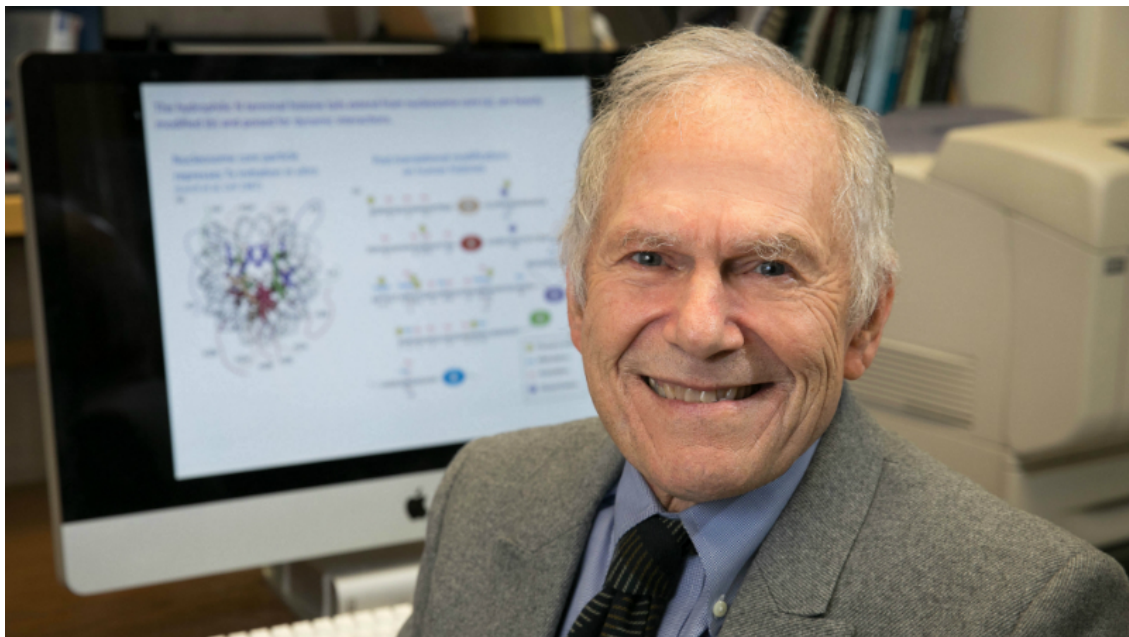




# Health

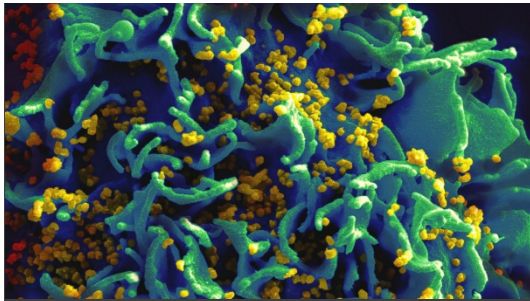
## UCLA HEALTH SCIENCES MEDIA REPORT September 7-13, 2018

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[Los Angeles Times](#): Michael Grunstein wins Lasker Award for gene expression research

(Photo: Reed Hutchinson/UCLA)



[OC Register](#): Preventing heart disease in people with HIV

(Photo: National Institutes of Health)



[US News](#): For doctors and nurses especially, communication is vital

(Photo: Pixabay/sasint)



## FEATURED

### **Michael Grunstein wins Lasker Award for gene expression research**

[Los Angeles Times](#), [New York Times](#), [The Scientist](#), [Science](#), [Nature](#), [Becker's Hospital Review](#), [Scientific American](#), [Medscape](#), [Philanthropy News Digest](#), and an Associated Press story published by [STAT News](#), [ABC News](#), [Washington Post](#) and more than 270 outlets reported that Michael Grunstein, a distinguished professor of biological chemistry at the David Geffen School of Medicine at UCLA, has been awarded the 2018 Albert Lasker Basic Medical Research Award for his groundbreaking research on gene expression. Also, [JAMA](#) published an article by Grunstein detailing his work, and the Lasker Foundation published videos about his and other award recipients' work on [Facebook](#), [YouTube](#) and [Twitter](#).

