



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of July 29-Aug. 4, 2016**

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Infectious disease experts bring perspective to Zika's spread

U.S News & World Report ranks UCLA Health hospitals best in region, state

UCLA Longevity Center director says Alzheimer's is undertreated

Finding alternative ways to treat chronic pain

Tips to keep kids moving over summer break

Melanoma therapy that can also heal wounds

Should the VA expand the role of nurse practitioners?

Physical activity could reduce dementia risk

Artificial immune cells could kill HIV

How "big data" can be used to monitor HIV and drug-related behavior

Dermatologist explains under-eye bags

Men's fertility expert featured

USA Today highlights UCLA sleep expert

Survey finds many take supplements instead of statins

Helping kids in the PICU get more ZZZs

California's stem cell agency funds cutting-edge Duchenne muscular dystrophy research

Metabolic molecule speeds up process by which stem cells differentiate

New way to measure important chemical modification on RNA

Writing a scene for Sally Field

Flu shot disparities

USA Today, Wall Street Journal focus on UCLA's revolutionary "kidney voucher" program

USA Today, CBS New York and BYU Radio's "Top of Mind with Julie Rose" on Aug. 1, and a Boston Globe column on Aug. 4 reported on a new program launched by the UCLA Kidney and Pancreas Transplant Program in which a person can donate a kidney to a stranger in exchange for a "voucher" that the donor's loved one can use in the future when he or she needs a kidney transplant. The program has garnered extensive media attention. On Aug. 3, The Wall Street Journal published an op-ed by Dr. Jeffrey Veale, director of the UCLA Kidney Exchange Program, about the voucher program. Veale also commented in the news coverage.

Infectious disease experts bring perspective to Zika's spread

- Dr. Claire Panosian Dunavan, professor of medicine emeritus/recalled in the division of infectious diseases, was featured July 29 and Aug. 1 on KNX-AM, Los Angeles, and July 30 on KCAL-TV, Los Angeles, about Zika cases in Florida and the potential that local Aedes mosquitoes could also transmit the virus.
KNX 7/29: <http://bit.ly/2b0YKYG>
KNX 8/1: <http://bit.ly/2aNYa3U>
KCAL: <http://bit.ly/2asYDJu>
- 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, was quoted July 29 in a Los Angeles Times article about tennis players who believe that the risk of becoming infected with Zika at the Olympics in Brazil is minimal. The article also ran in the Baltimore Sun, Chicago Tribune and Florida Sun-Sentinel. Klausner also commented Aug. 1 in a USA Today story about new Centers for Disease Control and Prevention advice that all pregnant women in the U.S. should be tested for possible Zika exposure.
- Dr. Neil Silverman, a clinical professor in the UCLA Department of Obstetrics and Gynecology who has been advising the California Department of Public Health on Zika issues, was featured Aug. 1 on NPR's "Shots," Aug. 2 on KPCC-FM Los Angeles' "AirTalk," and Aug. 2 on ForeignPolicy.com about the Centers for Disease Control and Prevention warning to pregnant women and their partners to avoid travel to a Miami neighborhood where four new cases of Zika were found. An op-ed he authored urging Congress to do more to fight Zika was published July 31 by The Hill, and he was quoted July 31 in a BuzzFeed article about health risks to worry about if attending the Olympics in Rio de Janeiro.

U.S News & World Report ranks UCLA Health hospitals best in region, state

KNX-AM, Los Angeles; KPCC-FM, Pasadena, Calif.; KCRW-FM, Santa Monica, Calif.; City News Service; WebMD; Cleveland Plain-Dealer; Becker's Hospital Review; Beverly Hills Courier; San Francisco Business Times and numerous online outlets reported August 2 on U.S. News & World Report ranking UCLA Health Hospitals No. 1 in the region and the state and No. 5 on the national Best Hospitals Honor Roll. Foxnews.com, California Healthline, and the Los Angeles Business Journal reported the news August 3. Johnese Spisso, president of UCLA Health, CEO of the UCLA Hospital System and associate vice chancellor of UCLA Health Sciences, was quoted by City News Service, the Beverly Hills Courier and the Los Angeles Business Journal.

