



Health

UCLA HEALTH SCIENCES MEDIA REPORT April 20 - 26, 2018

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[Teen Vogue](#): Study focuses on child marriage

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[STAT News](#): "Re-gifting"
transplant procedure can
save more lives

(Photo: UCLA Health)



[UPI](#): Older surgeons have
lower mortality rate in
emergency surgeries

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FEATURED

A new study on child marriage is changing the conversation

[Teen Vogue](#) featured a new study by researchers at the UCLA Fielding School of Public Health that found that approximately 78,400 U.S. children are or have been married. Study authors Alissa Koski, a postdoctoral scholar at the Fielding School, and Dr. Jody Heymann, founding director of the WORLD Policy Analysis Center and dean of the UCLA Fielding School of Public Health, are quoted in the article.

Rare "re-gifting" transplant procedure could save more lives

[STAT News](#); [CNN.com](#); [Healthline](#); [Modern Healthcare](#); Univision; KTNV-TV, Las Vegas; WYTV-TV, Youngstown, Ohio; WPMT-TV, Harrisburg, Pennsylvania; WGHP-TV, Greensboro, North Carolina; and 46 other outlets 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 on the procedure.

Older surgeons have lower mortality rates in emergency procedures

[UPI](#), [HealthDay News](#), [Medscape](#), [HuffPost Canada](#); the U.K.'s [Express](#), [Daily Mail](#) and [iNews](#); [MedicalXpress](#); WNBC-TV, New York, and [WLTZ.com](#), reported on research led by Dr. Yusuke Tsugawa that surgeries performed by surgeons age 50 and up have lower patient mortality rates than those performed by younger surgeons, and that patient mortality rates do not differ significantly based on whether the surgeon is male or female. [Philly.com](#) and [DoctorsLounge](#) ran the HealthDay story. Tsugawa is an assistant professor of medicine in the division of general internal medicine and health services research.

Curbing first-time prescriptions for opioids

[Newsmax](#), [MedicalXpress](#), [HealthNewsDigest.com](#), and [MD Magazine](#) reported on research led by Dr. Joseph Ladapo finding that first-time opioid prescriptions from physicians stopped rising in 2010, though people taking a class of drug that increases the risk for overdoses were likelier to receive a first-time opioid prescription. Ladapo, an associate professor of medicine in the division of general internal medicine, and Dr. John Mafi, an assistant professor in the division and the study's senior author, were quoted.

Does the federal government really grow its own cannabis?

[Mashable](#) featured Dr. Jeff Chen, director of the UCLA Cannabis Research Initiative, in an article and video about the federal government's decades-long contract with the University of Mississippi to produce research cannabis. The video is the first episode in Mashable's "Weed Wise" series explaining different "myths" about cannabis. The article and video also appeared on [Yahoo! New Zealand](#).

Thousands of unaccompanied kids are being apprehended at U.S-Mexico border

The [Sacramento Bee](#) published an opinion piece co-authored by Dr. Lisa Gantz, a resident in the UCLA internal medicine-pediatrics combined training program. The article reported that an adult does not accompany thousands of children fleeing Central America who are apprehended at the U.S.-Mexican border during the subsequent legal proceedings. The authors cited a new bill in Congress, The Fair Day in Court for Kids Act of 2018, which could help provide representation for such children.

Sugar-laden drink consumption on the rise among California kids, report says

[San Diego Union-Tribune](#) covered new research by Susan Babey and Joelle Wolstein, research scientists at the Fielding School's UCLA Center for Health Policy Research, reporting that children in California are consuming more drinks that are sugary. Several other outlets featured the study including [Brinkwire](#), [#follownews](#), [The Ventura County Star](#), [NBC 7 San Diego](#), and [KCBS-AM](#).

Can changes to our gut bacteria change our behavior?

In a [BBC Radio 4](#) series called The Second Genome, Dr. Kirsten Tillisch discussed UCLA's research into how the microbiome is implicated in the expression of mood, emotion and behavior. Tillisch, an associate professor of medicine in the Vatche and Tamar Manoukian Division of Digestive Diseases, appears in the "Gateway to the Mind" episode from 19:00-22:14. She also was quoted in a [BBC News](#) online article on the same topic, which was syndicated in [Huffington Post Mexico](#).

Op-ed: The best flu prevention might be behavioral economics

[Harvard Business Review](#) published an op-ed written by Craig Fox and Dr. Atul Nakhasi on using nudging to get more physicians to recommend vaccination and more people vaccinated. Fox is a professor of medicine, and Nakhasi is a resident physician in the department of medicine.

