



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Sept. 2 – 8, 2016

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Parents could be making kids' concussions worse

Coverage for story on rising number of over-medicated elderly patients continues

For youth, marijuana may not be benign

Study on public health care spending receives wide coverage

UCLA Health thinks globally, acts globally

Huffington Post publishes blogs on environmental health

The Scientist profiles UCLA neurobiologist

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KPCC explores sighing reflex

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Black market for organs

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Living a heart healthy life

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Parents could be making kids' concussions worse

A UCLA Health survey finding that most parents rely on outdated concussion advice that can prolong symptoms and cause emotional distress was covered worldwide, resulting in 143 TV segments, 81 radio stories and 46 digital articles, including Sept. 6 by [USA Today](#), [United Press International](#), CBS Radio, KNX 1070AM, [Parents](#) and [Consumer Affairs](#); Sept. 7 by [CBS News](#) (New York) and Australia's [Yahoo! News](#); and Sept. 8 by [MSN](#) and the [Australian Associated Press](#). Dr. Christopher Giza, director of the UCLA Steve Tisch BrainSPORT Program and a professor of pediatrics and neurosurgery at UCLA's David Geffen School of Medicine and Mattel Children's Hospital, was quoted.

KNX 1070AM: <http://bit.ly/2c1PG87>

Coverage for story on rising number of over-medicated elderly patients continues

An article published by [Kaiser Health News](#) on the rising number of elderly patients on multiple medications that can produce dangerous drug interactions and serious side effects continues to garner media placements. Already published in more than a dozen media outlets, it was syndicated Sept. 4 in the [Daily Breeze](#), [San Bernardino Sun](#), [Daily News](#), [Pasadena Star News](#) and the [La Crosse Tribune](#) (La Crosse, WI). 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.

For youth, marijuana may not be benign

Dr. Tom Strouse, medical director of UCLA's Resnick Neuropsychiatric Hospital, and Dr. Mark DeAntonio, clinical professor of psychiatry and director of adolescent inpatient services at the Semel Institute, were featured Sept. 2 in a [Los Angeles Times](#) article about Proposition 64, the November ballot initiative that would legalize marijuana for adult use, but noted that marijuana may not be benign for teens and young adults. Strouse and DeAntonio noted they have treated teens for short-term symptoms of psychosis after using the drug, and that chronic use could have a negative effect on developing brains.

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 has received ongoing coverage by several news media outlets, including Sept. 6 by [California Healthline](#); Sept. 1 by [Modern Healthcare](#), [Fierce Healthcare](#), [Bonner County Daily Bee](#) (Sandpoint, ID), [L.A. Watts Times](#), [Recordnet.com](#), [Healthcare Finance](#); and Aug. 31 by [HealthCareBusiness](#).

UCLA Health thinks globally, acts globally

UCLA Health's international strategy was featured Sept. 5 in a [Hospitals & Health Networks](#) article on academic medical centers' efforts to build international partnerships. Mike Burke, director of international services, was quoted. That story and UCLA Health's role in the trend were referenced Sept. 6 by [FierceHealthcare](#).

- UCLA Health was also featured Sept. 6 in a related [Hospital & Health Networks](#) article on treatment of international payments.

Huffington Post publishes blogs on environmental health

Dana Ellis Hunnes, senior registered dietitian and adjunct assistant professor of community health sciences at the UCLA Fielding School of Public Health, published several articles for the Huffington Post, including [Another Dolphin Hunt is About to Resume](#) on Sept 1; [Clarifications, Re: Fish Sustainability](#) on Sept. 6; and [A View of Earth From The Milky Way](#) on Sept. 8.

The Scientist profiles UCLA neurobiologist

Dean Buonomano, a professor of neurobiology at the David Geffen School of Medicine at UCLA, and one of the first neuroscientists to grapple with learning how the human brain encodes time, was profiled Sept. 1 by [The Scientist](#). He uses computational modeling, *in vitro* electrophysiology and human psychophysics experiments to explore how neurons and the brain perceive and respond to time. He was quoted.

Dermatologist sheds light on the science behind paper cuts

Dr. Hayley Goldbach, UCLA resident physician in dermatology, explained Sept. 5 in a [BBC](#) story the effects of paper cuts on the skin and why they cause so much pain. The story was also featured Sept. 5 in [Cosmopolitan](#) and [Metro UK](#) and Sept. 7 in [AOL News](#) and [Huffington Post](#).

