



**UCLA HEALTH SCIENCES MEDIA REPORT**  
**For the week of June 30-July 6, 2017**

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**The link between the gut microbiome and emotion**

[Psychology Today](#), [UPI](#), [The Daily Mail](#), [International Business Times](#), [Yahoo! News](#), [Science World Report](#), [Breitbart.com](#), [PsychCentral](#), [IFLScience](#), Australia's [Nine](#), [Now to Love](#), [MedicalXpress](#) and 20 network television affiliates including KTLA-TV; KTXL-TV, Sacramento, California; WTTV-TV, Indianapolis; WTXR-TV, Norfolk, Virginia; and WBIR-TV, Knoxville, Tennessee, reported on research led by Dr. Kirsten Tillisch identifying gut microbiota that may interact with brain regions associated with mood and behavior. Tillisch is associate professor of medicine in the Vatche and Tamar Manoukian Division of Digestive Diseases.

KTLA: <http://bit.ly/2sLnBM9>

KTXL: <http://bit.ly/2suWjp7>

WTTV: <http://bit.ly/2suDTVl>

WTXR: <http://bit.ly/2sRuMxC>

WBIR: <http://bit.ly/2uvG3FU>

**The fast-changing landscape of autism genetics**

[Scientific American](#) featured a [Spectrum](#) story about the role of genetic mutations in autism that featured Dr. Daniel Geschwind, the Gordon and Virginia MacDonald Distinguished Chair in Human Genetics and professor of neurology and psychiatry at the David Geffen School of Medicine at UCLA.

**Is napping at work a good idea? Actually, yes**

The [New York Times](#) featured Jerome Siegel, professor in residence at the Semel Institute at UCLA and director of the Center for Sleep Research, in an article about how sleeping on the job increases alertness. The story cites his research and was picked up in the [New Daily](#) and the [Elite Daily](#).

**California's End of Life Option Act**

A [Los Angeles Times](#) story on the End of Life Option Act featured two UCLA experts providing context and perspective on implementation of the law. Dr. Neil Wenger, professor of medicine in the division of general internal medicine and health services research and director of the UCLA Health Ethics Center, and Anne Coscarelli, clinical professor of psychology and director of the Simms/Mann-UCLA Center for Integrative Oncology, were quoted.

**Fighting the Ebola outbreak in the Democratic Republic of the Congo**

[The Atlantic](#) and [Nature](#) featured Anne Rimoin's use of diagnostic equipment to track and respond to Ebola outbreaks in the Democratic Republic of the Congo. Rimoin is associate professor and acting vice chair of epidemiology at the UCLA Fielding School of Public Health.

**To remember tasks, turn them into a story**

[The Atlantic](#) published an article on a memory technique shared by Dr. Gary Small for people who have trouble remembering their to-do list. Small is director of geriatric psychiatry at the Semel Institute at UCLA and director of the UCLA Longevity Center.

**Don't let ticks spoil summer fun**

CNN's Headline News aired an interview with Dr. Nina Shapiro on the show *MichaelLA* about how to protect yourself from ticks and what to do if you are bitten. Shapiro is professor of head and neck surgery and director of pediatric otolaryngology at the David Geffen School of Medicine at UCLA and UCLA Mattel Children's Hospital.

CNN Headline News: <http://bit.ly/2sRaDaV>

### **Latinos key to U.S. economic growth**

[CNN Money](#) featured David Hayes-Bautista, director of the Center for the Study of Latino Health and Culture, in an article about a study finding that 55 million Latinos living and working in the United States contributed 11.8 percent of the nation's \$18.04 trillion gross domestic product in 2015. Hayes-Bautista was a lead researcher on the study, which came from the Latino Donors Collaborative. The article was syndicated on the websites of 59 news outlets, including [KRCR-TV](#), Redding, California; [KEYT-TV](#), Santa Barbara, California; [NBC Montana](#) and others.

### **Are popular skin treatments effective? UCLA dermatologists weigh in**

[Los Angeles Times](#) published a story on treatments and solutions to keep skin looking youthful. Dr. Gregory Henderson, clinical instructor of dermatology at the Geffen School and physician at UCLA Health-Palos Verdes, and Dr. Hayley Goldbach, resident physician in dermatology, were quoted. The story was picked up in [Orlando Sentinel](#).