EFE News highlights International Medical Graduate program

[EFE News](#) highlighted the UCLA International Medical Graduate (IMG) program, which helps legal U.S. residents who have graduated from Latin American medical schools earn their California medical licenses. Hoy Los Angeles carried the article. Dr. Patrick Dowling, chair of family medicine at the David Geffen School of Medicine at UCLA and co-founder of the IMG program, commented.

Physician pens column on opioids and the experience of pain

[The Conversation](#) published an article by Dr. Karen Sibert about the opioid epidemic and understanding how patients experience pain. [San Francisco Chronicle](#), [Newsweek](#), [Philly.com](#), [Air1.com](#), [Raw Story](#) and 17 other publications re-published the article. Sibert is an associate clinical professor of anesthesiology and perioperative medicine.

What patients are good candidates for bariatric surgery?

[Women's Health](#) interviewed Dr. Erik Dutson for an article about qualifications for patients to receive bariatric surgery. Dutson is a clinical professor of surgery at the David Geffen School of Medicine at UCLA and surgical director at the Center for Obesity and Metabolic Health.

How physicians can approach adult patients with autism

[Healio](#) published an article on a presentation by Dr. Alice Kuo about treating adults with autism. Kuo is a professor and chief of UCLA Medicine-Pediatrics.

The evolving surgical approaches for breast cancer

[OncLive](#) published a video and article about surgical approaches in patients with breast cancer, featuring Dr. Maggie DiNome, associate clinical professor of surgery and system director of Breast Health for UCLA.

Showering with sensitive skin

[WebMD](#) published a story including shower tips for those with sensitive skin, featuring the expertise Dr. Carolyn Goh, an assistant clinical professor in the division of dermatology at the David Geffen School of Medicine at UCLA and founder of the UCLA Hair and Scalp Disorders Clinic.

Debate simmering over new high blood pressure guidelines

[Healthline](#) interviewed Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, in an article about new hypertension guidelines that lower the threshold for diagnosis of high blood pressure. Some medical professionals argue that the guidelines label patients who are at low risk for cardiovascular disease, but Fonarow disagreed and said the guidelines help patients make modifiable changes that can have long-term health benefits.

Tips for handling the first trimester of pregnancy

[Self Magazine](#) featured advice from Dr. Leena Nathan, an assistant clinical professor and obstetrician-gynecologist at UCLA Health-Westlake Village, on how women can handle the symptoms of nausea and fatigue during the first trimester of pregnancy.

Night owls tend to die younger

KNX-AM, Los Angeles, featured Dr. Alon Avidan, a professor of neurology and director of the UCLA Sleep Disorders Center, in a story about research that shows people who eat late and stay up late die are at greater risk of dying at a younger age.

It is never too late to change personality traits

The [Wall Street Journal](#) featured Dr. Gary Small, a professor of psychiatry at the Semel Institute and director of the Longevity Center at UCLA, in an article about our ability to change our own personality traits.

Do pet owners enjoy better health?

[Psychology Today](#) featured research on dogs and pet owners co-authored by Susan

Babey, co-director of the Chronic Disease Program at the Fielding School's UCLA Center for Health Policy Research, in a column about whether pets keep owners healthy.

Cannabis-derived drug for epilepsy in children gets positive nod from FDA

The [Associated Press](#) featured Dr. Shaun Hussain, director of UCLA's Pediatric Spasms Program, in a video about a cannabis-derived drug that reduces seizures in some children with severe epilepsy. If approved by the FDA, Epidiolex will be the first drug made from the cannabis plant for use in the United States. Hussain also commented in a [Bloomberg Technology](#) article about the drug.

Palisades paper profiles local UCLA Health practice

[Palisades News](#) published a photo and article about the UCLA Health-Pacific Palisades medical practice, where Drs. Alison Kalani and Ronen Kalay have joined Dr. Bernard Katz to provide family-centered medical care to community residents.

Santa Monica website compares local hospitals' safety grades

The Santa Monica Patch [website](#) published an article comparing the Leapfrog safety grades received by UCLA Medical Center, Santa Monica, which has earned straight "A" grades since 2012, and the city's other hospital, which received a "B."

Can cannabis make us more productive?

[Mashable](#) featured Dr. Larissa Mooney, a professor of psychiatry at UCLA's Semel Institute and director of the UCLA Addiction Medicine Clinic, in article about whether cannabis makes people more focused or productive activities. The article also appeared on [Yahoo!](#) and [AOL](#).

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 ear pressure from otitis media, in Oklahoma's [Tulsa World](#)
- On sleep schedules, in Illinois' [Chicago Sun-Times](#)
- On kefir and migraines, in Massachusetts' [The Berkshire Eagle](#)
- On dietary fiber and the FDA, in Scranton, Pennsylvania's [The Times-Tribune](#)
- On prolonged standing at work, in California's [Hanford Sentinel](#)
- On medical device hacking, in Pennsylvania's [Indiana Gazette](#).

