



UCLA HEALTH SCIENCES MEDIA REPORT

For the week of July 22-28, 2016

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Menopause and insomnia may speed aging

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Menopause, insomnia may speed aging

Two UCLA studies finding that menopause and sleepless nights may accelerate aging in women were widely reported July 26 by [HealthDay News](#) and [Sleep Review](#); and July 25 by [CBS News](#), [TIME](#), [Huffington Post](#), [Yahoo! News](#), [Live Science](#), [Medical News Today](#), [Agence France Presse](#), [Asian News International](#) and the U.K.'s [The Times](#), [Telegraph](#), [The Independent](#), [International Business Times](#), [Daily Mail](#) and [iNews](#). The HealthDay report was syndicated by U.S. News & World Report, the Philadelphia Inquirer and Doctors Lounge. The AFP story was syndicated by the [Japan Times](#), Canada's [CTV News](#) and dozens of other international outlets. The coverage quoted lead author Steve Horvath, a professor of human genetics and biostatistics at UCLA's David Geffen School of Medicine and Fielding School of Public Health, as well as first authors Judith Carroll, an assistant professor of psychiatry at the Semel Institute; and Morgan Levine, an assistant professor of human genetics.

LA Times, AP honor medical dean's legacy

The [Los Angeles Times](#) July 28 and Associated Press July 25 reported on the death of Dr. Sherman Mellinkoff, who led the UCLA School of Medicine for a record 24 years as its second dean, transforming it from a young school into a powerhouse for medical research and education. The story was nationally syndicated by more than 60 outlets, including the [New York Times](#), [Washington Post](#), [ABC News](#), [Yahoo! News](#) and the [San Francisco Chronicle](#). Michael Phelps, chair of pharmacology; Elizabeth Neufeld, former chair of biological chemistry; Dr. Alan Fogelman, chair of medicine; and former chancellor Charles Young were quoted in the Times, and Jared Diamond, a professor of geography and physiology, commented in the AP piece.

U.S. News & World Report spotlights diversity in medicine

[U.S. News & World Report](#) July 26 featured the top 10 U.S. medical schools with the highest number of African American medical students enrolled for the 2015-2016 school year. The David Geffen School of Medicine came in at No. 4.

Grindr and HIV self-test kits

[CNN.com](#) July 25 and WINS 1010AM (New York), [HealthDay News](#) July 19 and BBC World Service Radio's "Newsday" July 12 reported on research co-authored by Dr. Jeffrey Klausner, professor of medicine in the division of infectious diseases at the David Geffen School of Medicine at UCLA and of public health at the UCLA Fielding School of Public Health, finding that the gay dating app Grindr is an effective way to persuade black and Hispanic men who have sex with men to try home HIV self-testing kits. Sean Young, associate professor of family medicine at the Geffen school and executive director of the UCLA Department of Family Medicine-based University of California Institute for Prediction Technology (UCIPT), was a co-author on the study, which was funded in part by the UCLA AIDS Institute and Center for AIDS Research, the UCLA Center for HIV Identification, Prevention, and Treatment Services, and UCIPT.

WINS: <http://bit.ly/2as9qSg>

BBC: <http://bit.ly/29XWaVT>

Neurobiologist unravels how the brain links memories

A Nature study revealing how neurons encode memories that occur closely in time was covered June 21 by [Scientific American](#) and [The Scientist](#). Lead author Alcino Silva, a professor of neurobiology and psychiatry at UCLA's David Geffen School of Medicine and Semel Institute, was quoted.

Reuters spotlights exceptional surgeon-scientist

[Reuters](#) profiled Dr. Linda Liao in a July 23 feature story and [photo essay](#) focusing on women in male-dominated fields as America nominates its first female presidential candidate. Liao is vice chair of

neurosurgery at the David Geffen School of Medicine at UCLA and a researcher at the Jonsson Comprehensive Cancer Center. An updated story [version](#) was published July 24 and distributed to Reuters subscriber outlets worldwide, including [Telemundo News](#) on July 27.

UCLA experts provide ongoing perspective on Zika news

UCLA experts continue to provide perspective and insights on the latest developments in the Zika crisis.

- Dr. Neil Silverman, a professor of obstetrics and gynecology who has been advising the California Department of Public Health on Zika issues, was featured in a July 25 [Kaiser Health News](#) story on Zika testing for pregnant women. The story was picked up July 26 by the [Miami Herald](#) and [Healthcare Finance](#). Silverman also commented July 18 in a [Huffington Post](#) article on new Zika screening guidelines. That article was featured on [MSN](#) as well.
- Dr. Karin Nielsen, professor of pediatric infectious diseases at UCLA's David Geffen School of Medicine and Mattel Children's Hospital, was quoted July 22 in a [Business Day](#) article about how Zika is prompting golfers to pull out of the Olympics. She was also quoted July 14 in [USA Today](#) about research suggesting Zika infections have peaked in Brazil.

