

**UCLA**

**Health**

**UCLA HEALTH SCIENCES MEDIA REPORT  
August 31 - September 6, 2018**

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[LA Business Journal](#): Parents magazine selects UCLA Mattel as one of nation's most innovative hospitals

(Photo: Anna Nguyen/UCLA)



[NBC News](#): Can marijuana help curb the opioid epidemic?

(Photo: iStock)



[CNN](#): Avocado study draws widespread interest across the country

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## FEATURED

### Parents selects UCLA Mattel as one of nation's most innovative hospitals

[Los Angeles Business Journal](#), [Becker's Hospital Review](#), [WesternMassNews.com](#), [AZFamily.com](#), [CBS46.com](#), [WFSB.com](#), [WNEM.com](#) and [FOXCarolina.com](#) reported that [Parents Magazine](#) designated UCLA Mattel Children's Hospital among the 20 most innovative children's hospitals in the country. UCLA Mattel was the only children's hospital in California to receive the distinction in 2018. Johnese Spisso, president of UCLA Health and CEO of UCLA Hospital System, including UCLA Mattel Children's Hospital, was quoted in the [Los Angeles Business Journal](#) story.

### Can marijuana help curb the opioid epidemic?

[NBC News](#), [NowThis News](#), [Marijuana Times](#), [The Georgia Straight](#), [Irish Sun](#), [Hong Kong Herald](#), [India Gazette](#) and [The Weed Blog](#) reported on a UCLA initiative to research the use of marijuana to alleviate pain and the potential for it to reduce certain patients' reliance on opioids. Dr. Jeff Chen, director of the UCLA Cannabis Research Initiative, was featured. The NBC News story and video was syndicated by more than 10 NBC affiliates, including [NBC Los Angeles](#). MSN.com published [an article syndicating the NowThis video](#) and [another article syndicating the NBC News story](#).

### Avocado study draws widespread interest

A national NBC News segment, [CNN](#), [Newsweek](#) and [Southern Living](#) reported on a new

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study to determine whether moderate avocado intake helps promote weight loss. Dr. Zhaoping Li, director at the UCLA Center for Human Nutrition and principal investigator of the study, was featured in the NBC segment. The CNN story and video appeared in more than 35 online websites of broadcast outlets, including [MyNBC15.com](#) and [ABCNews4.com](#). The NBC segment appeared more than 110 times on local affiliate stations across the country, including on KNBC-TV.

### **Restoring bladder function after spinal cord injury**

[Healthline](#) published an in-depth feature on research by Dr. Daniel Lu, an associate professor of neurosurgery, demonstrating that magnetic stimulation of the lower spinal cord restores bladder control to some men after spinal cord injury and frees them from catheter use for up to four weeks.

### **New treatment shows promise for spinal cord regeneration**

[Genetic Engineering & Biotechnology News](#) reported on a new treatment that shows promise in treating spinal cord injuries in rodents. Led by Dr. Michael Sofroniew, a professor of neurobiology, the scientific team coaxed nerve fibers to regrow past scar tissue and create new connections with healthy tissue, restoring a route for the brain to send electrical signals to nerve cells below the injury and potentially restore function. [Medical Newser](#), [Breitbart News](#), Laboratory Equipment, [Health News Digest](#), [Health Medicine Network](#) and [SciCasts](#) also covered the findings, which were reported Aug. 29 in Nature.

### **How to stop breast cancer from spreading to the brain**

KFSN-TV in Fresno aired an Ivanhoe News report on a clinical trial of a new drug that could help stop the spread of breast cancer. Dr. Sara Huvitz, an associate professor in hematology/oncology and medical director of the UCLA Jonsson Comprehensive Cancer Center, was interviewed. To date, more than 25 stations nationwide have aired the story.

### **Cancer researcher recognized for her work in breast cancer prevention**

[Healio](#) reported that Dr. Patricia Ganz, director of cancer prevention and control research at the UCLA Jonsson Comprehensive Cancer Center and distinguished professor of health policy and management at the UCLA Fielding School of Public Health, will receive the Association of Community Cancer Centers' Clinical Research Award.

### **Grant could ultimately reduce diagnostic errors for breast cancer**

The [Los Angeles Business Journal](#) highlighted a \$3.2 million grant from the National Institutes of Health's National Cancer Institute to support a UCLA-led study examining how perception and cognition interact in the interpretation of breast biopsy images, with an aim to improve physicians' diagnostic skills and accuracy. Dr. Joann Elmore, a professor of medicine in the division of general internal medicine and health services research and member of the Jonsson Comprehensive Cancer Center, will lead the five-year project.

