



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of March 31-April 7, 2017**

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How deep breathing induces tranquility

Clot-grabbing devices offer better stroke outcomes

The brain is much more active than we thought

Surgical cure for rare epilepsy garners wide coverage

Researchers discover a new cause of high plasma triglycerides

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This week on “Ask the Doctors”

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One of oldest living kidney donor-recipient pairs celebrates 50 years

Online and broadcast outlets shared the story of Ted and Denice Lombard, who became one of the first father-daughter duos to undergo successful kidney transplant surgery in the United States at UCLA in 1967. Coverage ran April 5 on [Inside Edition Online](#) and WPVI-TV, Philadelphia,

How deep breathing induces tranquility

The [New York Times](#) on April 5; [NBC News](#) on March 31; and [Scientific American](#) and [The Verge](#) on March 30 reported on a Science study co-led by Stanford and UCLA neuroscientists that pinpointed how taking a deep breath calms the brain in mice. Coauthor Jack Feldman, a distinguished professor of neurobiology at the David Geffen School of Medicine at UCLA, is quoted.

Clot-grabbing devices offer better stroke outcomes

[Reuters](#) on April 5 featured Dr. Reza Jahan, a professor in the division of interventional neuroradiology, in a story about a study confirming that stroke patients recover better if doctors physically remove a clot from a blocked artery instead of only using the clot-busting drug tPA. [Med Page Today](#) on April 5 also covered the study, quoting Dr. David Liebeskind, associate director of the UCLA Stroke Program. The Reuters story also appeared in the [Scientific American](#).

The brain is much more active than we thought

A study by senior author Mayank Mehta, professor of neurology and neurobiology at the David Geffen School of Medicine at UCLA, garnered media coverage for its discovery that the brain is 10 times more active than previously measured. The story was covered March 10 by the U.K.'s [Daily Mail](#) and [Yahoo! News](#); March 13 by [CBSNews.com](#) and [International Business Times](#); March 14 by [Newsy](#); March 15 by [AOL.com](#); and March 30 by [Forbes](#). It was additionally syndicated online by 70 other publications.

Surgical cure for rare epilepsy garners wide coverage

Nearly 100 TV [news](#) stations aired April 5 segments about a 9-year-old boy who suffered from a rare type of epilepsy in which seizures looked like fleeting fits of giggles. Dr. Aria Fallah, an assistant professor of pediatric neurosurgery at UCLA Mattel Children's Hospital, used a minimally invasive approach to destroy a benign mass in the boy's brain, putting an instant stop to the seizures and curing his epilepsy.

Researchers discover a new cause of high plasma triglycerides

[News-Medical.net](#), [Doctors Lounge](#), [Science and Technology Research News](#), [MedicalXpress](#), [Health Canal](#), [Med India](#) and others reported April 5 on the discovery of a new syndrome affecting a subset of people with hypertriglyceridemia whose bodies produce autoantibodies that attack their own proteins. Dr. Stephen Young, a UCLA cardiologist and molecular biologist, and his colleagues Anne Beigneux and Loren Fong, all professors of medicine at UCLA, led the study which was published in the *New England Journal of Medicine*. Young was quoted.

Before MS diagnosis, rule out these conditions first

[U.S. News & World Report](#) on March 31 featured Dr. Barbara Giesser, professor of clinical neurology and clinical director of the Multiple Sclerosis Program at the David Geffen School of Medicine at UCLA, in an article about multiple sclerosis.

Nipping allergies in the bud

[HealthDay News](#) on March 24 published an article on how to prevent and treat spring allergies. Dr. Rita Kachru, assistant professor, clinical immunology and allergy, and allergist at UCLA Medical Center, Santa Monica, commented in the story, which also ran on [Health.com](#), [medicinenet.com](#) and several other health websites.

Exploring the role of creative expression in the healing process

UCLArts and Healing was the focus of a March 24 [KPCC-FM](#) segment that explained the benefits of using drama and art therapy as well as other artistic tools to process trauma, grief and loneliness. Ping Ho, founder and director of UCLArts and Healing, commented in the story.

What is asthma?

[La Opinión](#) published March 30 a column by Dr. Maria Garcia-Lloret, professor of pediatric allergy and immunology at UCLA Mattel Children's Hospital, explaining asthma's causes, trigger factors, treatment and other topics.

Acne research spurs news flare-up

[HealthDay News](#), VICE Media's [Tonic](#), [Seeker](#) and [MedicalXpress](#) reported April 5 on new research presented by Huiying Lee, an associate professor of medical and molecular pharmacology at the David Geffen School of Medicine at UCLA, and colleague Emma Barnard, about how a bacterial imbalance in the skin's hair follicles can lead to acne. The HealthDay article was syndicated by more than 40 news outlets, including the [Philadelphia Inquirer](#), [WebMD](#) and [U.S. News & World Report](#). The findings were also reported April 6 by Ecuador's [Redaccion Medica](#).