UCLA Longevity Center director says Alzheimer's is undertreated

KCBS-TV, Los Angeles, reported August 2 on conclusions by Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, on the importance of early diagnosis and treatment of Alzheimer's disease and dementia in a story featuring an Alzheimer's patient treated at UCLA. The story also appeared on KFI-AM. In addition, on July 29 STAT News published an op-ed by Small about the under-treatment of Alzheimer's.

Finding alternative ways to treat chronic pain

Dr. Lonnie Zeltzer, director of the Pediatric Pain and Palliative Care Program at Mattel Children's Hospital UCLA, was interviewed Aug. 1 in an NPR "All Things Considered" story about the challenges some patients may face in trying to obtain alternative treatments instead of opioids for chronic pain.

Tips to keep kids moving over summer break

[HealthDay](#) on July 30 and [News-Medical.net](#) on July 22 featured tips from a high school physical education teacher affiliated with the UCLA Health Sound Body Sound Mind program on activities that kids can do during summer vacation to stay active. Sound Body Sound Mind is dedicated to fighting childhood obesity and helping students develop healthy fitness habits that will last a lifetime. The HealthDay story was picked up by [UPI](#); [MedicineNet.com](#); [MedLine Plus](#); [La Prensa](#); [KFVS-TV](#), Cape Girardeau, Mo.; and [WFLX-TV](#), West Palm Beach, Fla.

Melanoma therapy that can also heal wounds

[STAT News](#) and [UPI](#) reported August 1 on a targeted therapy for advanced melanoma that could also help speed up how the skin repairs itself from injury. UCLA researchers performed experiments to demonstrate that local application of the BRAF inhibitor drug vemurafenib could accelerate cutaneous wound healing. Dr. Antoni Ribas, professor of medicine in the division of oncology and hematology and director of the UCLA Jonsson Comprehensive Cancer Center's Tumor Immunology Program, was lead author of the study.

Should the VA expand the role of nurse practitioners?

[Slate](#) published on July 22 a column co-authored by Dr. John Mafi, assistant professor of medicine in the division of general internal medicine and health services research, in which he discussed his cancer diagnosis, his own nurse practitioner, and how his research can help the Veterans Administration decide whether to expand the role of nurse practitioners in primary care.

Physical activity could reduce dementia risk

Research led by Dr. Zaldy Tan suggesting that regular physical activity for older adults could lead to higher brain volumes and a reduced risk for developing dementia was highlighted Aug. 2 by [HealthCanal](#), [Science 2.0](#), [Newsmax](#), [Science Codex](#), [News-Medical.net](#), [ScienceDaily](#), and [MedicalXpress](#), and Aug. 4 by [Hindustan Times](#). Tan is an associate professor of medicine in the division of geriatrics and medical director of the UCLA Alzheimer's and Dementia Care Program.

Artificial immune cells could kill HIV

[Edge Media Network](#) and a Lifeboat Foundation [blog](#) highlighted on July 29 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.

How "big data" can be used to monitor HIV and drug-related behavior

[CyberPsychology](#) on July 31 highlighted research led by Sean Young, associate professor of family medicine at the David Geffen School of Medicine at UCLA and executive director of the UCLA Department of Family Medicine-based University of California Institute for Prediction Technology (UCIPT), suggesting that real-time social media like Twitter could be used to track HIV incidence and drug-related behaviors with the aim of detecting and potentially preventing outbreaks.

Dermatologist explains under-eye bags

Dr. Hayley Goldbach, resident physician in dermatology, was featured Aug. 4 in a [BBC](#) online story about under-eye bags. Goldbach discussed the factors causing under-eye bags to appear as well as how aging contributes to their appearance.

Fertility expert featured

Dr. Jesse Mills, clinical professor of urology and director of The Men's Clinic at UCLA, and his expertise on male fertility were featured July 29 in a [News-Medical.net](#) story.

USA Today highlights UCLA sleep expert

Dr. Alon Avidan, professor of neurology and the director of the UCLA Sleep Disorders Center, was a featured expert Aug. 2 in a [USA Today](#) story on ways to combat jet lag.

