



**UCLA HEALTH SCIENCES MEDIA REPORT  
For the week of Aug. 26-Sept. 1, 2016**

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**HealthDay News reports on physical activity and dementia risk reduction**

**De-escalating arguments when political conversations turn hostile**

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**Diet, exercise may cut Alzheimer's risk**

**Device could help preemies breathe better**

**Sac Bee examines why menopause accelerates aging**

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**UCLA Health and Los Angeles Lakers announce partnership**

[Associated Press](#), [Los Angeles Times](#), [Orange County Register](#), [The Score.com](#), [NBA.com](#), [Daily Breeze](#), [Pasadena Star-News](#), [ESPN.go.com](#), [ESPN.com](#), [KABC-TV](#), [Sports Pro Media](#), [Sports Business Daily](#), [SB Nation](#), [NBA Hang Time Blog](#), [Easy Reader](#), [KCBS-TV](#), [KNBC-TV](#), [KCAL-TV](#), and others reported Aug. 31 that the Los Angeles Lakers and UCLA Health have agreed to a long-term partnership that includes UCLA Health's designation as the exclusive in-game health providers for the team's players and the naming rights for the team's new training facility and offices in El Segundo. Dr. John Mazziotta, vice chancellor of UCLA Health Sciences and CEO of UCLA Health; Johnese Spisso, president of UCLA Health, CEO of UCLA Hospital System, and associate vice chancellor of UCLA Health Sciences; and Dr. David McAllister, chief of sports medicine service and professor and vice chair of clinical operations in the department of orthopaedic surgery at the David Geffen School of Medicine at UCLA, spoke at a press conference to announce the deal with the Lakers. The AP story was syndicated by dozens of outlets including the [New York Times](#), [USA Today](#) and [NBC Sports.com](#).

**KCBS:** <http://bit.ly/2bGiJPZ>

**KNBC:** <http://bit.ly/2bYWFOH>

**KCAL:** <http://bit.ly/2choEb9>

**HealthDay News reports on physical activity and dementia risk reduction**

[HealthDay News](#) reported Aug. 26 and [DoveMed](#) reported Aug. 30 on 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. The HealthDay story was syndicated by [UPI](#), [WebMD](#), [U.S. News & World Report](#), [Philly.com](#), [Drugs.com](#) and [MedicineNet.com](#). Tan is an associate professor of medicine in the division of geriatrics and medical director of the UCLA Alzheimer's and Dementia Care Program.

### **De-escalating arguments when political conversations turn hostile**

Emanuel Maidenberg, clinical professor of psychiatry and biobehavioral sciences and director of the cognitive behavioral clinic at the Semel Institute, was featured Aug. 29 in [The Atlantic](#) in a story about handling heated political conversations and de-escalating arguments both online and in-person.

### **Continued national coverage on rising number of over-medicated elderly patients**

[Kaiser Health News](#) reported Aug. 30 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, which first appeared in the Aug. 15 [Washington Post](#), was syndicated on [PBS Newshour.org](#), [KQED](#) (San Francisco) [Health Leaders Media](#), [California Healthline](#), [Medscape](#), [MedCity News](#), [Healthcare Finance News](#), [Journal-News](#), [Palm Beach Post](#), [Statesman](#) and [Dayton Daily News](#).

### **Cardiology expert provides insight into research**

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 a featured expert in articles on heart attacks:

- Aug. 30 in a [HealthDay](#) article about a Danish study finding that early death after a heart attack among those younger than 50 has lessened over the past 30 years, but it is still twice as high as the general public. Fonarow commented that the study highlighted the benefits of heart health and prevention for people of all ages. The story also ran in [Philly.com](#) and [NewsMax](#).
- Aug. 31 in a [HealthDay](#) article on a study finding that many younger adults experience sexual difficulties after suffering a heart attack. The article was also published by [WebMD](#), [Arizona Daily Star](#) and [Health24](#) (South Africa).

### **Media call on dietician's expertise**

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, commented in several media outlets on diet-related topics:

- Aug. 30 in [Cosmopolitan](#) about healthy eating for college students
- Aug. 26 in [Women's Health](#), Aug. 29 in the [New York Post](#), and Aug. 30 in [Men's Health](#) about late-night eating
- Aug. 30 in [SELF](#) and Aug. 31 in [MSN](#) about the effects of caffeine.

### **Opinion: Congress must take action to combat Zika**

[The Hill](#) published on Aug. 30 an op-ed by Dr. Jeffrey Klausner urging Congress to provide funding to enable federal and local authorities to fight Zika. He noted that the United States needs to move from a reactive to proactive response to this and other infectious diseases. Klausner is a 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.

### **FDA wants all blood donors screened for Zika**

Dr. Alyssa Ziman, medical director of transfusion medicine and clinical laboratories for UCLA Health and an associate professor of pathology and laboratory medicine at the David Geffen School of Medicine at UCLA, was interviewed Aug. 26 by KNX-AM NewsRadio's "In-Depth" show about the Food & Drug Administration's recommendation that all blood donations be screened for Zika infection. She also commented Aug. 27 in a [Reuters](#) story that was syndicated by dozens of news outlets worldwide, including the [Huffington Post](#), [Newsweek](#), [Yahoo! News](#) and the [Globe and Mail](#).