### **How child marriage ends dreams**

[Voice of America](#) featured a study by researchers at the UCLA Fielding School of Public Health reporting that about 78,000 U.S. teens ages 15 through 17 are, or have been, married. Jody Heymann, the study's co-author and founding director of the WORLD Policy Analysis Center, was quoted. The story was picked up by the [Beijing Bulletin](#), [Boston Star](#), [Europe Sun](#), [Herald Globe](#), [Philippine Times](#) and others.

### **ACA reduced disparities in health care**

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[Agencia EFE](#), [Health News Digest](#), [La Opinion](#), [MedicalXpress](#), [MyScience](#), [PublicNow](#) and [Scienmag](#) covered a new study led by Arturo Vargas Bustamante, associate professor of health policy and management at the UCLA Fielding School of Public Health. According to the study, more Latinos of Mexican heritage in California reported having health insurance and a usual source of care compared to other Latinos after the Affordable Care Act's major provisions were implemented. The Agencia EFE article was picked up by [Hoy](#) and [Mundo Hispanico](#).

### **Rent weighs down low-income seniors in California**

[Courthouse News](#), [La Opinión](#), [Sierra Sun Times](#), [scvnews.com](#) and others reported on a new analysis by researchers at the Center for Health Policy Research at the UCLA Fielding School of Public Health finding that most of California's low-income seniors struggle to pay rent.

### **Increase adult vaccinations by making them a covered pharmacy benefit**

[MedicalXpress](#), [MyScience](#), [Precision Vaccinations](#) and [Technology Networks](#) featured research by the Fielding School's UCLA Center for Health Policy that proposed including adult vaccinations at retail pharmacies as a covered benefit in California.

### **Startup aims to shorten time between scientific insight and therapies**

[Medical Xpress](#) and [MyScience.org](#) reported that the David Geffen School of Medicine at UCLA is launching startup Enspire Bio to speed up the process of turning new scientific insights into treatments that help patients, with an emphasis on metabolism research and therapies. Dr. Orian Shirihai, leader of the Metabolism Theme; Amir Naiberg, associate vice chancellor and president and CEO of the UCLA Technology Development Corporation; and Earl Weinstein, senior business development officer in the Technology Development Group, were quoted.

### **Questions about rising use of robotic surgery**

[MedicalResearch.com](#) reported on research led by Dr. Christopher Childers finding that the use of costly robotic surgeries keeps rising, even though the clinical benefits of such procedures are questionable. Childers is a resident physician in general surgery.

### **A roadmap for improving the health of children with complex medical situations**

[Open Minds](#) (subscription required) covered UCLA research outlining a set of health outcome domains for children with medically complex conditions. Dr. Paul Chung, chief of general pediatrics at UCLA Mattel Children's Hospital, was the study's lead author, and Dr. Elizabeth Barnert, an assistant professor of pediatrics, was the first author.

### **Is surgery best for kids with sleep apnea?**

Dr. Nina Shapiro, professor of pediatric head and neck surgery, was featured in an [Endocrine Web](#) story exploring what parents need to know about surgical options for children with obstructive sleep apnea.

### **Mom, don't freak out**

Parenting blog [ScaryMommy](#) interviewed Dr. Tanya Altmann, an assistant clinical professor of pediatrics, for a story about common things mothers worry about, but shouldn't.

### **New combination therapy shows promise for beating advanced melanoma**

[Specialty Pharmacy Times](#) reported on a new study finding that combining pembrolizumab

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and SD-101 could be effective for people with advanced melanoma whose tumors have not responded to other therapies. The senior author, Dr. Antoni Ribas, a professor of medicine and director of the tumor immunology program at the UCLA Jonsson Comprehensive Cancer Center, was cited.

#### **Which types of chocolate are healthiest?**

[MEL Magazine](#) interviewed Dana Hunnes, a senior dietitian at Ronald Reagan UCLA Medical Center and an adjunct assistant professor at the UCLA Fielding School of Public Health, for a story examining the nutritional quality of various types of chocolate.

#### **This week in '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. Glazier is an associate professor of medicine, and Ashley and Ko are assistant professors of medicine. A sampling of stories from this past week's column:

- On research about the gut-mood connection, in Rhode Island's [The Newport Daily News](#)
- On probiotics and osteoporosis, in Massachusetts' [The Berkshire Eagle](#)
- On traveling abroad and typhoid, in Florida's [The Daytona Beach News-Journal](#)
- On Ashley's parting thoughts in his last article to readers, in Nevada's [Elko Daily Free-Press](#)
- On research about fecal transplants, in Washington's [The Spokesman-Review](#).