Survey finds many take supplements instead of statins

[Cardiovascular Business](#) reported Aug. 2 on a survey finding that more than half of respondents said they used dietary and/or herbal supplements rather than prescription medications to treat hypercholesterolemia, a condition marked by high cholesterol levels in the blood. More than half also thought the supplements were more effective than statins. Dr. Karol Watson, a professor of medicine in the division of cardiology, commented that the findings show a need for improved education on lipid management. She will present the findings at the National Medical Association's national meeting.

Helping kids in the PICU get more ZZZs

[WVEC-TV](#), Norfolk, Va., on July 10 featured a USA Today story on efforts by Mattel Children's Hospital UCLA to help patients in the pediatric intensive care unit get a better night's rest. One of the staff members who helped develop the initiative, Theresa Kirkpatrick, a clinical nurse specialist in the PICU, was interviewed.

California's stem cell agency funds cutting-edge Duchenne muscular dystrophy research

[Muscular Dystrophy News](#) on July 25 and [Genome Web](#) on July 26 reported on a \$2.15 million award from the California Institute for Regenerative Medicine for Duchenne Muscular Dystrophy research. The researchers will utilize a stem cell gene editing technology called CRISPR/Cas9 in two different approaches to correct genetic mutations that cause Duchenne. The research team that received the award will be led by April Pyle, associate professor of microbiology, immunology and molecular genetics; Melissa Spencer, professor of neurology; and Huan Meng, assistant professor of nanomedicine. Pyle and Spencer are members of the UCLA Broad Stem Cell Research Center.

Metabolic molecule speeds up process by which stem cells differentiate

[Phys.org](#) on July 29 and [The Stem Cellar](#) on Aug. 3 reported on a study published in the journal *Cell Metabolism* showing that a metabolic molecule called alpha-ketoglutarate helps pluripotent stem cells mature early in the process of becoming adult organs and tissues. The findings could be valuable for scientists working toward stem cell-based therapies for a wide range of diseases. The study's senior author was Dr. Michael Teitell, professor of pathology and laboratory medicine and member of the UCLA Broad Stem Cell Research Center. The study's first author was Tara TeSlaa, a graduate student in Teitell's lab.

New way to measure important chemical modification on RNA

[Phys.org](#) on Aug. 3 reported on the development of an RNA sequencing technique that provides detailed information about a chemical modification that plays an important role in pluripotent stem cells' ability to turn into other types of cells. The method could advance scientists' use of stem cells in regenerative medicine. The research, published in the journal *Nature Methods*, was led by co-senior author Yi Xing, a professor of microbiology, immunology and molecular genetics and a member of the UCLA Broad Stem Cell Research Center.

Writing a scene for Sally Field

Dr. Neal Baer, adjunct professor of community health sciences at the UCLA Fielding School of Public Health and co-director of the school's Global Media Center for Social Impact, was featured July 29 in a story in [KFMB-TV](#), San Diego, about a scene for the television show *ER* he wrote featuring Sally Field. The story also ran July 29 on the web site of [KUSA-TV](#), Denver.

Flu shot disparities

Research about flu shot disparities based on 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 featured Aug. 3 by [Atlanta Black Star](#) and [Urban Unity Post](#); Aug. 2 by [Imperial Valley News](#); Aug. 1 by [California Health Report](#); July 30 by [KPCC-FM](#), Pasadena, Calif.; July 29 by [Patch.com](#); July 28 by [KVCR-FM](#), San Bernardino, Calif.; and July 27 by the [Los Angeles Daily News](#).

NOTABLE BRIEFS

A JAMA Internal Medicine editorial by Dr. Peter Butler, chief of the UCLA Division of Endocrinology, Diabetes & Metabolism, commenting on a study on a diabetes drug possibly linked to a higher risk of gallbladder disease, was cited Aug. 3 in a [Reuters Health](#) story.

Mattel Children's Hospital UCLA was cited Aug. 2 in a [San Marino Tribune](#) story about a local teenager who was honored at the hospital's recent fundraising event to raise money for medical research.

Research about diabetes from the California Health Interview Survey, conducted by the UCLA Center for Health Policy Research at UCLA Fielding School of Public Health, was referenced Aug. 3 by [KYMA-TV](#), Yuma, Ariz., and July 22 by [Diabetes Digital Media](#).

