



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of April 7-13, 2017**

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Kidney transplant vouchers could ease organ shortage

Researchers discover a new cause of high plasma triglycerides

Hospital-based primary care clinics more likely to order unnecessary tests, treatments

How deep breathing induces tranquility

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Conscious sedation offers benefits over anesthesia in heart valve procedure

[TCTMD.com](#) on April 13; [Becker’s Hospital Review](#) and [ANI News](#) on April 12; and [MedicalXpress](#), [Science Blog](#), [Science and Technology Research News](#) and others on April 11 reported on a UCLA study finding that conscious sedation is a safe alternative to general anesthesia for patients undergoing a minimally invasive transcatheter aortic valve replacement procedure. The study, published in *PLOS One*, also found that it shortens hospital stays and lowers costs. Dr. Richard Shemin, the Robert and Kelly Day Professor of Surgery and chief of cardiac surgery at the David Geffen School of Medicine at UCLA, led the study with Dr. Peyman Benharash, assistant professor of cardiothoracic surgery. Benharash was quoted in the TCTMD article.

Kidney transplant vouchers could ease organ shortage

[Reuters Health](#) reported April 7 on research led by Dr. Jeffrey Veale, director of the UCLA Kidney Exchange Program at the David Geffen School of Medicine at UCLA, finding that kidney transplant vouchers for future transplants could reduce the long waiting list for organs in the United States. Reuters U.K.; Business Insider; the web sites of WMGI-FM, Terre Haute, Indiana, and WNMT-AM, Hibbing, Minnesota; and other outlets carried the article. [Tonic](#), part of Vice Media, also featured the study, quoting co-author Amy Waterman, associate professor-in-residence in the division of nephrology at the David Geffen School of Medicine. Waterman is also director of the Transplant Research and Education Center at UCLA.

Researchers discover a new cause of high plasma triglycerides

[Cardiology Today](#) on April 10; [BioTechnic.Asia](#) on April 8; [MedPage Today](#) and [Medscape](#) on April 7; and [Science Daily](#) on April 6 reported 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*. [Cardiology Today](#) interviewed Young.

Hospital-based primary care clinics more likely to order unnecessary tests, treatments

[KPCC-FM](#) and [MyScience](#) on April 10, plus [Medscape](#), [FierceHealthcare](#), [HealthLeaders Media](#), [Insurance Journal](#), and the [American Journal of Managed Care](#) on April 11, reported on research led by Dr. John Mafi finding that primary care clinics at hospitals are likelier than community-based clinics to order unnecessary tests and treatments for back pain, headaches and upper respiratory infections. Mafi, an assistant professor of medicine in the division of general internal medicine and health services research at the David Geffen School of Medicine at UCLA, was quoted in the coverage.

How deep breathing induces tranquility

[Psychology Today](#) reported April 7 on a Science study co-led by Stanford and UCLA neuroscientists that pinpointed how a deep breath calms the brain of mice. The coverage quoted coauthor Jack Feldman, a distinguished professor of neurobiology at the David Geffen School of Medicine at UCLA.

Acne research spurs news flare-up

Various online and broadcast outlets reported 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 her colleague Emma Barnard, an assistant project scientist, about how a bacterial imbalance in the skin's hair follicles can lead to acne. The research was featured online April 10 in [TIME](#) and was picked up April 12 on [Yahoo! Style](#). [Medical News Today](#) featured a report April 8 and, on April 6 and 7, broadcast outlets across the country, including [Fox 47 News](#) and 40 other stations, aired a segment on the research.

Detroit TV reports on caregiver “boot camp”

[WDIV-TV](#), Detroit, reported April 10 on The UCLA Improving Caregiving for Dementia (I-CareD) Caregiver “Bootcamp,” an immersive and interactive one-day program for caregivers of people with Alzheimer's disease or dementia. The “boot camp” is organized by the UCLA Alzheimer's and Dementia Care program and offers hands-on workshops on home safety, recreation therapy, handling problematic behaviors, choosing the right kinds of food, and stress-relieving activities such as yoga. Dr. Zaldy Tan, medical director of the UCLA Alzheimer's and Dementia Care Program and assistant dean for curricular affairs at the David Geffen School of Medicine at UCLA, was quoted.

WDIV: <http://bit.ly/2opgJ1B> (High quality video clip)

Research aims to halt aging

Germany's [Der Zeit](#) published an April 7 cover story on Steve Horvath, a professor of human genetics and biostatistics at UCLA's David Geffen School of Medicine and Fielding School of Public Health, and his research on epigenetics and human aging.