## QUOTED

*"It's daunting to think we could have a shortage of primary care physicians in California within the next seven years," she said. "It's a great opportunity for nurse practitioners to fill that gap, especially in rural areas and places with underserved populations."*

**-Lora Johnstone**, interim associate director of Advanced Nursing Practice

[Reuters Health](#)



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**Dr. Alon Avidan**, a professor of neurology and director of the UCLA Sleep Disorders Center, commented to [CNET](#) about a new sleep mask that aims to help ease jet lag.

**Carrie Bearden**, a professor of psychiatry and biobehavioral sciences, and of psychology, was quoted in [The Hub](#) about mental health services and reaching out to those who may be at risk for suicide.

**Dr. Jeff Chen**, director of the UCLA Cannabis Research Initiative, was quoted in a [Mic](#) article about a new episode of [Mic Dispatch](#) in which the outlet explores the popularity of the marijuana component cannabidiol, or CBD. The episode has received nearly 70,000 views on Facebook to date.

**Marlena Fejzo**, an associate researcher, commented to [Reuters Health](#) about Finnish research finding that three out of four women who suffer a severe form of morning sickness do not experience it in subsequent pregnancies.

**Dr. Jonathan Fielding**, a professor-in-residence of health policy and management at the UCLA Fielding School of Public Health, was quoted by the [Los Angeles Times](#) about the closing of the fast-food chain Locol, which focused on serving affordable and healthful food.

**Dr. Gregg Fonarow**, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, was quoted by [HealthDay](#) about a study finding that the more a middle-aged or elderly woman walks, the less likely she is to have heart failure.

- Fonarow was also quoted in [Style Magazine](#) article on how obesity adversely affects the hearts of young people.

**Dr. Barbara Giesser**, a professor of clinical neurology at the David Geffen School of Medicine at UCLA and clinical director of the UCLA Multiple Sclerosis Program, was quoted by [Healthline](#) about the discovery of a new subtype of multiple sclerosis.

**Dr. Mark Goulston**, a professor of psychiatry, was quoted in [The Santa Clarity Valley Signal](#) about suicide prevention and the work of community groups.

**Dana Hunnes**, an adjunct assistant professor of community health sciences at the UCLA Fielding School of Public Health, was quoted in [TIME](#) article about the health benefits of guacamole.

**Dr. Sanaz Memarzadeh**, a professor in the department of obstetrics and gynecology and a member of the UCLA Jonsson Comprehensive Cancer Center, commented to [Women's Health](#) about how abdominal bloating may be a sign of an ovarian cancer.

**Wilfrido Mercado**, director of nutrition for the Ronald Reagan UCLA Medical Center at UCLA Health, commented to [Modern Healthcare](#) about Senate Bill 1138 that would require all hospitals in California to offer plant-based meal options on their menus.

**Dr. Gary Satou**, director of pediatric echocardiography and co-director of fetal cardiology, was cited in a [Motherly](#) article about a study showing that at-home monitors meant to keep parents informed about their babies' vital signs scored poorly in a test that compared them

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with hospital-quality monitors. His interview originally appeared in [Reuters Health](#).

**Jerome Siegel**, a professor of psychiatry and biobehavioral sciences and director of UCLA's Center for Sleep Research, was quoted in [The Good Men Project](#) about sleep and productivity.

**Dr. Melissa Spencer**, co-director of the Center for Duchenne Muscular Dystrophy at UCLA and a professor of neurology at the David Geffen School of Medicine at UCLA, commented in [New Scientist](#) on researchers' use of CRISPR to edit the genes of dogs with Duchenne muscular dystrophy. (Subscription required: PDF available upon request.)

**Dr. Vijaya Surampudi**, an assistant clinical professor in the department of medicine at the David Geffen School of Medicine at UCLA and a physician with the Risk Factor Obesity Weight Management Program at UCLA Health, was quoted in an [NBC News](#) story about medications and other tactics for weight loss. The story was syndicated on [MSN.com](#) and [WXXV25.com](#).

- Surampudi was also quoted by [LiveScience](#) about new research suggesting that common chemicals in the environment and consumer products may contribute to weight gain.