CICARE as a model for law enforcement

UCLA Health's CICARE program was featured Sept. 6 in a [Huffington Post](#) article by Dr. Mark Goulston, who posited that the method for "de-escalating" anxiety in patients might also work with law enforcement and civilians.

Where do memories live?

Research led by Alcino Silva, a professor of neurobiology at the David Geffen School of Medicine at UCLA, was explored Sept. 7 in a [PLoS blog](#) examining how memories are made and stored in the brain.

Lack of Sleep: Bad. Too much Sleep: Worse?

Dr. Michael Irwin, professor of psychiatry and director of the Cousins Center for Psychoneuroimmunology at the Semel Institute, was featured Sept. 2 [Men'sHealth.com](#) about the health issues that can develop from too much sleep—more than eight hours a day. Problems can include obesity, depression, and heart disease among others.

KPCC explores sighing reflex

A study led by Jack Feldman, professor of neurobiology at the David Geffen School of Medicine at UCLA, that pinpointed the neurons responsible for humans' sighing reflex, was covered Aug. 29 by KPCC 89.3FM's "[Lohdown on Science](#)."

Why Latinos age more slowly

Research finding that Latinos age more slowly on the molecular level was covered Aug. 30 by [Allure](#) and syndicated by [Yahoo! Beauty](#). Principal investigator Steve Horvath, a professor of human genetics and biostatistics at UCLA's David Geffen School of Medicine and the Fielding School of Public Health, was quoted.

When dementia patients shouldn't get behind the wheel

Dr. Zaldy Tan, associate professor of medicine in the division of geriatrics and medical director of the UCLA Alzheimer's and Dementia Care Program, wrote Sept. 8 a [Medscape](#) contributed post on when patients with dementia should stop driving. Separately, [Physical Therapy Products](#) reported Sept. 5 on research led by Tan suggesting that regular physical activity for older adults could lead to higher brain volumes and a reduced risk for developing dementia.

Black market for organs

Dr. Gabriel Danovitch, medical director of the UCLA Kidney and Pancreas Transplant program, was featured Sept. 1 in a [National Geographic](#) documentary on the black market for organs around the world.

Encouraging sick kids to become artists

[KCBS-Channel 2](#) and [KCAL-Channel 9](#) aired stories Aug. 24 about "Big Smiles," a volunteer-led art program at Mattel Children's Hospital UCLA that allows pediatric patients to get messy with paints and express their inner artists.

Opera produced by UCLA Center for Health Services and Society premieres

Joseph Mango, senior public administrative analyst with the UCLA Center for Health Services and Society, wrote Aug. 22 a [Huffington Post](#) story about *The Center Cannot Hold – Part One: The Illness*, an opera premiering at UCLA about living with schizophrenia. The opera was produced by the center and composed by Dr. Kenneth Wells, professor in the department of psychiatry and director of the UCLA Center for Health Services and Society at the Semel Institute.

The world is getting better at paid maternity leave. The US is not.

Research conducted by the WORLD Policy Analysis Center at the UCLA Fielding School of Public Health about policies for expectant mothers in the U.S. and other countries has received ongoing coverage, including Sept. 2 in [The Hindu](#) and Sept. 2 by [India Infoline News Service](#) in articles about an India-based company that has introduced a new policy of 6 months maternity leave.

Living a heart healthy life

[News Medical.net](#) featured Sept. 8 tips on making small changes to live a heart healthy lifestyle. Dr. Sheila Sahni, an interventional cardiology fellow at the David Geffen School of Medicine at UCLA, and Dr. Gaurav Banka, a clinical cardiology fellow at UCLA, were quoted.

Move 30 minutes a day to lower health risks

[Safety and Health Magazine](#) featured Aug. 31 tips on how to sit less and incorporate more movement into the workday. Dr. Daniel Vigil, health sciences associate clinical professor of family medicine, was quoted.

BRIEFS

Dr. John Mazziotta, Ph.D., vice chancellor of UCLA Health Sciences and CEO of UCLA Health, was featured Sept. 2 in [Becker's Hospital Review](#)'s list of 110 Physician Leaders to Know: 2016.

