



**UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Aug. 11-Aug. 18, 2016**

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Why Latinos age more slowly, live longer

Diet, exercise may cut Alzheimer's risk

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Wide acceptance of end-of-life care orders

Ohio TV station features young adult stroke story

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Why Latinos age more slowly, live longer

A UCLA study showing that Latinos age more slowly on a molecular level – enabling them to live longer despite facing greater health challenges – was covered Aug. 18 by [Los Angeles Times](#), [Fox News](#), [Breitbart News](#), [Long Term Living](#) and [Remezcla](#); Aug. 17 by [CNN Espanol](#), [Australian Network News](#), [Psych Central](#), [24/7 Wall St.](#), [Latina](#) magazine, [Vivala](#), [Sputnik News](#), [Diario da Saude](#) and [Saude!Brasileiros](#); and Aug. 16 by [United Press International](#), [VICE Media](#), [KTTV-Channel 11 News](#), Philadelphia's [CBS News](#) affiliate, [City News Service](#), [My News LA](#), the [Westwood Patch](#), the U.K.'s [Daily Mail](#), [Newsmax](#), [Medical Daily](#), [IMPACTO USA](#), [EFE News](#), Panama's [La Estrella](#), [America Economia](#) and [RT en Espanol](#). 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, was quoted.

Diet, exercise may cut Alzheimer's risk

A study by Dr. David Merrill, assistant clinical professor of psychiatry, finding that diet and exercise reduces the buildup of proteins linked to the onset of Alzheimer's was covered Aug. 16 by [HealthDay News](#), [U.S. News & World Report](#), the [Voice of America](#), [Real Simple](#), [KABC-Channel 7](#), [KNX 1070AM](#) and many others.

America's other drug problem – elderly patients on too many medications

Kaiser Health News reported Aug. 15 on the rising number of elderly patients on multiple medications that can produce dangerous drug interactions and serious side effects. Dr. David Reuben, chief of geriatrics; Dominick Bailey, geriatrics clinical pharmacist; and Dr. Maristela Garcia, director of the inpatient geriatric unit at UCLA Medical Center, Santa Monica, were quoted. The article was syndicated by the [Washington Post](#), [Spartanburg Herald-Journal](#) and [Bellingham Herald](#).

U.S. News publishes op-ed on epidemic response

Dr. Jonathan Fielding, professor-in-residence of health policy and management at the UCLA Fielding School of Public Health, wrote an Aug. 16 [U.S. News & World Report](#) op-ed about organized responses to epidemics such as Ebola and Zika virus.

The world is getting better at paid maternity leave; the U.S. is not

Research conducted by the WORLD Policy Analysis Center at the UCLA Fielding School of Public Health was featured Aug. 13 in [The Washington Post](#) in an article about how compared with other countries, the United States lags far behind other countries in its policies for expectant mothers. Jody Heymann, founding director of the center and dean of the UCLA Fielding School of Public Health, was quoted. The story was syndicated by the [Chicago Tribune](#), [Orlando Sentinel](#), [Pittsburgh Tribune-Review](#), [Salt Lake Tribune](#) and many other outlets.

UCLA experts shed light on athletics at Rio Olympics

News outlets tapped numerous UCLA faculty to provide expert commentary related to health issues at the Olympics, including:

- Dr. Eric Vilain, a professor of human genetics, pediatrics and urology at UCLA's David Geffen School of Medicine and Mattel Children's Hospital and a consultant to the International Olympics Committee's medical commission, was quoted on Olympic athletes' gender identity on Aug. 17 by [ESPN](#); Aug. 16 by [People](#) magazine and [Vocativ](#); Aug. 11 by [Sports Illustrated](#); and Aug. 5 by [Slate](#).
- Dr. Jennifer Beck, pediatric orthopaedic surgeon and sports medicine specialist at UCLA Medical Center, Santa Monica was quoted Aug. 15 by [Yahoo! News](#) on the number of calories burned in Olympic swimming, running and gymnastic events.
- Dr. Ka-Kit Hui, professor of medicine and director, UCLA Center for East-West Medicine, was quoted Aug. 13 in a [World Journal](#) article on whether cupping, a therapy used to alleviate muscle tightness and increase circulation, can enhance an athlete's performance.
- The [Santa Monica Daily Press](#) ran an Aug. 18 column by Dr. Andrew Shubov and Dr. Annie Zhang, assistant clinical professors of medicine and internists at the UCLA Center for East West Medicine, encouraging Western physicians to consider cupping and other alternative treatments to treat pain.

Preventing school sports injuries

An Aug. 17 [HealthDay News](#) article offered tips from Dr. Jennifer Beck, a pediatric orthopaedic surgeon and sports medicine specialist at UCLA Medical Center, Santa Monica, on how to prevent school sports injuries. The Philadelphia Inquirer syndicated the report.