Protecting yourself against Zika

[La Opinión](#) published July 13 an article by Dr. Christopher Tymchuk, assistant clinical professor of medicine, hospitalist/infectious disease specialist, about the dangers of Zika and how to protect oneself from becoming infected.

Parade covers UCLA's revolutionary "kidney voucher" program

[Parade](#) reported July 27 on a new program launched by the UCLA Kidney and Pancreas Transplant Program in which one can donate a kidney to a stranger in exchange for a "voucher" that a donor's loved one can use in the future when he or she needs a kidney transplant. The program has garnered extensive media attention. Dr. Jeffrey Veale, director of the UCLA Kidney Exchange Program, commented.

Liver transplant landmark draws coverage

[Health News Digest](#) July 21 and [Becker's Hospital Review](#) July 22 reported that UCLA performed its 6000th liver transplant, for a man on his birthday. Dr. Ronald Busutil, executive chairman of the department of surgery at the David Geffen School of Medicine at UCLA and chief of the division of liver and pancreas transplantation, performed the transplant.

How to cope with tragedy after tragedy

In an interview that aired July 18 on KPCC FM's [Take Two](#), Melissa Brymer, director of terrorism and disaster programs at the UCLA–Duke National Center for Child Traumatic Stress and specializing in trauma at the Semel Institute, offered advice on coping in the wake of public tragedies such as the Bastille Day slayings in France and the mass shooting in Orlando.

Go for your own gold

Dr. Daniel Vigil, health sciences associate clinical professor of family medicine, offered injury-prevention advice for people inspired by the Olympics in a July 17 article on [ThirdAge](#).

Preventive health counseling for police encounters

The [New York Daily News](#) published July 24 an opinion piece co-written by Dr. Joseph Ladapo, assistant professor of medicine in the division of general internal medicine and health services research, proposing that physicians routinely provide preventive health counseling for police encounters when caring for high-risk black males and other high-risk groups, in the same way they provide patients preventive counseling about wearing seat belts, using condoms and screening for domestic violence.

Addressing an overwhelming demand for dental coverage

Venice Family Clinic, part of UCLA Health, was featured July 16 in a [USA Today](#) story about dental programs serving low-income, uninsured and homeless patients in need. The article underscored the need for adult dental services, discussed recent grants that seek to expand this important care, and

highlighted the experience of one patient at Venice Family Clinic. This story was also shared via Kaiser Health News and California Healthline.

As undocumented children enroll in Medi-Cal, some clinics see rise in patients

[California Health Report](#) featured July 14 the UCLA-affiliated Venice Family Clinic in a story about how California's recent Medi-Cal expansion to cover undocumented youth has affected health centers. Karen Lauterbach, the clinic's community health insurance program manager, was quoted; she discussed how the expansion is allowing the clinic to provide better care for patients in-need.

Los Angeles brush fire affects air quality

Dr. Mark Morocco, a clinical professor of emergency medicine, was featured July 25 on KCAL-Channel 9 in a segment about the massive Sand brush fire in Santa Clarita. Morocco discussed the consequences of inhaling the smoke as well as the risk of carbon monoxide poisoning for those who are very close to the fire. He was also quoted July 26 in the [Los Angeles Times](#).

Vasectomy tips grab attention

The [Pasadena Journal](#) July 27 reported on urologist Dr. Jesse Mills debunking the top five myths associated with vasectomies. Mills is a clinical professor of urology and director of The Men's Clinic at UCLA.

Cancer study garners additional headlines

[Huffington Post UK](#) on July 14 and [Lung Disease News](#) and the [Beverly Hills Courier](#) on July 22 reported on a study by Dr. Karim Chamie that found certain cancer survivors are at risk for a second, unrelated cancer. Chamie is an assistant professor of urology.

Special Olympics athlete awards gold medal to his surgeon

[Fox News](#) ran a story July 22 on Special Olympics athlete Edward Garcia, who gave away his state gold medal to Dr. Isaac Yang, an associate professor of neurosurgery at the David Geffen School of Medicine at UCLA. When other doctors ignored Garcia's pain, Yang listened to Garcia, who suffers from hydrocephalus, ultimately performing surgery and saving his life.

Tech magazine highlights UCLA Olympic Lab

[IEEE Spectrum](#) featured the UCLA Olympic Analytical Lab in a July 25 story exploring how new advances in technology will enable drug labs to catch Olympic cheaters this summer in Rio. The sophisticated instruments can identify miniscule concentrations of performance-enhancing drugs in the urine, sometimes weeks after the drugs are taken. Anthony Butch, director of the UCLA lab and a professor of pathology at the David Geffen School of Medicine at UCLA, was quoted.