Research by Dr. Daniel J. Siegel, associate clinical professor of psychiatry at the Semel Institute, was cited Sept. 2 on [FoxNews.com](#) about giving your child a "time out" for inappropriate behavior. Siegel and his colleague were cited regarding their research showing that timeouts can be effective, but argue that timeouts in real-world practice is more often inappropriate — parents do it inconsistently and with hostility.

Research conducted at the Semel Institute for Neuroscience and Human Behavior at UCLA showing there is no evidence for a sex addiction was cited in a Sept. 8 [Psychology Today](#) article about former Congressman Anthony Weiner and sexting.

Research about diabetes conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was cited Sept. 5 in [The Bakersfield Californian](#) and Sept. 4 by [The Salinas Californian](#).

Dr. Linda Rosenstock, dean emeritus and professor of health policy and management with a joint appointment in environmental health sciences at the UCLA Fielding School of Public Health, was cited Sept. 2 by [The Daily Nurse](#) as having been selected to receive the Stephen Smith Award for Distinguished Contributions in Public Health, to be awarded in November 2016 by the New York Academy of Medicine.

[New Castle News](#) reported September 6 on an annual fundraiser that will benefit the breast cancer research of Dr. Dennis Slamon, director of the UCLA Jonsson Comprehensive Cancer Center's Clinical and Translational Research. Slamon is a native of New Castle, Pennsylvania.

QUOTABLES

Dr. Jennifer Beck, a pediatric orthopaedic surgeon and sports medicine specialist at UCLA Medical Center, Santa Monica, was quoted Sept. 7 in a [Self.com](#) article on the importance of refueling after a workout.

Dr. Alexander Chiang, an assistant clinical professor in the department of obstetrics and gynecology at the David Geffen School of Medicine at UCLA, commented Sept. 2 in a [Self.com](#) article on what women should consider in terms of fabric and style when choosing underwear. The article also appeared on [Fox.com](#).

Dr. Christopher S. Colwell, professor of psychiatry at the Semel Institute and director of the Laboratory for Circadian and Sleep Medicine, commented Sept. 8 in [Mercola.com](#) about a mouse study he called "remarkable" showing that sleep deprivation decreases muscle motor performance and can cause the muscles themselves to atrophy.

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 Sept. 6 in a [HealthDay](#) article about a study which found sexually active older men may be more likely to have a heart attack, heart failure or a stroke, compared to their less sexually active peers. Fonarow cautioned that the findings were contrary to most studies but that more research should be done. The

HealthDay story was syndicated in a dozen outlets including [U.S. News and World Report](#), [CBSNews.com](#), [Health.com](#) and [Yahoo Finance](#).

Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor of community health sciences at the Fielding School of Public Health, was quoted Sept. 2 in a [Mic](#) story on the nutritional effects of apple cider vinegar and Sept. 5 in a [Women's Health UK](#) story on eating late at night.

Dr. Richard J. Jackson, professor of environmental health sciences at the UCLA Fielding School of Public Health, commented Sept. 3 in a [HeraldNet](#) article about an presentation Jackson will give at an upcoming health summit in Tulalip, WA.

Nadereh Pourat, adjunct professor of health policy and management at the UCLA Fielding School of Public Health and research director at the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, commented Sept. 6 in a [Los Angeles Times](#) column about price transparency in the U.S. healthcare system.

Dr. Sammy Saab, professor of medicine and surgery and head of outcomes research in hepatology at the David Geffen School of Medicine, commented Sept. 2 in a [Today.com](#) story about an outbreak of hepatitis A and the symptoms of those affected.

Dr. A. Nick Shamie, an orthopaedic spine surgeon with the UCLA Spine Center in Santa Monica and a clinical professor of orthopaedic surgery, was quoted Aug.19 in a [Snopes.com](#) story debunking a claim that yoga straightened a severe curvature in an elderly woman's spine.

Dr. Zaldy Tan, associate professor of medicine in the division of geriatrics and medical director of the UCLA Alzheimer's and Dementia Care Program, commented Sept. 2 in a [New York Times](#) story about the stress that caregivers experience when caring for loved ones with Alzheimer's disease or dementia.

Dr. Daniel Vigil, health sciences associate clinical professor of family medicine, commented in the September issue of [Men's Fitness](#) for a story on how to prevent the most common swimming injuries.

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