ([here](#) and [here](#)), an assistant professor of obstetrics and gynecology, was a featured expert March 31 on NPR's All Things Considered for a story on a new study on Zika virus and fetal brain abnormalities.

Better sleep for moms, dads and kids

Dr. Carlos Lerner, associate clinical professor of pediatrics and medical director of the Children's Health Center at Mattel Children's Hospital UCLA, was a guest March 29 on KPCC 89.3FM's "[Take Two](#)" program for a segment discussing how parents and their children can improve their sleep habits.

Nasal balloons for kids might help prevent ear infections

[CBS's The Doctors](#) program featured March 26 a segment on the use of nasal balloons, a non-invasive and drug-free method to potentially help clear the fluid behind the ear that can lead to ear infections. Dr. Nina Shapiro, a professor of head and neck surgery at the David Geffen School of Medicine at UCLA and director of pediatric otolaryngology at Mattel Children's Hospital UCLA, discussed the treatment.

Exercise to ward off Alzheimer's

A study led by Dr. Cyrus Raji, a medical resident in radiology at the David Geffen School of Medicine at UCLA, finding that burning calories through exercise helps boost brain volume and stave off Alzheimer's, was reported March 30 by [Medscape](#); March 29 by [DailyRX News](#); March 22 by [Healio](#); and March 11 by [CTV News](#), India's [Asian News International](#), the [Pittsburgh Post-Gazette](#) and many others.

Media reach out to heart expert

Dr. Gregg Fonarow, the Eliot Corday Chair in Cardiovascular Medicine and Science, director of the Ahmanson-UCLA Cardiomyopathy Center and co-chief of the UCLA Division of Cardiology, was quoted in several outlets concerning issues in cardiology:

- [Reuters Health](#) March 24 on a study finding that patients who have a heart rhythm disorder often don't receive blood-thinning medications that can make this complication less likely. Fonarow noted that patients with any history of atrial fibrillation should discuss the pros and cons of these medications.
- [HealthDay News](#) March 24 on research suggesting that heart attack victims in the United States are becoming younger and fatter, the average age falling from 64 years old to 60 years old over the past two decades. Fonarow noted the finding is consistent with other studies and called for increased efforts to improve heart health.
- [HealthDay News](#) March 28 on findings that keeping track of your blood pressure at home may provide a better indicator of your risk for heart disease and stroke than waiting to have it taken by

your doctor. Fonarow said this study lends further support for integrating morning home blood pressure readings as a component of the routine clinical assessment and treatment of high blood pressure.

Spreading the word about opioid addiction – and what you should know

Amid the growing attention on opioid use and addiction, Dr. Christine Lee, assistant clinical professor of anesthesiology and pain management, was featured March 31 on the Hallmark Channel's "[Home & Family](#)" show to answer the questions consumers are most likely to have.

Santa Monica geriatrician shares healthy travel tips

The [Santa Monica Mirror](#) published March 18 a guest column from Dr. Grace Chen, geriatrician at UCLA Medical Center, Santa Monica, and assistant clinical professor, with tips to help seniors stay healthy while traveling.

Female security, lift-team members flex for success in Santa Monica

[Santa Monica Mirror's](#) March 18 edition contained a feature on security officer Maria Arceo and lift-team member Jennifer Martinez, female staff members at UCLA Medical Center, Santa Monica who are succeeding in jobs traditionally assigned to men.

UCLA researcher receives largest award in latest round of funding from California's stem cell agency

[Imperial Valley News](#) March 24 reported on a nearly \$7.7 million grant received by UCLA Broad Stem Cell Research Center member Lili Yang. The grant is the largest of seven awards funded by the California Institute for Regenerative Medicine's governing Board on March 16. With the new funding, Yang hopes to engineer the body's immune system to give it the ability to attack and kill cancerous cells, while leaving the body's healthy tissues unharmed. Yang is also a member of UCLA's Jonsson Comprehensive Cancer Center and an assistant professor in the UCLA Department of Microbiology, Immunology and Molecular Genetics.

Cell protein's role in aggressive childhood cancer garners media interest

[Science Codex](#) March 14, and [Examiner.com](#) and [Health Canal](#) March 15 reported on a study published in the Journal of Clinical Investigation showing how a cellular protein contributes to an aggressive form of leukemia prevalent in young children. The discovery is an important step forward in the effort to better understand and treat aggressive childhood leukemia. The study's senior author was Dr. Dinesh Rao, assistant professor of pathology and laboratory medicine at the David Geffen School of Medicine at UCLA and member of the UCLA Broad Stem Cell Research Center and UCLA's Jonsson Comprehensive Cancer Center.