**Sean Young**, founder and director of the UCLA Center for Digital Behavior and the UC Institute for Prediction Technology, commented to [Nature](#) about the use of artificial intelligence to decode the language of Chicago gangs with the aim of using this information to intervene before social media comments lead to violence. Young is also an associate professor of family medicine.

**Steven Wallace**, a professor of community health sciences at the UCLA Fielding School of Public Health and associate director of the Center for Health Policy research at the Fielding School, was quoted in a [KPBS.org](#) article about how the city of Santa Monica is giving cash to seniors who are struggling to pay their rent. The KPBS story was picked up by [Capital Public Radio](#), [KPCC-FM](#), [KQED-FM](#) and [LAist](#).

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## BRIEFS

[WIRED](#) cited research from the WORLD Policy Analysis Center at the UCLA Fielding School of Public Health in an article about Microsoft's new policy on paid parental leave.

[National Public Radio](#) cited data on children's asthma from the California Health Interview Survey, administered by the Fielding School's UCLA Center for Health Policy Research, in a story about how recent wildfires make poor air quality in the San Joaquin Valley even worse.

[Becker's Hospital Review](#) referenced that UCLA Health was listed on Indeed's 2018

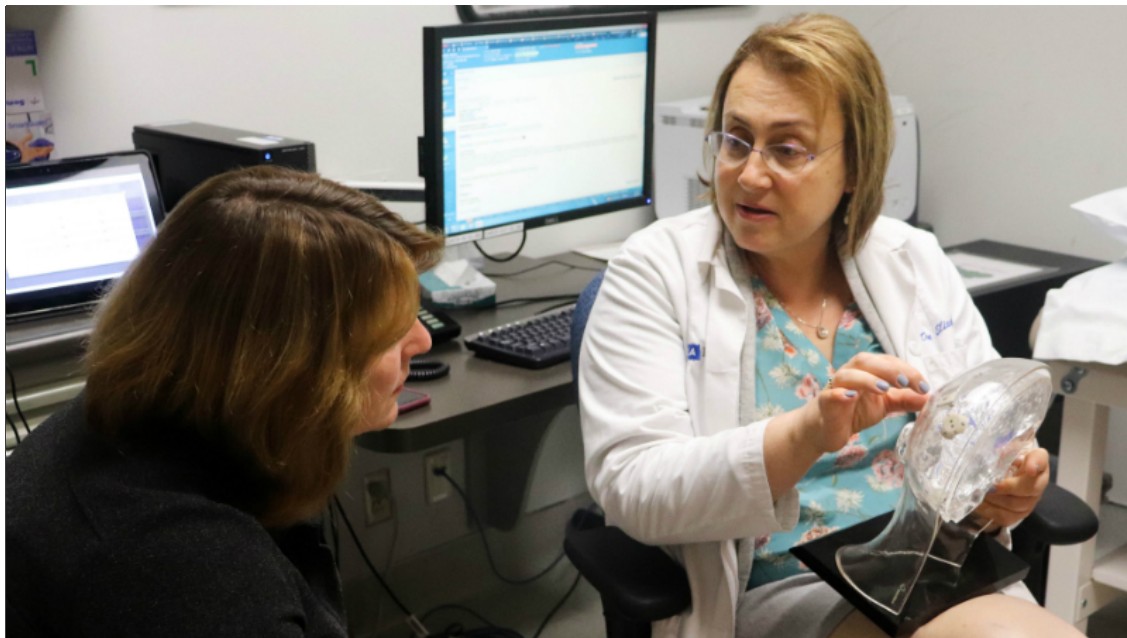
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ranking of top-rated workplaces among hospitals.

An article in the [Springfield News-Sun](#) – reporting that Ohio has the worst record in the U.S. on welcoming immigrants – cited a 2015 report by the Center for Health Policy Research at the UCLA Fielding School of Public Health and the UCLA Blum Center on Poverty and Health in Latin America.

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## CONTENT CREATED BY MEDIA RELATIONS



[UCLA Newsroom](#): UCLA's epilepsy center offers hope to people with drug-resistant seizures

(Photo: UCLA Health)



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[Affordable Care Act reduced health care disparities among Latino groups in California, study finds](#) UCLA Newsroom

[5 facts about ovarian cancer to share with friends, family](#) UCLA Health Connect blog



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It also includes placements about the UCLA Fielding School of Public Health, the UCLA School of Nursing, the UCLA School of Dentistry, the UCLA Jonsson Comprehensive Cancer Center and the UCLA Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research.

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