



Health

UCLA HEALTH SCIENCES MEDIA REPORT For the week of Sept. 1 - 7, 2017

Note: Website links may expire without notice. Some sites require password registration. If you cannot access a story or would like to obtain a copy, please call (310) 267-7022.



[Mashable](#): Neuroscientist harnesses VR to unlock the mysteries of memory

(Photo: Mashable)



[Post](#)



[Tweet](#)



[Post](#)



[CNN](#): Tai chi's health benefits go further than you might think

(Photo: Getty Images)



[NBC News](#): What you should know about a vegetarian diet

(Photo: Getty Images/iStock)



Post



Tweet



Post



Post



Tweet



Post

Neuroscientist harnesses VR to unlock the mysteries of memory

A [Mashable](#) video featuring Nanthia Suthana, assistant professor of neurosurgery and psychiatry, attracted more than 110,000 views on [Facebook](#) this week as it explored how the brain forms and recalls memories while a person interacts with a virtual environment. The video also appeared on [YouTube](#).

Tai chi's health benefits go further than you might think

[CNN](#) featured Dr. Michael Irwin, director of the Cousins Center for Psychoneuroimmunology at UCLA's Semel Institute, in a story and video about the health benefits of tai chi. The piece was syndicated to 158 outlets nationwide, including [Everything Lubbock](#), [NBC Montana](#) and the [St. Louis Post-Dispatch](#).

What you should know about a vegetarian diet

[NBC News](#)' "Better" column published a story analyzing the vegetarian diet and its health effects. Erin Morse, chief clinical dietitian at UCLA Health, was featured as the leading health expert.

Students, staff comment on DACA repeal

[New York Times](#) and [CNNMoney](#) published stories about the DACA repeal that featured reactions from UCLA Health staff and a David Geffen School of Medicine student. Marcela Zhou, a third-year student at David Geffen School of Medicine at UCLA, and Luis Sanchez, who works in medical billing at UCLA Health, were featured. The CNNMoney story was syndicated in 17 other online outlets.

Meds-to-beds program delivers prescriptions directly to patients

[Washington Post](#) featured a service offered at UCLA Health and other hospitals in which pharmacists deliver prescriptions to patients and review them before the patients are discharged. The service was designed to help patients ease the transition to home and prevent re-hospitalizations. The Washington Post story was syndicated in nine outlets

including [San Antonio Express](#), [Baltimore Post](#) and [Northwest Herald](#),

Physician offers straight talk on vaccines

KCAL-TV aired a segment in which Dr. Nina Shapiro, a professor of head and neck surgery at the David Geffen School of Medicine and director of pediatric otolaryngology at UCLA Mattel Children's Hospital, explained the importance of different vaccines for children and teens as they return to school.

KCAL-TV: <http://bit.ly/2gOkFcg>

Expert explains extreme morning sickness

[NBC News](#)' "Better" column interviewed Marlena Fejzo, an associate researcher at the David Geffen School of Medicine at UCLA, about hyperemesis gravidarum, a condition that causes extreme morning sickness in some pregnant women, including the Duchess of Cambridge, who is expecting her third child. Fejzo was also quoted and cited in other articles including [Daily Mail](#), [New Zealand Herald](#), [Aleteia](#), [Well and Good](#), and [TheWorldNews.net](#).

Prepping for disaster isn't a one-time conversation with kids

A [KPCC's "Take Two"](#) segment about preparing for a disaster in Los Angeles featured Melissa Brymer, the director of terrorism and disaster programs at the UCLA-Duke National Center for Child-Traumatic Stress.

Recovering from disasters by building safer communities

A podcast that aired on KCBS-AM, San Francisco, on successful community disaster recovery featured Dr. Richard Jackson, professor of environmental health sciences at the UCLA Fielding School of Public Health. He was also quoted in a [Texas Tribune](#) article about the health risks that could arise in the aftermath of Hurricane Harvey in Houston.