Continued attention for early-stage cancer blood test

UCLA experts drew additional media attention for developing a computer program to detect cancer by blood sampling. Coverage ran April 2 on [VICE](#) and April 5 on [Fox News](#), [Digital Trends](#), and [Yahoo! Finance](#). The research was co-led by Dr. Xianghong (Jasmine) Zhou, professor of pathology and laboratory medicine at the David Geffen School of Medicine at UCLA; Dr. Steven Dubinett, senior associate dean for translational research and associate vice chancellor for research at the Geffen School; and Dr. Wenyuan Li, adjunct associate professor of pathology and laboratory medicine at the Geffen School.

More coverage of friends' vasectomies at Men's Clinic

WFMZ-TV, Philadelphia, aired on March 30 a segment about three friends who underwent vasectomies at The Men's Clinic at UCLA. Dr. Jesse Mills, clinical professor of urology and director of The Men's Clinic, was featured.

Trust is key to managing heart disease

[Cardiology Today](#) on April 6, and [Cardiovascular Business](#) and [HealthDay News](#) on April 3 reported on a study led by Lilia Meltzer, a nurse practitioner with UCLA Health and a stroke disparities research fellow at the David Geffen School of Medicine at UCLA, which found that patients with heart disease were more likely to take their blood pressure medications if they felt like they trusted their physician. Hundreds of local CBS affiliates reported on the findings including KCAL-TV; KHOU-TV, Houston, Texas, and WROC-TV, Rochester, New York. The HealthDay story was published by dozens of online outlets including [Tucson.com](#), [Doctors Lounge](#) and the [Albany Democrat-Herald](#).

Health policy expert sheds light on health insurance

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 Fielding School, commented in the following news media outlets:

- April. 6 in a [California Healthline](#) article about the possibility of universal health coverage in California
- April. 4 in an [ATTN:](#) article about speculation that the Trump administration is still formulating an ACA replacement that would affect existing ACA provisions
- April 3 in a [HealthLeaders Media](#) article about President Trump's potential plans to continue to weaken the ACA
- April 3 in a [Louisville Business First](#) article about insurers who are leaving government health exchanges

- March 30 in the [San Jose Mercury News](#), [The Monterey Herald](#), and [Santa Cruz Sentinel](#) about Senate Bill 562, which would create a single-payer health care system in California.

DNA-based research on human aging

[TrendinTech](#) on April 1 featured research from Steve Horvath, professor of human genetics and biostatistics at the David Geffen School of Medicine at UCLA and the UCLA Fielding School of Public Health, in an article about understanding the "epigenetic clock," the method for measuring biological age developed by Horvath.

The proposed American Health Care Act's effect on California

[Payers & Providers](#) on March 30 and [DOTmed.com](#) on March 29 featured a new study about the proposed American Health Care Act and its effect on California residents that was conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health. The article features comments from 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 Fielding School, and Petra Rasmussen, co-author of the study and a doctoral student in the Fielding School's department of health policy and management.

\$50 million Mattel gift draws more attention

UCLA Mattel Children's Hospital received a \$50 million donation from Mattel, Inc., that will help fund an expansion of the hospital and further improve its pediatric care centers. The gift was announced March 13 to considerable news coverage and was most recently covered April 3 in [Becker's Hospital Review](#)

Why colors of foods matter

KTVA-TV, Anchorage, and KXLJ-TV, Juneau, Alaska, featured April 2 a segment with Dr. David Heber, professor emeritus of medicine, discussing diet, weight loss, inflammation, and his book "What Color is Your Diet?"

Continued coverage of alcohol use in people with schizophrenia

[Psych Central](#) and [News Dog](#) on April 3 featured UCLA research led by Dr. Alexander Young, a UCLA psychiatry professor, showing that alcohol use in veterans in treatment for schizophrenia is less prevalent than in the general population, and that no amount of alcohol is safe for people with schizophrenia.

Artificial thymus developed at UCLA can produce cancer-fighting T cells from blood stem cells

[MyScience](#) and [Public Now](#) on April 3 and [International Business Times](#) and [MedicalXpress](#) on April 4 reported on how UCLA researchers created an artificial thymus that can produce human T cells, the white blood cells that fight against disease-causing intruders in the body. The research was led by Gay Crooks, a professor of pathology and laboratory medicine and of pediatrics and co-director of the Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research at UCLA.

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 links between diabetes and pollution, featured April 5 in [Hanford Sentinel](#)
- On bursitis pain, featured April 4 in [Rocky Mount Telegram](#)
- On whether there are benefits to restricting calories, featured April 3 in [Cumberland Times-News](#)
- On staying active after the age of 60, featured April 1 in [The Times-Tribune](#)
- On the importance of controlling blood pressure, featured March 30 in [Beatrice Daily Sun](#)
- On the mind-heart connection, featured March 30 in [The Californian](#).

NOTABLE BRIEFS

Research about the potential effects of the proposed American Health Care Act, conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited April 4 in a [Celeb Café](#) story about the GOP's continuing efforts to replace the Affordable Care Act, and April 3 in [The Cash Gazette](#) in an article about Americans' reactions to the Trump Administration's health care plans.