### **Study on public health care spending receives wide coverage**

New research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health about health care spending in California was featured by several news media outlets, including Sept. 1 by [RealClearHealth](#), [Kaiser Health News](#), and [Exception Magazine](#), and Aug. 31 by [InsuranceNews.net](#), [California Healthline](#), [MyNewsLA](#), [Patch.com](#), and [UPI](#).

### **Manhattan Beach author bikes cross-country to raise money for cancer research at UCLA**

[Daily Breeze](#) reported Aug. 28 on Manhattan Beach author David Richman, who embarked on a six-week solo bike ride from Los Angeles to New York to visit cancer patients, family members, caregivers and researchers whom he will profile for an upcoming non-fiction book on his travels. The majority of funds raised by Richman during his trek will support UCLA's Jonsson Cancer Center Foundation.

### **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. 30 in an [Inc.](#) story.

### **Device could help preemies breathe better**

[Medical Design Technology Magazine](#) featured on Aug. 4 a story about a new experimental vibration device that can help very premature babies breathe. The device tricks the brain into thinking it is running or walking, which triggers a response to breathe. The study's lead investigators, Dr. Ronald Harper, a distinguished professor of neurobiology at the David Geffen School of Medicine at UCLA, and Dr. Kalpashri Kesavan, a clinical instructor of pediatrics in the division of neonatology at Mattel Children's Hospital UCLA, were quoted.

### **Sac Bee examines why menopause accelerates aging**

Research by Steve Horvath and Judith Carroll finding that women's epigenetic clocks tick faster following menopause and sleepless nights was reported Aug. 22 by the [Sacramento Bee](#). Horvath is a professor of human genetics and biostatistics at UCLA's David Geffen School of Medicine and Fielding School of Public Health. Carroll is an assistant professor of psychiatry at UCLA's Semel Institute. Both were quoted.

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## **NOTABLE BRIEFS**

James A. Macinko, professor of community health sciences and health policy management at the UCLA Fielding School of Public Health, was cited Aug. 30 by [Yahoo! News](#) as an author on a new study that applies the scientific principle of diffusion to track changes in health policies among state governments.

Dr. Richard J. Jackson, professor of environmental health sciences at the UCLA Fielding School of Public Health, was cited as one of several guest speakers in a Aug. 29 [HeraldNet](#) article announcing an upcoming health summit in Tulalip, Washington.

Research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was cited Aug. 28 in a [Black Christian News](#) article about mental health services in California.

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## **NOTABLE QUOTABLES**

Susan Babey, senior research scientist and co-director of the Chronic Disease Program at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Aug. 30 in a [Healthline](#) article about school lunchroom policy changes.

Dr. Noel Gerard Boyle, professor of medicine in the division of cardiology, was quoted Aug. 30 in a [Reader's Digest](#) article about the silent signs of atrial fibrillation.

Christopher Colwell, professor of psychiatry and biobehavioral sciences at the Semel Institute, commented Aug. 31 in a [Los Angeles Times](#) story on a study about sleeping and waking patterns and the body's master clock. The story was picked up by the [Chicago Tribune](#).

Dr. Christopher Giza, director of the UCLA Steve Tisch BrainSPORT Program and a professor of pediatrics and neurosurgery at the David Geffen School of Medicine at UCLA, was quoted Aug. 29 in a [Reuters](#) story about how immediate removal from play after a concussion can speed recovery. The story was syndicated by numerous outlets, including [Yahoo! News](#).

Dr. Peter Galier, internal medicine specialist and vice-chief of staff at UCLA Medical Center, Santa Monica, commented Aug. 25 in a [CBS News.com](#) story about advice doctors give to their college-bound children.

Dr. Hayley Goldbach, UCLA resident physician in dermatology, commented Aug. 27 in [The Guardian](#) about the safety of Botox.

Gerald Kominski, professor of health policy and management and director of the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Aug. 30 in a [Los Angeles Times](#) opinion piece about the relationship between insurance company pricing tiers and consumer copays.

Dr. Leonard Marks, professor of urology and director of the UCLA Active Surveillance Program, commented Sept. 1 in the U.K.'s [Mirror](#) on a study about a potential laser treatment for prostate cancer.

Dr. Aisling Murphy, assistant clinical professor of obstetrics and gynecology, commented Aug. 18 in a story on [Fox News](#) about the use of acetaminophen during pregnancy.

Stuart Schweitzer, professor of health policy and management at the UCLA Fielding School of Public Health, commented Aug. 25 in [The Press Democrat](#) (Santa Rosa, California) about out-of-pocket insurance costs.

Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, commented Aug. 30 in [BBC](#) and [MSN](#) stories about our reactions to situations of mass panic, including the recent false reports of a shooting at Los Angeles International Airport.

Dr. Peter Whybrow, department chair and professor of psychiatry at the Semel Institute, was quoted Aug. 27 in the [New York Post](#) about the negative effects of screen time for kids.

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UCLA's Health Sciences Media Relations office e-publishes this report weekly. For more information, please call Tami Dennis, executive director of media relations, or Enrique Rivero, senior media relations officer, at 310-267-7022. Our office also offers publicity for new research, medical breakthroughs, clinical trial recruitment, inspirational patient stories and more. To identify the appropriate public information officer for your department, visit <https://www.uclahealth.org/Newsroom/Pages/Media-Relations-Directory.aspx>.