KCBS, pt. 1: <http://bit.ly/2eP6x1V>

KCBS, pt. 2: <http://bit.ly/2vJP0vg>

KCBS, pt. 3: <http://bit.ly/2xak1vR>

The truth about toking

[The Daily Dot](#) featured an interview with Dr. Donald Tashkin, professor of pulmonology and critical care, on what researchers currently know about the health effects of smoking marijuana and vaping.

Using social media to fight addiction

KCCI-TV, Des Moines, Iowa, reported on research by Sean Young on the use of social media to augment treatment for drug addiction. Young, associate professor of family medicine at the David Geffen School of Medicine at UCLA and executive director of the University of California Institute for Prediction Technology, commented in the report.

KCCI: <http://bit.ly/2wckrhj>

Penis injuries can land patients in the ER

A [Men's Health](#) article on penis injuries that can lead to emergency room visits featured Dr. Jesse Mills, associate clinical professor and director of The Men's Clinic at UCLA. Mills gave accounts of two types of traumatic injuries he treated and explained the cause and treatment for both.

Can breastfeeding reduce the risk of developing MS?

A [U.S. News & World Report](#) story about new research on whether breastfeeding can help

prevent MS featured Dr. Rhonda Voskuhl, professor of neurology and director of UCLA's multiple sclerosis program.

Measuring the safety of vaginal estrogens

[Reuters](#) published an article on research led by Dr. Carolyn Crandall finding that post-menopausal women who use a vaginal form of estrogen therapy do not have a higher risk of cardiovascular disease and cancer than women who use no estrogen. The Reuters story ran on [Business Insider](#), [Canada's CBC News](#) and 25 other outlets. Crandall is a professor of medicine in the division of general internal medicine and health services research.

Funeral homes may soon use “water cremation”

[Scientific American](#) featured UCLA's Donated Body Program in a story about a bill that would legalize public access to alkaline hydrolysis, a more environmentally friendly way to dispose of human remains. Dean Fisher, director of the UCLA Donated Body Program, was quoted.

In the aftermath of chemotherapy for breast cancer

[MedScape](#) featured research by Dr. Patricia Ganz, distinguished professor of hematology and oncology, on peripheral neuropathy after chemotherapy in early-stage breast cancer patients and the effectiveness of all chemotherapies. Ganz, who is also director of UCLA's Jonsson Comprehensive Cancer Center Patients and Survivors Program, was quoted.

Volunteers step in to provide companionship

[Reader's Digest](#) highlighted UCLA Medical Center, Santa Monica's, Care Companion program as part of an article on volunteer programs that make a difference. The hospital's program pairs lonely geriatric patients with volunteers who visit and engage them.

A college woman's guide to feminine health

[News Line for Nurses](#), [News-Medical.net](#) and [Health News Digest](#) featured 10 tips from Dr. Aparna Sridhar, assistant professor of obstetrics and gynecology, on what college women can do to protect their gynecologic health.

Brief primary care interventions cut risky drug use

[Science Newsline](#), [MedicalXpress](#) and [MyScience.org](#) highlighted research led by Dr. Lillian Gelberg finding that brief interventions in a primary care clinic can reduce patients' risky substance use by 4.5 days per month — a 40 percent decline among the Latino patients surveyed — compared with people who did not receive the brief intervention. Gelberg is a professor of family medicine at the David Geffen School of Medicine at UCLA and of health policy and management at the UCLA Fielding School of Public Health.

Revolutionizing oncology with CAR T-cell therapy

[Oncology Nursing News](#) featured an article authored by Stephanie Jackson, oncology clinical nurse specialist at Ronald Reagan UCLA Medical Center, about the specialized role that oncology nurses play when caring for blood cancer patients who undergo chimeric antigen receptor (CAR) T-cell therapy.

Small lifestyle changes can keep your brain in shape

[Reader's Digest](#) featured Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, in an article about daily habits that could reduce your risk of Alzheimer's disease.

Exploring how good bacteria fight acne

[Indiana Public Radio](#) covered research by Huiying Li, an associate professor of pharmacology, linking acne to a dearth of good bacteria to fight inflammation on the skin.