Smart tips to sit less, move more

[Mental Floss](#) on Aug. 17, [News Medical.net](#) and [Consumer Affairs](#) on Aug. 12, and [WN.com](#) offered employees tips on how to incorporate movement into the work day in order to prevent the health risks associated with excessive sitting. Dr. Daniel Vigil, an associate clinical professor of family medicine, was cited. [MSN.com](#) syndicated the Mental Floss story.

Sleep expert offers restful suggestions

Dr. Alon Avidan, director of the UCLA Sleep Disorders Clinic, was a featured expert in an Aug. 16 [Men's Journal](#) article about ways to beat insomnia.

Eye tracking improves nursing education

A study by Mary Ann Shinnick, assistant professor and director of simulation at the School of Nursing, on the use of eye-tracking technology as a potential tool to improve nursing education, was featured Aug 16 in [Medical Express](#), [Medical Design Technology](#), [Becker's Hospitals Review](#) and [Healthcare Training and Education](#) and Aug 18 in [Daily Nurse](#).

Zika expert featured in The Hill

[The Hill](#) published an Aug. 16 opinion piece by Dr. Neil Silverman about the handling of Zika and its potential U.S. impact. Silverman is a clinical professor in the UCLA Department of Obstetrics and Gynecology who has been advising the California Department of Public Health on Zika issues.

Radiation vs. surgery for aggressive prostate cancer

[Healio](#) reported Aug. 17 on a UCLA Jonsson Comprehensive Cancer study comparing outcomes of radiation-based therapies and surgery for patients with the most aggressive form of prostate cancer. Lead author Dr. Christopher King, professor of radiation oncology, and coauthor Amar Kishan, chief resident in radiation oncology, were quoted.

Ohio TV station features young adult stroke story

[WKBN-TV](#) (Ohio) reported Aug. 4 on a UCLA-driven survey finding that adults under 45 were unlikely to go to the hospital to seek help for symptoms of stroke. Dr. David Liebeskind, a professor of neurology at the David Geffen School of Medicine at UCLA, director of outpatient stroke and neurovascular programs and director of neurovascular imaging, was quoted.

NOTABLE QUOTABLES

Dr. Gregg Fonarow, the Eliot Corday Chair in Cardiovascular Medicine and Science, director of the Ahmanson–UCLA Cardiomyopathy Center and co-chief of cardiology, commented Aug. 17 in [HealthDay](#) about a European study finding that older stroke patients who were anemic had a higher risk of dying within a year compared to non-anemic patients. The story was syndicated by [United Press International](#) and [Newsmax Health](#).

Dana Hunnes, a 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 Aug. 15 about calorie restriction and crash diets in a [U.S. News and World Report](#) syndicated by [MSN](#).

- Hunnes also commented Aug. 16 in a [Huffington Post](#) story originally published by SELF about how the body metabolizes caffeine from coffee.

Dr. Jeffrey Klausner, professor of medicine in the division of infectious diseases and public health at UCLA's David Geffen School of Medicine and Fielding School of Public Health, commented Aug. 12 in the [Washington Post](#) about a polio outbreak in Africa and the World Health Organization's vaccination campaign in five countries on the continent.

Gerald Kominski, director of the Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Aug. 18 in the [Los Angeles Times](#) about health insurers' responses to Obamacare.

Zeyan Liew, a postdoctoral scholar of epidemiology at the UCLA Fielding School of Public Health, commented Aug. 15 in a [LiveScience](#) article about the potential link between behavior in children and their mothers' use of acetaminophen during pregnancy.

Dr. Aisling Murphy, an assistant clinical professor in obstetrics-gynecology at the David Geffen School of Medicine at UCLA, was quoted by [WebMD](#) on Aug. 17 and [Reuters Health](#) and [CNN](#) on Aug. 15 about a British study suggesting that acetaminophen use during pregnancy might heighten the risk of attention

deficit/hyperactivity disorder in children. The Reuters and CNN reports were syndicated by more than 100 outlets, including [Fox News](#), [Business Insider](#), [Times of India](#), the Philadelphia affiliate of [CBS News](#) and the Salt Lake City and Chicago affiliates of CNN.

Dr. Leigh Reardon, a clinical instructor of cardiology and director of pediatric mechanical circulatory support and transitional care at the UCLA Adult Congenital Heart Center, was quoted Aug. 12 in a [Las Vegas Review Journal](#) article about heart pump-assist devices for heart-failure patients awaiting transplantation.

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, commented Aug. 17 in a [STAT](#) article about the need for extra training for medical interpreters to help dying patients who speak limited English.

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