The magic of prediction technology

[The Science of Magic](#) on April 5 featured Sean Young, associate professor of family medicine, in a podcast spotlighting the UC Institute for Prediction Technology (UCIPT), which combines psychology, medicine, business, and technology to study how social media and mobile technologies can predict human behavior, such as through tracking behaviors that could raise one's risk of acquiring HIV. He also discussed his upcoming book, “Stick with It,” about changing human behaviors in a way that sticks. The book will be published in June. Young is founder and executive director of UCIPT, based in the UCLA Department of Family Medicine.

Telemedicine boosts retinopathy screenings

[Medscape](#), [Science Daily](#), [Ocular Surgery News](#), and [MedPage Today](#) reported March 27 on research co-written by Dr. Carol Mangione finding that offering eye exams to people with diabetes in a primary care setting – in addition to eye clinics, where the exam is usually performed — dramatically reduced the length of time people had to wait for the exam. It also increased the number of people who underwent screenings. Mangione is the Barbara A. Levey and Gerald S. Levey Endowed Chair in Medicine

How to be a Good Samaritan in an emergency

[La Opinión](#) on April 6 published an article by Aristides A. Orue, assistant clinical professor at the UCLA School of Nursing and nurse practitioner in the department of emergency medicine at Olive View-UCLA Medical Center, on what non-doctors and non-nurses can do, and their legal rights, when they come across a medical emergency. The article is part of a series on the subject.

E-cigs could harm your health

[The Chronicle](#) (Goshen, New York) reported April 9 on a recent study in *JAMA Cardiology* finding that habitual e-cigarette users were more likely than the control group to have increased cardiovascular risks. Study author Dr. Holly Middlekauff, professor of medicine in the division of cardiology at the David Geffen School of Medicine at UCLA, was quoted.

Artificial thymus produces cancer-fighting T cells from blood stem cells

[Science Alert](#) on April 8, [Futurism](#) and [NewsCaf](#) on April 10, and [Digital Trends](#) and [Tech Times](#) on April 12 reported that UCLA researchers have created an artificial thymus that can produce human T cells, the white blood cells that fight disease-causing intruders in the body. The system could be utilized to engineer T cells to find and attack cancer cells, which means it could be an important step toward generating a readily available supply of T cells for treating many types of cancer. 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.

Sexual networks linked to drug-resistant HIV

[Infectious Disease Advisor](#) reported April 11 on research by Pamina Gorbach, professor of epidemiology at the UCLA Fielding School of Public Health, finding a higher risk for developing drug-resistant HIV among particular sexual networks in Los Angeles.

California Health Interview Survey gets media attention

Data from the California Health Interview Survey, conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited by the following news media outlets:

- April 12 in an [EdHat Santa Barbara](#) article about an upcoming community discussion about funding health initiatives such as taxing sugar-sweetened beverages
- April 12 in a [New America Media](#) article about a rise in breast cancer rates among Asian American women
- April 10 by [California Healthline](#) in an article about a new air quality monitoring project in Oakland, California. [Kaiser Health News](#), [MyInforms](#), [Dayton Daily News](#), and others carried the article.

UCLA Medical Center, Santa Monica, gets an “A”

[Healthcare Finance News](#) and [Healthcare IT News](#) reported April 12 that UCLA Medical Center, Santa Monica, was among those earning an “A” in the spring Hospital Safety Grades issued by The Leapfrog Group.

When the news is scary or confusing

[L.A. Parent](#) on April 11 updated a 2015 interview with Catherine Mogil, assistant clinical professor at the Semel Institute and co-director of the child and family trauma service at the Nathanson Family Resilience Center, in its coverage of the April 10 shooting at an elementary school in San Bernardino.

Safeguarding the emotional wellbeing of children

Melissa Brymer, director of terrorism and disaster programs at the UCLA-Duke National Center for Child Traumatic Stress, commented April 10 on KNX-AM and April 11 on KABC-AM in coverage of the April 10 school shootings in San Bernardino.

KNX-AM: <http://bit.ly/2pyuiuZ>

KABC-AM: <http://bit.ly/2orBY2M>, <http://bit.ly/2nJGcWA> and <http://bit.ly/2p1f19O> (30-minute program in three segments)

Continued coverage of biomarker in children recovering from traumatic brain injury

[Neurology Advisor](#) on April 11 featured recent UCLA research published in the journal *Neurology* about a potential biomarker of continued cognitive impairment in children after traumatic brain injury. The study was led by Robert Asarnow, the Della Martin Professor of Psychiatry in the UCLA Department of Psychiatry and Biobehavioral Sciences.