Estimates on the prevalence of high blood pressure among the state's Vietnamese from the California Health Interview Survey, administered by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, were cited August 2 in a [Patch.com](#) story about a community program to reduce incidences of the condition in Westminster.

Research estimating the Medi-Cal eligibility of undocumented adults living in California, conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited July 28 by [California Healthline](#); July 29 by the [Bonner County Daily Bee](#) and [Kaiser Health News](#); July 30 by the [PBS Newshour](#); and Aug. 1 by the [Tucson Sentinel](#).

A policy brief released by the UCLA Center for Health Policy Research at UCLA Fielding School of Public Health about preventive dental visits for children was cited July 27 in an [Oral Health Group](#) article.

Research about smoke-free apartments conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was referenced July 25 by [KPBS-FM](#), San Diego, Calif., and July 21 by the [Los Angeles Sentinel](#) in articles about the effects of smoking and secondhand smoke on Los Angeles residents.

The Elder Index, a poverty measurement developed by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited July 22 in a [Sentinel & Enterprise](#) article about how women are more likely to face poverty during retirement.

NOTABLE QUOTABLES

Carrie Bearden, professor of psychiatry and biobehavioral sciences at the Semel Institute, commented July 29 in a [Science Magazine](#) story on Joshua Gordon's appointment as head of the U.S. National Institute of Mental Health.

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 Aug. 1 in [HealthDay](#); Aug. 2 in [Northern California News](#); and Aug. 3 in [The News Independent](#), on a new study that found patients who suffered heart attacks and took high doses of fish oil supplements for six months showed improved heart function and less scarring. Fonarow commented that while past studies using lower doses of fish oil have shown mixed results, the higher doses may help and further studies were warranted. The HealthDay article ran Aug. 2 in [U.S. News & World Report](#) and the [Montana Standard](#). Fonarow was also quoted Aug. 4 in a [MedPage Today](#) article about the need for more studies on the use of anticoagulants for patients diagnosed with atrial fibrillation who develop sepsis.

Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor of community health sciences at the UCLA Fielding School of Public Health, was quoted August 3 in [The Kitchn](#) in a story about eating fruits and vegetables of varying colors. Hunnes discussed the importance of

phytonutrients and how to get more of them in your diet. She also commented August 3 in [Healthy Hispanic Living](#) story on a Centers for Disease Control and Prevention report on rising rates of obesity in U.S. women.

Erin Morse, chief clinical dietitian, was featured Aug. 2 in a [CBS News](#) online story about the Sirtfood diet. Morse commented on sirtuin-rich foods and the availability of studies around the effects of sirtuins in the diet.

Dylan Roby, adjunct associate professor of health policy and management at the UCLA Fielding School of Public Health, commented July 21 in a [Las Vegas Review-Journal](#) article comparing the health care costs of visiting an emergency room versus urgent care centers.

Dr. Karen Sibert, director of communications for the UCLA Department of Anesthesiology and Perioperative Medicine and president-elect of the California Society of Anesthesiologists, commented Aug. 1 in the online version of a [KXTV-TV](#), Sacramento, Calif., story about the risks of pediatric dental procedures under anesthesia in an office setting, especially for small children, and the need to update California laws and regulations.

Dr. Stephanie Smooke, assistant clinical professor of medicine in the division of endocrinology, diabetes & metabolism and program director for the endocrine fellowship, commented July 29 story in an [Everyday Health](#) story on hypothyroidism. Smooke discussed the ways in which people with hypothyroidism can make sure to take medication properly.

Kirsten Tillisch, an associate professor of medicine in the digestive diseases division at UCLA's David Geffen School of Medicine, was quoted Aug. 1 in a [LiveStrong](#) article on how a healthy gut can make you happier.

Dr. Daniel Vigil, health sciences associate clinical professor of family medicine, was quoted July 30 in a [Buzzfeed](#) article about whole body cryotherapy, in which one immerses oneself in very cold dry air. Proponents say the practice treats many health conditions; others warn it could be dangerous.

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