### **Doctors' top 10 podcasts for working out**

[Health.com](#) featured Dr. Nina Shapiro and Dr. Elliott Abemayor in a story spotlighting health professionals' favorite podcasts for inspiration during fitness workouts. Shapiro is professor of head and neck surgery and director of pediatric otolaryngology at the David Geffen School of Medicine at UCLA and UCLA Mattel Children's Hospital. Abemayor is professor of head and neck surgery at the David Geffen School of Medicine at UCLA and co-director of the head and neck cancer program.

### **Coverage of handshake-free zones goes international**

[The Daily Mail](#) published a story featuring an initiative at UCLA Health hospitals in Westwood and Santa Monica to combat the spread of germs. Dr. Mark Sklansky, professor and chief of pediatric cardiology, was quoted in the story, which also appeared in [Yahoo! UK](#), [The Sunday Daily Mail](#) and [This is Money UK](#).

### **UCLA Mattel Children's and Miller Children's & Women's Hospital plan strategic affiliation**

[Orange County Business Journal](#) and [Becker's Hospital Review](#) covered news that UCLA Mattel Children's Hospital is planning a strategic affiliation with Miller Children's & Women's Hospital Long Beach. Johnese Spisso, president of UCLA Health and CEO of the UCLA Hospital System, was quoted.

### **Researcher shares tips on how to safely grill meat**

[Knowridge Science Report](#) published a video produced by UCLA's Jonsson Comprehensive Cancer Center that featured Catherine Carpenter's tips on properly grilling meat and avoiding cancer-causing chemicals. Carpenter is adjunct professor in the department of epidemiology at the UCLA Fielding School of Public Health and member of UCLA's Jonsson Comprehensive Cancer Center.

### **Are full-body skin exams recommended?**

[Oncology Nursing News](#) published a story in which Dr. Philip Scumpia discussed the debate surrounding full-body skin exams for those at high risk of skin cancer. Scumpia is assistant professor in residence of dermatology, pathology and laboratory medicine at the David Geffen School of Medicine at UCLA and a member of UCLA's Jonsson Comprehensive Cancer Center.

### **Expert sheds light on the landscape of mental health treatment**

BYU Radio's [Matt Townsend Show](#) featured Joseph Pierre, professor of psychiatry and biobehavioral sciences, discussing the evolving nature of mental health diagnoses and treatment.

### **Steering your health care priorities**

A [Next Avenue](#) article about ways to put your health care priorities at the top of your doctor's agenda featured Dr. Debra Saliba, the Anna and Harry Borun Endowed Chair in Geriatrics and Gerontology at UCLA and director of UCLA/JH Borun Center for Gerontological Research.

### **Integration, not isolation, is key for vets with PTSD**

[NewsMedical.net](#) and [Medical Health News](#) featured an article on how military families can better function if veterans with PTSD are more integrated into the daily activities and responsibilities of the household. Dr. Jo Sornborger, director of psychological health for the UCLA Health Operation Mend program, was quoted.

### **More coverage of study finding heart failure disparities, but fewer hospitalizations**

[Cardiovascular Business](#) and [MedPage Today](#) reported on new research finding that 30 percent fewer Americans were hospitalized for heart failure between 2002 and 2013, but black Americans were still at a higher risk. Study co-author Dr. Boback Ziaeeian, a clinical instructor in the division of cardiology, was quoted.

### **Media interest in IMG program continues**

KMOX-AM, St. Louis, and WPMT-TV, Harrisburg, Pennsylvania, reported on the UCLA International Medical Graduate (IMG) program, which helps legal U.S. residents who are medical-school graduates from Latin America earn their California medical licenses. Dr. Michelle Bholat, executive director of the program and executive vice chair of family medicine at UCLA, commented.

KMOX: <http://bit.ly/2tNPp1Z>

WPMT: <http://bit.ly/2tRPnpz>

### **Debating the safety of vaping**

[LifeScienceDaily](#) published a story about whether vaping is healthier than smoking that featured two UCLA experts. Dr. Holly Middlekauff, professor of medicine in the division of cardiology, and Dr. Michael Ong, associate professor of medicine in the division of general internal medicine and health services research, were quoted.

### **Hosting a healthy summer cookout**

[HealthNewsDigest](#) published recommendations from two UCLA dietitians on how to host a healthy barbecue for the Fourth of July. Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health, and Erin Morse, chief clinical dietitian at UCLA Health, were quoted.

### **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 by more than 50 outlets nationwide. A sampling of the stories from the past week's column:

- On a potential link between cancer and deodorants, featured in [Elko Daily Free Press](#)
- On comparing younger doctors and older practitioners, featured in [The Berkshire Eagle](#)
- On limiting screen time and caffeine when trying to sleep, featured in [Hanford Sentinel](#)
- On whole-grain products, featured in [Rocky Mount Telegram](#)
- On dietary supplements and age-related macular degeneration, featured in [Cumberland Times-News](#).