Five or six hours isn't enough sleep

[Next Avenue](#), a publication affiliated with Twin Cities PBS, featured Dr. Alon Avidan, a professor of clinical neurology and director of the UCLA Sleep Disorders Center, in an April 6 article about poor sleep in older adults.

UCLA experts share new understanding of depression in new documentary

[ARTE](#), a public TV network in France and Germany, aired April 9 a segment on the science behind depression and a look into modern treatments. The documentary featured Dr. Emeran Mayer, director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience and co-director of the CURE: Digestive Diseases Research Center, and George Slavich, associate professor of psychiatry and biobehavioral sciences at the David Geffen School of Medicine at UCLA and director of the Laboratory for Stress Assessment and Research.

Milk and thyroid medication don't mix

A number of publications covered research presented by Dr. Deborah Chon and Dr. Angela Leung at ENDO, the annual meeting of the Endocrine Society, finding that consuming milk while taking a common thyroid medication reduces its absorption. The research was covered April 1 by [Clinical Endocrinology News](#) and [PM360](#); April 2 by [MedicalXpress](#) and [News-Medical.net](#); and April 3 by [Reuters Health](#), [MPR](#), and [Oncology Nurse Advisor](#). Chon is an endocrinology fellow at David Geffen School of Medicine at UCLA and Leung is an assistant clinical professor of medicine in the division of endocrinology, diabetes & metabolism at David Geffen School of Medicine at UCLA.

What to eat when fighting a cold or a flu

[Huffington Post](#) featured Dr. Zhaoping Li, director of UCLA's Center for Human Nutrition, in an April 12 story on what to consume when you have a cold or a flu.

Steps we can take to combat the effects of air pollution

[HealthDay](#) published a story April 7 featuring Yifang Zhu, professor of environmental health sciences at the UCLA Fielding School of Public Health, discussing how to protect yourself from air pollution. The story was syndicated to five other outlets, including [US News & World Report](#) and [Drugs.com](#) on the same day.

Opinion: Ocean conservation and climate change implications

[The Huffington Post](#) published April 11 an article by Dana Hunnes, adjunct assistant professor of community health sciences at the UCLA Fielding School of Public Health and senior dietitian at Ronald Reagan UCLA Medical Center, about climate change and the importance of ocean conservation.

More media interest for patient treated with new surgery for "laughing epilepsy"

Surgery performed by Dr. Aria Fallah, a pediatric neurosurgeon at UCLA Mattel Children's Hospital, to treat an extremely rare condition known as gelastic epilepsy, continued to receive coverage from online and broadcast outlets. Coverage ran April 6 on [Inside Edition Online](#) and [Yahoo! News](#), and April 7 on [CBS New York](#), [Fox 5 News New York](#), and [AOL.com](#).

Continued attention for early-stage cancer blood test

UCLA experts drew additional media attention April 10 in a segment on KOGO-AM, San Diego, California, for developing a computer program to detect cancer by blood sampling. 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. KOGO-AM: <http://bit.ly/2owFZVb>

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 how diet and exercise can help reduce risk for vascular dementia, featured April 13 in [UExpress](#)
 - On cured meats being tied to a greater risk of asthma, featured April 12 in [The Cumberland Times-News](#)
 - On how running properly can be good for our knees, featured April 12 in [Chicago Sun-Times](#)
 - On hip replacement options, featured April 12 in [Star-Gazette](#)
 - On how high-intensity exercise can affect men's libido, featured April 11 in [Indiana Gazette](#)
 - On a healthy lifestyle reducing the risk of prostate cancer, featured April 10 in [Life Extension](#)
 - On the tenuous link between cell phones and cancer, featured April 7 in [Hanford Sentinel](#)
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NOTABLE BRIEFS

Dr. David Wong, associate dean for research at the UCLA School of Dentistry, was referenced April 10 in a [LifeScienceDaily](#) article about the \$2.5 million grant he received from the National Cancer Institute to support a clinical trial that will validate a liquid biopsy test for lung cancer.

UCLA Jonsson Comprehensive Cancer Center was mentioned April 11 in a [KEYT.com](#) report about the Day of Hope Fundraiser, which benefits cancer research by funding clinical trials affiliated with the center.