Santa Monica Mirror highlights physician's Rx for traffic blues

The Santa Monica Mirror published a July 22 story about Dr. Roger Lee's use of public transit to help beat the traffic blues while commuting daily to Santa Monica from his home in downtown Los Angeles. Dr. Lee is an internal medicine specialist and hospitalist who currently serves as chief of staff at UCLA Medical Center, Santa Monica.

Health websites publish pediatrician's tips to help infants, toddlers beat the heat

[Growing Your Baby](#) and [Health News Digest](#) published articles July 23 containing advice from Dr. Dennis Woo, pediatrician and former chief of pediatrics at UCLA Medical Center, Santa Monica, to guide parents in reducing the risk of heat-related illnesses in infants and toddlers.

Tool identifies menopausal women at risk for rapid bone loss

[Endocrinology Advisor](#) reported July 21 on research led by Dr. Albert Shieh, a clinical instructor in geriatrics, about an index that helps predict which women may suffer significant bone loss as they undergo menopause.

Using social media to combat opioid abuse and HIV

[Vocativ](#) reported July 20 on a study using the Harnessing Online Peer Education (HOPE) Intervention, conducted at the UCLA Department of Family Medicine-based University of California Institute for Prediction Technology (UCIPT). The intervention uses social media to help curb the use of opioid drugs. The article also highlighted a previous HOPE [study](#) on a clinical trial conducted in Peru finding that participants who combined social media and behavioral psychology were more than twice as likely to be tested for HIV than the control group. Sean Young, associate professor of family medicine at the David Geffen School of Medicine at UCLA and the institute's executive director, was quoted. Other researchers from the UCLA Department of Family Medicine are involved in the HOPE opioid intervention.

Artificial immune cells could kill HIV

[Medical Daily](#) reported July 18 on research led by Dr. Otto Yang, professor of medicine in the division of infectious diseases, on recently discovered potent antibodies. The research showed that the antibodies can be used to generate a specific type of cell called chimeric antigen receptors, or CARs, which can be used to kill cells infected with HIV-1.

NOTABLE BRIEFS

UCLA Health was referenced July 25 in a [StandardExaminer.com](#) article on the growing trend of adding medical offices to high-end malls. The article and UCLA Health also were referenced July 27 on Bloomberg Radio Network.
Bloomberg: <http://bit.ly/2aru0T2>

NOTABLE QUOTABLES

Dr. Wally Ghurabi, medical director of the Nethercutt Emergency Center at UCLA Medical Center, Santa Monica, was quoted July 22 in a KABC-Channel 7 segment on the importance of taking precautions to prevent heat illnesses during the heatwave.
KABC: <http://bit.ly/2artVis>

Dr. Timothy Fong, an associate professor of psychiatry at the Semel Institute and co-director of the Gambling Studies Program, was quoted July 22 in a [LifeScript](#) article about the potential mental health benefits of Pokemon Go.

Suzette Glasner-Edwards, an adjunct associate professor of psychiatry in the Semel Institute and clinical psychologist with Integrated Substance Abuse Programs, was quoted July 17 in a [Teen Vogue](#) article on why the drinking age is 21.

Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health, was quoted July 19 in a [Self](#) article on six reasons a person can gain weight overnight.

Dr. Stephen Kim, a gastroenterologist and clinical instructor in the division of digestive diseases at the David Geffen School of Medicine at UCLA, was featured July 22 in [Everyday Health](#), about the importance of having a frank discussion with your doctor about unusual bowel issues that may be linked to pancreatic insufficiency.

Dr. Karen Miotto, a clinical professor of psychiatry and biobehavioral sciences, was featured July 23 in an [NBC News](#) story on college students and "drunkorexia," in which people skip meals or exercise heavily to offset calories from alcoholic beverages. The story was also featured on [AOL](#).

Dr. Shlomo Raz commented July 27 in [U.S. News & World Report](#) on the dangers of using mesh to repair vaginal prolapse. Raz is a professor of urology and director of pelvic medicine and reconstructive surgery.

Dr. Ava Shamban, assistant clinical professor of dermatology, was featured July 26 in an [Allure](#) story on how oils and oil-based cleansers can be used to remove flash tattoos and sunscreen from the skin.

Dr. Karol Watson, a professor of medicine in the division of cardiology, was quoted July 21 in a [MedPage Today](#) article about an FDA advisory panel chaired by Watson that voted in favor of diabetic patients using a continuous glucose monitoring device instead of a finger stick blood glucose test. She was also quoted July 22 in a [MedPage Today](#) article about the advisory panel's discussion of whether to allow a test currently used as an aid to identify at-risk diabetes patients to be marketed as a diagnostic tool.

Dr. Lorraine Young, co-chief of dermatology clinical services, was quoted July 26 in an [AARP](#) story on how to protect skin from the sun when taking medications with sun-related side effects. Young discussed the side effects of these medications as well as optimal use of sunscreen, including which SPF to use and how to properly apply sunscreen.

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