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## **QUOTED**

**Christopher Colwell**, professor of psychiatry and biobehavioral sciences at the Semel Institute at UCLA, commented in a [WAFB.com](#) story about how work schedules can disrupt circadian rhythm.

**Dr. Sophie Deng**, associate professor of ophthalmology at the UCLA Stein Eye Institute, commented in a [WAFB-TV](#) story about a new study published in the New England Journal of Medicine that used stem cells to reverse blindness in people whose eyes were damaged by acid.

**Dr. Gregg Fonarow**, the Eliot Corday Chair in Cardiovascular Medicine and Science, director of the Ahmanson–UCLA Cardiomyopathy Center and co-chief of cardiology, was quoted in a [HealthDay](#) article about a study finding that fewer Americans are dying from sudden cardiac arrest. The article was picked up by [Philly.com](#), [WebMD](#) and [U.S. News & World Report](#).

**Dr. James Hynds**, senior clinical ethicist at the UCLA Health Ethics Center, was quoted in a [Los Angeles Times](#) article about a London hospital's request to withdraw life support from a fatally ill infant whose parents want to bring him to the United States for an experimental treatment.

**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, commented in a [Los Angeles Times](#) article about the purchase of several California public hospitals and in a [New Republic](#) article about the state of SB-562, California's single-payer proposal.

**Dr. Folasade May**, assistant professor of medicine in the Vatche and Tamar Manoukian Division of Digestive Diseases at UCLA, was quoted in a [CBS News](#) story about a new study suggesting that proton pump inhibitors are associated with a higher risk for death. The story was syndicated on [MSN.com](#).

**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 in [Reader's Digest](#) story about the link between gut bacteria and depression.

**Dr. Colin Robinson**, assistant professor of medicine and internist at UCLA Health-Santa Clarita, commented in a [WebMD](#) article on a study examining whether popular drugs for indigestion raise the risk of death. The article was reprinted on [MedicineNet.com](#) and 19 other news websites across the country.

**Dr. Amy Rosenman**, health sciences clinical professor and director of urogynecology at UCLA Medical Center, Santa Monica, commented in a [NextAvenue.org](#) article on prevention and treatment for urinary incontinence.

**Dr. Gary Small**, director of geriatric psychiatry at the Semel Institute at UCLA and director of the UCLA Longevity Center, commented in a [VICE: Tonic](#) story about how our devices are degrading our health in ways we may not realize.

**Dr. Chia Soo**, professor and vice chair for research in the UCLA Division of Plastic and Reconstructive Surgery at the David Geffen School of Medicine at UCLA, was quoted in a [Daily Breeze](#) story about the return of a SpaceX spacecraft containing mice involved in UCLA research on bone loss prevention. The story ran across all publications of the Southern California News Group, including [Los Angeles Daily News](#). Soo is a member of the UCLA Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research.

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## BRIEFS

[USA Today College](#) reported that the David Geffen School of Medicine at UCLA placed eighth on a list of the nation's most affordable medical schools.

[Psychology Today](#) published a story on pet ownership and health that cited research co-authored by UCLA Center for Health Policy Research and data from the center's California Health Interview Survey.

[Redwood City Patch](#) reported that UCLA Mattel Children's hospital placed 12<sup>th</sup> in nephrology and 15<sup>th</sup> in orthopaedics in national rankings of children's hospitals issued annually by U.S. News & World Report.

[Houston Chronicle](#) cited a UCLA study blaming acne on an imbalance of good and bad bacteria on the skin. Huiying Li, an associate professor of molecular and medical pharmacology at the David Geffen School of Medicine at UCLA, led the research.

[The Daily News](#) cited a UCLA Stein Eye Institute study using embryonic stem cells to improve vision in patients with retinal disease. The story originally ran in [Chicago Tribune](#).

[American Towns](#) published news that Dr. Michael Steinberg, professor and chair of the radiation oncology department at UCLA and member of UCLA's Jonsson Comprehensive Cancer Center, was recognized by the American Society of Clinical Oncology for his lifetime contributions.

[Mother Nature Network](#) cited research led by Dr. Preethi Srikanthan, health sciences associate clinical professor of medicine, suggesting that the more muscle mass older Americans have, the less likely they are to die prematurely.

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