Dr. Jonathan Fielding, professor-in-residence at the UCLA Fielding School of Public Health, was cited April 10 in a [KnowledgeSpeak](#) article announcing the free availability of the 2017 Annual Review of Public Health, which Fielding edited.

Mattel's \$50 million gift to UCLA Mattel Children's Hospital was referenced April 6 in a [Becker's Hospital Review](#) story on hospitals planning expansions and upgrades.

NOTABLE QUOTABLES

Dr. Jamil Aboulhosn, director of the Ahmanson/UCLA Adult Congenital Heart Disease Center and the Streisand/American Heart Association Endowed Chair in the Division of Cardiology, was quoted April 13 in a [STAT News](#) story. The article explored the emerging use of virtual reality as a teaching tool to improve medical and patient education; Aboulhosn supported the technology but said it could not replace traditional teaching methods.

Dr. Roy Altman, professor of medicine in the division of rheumatology, commented March 31 in a [Medscape](#) (subscription required) article about a study on a little-known treatment that can decrease the pain and disability associated with mild to moderate knee osteoarthritis.

Dr. Deanna Attai, a UCLA breast surgeon based in Burbank and assistant clinical professor of surgery, commented April 11 in a [KABC-TV](#) segment on research suggesting that mammograms can be started later in life than some currently followed guidelines.

Dr. Angela Chen, Family Planning Chief of Service and Fellowship Director, and associate professor of obstetrics and gynecology at the David Geffen School of Medicine at UCLA, commented April 7 in a [Sacramento Bee](#) opinion piece about the future of women's reproductive choices under the new administration.

Dr. Jonathan Flint, the Billy and Audrey Wilder Endowed Chair in Psychiatry and Neuroscience at the Semel Institute, was quoted April 7 in a [Business Insider](#) article about genetic links to depression.

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 April 10 in a [HealthDay](#) article about a new study finding an association between gray hair and a higher risk of heart disease in men. Fonarow noted that previous studies on this topic have not been conclusive. Dozens of outlets published the HealthDay article, including [Philly.com](#), [U.S. News & World Report](#) and [CBS News.com](#).

- Fonarow was also quoted April 12 in a [CNN.com](#) article about a study finding that cardiac deaths were higher among patients admitted to the hospital on the day of a marathon because of delays in emergency response times. Fonarow noted that the study supported other research finding that transport and treatment delays are associated with worse outcomes.

Dana Hunnes, adjunct assistant professor of community health sciences at the UCLA Fielding School of Public Health and senior dietitian at Ronald Reagan UCLA Medical Center, commented April 11 in a [Healthline](#) article about the potential link between artificial sweeteners and fat production.

Dr. Sara Hurvitz, associate professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA and medical director of UCLA's Jonsson Comprehensive Cancer Center Clinical Research Unit, was quoted April 11 in [Medpage Today](#) discussing the difference between disease-free survival outcome and overall survival outcome in metastatic breast cancer patients.

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, was quoted April 12 in a [California Healthline](#) article about the possibility of a universal health care plan for California. The article also ran in Kaiser Health News, Healthcare Finance and KQED.org.

- Kominski also commented April 8 in a [Normangee Star](#) article about the amount of time needed by the Trump administration to implement such changes as tax and health care reform.

Dr. Emeran Mayer, director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience and co-director of the CURE: Digestive Diseases Research Center, was quoted April 11 in an [OZY.com](#) story on the link between mental and physical illness along with the connection between the brain and the gut.

Dr. David Reuben, chief of the UCLA Division of Geriatrics, was quoted in an April [Reader's Digest](#) article about ways to prevent loneliness. The article also referenced the Companion Care Program at UCLA Medical Center, Santa Monica.

Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, commented April 10 in a [Paste Magazine](#) article about "digital natives," or people who have grown up using technology. The article mentioned UCLA research about how digital natives' brains are wired differently.

Dr. Zaldy Tan, medical director of the UCLA Alzheimer's and Dementia Care Program and assistant dean for curricular affairs at the David Geffen School of Medicine at UCLA, was quoted April 6 in a [U.S. News & World Report](#) article on the high cost of caring for loved ones with Alzheimer's.

Dr. Fariba Younai, professor of clinical dentistry at the UCLA School of Dentistry, was quoted April 12 in [Refinery 29](#) about the causes of a white tongue. She said that a build-up of white plaque on your tongue could happen because of age, dry mouth, tobacco, and alcohol abuse and that simply scraping the surface of your tongue helps.

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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>.