What you need to know about LA's urban heat problem

[KCRW-FM](#) highlighted research from Dr. David Eisenman, professor-in-residence of medicine in the division of general internal medicine and health services research, tracking emergency room visits for heat-related illnesses during extreme heat days. Eisenman, who is also director of the UCLA Center for Public Health and Disasters in the UCLA Fielding School of Public Health, was quoted.

Camp caters to kids with heart disease

[KABC-TV](#) featured a story on Camp del Corazon, a free summer camp for kids with heart conditions that was co-founded by Dr. Kevin Shannon, a clinical professor of pediatric cardiology, and Lisa Knight, a pediatric electrophysiology nurse at UCLA.

No snooze on media interest in teen sleep research

[The Jakarta Post](#), [Hindustan Times](#), [Inquirer.net](#) and seven other outlets worldwide featured research by Andrew Fuligni, a professor in residence at UCLA's Semel Institute for Neuroscience and Human Behavior, about optimal sleep for daily mood in teens.

UCLA Mattel receives grant for pediatric cancer research

KTTV-TV covered a grant that Dr. Steven Jonas, pediatric hematologist-oncologist, received from Hyundai Hope On Wheels to support UCLA Mattel Children's Hospital's research in pediatric cancer treatment.

KTTV-TV: <http://bit.ly/2gLemTb>

Concussions in women: Rates, symptoms and recovery are different

[ScienceDaily](#) published a story about how females tend to report more – and more severe – symptoms from concussions than men, and may also take longer to recover from brain injuries. Dr. Mayumi Prins, a professor of neurosurgery at the David Geffen School of Medicine at UCLA and director of the UCLA Brain Injury Research Center, was featured.

More coverage of gene therapy study using “junk DNA”

[Fierce Biotech](#) and [Newsdog](#) reported on a new study in which researchers successfully used a gene, recently considered “junk DNA,” to suppress cholesterol levels in mice with a disorder called familial hypercholesterolemia. Dr. Tamer Sallam, assistant professor of medicine, led the study.

Media interest in research showing stem cells could fight baldness continues

[Reader's Digest](#), [MSN.com](#) and [Biotechnin.asia](#) reported on UCLA research that identified a new way to activate hair follicle stem cells to make hair grow. UCLA Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research members Heather Christofk, associate professor of biological chemistry and molecular and medical pharmacology, and Bill Lowry, a professor of molecular, cell and developmental biology, led the research.

This week on “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. A sampling of the stories from the past week's column:

- On fruit juice for toddlers, featured in [Bennington Banner](#)
- On food preparation and allergies, featured in [Tulsa World](#)
- On the impact of running on the spine, featured in [Hanford Sentinel](#)
- On whether organic food is healthier than non-organic food, featured in [Herald Standard](#)
- On relieving urinary incontinence symptoms, featured in [The Californian](#)
- On hip fractures being common among the elderly, featured in [The Cumberland Times-News](#).

QUOTED

"I find it hard to believe that the chemical industry and manufacturers using these chemicals didn't think about this. What made them think that BPS would be safer?"

-Nancy Wayne in an [Undark](#) story about substitute chemicals to BPA



Dr. Alon Avidan, professor of neurology and director of the UCLA Sleep Disorders Center, commented in [Bustle](#) about the signs of sleep apnea and in a [CNN.com](#) story about how women in midlife aren't getting enough sleep. The CNN.com article appeared in 15 other outlets nationwide, including [KRTV.com](#) in Montana and [Erie News Now](#).

Dr. Edward Garon, associate professor of hematology and oncology at the David Geffen School of Medicine at UCLA and a member of UCLA's Jonsson Comprehensive Cancer Center, commented in an [OncLive](#) video about the promise of antiangiogenic agents to treat lung cancer.

Dr. Neema Jamshidi, assistant professor of radiology, was quoted in a [MedPage Today](#) editorial about the blending of clinical imaging and personalized medicine to better treat lung tumors.

Dr. Praveen Kambam, assistant clinical professor of psychiatry and biobehavioral sciences, commented in a [Psychiatric News](#) article about depictions of mental illness in pop culture.

