



Health

UCLA HEALTH SCIENCES MEDIA REPORT April 6-12, 2018

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[The Atlantic](#): A twice-transplanted kidney saves two lives

(Photo: UCLA Health)





[Gizmodo](#): CRISPR tweak speeds up gene editing

(Photo: Wikimedia Commons)



[Forbes](#): Sitting too much is bad for your brain

(Photo: Wikimedia Commons)



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FEATURED

Rare transplant procedure could save lives, change field

[The Atlantic](#), WGN-TV, Chicago, Illinois; WPVI-TV, Philadelphia, Pennsylvania; WTAJ-TV, Johnstown-Altoona, Pennsylvania; and WABG-TV, Greenville, Mississippi; and [myScience](#) covered the kidney re-transplantation procedure at UCLA, a procedure that transplants, or "re-gifts," a kidney that has been transplanted once before. Dr. Jeffrey Veale, director of the UCLA Kidney Transplantation Exchange Program, commented in the news.

CRISPR tweak speeds up gene-editing process

[Gizmodo](#), [United Press International](#), [Genome Web](#), [Genetic & Engineering News](#), [Phys.org](#) and [News Medical Net](#) explored how UCLA geneticists tweaked the powerful gene-editing tool, CRISPR, which enabled them to monitor the outcome of tens of thousands of gene edits in the time it currently takes to analyze a few. Senior study author Leonid Kruglyak, chair of human genetics at the David Geffen School of Medicine at UCLA, and first author Meru Sadhu, postdoctoral researcher in human genetics, were quoted.

Sedentary habits linked to thinning in brain region important for memory

[Forbes](#), [United Press International](#), the [Daily Mail](#) and [The Telegraph](#) featured UCLA research by Prabha Siddarth and Dr. David Merrill showing that sitting is bad for your brain -- not just your metabolism or heart. Siddarth is a biostatistician at the Semel Institute for Neuroscience and Human Behavior at UCLA. Merrill is a geriatric psychiatrist and assistant clinical professor of psychiatry and bibehavioral sciences at the David Geffen School of Medicine at UCLA.

Is there such a thing as normal aging?

Dr. David Reuben, chief of geriatrics at UCLA Health, was one of three experts featured in

a [Kaiser Health News](#) article on how our bodies age over the decades. Dr. Reuben commented throughout the story, and research conducted by the David Geffen School of Medicine and the Geriatric Research Education and Clinical Center was cited. The article appeared in [Washington Post](#), [California Healthline](#), [Wisconsin Gazette](#), [The Medical News](#), [Columbia Basin Herald](#), [Gilmore Mirror](#), [Bonner County Daily Bee](#) and the [Daily Interlake](#).

The high-tech approach to human fertility

The [Wall Street Journal](#)'s "Future of Everything" podcast featured research by Amander Clark in an episode about how science is changing human reproduction. Clark, professor and chair of the department of molecular, cell and developmental biology and a member of the UCLA Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research, studies germline cells, which create eggs and sperm, with the goal of developing new methods to treat infertility and germ cell tumors.

UCLA Health brings new fitness centers to local schools

[California Health Report](#), KABC-TV and [LAUSD Daily](#) reported on the UCLA Health Sound Body Sound Mind program, an initiative that addresses the pediatric obesity epidemic by providing state-of-the-art fitness centers at underserved schools. The stories included coverage of two schools that recently launched their new centers. L.A. Lakers head coach Luke Walton provided support for one of the schools and attended its grand opening. Matthew Flesock, director of Sound Body Sound Mind, was interviewed.

The evolving role of vaccines

[Infectious Disease Advisor](#) featured expert Dr. Nina Shapiro, a professor of head and neck surgery at the David Geffen School of Medicine at UCLA and the director of pediatric otolaryngology, in a story about vaccines and the fight against antimicrobial resistance.

Op-ed: 'We can take care of children by taking care of their teeth'

Dr. Jonathan Fielding, professor-in-residence in the Department of Health Policy and Management in the UCLA Fielding School of Public Health, wrote an op-ed for [The Hill](#) discussing the importance of providing preventive dental care to children in the face of a national tooth decay epidemic in the U.S.

Using search engines and social media to predict syphilis trends

[The Washington Times](#); KSDK-TV, St. Louis, Missouri; and [myScience](#) reported on research led by Sean Young finding that internet search terms and tweets related to sexual risk behaviors can predict when and where syphilis trends will occur. Young is founder and director of the UCLA Center for Digital Behavior and the UC Institute for Prediction Technology, and an associate professor of family medicine.

Xenophobic prejudice doesn't just affect immigrants

A [Pacific Standard](#) article featured a new study by researchers at UCLA Fielding School of Public Health and elsewhere on the link between anti-immigrant prejudice and higher mortality rates among non-white American citizens.

Peer navigation helps released inmates maintain HIV suppression

[MD Magazine](#) featured research by William Cunningham, a professor of health policy and management at the UCLA Fielding School of Public Health and faculty associate at the Fielding School's UCLA Center for Health Policy Research, about a program that used health care navigators to help HIV-positive inmates maintain control of the disease after

release from incarceration.