Beate Ritz, professor of epidemiology and environmental health sciences at the UCLA Fielding School of Public Health, commented April 4 in a [ScienceNews](#) article about the health dangers of using coal-fired power plants as a replacement for cleaner energy sources.

Carl Ganz, assistant statistician at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was mentioned April 1 in an [American Statistical Association News](#) article for his award-winning student poster titled "Using Shiny to Efficiently Process Survey Data."

[Fox & Hounds](#) on March 31 cited research from the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health that showed public money accounted for 70 percent of health care spending in California in an article about the possibility of statewide universal health care.

[Business Insider](#) referenced April 4 a grant the David Geffen School of Medicine at UCLA gave to an organization that created a shelter for homeless students. [Yahoo! Finance](#) picked up the story the same day.

The March 27 [New York Post](#) article, "Nine ways not to die in your cubicle," referenced a [2016 study](#) by UCLA researchers that found people who meditate have younger brains.

NOTABLE QUOTABLES

Dr. Elana Evan, an associate professor of pediatrics at UCLA Mattel Children's Hospital, was quoted April 7 in a [Reuters](#) article about how a cancer diagnosis interferes with children's and young adults' ability to develop normal social skills. The story was syndicated by 20 outlets, including [Fox News](#), [Oncologist.com](#) and [KFGO-TV](#).

Reggie Edgerton, a professor of neurosurgery and physiology, commented April 4 in [Tech Times](#) about how stimulation can enable broken spinal cords to communicate again with the body's limbs. A dozen other outlets, including the U.K.'s [Daily Mail](#), cited UCLA in news coverage of a paralyzed Mayo Clinic patient who stood again, thanks to a spinal-stimulation surgical implant previously studied at UCLA.

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 March 13 in a [Cardiology Today](#) article about the use of herbal medications by people with heart disease. Fonarow noted that there is no scientific evidence to recommend that herbal medications can prevent or treat heart disease.

Dr. Christopher Giza, director of the UCLA Steve Tisch BrainSPORT Program, explained the long-term effects of concussion in an April 4 story in [MSN Sports](#).

Dr. Gary Green, a clinical professor of medicine in the division of sports medicine, commented March 31 in a [Pittsburgh Post-Gazette](#) article about the rise of elbow injuries that occur from overuse in young baseball players.

Alison Grimes, director of audiology for UCLA Health, was quoted March 31 in a [Prevention.com](#) article about different factors that can affect hearing loss.

James Heath, co-director of UCLA's Jonsson Comprehensive Cancer Center Nanotechnology Program and co-director of the Parker Institute for Cancer Immunotherapy at UCLA, was quoted April 3 in [Geekwire](#) about becoming president of the Institute for Systems Biology, a biomedical research organization, after the previous president stepped down in January.

Dr. Edmond Hewlett, professor of restorative dentistry and the associate dean for diversity and outreach at the UCLA School of Dentistry, was quoted March 30 in a [U.S. News & World Report](#) article about whether sparkling water harms tooth enamel. Hewlett commented that there is no evidence that sparkling water harms your teeth.

Dr. Chrystina Jeter, clinical instructor of pain medicine at UCLA Health, commented in an April 5 [Kaiser Health News](#) story about treatment of chronic pain in the era of widespread opioid addiction. The article also ran in the April 5 [Atlanta Journal-Constitution](#) and [Palm Beach Post](#), the March 30 [Sacramento Bee](#) and 15 other publications.

Karin Michels, professor and chair in the department of epidemiology at the UCLA Fielding School of Public Health and member of UCLA's Jonsson Comprehensive Cancer Center, was quoted April 1 in [Live Science](#) about a study which found that a diet low in vegetables and high in sugars and red meat is linked to increased levels of inflammatory markers in the blood and can increase a woman's breast cancer risk later in life.

Dr. Kevin Miller, chief of cataract and refractive surgery at the Stein Eye Institute, commented in an April 6 [IEEE Spectrum](#) magazine article about the potential pitfalls of a new retina scanner touted as a security upgrade in the latest Samsung Galaxy smartphone.

Tony Padilla, UCLA Health's chief patient experience officer, commented April 2 in a story on KTVD-TV, Denver, about the healthcare industry's growing emphasis on the patient experience.

Dr. Antoni Ribas, professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA and director of the immunology program at UCLA's Jonsson Comprehensive Cancer Center, was quoted April 3 in [STATNews](#) and April 4 in [Scientific American](#), [Reach MD](#), and [UK Business Insider](#) about the downsides of immunotherapy treatment.

Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, commented in a March 7 [Live Happy](#) article about ditching habits that make us unhappy. Small's advice was to reduce multitasking.

Marcia Smith, associate vice chancellor for research at UCLA, was quoted March 31 in a [STAT](#) story about how NIH reimburses universities for overhead costs of research and the impact of the Trump administration's proposed cuts to NIH funding. The story was picked up April 1 on [PBS.org](#).

Dr. Thomas Strouse, medical director of the Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA, talked about risk differences between marijuana and opioids in the April 4 [Inquisitr](#).

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