Dr. Jeffrey Klausner, professor of medicine in the division of infectious diseases at the David Geffen School of Medicine at UCLA and professor of public health at the UCLA Fielding School of Public Health, commented in a [Reuters Health](#) article about increasingly common cancers in people with HIV/AIDS who are taking highly active antiretroviral therapy (HAART).

Leonid Kruglyak, chair of human genetics at the David Geffen School of Medicine at UCLA, commented in [The Scientist](#) about a study that analyzed genetic variants in two large genomic databases to find those associated with longevity.

Dr. Helen Lavretsky, director of the Late-life Depression, Stress and Wellness Research Program at UCLA's Semel Institute, commented in a [Cosmopolitan](#) story about a technique in which people hyperventilate in order to enter a "dreamlike" state.

Dr. Zhaoping Li, director at the UCLA Center for Human Nutrition, was quoted in a [Women's Health](#) story on signs of vitamin B12 deficiency. The story appeared in print in the September issue of the magazine.

Dr. David Liebeskind, professor of clinical neurology and associate director of the UCLA Stroke Center, commented in a [KPCC](#) story about California's rising stroke rate.

Renate Lux, professor of periodontics at the UCLA School of Dentistry, was quoted on [Philly.com](#) about research on the oral microbiome.

Dr. Anjay Rastogi, clinical chief of the UCLA Division of Nephrology and director of the UCLA Dialysis/ESRD Program, commented in a [WebMD](#) story examining the safety of protein powder.

Steven P. Wallace, professor and chair of the Department of Community Health Sciences at the UCLA Fielding School of Public Health and associate director of the Fielding School's UCLA Center for Health Policy Research, commented in a [New America Media](#) article on the rising number of seniors and its effect on society.

Dr. Daniel Waxman, emergency medicine physician at Ronald Reagan UCLA Medical Center, commented in a [San Diego Union-Tribune](#) story about a smartphone app and other problem-interceptor programs intended to help prevent the need for hospital visits by senior citizens.

Nancy Wayne, UCLA associate vice chancellor for research and a professor of physiology at the David Geffen School of Medicine at UCLA, commented in an [Undark](#) story about how BPS, a substitute chemical for BPA in plastic, is no safer than the original.

Dr. David Wong, associate dean for research at the UCLA School of Dentistry, commented in [The Orange County Register](#) about salivary biopsies and liquid biopsies. The story was picked up by [The Press-Enterprise](#).

BRIEFS

A [Fox News](#) story about coffee's health benefits referenced a UCLA study finding how coffee protects against diabetes.

A [Times-Standard](#) article cites data from the Fielding School's UCLA Center for Health Policy Research finding that 24 percent of adults in California's North Coast Assembly district delayed filling prescriptions or getting medical services in 2014.

[Haute Living](#) referenced the new UCLA Health–Century City clinic in an article that highlighted stores and businesses set to open in the renovated Westfield Century City mall.

An [Elite Daily](#) story on the connection between exercise and the brain cited UCLA Neurosurgery research on neural pathways.

[Reuters Health](#) cited an asthma study published by Dr. Jonathan Corren, associate clinical professor and allergist-immunologist at UCLA Medical Center, Santa Monica.

An [Organic Authority](#) story on picking a healthy yogurt referenced research from the Vatche and Tamar Manoukian Division of Digestive Diseases on the impact of probiotics in yogurt on brain health.

[Malibu Surfside News](#) highlighted the artwork of Daniela Schweitzer, genetics director of the UCLA Craniofacial Clinic.



This report features media placements from UCLA Health, which includes the David Geffen School of Medicine at UCLA, Ronald Reagan UCLA Medical Center, UCLA Medical Center, Santa Monica, UCLA Mattel Children's Hospital, the Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA, the UCLA Health Clinics and the UCLA Faculty Practice Group.

It also includes placements from 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.

UCLA's Health Sciences Media Relations office e-publishes this report weekly. For more information, please contact Tami Dennis, executive director of media relations, or call the Media Relations office at (310) 267-7022. Media Relations also offers publicity for new research, medical breakthroughs, 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>.