Study finds that health care costs are elevated for minority patients

[MedPage Today](#) and [Cardiology Today](#) reported on a study finding that health care costs for heart failure patients with preserved ejection fraction were higher for minorities compared with Caucasians. The study, published in JACC: Heart Failure, was led by Dr. Boback Ziaeian, a clinical instructor in the division of cardiology, and Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology.

Treating pain during menstrual cycles

[Daily Mail U.K.](#) interviewed Dr. Aparna Sridhar, an assistant professor of obstetrics and gynecology, in an article about how women can manage pain during their menstrual cycle using a combination of medications and natural methods. The story was syndicated in the U.K. Mail on Sunday, The Scottish Sun and The Irish Sun.

Using online 'retail therapy' for stress relief

[New York Magazine](#) featured Lindsey Bergman, an associate clinical professor of psychiatry and biobehavioral sciences in the David Geffen School of Medicine, in an article about using online shopping to combat anxiety. Bergman is director of the Pediatric OCD Intensive Outpatient Program at the Resnick Neuropsychiatric Hospital at UCLA.

What to do about kids' food waste

[MEL Magazine](#) interviewed Dana Hunnes for a story about what parents can do about their child's leftover food. Hunnes is a senior dietitian at Ronald Reagan UCLA Medical Center and an adjunct assistant professor at the UCLA Fielding School of Public Health.

Crayons stand the test of time in children's hospitals

PBS Arizona's [KAET-PHX TV station](#) aired a story about the UCLA Mattel Children's Hospital's use of crayons from The Crayon Initiative. Clarissa Byrd, a certified child life specialist at the Chase Child Life Program at UCLA Mattel Children's Hospital, was interviewed.

COPD is no longer a man's disease

[L.A. Daily News](#) and [California Healthline](#) published a Kaiser Health News story on why women with COPD are not appropriately diagnosed and treated for their breathing issues. Dr. May-Lin Wilgus, assistant clinical professor and pulmonologist at UCLA Health Ventura, commented in the piece, as did one of her patients, who was also photographed.

A first step toward healing the hearts of children with Duchenne

[Science and Technology Research News](#) featured research about how an interdepartmental team of UCLA researchers, working under a David Geffen School of Medicine seed grant program, is pursuing a way to stop heart disease in patients with Duchenne. The article quoted Huan Meng, an assistant professor of nanomedicine; April Pyle, an associate professor of microbiology, immunology and molecular genetics; and Melissa Spencer, a professor of neurology.

UCLA scientists discover that cells contain specialized fat-building mitochondria

[MyScience.org](#) and [Science and Technology Research News](#) reported on research by UCLA scientists finding that cells contain mitochondria specialized to build and store fat molecules. The articles quoted Orian Shirihai, a professor of medicine in endocrinology

and pharmacology at the David Geffen School of Medicine at UCLA.

Continued coverage of neuroscience research

[Health News Digest](#), [GenNews.com](#), [Myscience.org](#), [Frontlinegenomics.com](#), [ScienceNewsLine.com](#), [checkorphan.org](#), [Brightsurf.com](#), [Phys.org](#), and [Genomeweb.com](#) reported on a method discovered by UCLA researchers allowing them to observe astrocytes physically interacting with synapses in a mouse's brain. Baljit Khakh, the study's lead author and a professor of physiology and neurobiology, and Chris Oceau, the study's first author and a UCLA postdoctoral fellow in physiology, were quoted in the ongoing coverage.

Continued media interest in findings that stem cells could fight baldness

FOX affiliate [WGHP](#) reported on UCLA research that identified a new way to activate hair follicle stem cells to make hair grow. UCLA Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research members Heather Christofk, associate professor of biological chemistry and molecular and medical pharmacology, and Bill Lowry, a professor of molecular, cell and developmental biology, led the research.

This week in "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 stories from this past week's column:

- On the use of coconut oil, in Pennsylvania's [The Indiana Gazette](#)
- On working the night shift and its effects on health, in Spokane, Washington's [The Spokesman-Review](#)
- On magnesium intake, in Maryland's [The Frederick News-Post](#)
- On choosing a primary care doctor, in California's [Hanford Sentinel](#)
- On surgical techniques for aneurysm, in Scranton, Pennsylvania's [The Times-Tribune](#)
- On the purported link between marijuana use and schizophrenia, in South Dakota's [Aberdeen News](#).

QUOTED

"We had this idea that if you don't put the brain together right during development, you can't reverse it. Some changes in brain architecture during development are so

dramatic, that might be true. But in more than 30 studies, we've seen that when you intervene in adult mice you can often completely reverse (a neurological disease)."

- **Alcino Silva**, in a [STAT Plus](#) story about using gene editing to treat brain disease.



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Dr. Deanna Attai, a UCLA breast surgeon based in Burbank and assistant clinical professor, commented in a [STAT News](#) article on a study showing that aspirin can reduce the risk of breast cancer metastasis after cancer surgery in mice.

Dr. Daniel Cole, a professor of clinical anesthesiology, was quoted in a [Kaiser Health News](#) story about postoperative cognitive dysfunction. The story was picked up by [Washington Post](#) and [News-Medical.net](#).

Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, was quoted in [TCTMD.com](#) on a study finding that rates of heart failure after heart attack are declining, most likely due to the use of prompt revascularization surgery and medical therapy.

Dr. Maria Garcia-Lloret, associate professor of pediatrics in the allergy and immunology division at UCLA Mattel Children's Hospital, commented in a [Healthline.com](#) article on a study showing that most people choose the wrong over-the-counter allergy medicine. She also commented in [Today.com](#) and [MSN.com](#) in articles on what causes food allergies in children.

Dr. Daniel Geschwind and **Alcino Silva** commented in a [STAT Plus](#) article (subscription required) about how gene editing technology might one day reverse severe brain diseases. Silva is a distinguished professor in the departments of neurobiology, psychiatry and biobehavioral sciences and psychology. Geschwind is a UCLA professor of neurology and psychiatry and the Gordon and Virginia MacDonald Distinguished Chair in Human Genetics.

Dr. Jason Hinman, a professor in residence of neurology at the David Geffen School of Medicine at UCLA, commented in a [Los Angeles Times](#) story about a drug that has the potential to promote recovery after stroke. The story was syndicated to 25 other media outlets including the [Miami Herald](#), the [Fresno Bee](#) and [MSN.com](#).

Dr. Katie Hu, assistant clinical professor and primary care physician at the UCLA Center for East-West Medicine, commented in a [MarthaStewart.com](#) article on the benefits of integrating Western and Eastern medicine to treat disease.

Dr. Leena Nathan, an assistant clinical professor and obstetrician-gynecologist at UCLA Health-Westlake Village, commented in an [Everyday Health](#) article with tips to relieve

endometriosis pain. She also commented in a separate [Everyday Health](#) story about using birth control pills to treat endometriosis.

Nadereh Pourat, professor-in-residence at the UCLA Fielding School of Public Health and director of research at the Fielding School's UCLA Center for Health Policy, was quoted by [CalMatters](#) in a story about California's proposal to ban Medicaid work requirements.

Dr. David Reuben, chief of the UCLA Division of Geriatrics, commented in a [Kaiser Health News](#) story on the signposts of normal aging in people with good health habits and preventive care.

Dr. Neil Silverman, a clinical professor in the UCLA Department of Obstetrics, commented in an [Associated Press](#) article on a study finding that the risk of sexual transmission of the Zika virus appears to end in one month. The story was syndicated in 240 outlets including [Fox News.com](#) and the [New York Post](#).

Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, commented in an [Efecto Naim](#) story about the mysterious "sonic attacks" on American diplomats in Havana who later suffered a variety of medical disorders.

Dr. Adrienne Youdim, a voluntary associate clinical professor of medicine in the division of general internal medicine and health services research, was quoted in a [Reader's Digest](#) story about nutrition for people with diabetes.

BRIEFS

[Governing](#) cited research by Gerald Kominski, professor of health policy and management at the UCLA Fielding School of Public Health and director of the Fielding School's UCLA Center for Health Policy Research, and quoted him in a story about the issue of single-payer health dividing Democrats in the California governor's race.

[Apartment Management Magazine](#) cited research by the Fielding School's UCLA Center for Health Policy Research in a story about smoke-free policies in residential buildings.

A [Parade](#) article cited UCLA research noting that 47 million Americans have no symptoms of Alzheimer's but have the neurodegeneration or amyloid protein buildup in the brain associated with the disease.

[Redbook](#) mentioned UCLA Health in a story about a young mother who suffered a massive stroke in 2008, underwent a 16-hour surgery and went on to found a camp for families affected by disabilities. The story is part of a series called "Moms Who Wow Us."

[The Thousand Oaks Acom](#) referenced Dr. Jenny Hu's inclusion in The Greater Conejo Valley Chamber of Commerce's 40 Under 40 awards for 2018. Hu is a health sciences assistant clinical professor of dermatology.

[STAT](#) mentioned Dr. David Liebeskind, a professor of neurology at UCLA, in a story about an 88-year-old Harvard doctor pursuing a safer, more effective way to treat heart attacks and strokes.

[Becker's Hospital Review](#) included UCLA Health in its list of the 150 Top Places to Work in Healthcare for 2018.

An [Insider](#) article about endometriosis symptoms and pain cited information from the UCLA Health Obstetrics and Gynecology website.

[Becker's Hospital Review](#), in a story about Kern Medical, cited its affiliation with the David Geffen School of Medicine at UCLA.

[Eat This. Not That!](#), in a story about foods to jumpstart weight loss, cited pistachios research from the UCLA Center for Human Nutrition.

[Eat This. Not That!](#), in a story about ways to improve your overall health, cited a study from UCLA's division of clinical immunology and allergy about air pollutants.

[Los Angeles Business Journal](#) cited Dr. Leonard Marks, a clinical professor of urology, in a story about a biomedical device company he co-founded.

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[UCLA Newsroom](#): UCLA scientists discover that cells contain mitochondria specialized to build fats

(Image: Scott Wilde)



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