QUOTED

"And the stress of losing a loved one can weaken the immune system."

- Dr. David Reuben – [The Associated Press](#)



Dr. Maggie DiNome, associate clinical professor and chief of breast surgery and system director for Breast Health at UCLA, commented in an [Onclive](#) article on breast cancer surgery.

Dr. Joann Elmore, a professor of medicine in the division of general internal medicine and health services research and director of the UCLA National Clinician Scholars Program, was quoted in [Reuters Health](#), [UPI](#) and [Breitbart](#) stories about a new study on false positives on cancer screening tests, for which she was the co-author of an accompanying editorial.

Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, was quoted in a [Reuters Health](#) article about a study finding that, among patients with coronary heart disease who take statin medications, the treatments have the most impact on patients who are younger and have high levels of low-density-lipoprotein cholesterol.

Dr. Wally Ghurabi, medical director of the Nethercutt Emergency Center at UCLA Medical Center, Santa Monica, commented in a [Today.com](#) article on how to prevent "dry drowning." The article also appeared on MSN.com

Dr. Jason Hinman, a professor in residence of neurology at the David Geffen School of Medicine at UCLA, commented in a [Sarasota Herald-Tribune](#) story, syndicated from the [Los Angeles Times](#), about a drug that has the potential to promote recovery after stroke.

Dr. Marcus Horwitz, Distinguished Professor of Medicine and Microbiology, Immunology & Molecular Genetics, commented in a [Los Angeles Times](#) article on a new study describing a new approach toward fighting tuberculosis. The article ran in the [Orlando Sentinel](#).

Dr. David Johnson, fellow in the department of urology, was quoted in [Reuters Health](#), [UPI](#) and [Breitbart](#) stories about a new study on false positives on cancer screening tests, for which he was the co-author of an accompanying editorial.

Dr. Colin McCannel, a professor of ophthalmology in the retinal division at the UCLA Stein Eye Institute, was quoted in a [Healthline](#) article about an Instagram model who lost her vision after undergoing a surgery to change her eye color.

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, is quoted in stories in [Futurity](#), [PatientEngagementHIT.com](#), [News-Medical.net](#), [ScienceDaily](#), [Scienmag](#) and [Medical Xpress](#) about new research into treatments to control symptoms of irritable bowel syndrome.

Dr. Rashmi Mullur, assistant clinical professor of medicine in the division of endocrinology, diabetes and metabolism, was quoted in a [Reader's Digest](#) article listing the vitamins and supplements that doctors take every day.

Dr. David Reuben, director of geriatrics, UCLA Health, commented in a [PopularScience.com](#) article on aging and bone health.

Dr. David Reuben, director of geriatrics, UCLA Health, commented in an [Associated Press](#) article on the immune systems of older adults - such as George H.W. Bush – and how well they fight infections. The story ran in more than 1300 print and online media outlets including US News & World Report, Voice of America, St. Louis Post-Dispatch, Atlanta Journal, WebMD, Yahoo!News, New Zealand Herald and Japan Times.

Dr. Neil Silverman, a clinical professor in the UCLA department of obstetrics and gynecology, was interviewed by KDFX-TV, Palm Springs, for a story on preventing the Zika virus and the need to get tested, especially pregnant women.
KDFX-TV: <https://bit.ly/2HT5QRD>

BRIEFS

The [Hollywood Reporter](#) cited Dr. John Mazziotta, UCLA vice chancellor of health sciences and CEO of UCLA Health; Dr. Itzhak Fried, a professor of neurosurgery at the David Geffen School of Medicine at UCLA, and Dr. Neil Martin, former chair of neurosurgery; in a story about a new documentary produced by William Friedkin, a film director.

A UCLA study that found heart failure patients who spent time with a therapy dog showed an improvement in blood pressure, heart rate and anxiety was cited in a [Bustle.com](#) story about the health benefits of having a dog.

A [Reader's Digest](#) story about relieving irritable bowel syndrome symptoms referenced a UCLA study linking IBS and stress.

[Her Campus](#), in a story about foods that can ease stress, referenced a UCLA study on probiotics in yogurt and their impact on gut bacteria.

CONTENT CREATED BY MEDIA RELATIONS



[UCLA Newsroom](#): Study reports nearly 1 in 3 California kids have a sugary drink daily

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It also includes placements about the UCLA Fielding School of Public Health, the UCLA School of Nursing, the UCLA School of Dentistry, the UCLA Jonsson Comprehensive Cancer Center and the UCLA Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research.

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