New fitness center helps teens get healthy

[L.A. Parent](#) magazine reported March 25 on the grand opening of a UCLA Health Sound Body Sound Mind fitness center at Belvedere Middle School in East Los Angeles. Bill Simon, co-founder of Sound Body Sound Mind, was quoted. The program is dedicated to fighting childhood obesity by installing state-of-the-art fitness programs in underserved middle and high schools.

Sleep tips appear in the Imperial Valley News

The [Imperial Valley News](#) March 23 featured Dr. Alon Avidan's tips on ways to get a good night's sleep. Avidan is a professor of neurology and the director of the UCLA Sleep Disorders Center.

Blogger discusses fee-for-service pros and cons

A blog by Dr. Alan Kaplan on the fee-for-service payment model appeared March 22 in [Urology Times](#). Kaplan is a resident physician in the UCLA Department of Urology.

Examiner.com reports on PET imaging study and cancer treatment

[Examiner.com](#) reported March 28 on research into a promising advancement in PET imaging technology that led to the detection of an enzyme in humans. The enzyme plays a significant role in identifying cancer patients more likely to respond to cancer treatments. Study lead author Dr. Caius Radu, associate

professor of molecular and medical pharmacology and a member of UCLA's Jonsson Comprehensive Cancer Center, was quoted.

Diabetes rates increasing in California

A study revealing the climbing rates of prediabetes and diabetes in California conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was featured March 25 in the [Ukiah Daily Journal](#) and March 26 in the [Lompoc Record](#).

Fielding School professor authors commentary about surprise healthcare costs at hospitals

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, wrote March 30 in a [Center for Health Journalism](#) blog post that legislation is needed to protect consumers from 'surprise' bills from out-of-network doctors used at in-network hospitals. He also commented March 25 in the [Los Angeles Times](#) about the issue.

Study sheds light on uninsured population

A joint study co-authored by Nadereh Pourat, adjunct professor of health policy and management at the UCLA Fielding School of Public Health and research director at the UCLA Center for Health Policy Research in the Fielding School, was featured March 31 in [MedicalXpress](#). The study found that two-thirds of the Californians who didn't have health insurance in 2014 were eligible for coverage, but many did not enroll because it wasn't affordable.

NOTABLE BRIEFS

An upcoming educational forum in Santa Monica on cardiovascular health was referenced in a March 30 [Santa Monica Mirror](#) article.

Research on the specific needs of sex trafficking victims traumatized by their experience was cited March 26 in the [Chronicle of Social Change](#). Dr. Eraka Bath, director of child forensic services and an assistant professor of psychiatry at the UCLA Neuropsychiatric Institute, was the study's senior author.

Data from the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, showing the number of older adults in Santa Cruz County who subsist on the minimum income required to be self-sufficient, was cited March 24 in the [Santa Cruz Sentinel](#).

NOTABLE QUOTABLES

Dr. Roy Altman, professor of medicine in the division of rheumatology, commented March 16 in an [EverydayHealth.com](#) article about natural osteoarthritis treatments such as weight control and the use of walking devices to support and protect arthritic joints and relieve osteoarthritis pain.

Dr. Charles Grob, professor of psychiatry and pediatrics at the David Geffen School of Medicine at UCLA and director of the division of child and adolescent psychiatry at Harbor-UCLA Medical Center, commented March 28 in an article in [Chemical & Engineering News](#) about scientific research into the role of mind-altering drugs for mental illness.

Dr. Wayne Grody, a professor of pathology, human genetics and pediatrics at the David Geffen School of Medicine at UCLA, commented March 30 in a [Science](#) magazine article about new research identifying the cause of a rare immune disease.

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 in the Fielding School, commented March 29 on [KPCC 89.3FM](#) and [Health Leaders Media](#) about Covered California's plan to dump underperforming or very expensive hospitals from the state exchange. He was also quoted March 30 in [Tech Times](#) about the effect on healthcare costs of financing expensive treatments.

Dr. Jesse Mills, an associate clinical professor of urology and director of UCLA Health: The Men's Clinic, commented March 26 on [Today.com](#) in a story about why men's health habits are important when couples are trying to have a baby.

Dr. Steven P. Wallace, chair and professor of community health sciences at the UCLA Fielding School of Public Health and associate director at the UCLA Center for Health Policy Research in the Fielding School, commented March 26 in a [Sacramento Bee](#) story about how the lack of affordable housing contributes to high poverty rates among the state's senior residents.

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