### **Preventing heart disease in HIV-positive people**

An [Orange County Register](#) article about a clinical trial seeking to prevent heart disease in people living with HIV featured Dr. Judith Carrier, chief of the division of infectious diseases. UCLA Health is one of seven centers enrolled in the trial. The article also ran in the [Los Angeles Daily News](#), [San Bernardino Sun](#), [Whittier Daily News](#), and seven other Southern California News Group newspapers.

### **For doctors and nurses especially, communication is vital**

A [U.S. News & World Report](#) story about the importance of communications between

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physicians and nurses featured the expertise of Jo-Ann Eastwood, an associate professor at the UCLA School of Nursing. The story also referenced inter-professional classes at UCLA that foster better understanding and communications among nurses, physicians and dental students.

### **Serving the Hispanic population's medical needs**

A [Modern Healthcare](#) article about approaches to help meet the healthcare needs of the nation's growing Hispanic population highlighted the UCLA International Medical Graduate (IMG) program as well as a 2015 study led by Dr. Gloria Sanchez finding that the rate of Hispanic physicians has fallen since 1980 even as the Hispanic population has grown. Sanchez, an associate clinical professor of family medicine, and Dr. Michelle Bholat, executive director of the IMG program and executive vice chair of family medicine, were quoted.

### **Boosting memory and thinking skills**

A [Consumer Reports](#) article on maintaining or improving memory and thinking skills featured Dr. Zaldy Tan, medical director of the UCLA Alzheimer's and Dementia Care Program, and Dr. Gary Small, a professor of psychiatry and biobehavioral sciences. The article also cited a 2016 study led by Tan finding that adults who were more active had a larger hippocampus, the part of the brain involved in memory and learning. [Yahoo! News](#) carried the article.

### **Minorities helped improve California's health profile**

[Medical Daily](#) and [Science Daily](#) highlighted research led by Paul Hsu finding that despite a 62 percent minority population with high poverty rates, low education and lack of insurance, California has a health profile that's significantly better than the nation's as a whole. This profile was largely driven by the state's minority population.

### **What to expect at your first visit with an OB-GYN**

[LAist](#) interviewed Dr. Aparna Sridhar, a clinical assistant professor of obstetrics and gynecology, for a story on what age women should begin visiting a gynecologist, and what to expect during the visit.

### **HPV vaccine prevents deadly cancers in children**

A [Forbes](#) op-ed written by Dr. Nina Shapiro, a professor of pediatric head and neck surgery at UCLA Mattel Children's Hospital, explored how the vaccine for human papilloma virus can prevent the transmission of devastating oral cancers and throat disorders to children.

### **Teens have their hands on e-cigs. How big is the problem?**

[RollingStone.com](#) reported on the public health implications of the prevalence of e-cigarette use among teens, citing the research and expertise of Dr. Holly Middlekauff, a professor of medicine in the divisions of cardiology and physiology.

### **What will a hospital-led generic drug company mean for patients?**

[KPCC](#) featured Shana Alex Charles in an AirTalk segment about news that a group of hospitals launched their own drug company to manufacture 14 generic drugs that are in short supply. Charles is a faculty associate at the Center for Health Policy Research at the UCLA Fielding School of Public Health.

### **Type 2 diabetes increases risks of heart disease**

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[Everyday Health](#) interviewed Dr. Karol Watson, co-director of the UCLA Program in Preventive Cardiology and director of the UCLA Barbra Streisand Women's Heart Health Program, on seven risks associated with heart disease that people with type 2 diabetes should know, and tips to help reduce those risks.

#### **The myths and the facts about meditation's health benefits**

[SELF](#) published a comprehensive explainer about the health effects of – and misconceptions surrounding – meditation, featuring the expertise of Susan Smalley. Smalley is a professor emeritus of psychiatry and the founder of the UCLA Mindful Awareness Research Center. The story was republished by [Yahoo! Lifestyle](#).

#### **Opera produced by UCLA Center for Health Services gains popularity**

[WHYY](#) reported that The Mütter Museum will host a performance of "The Center Cannot Hold," an opera that premiered at UCLA about living with schizophrenia. Dr. Kenneth Wells, a professor of psychiatry and director of the UCLA Center for Health Services and Society at UCLA's Semel Institute, composed the opera.

#### **Dry-eye expert offers tips for contact-lens comfort**

[SELF](#) featured Dr. Vivian Shibayama, an optometrist at the UCLA Stein Eye Institute, in a story outlining eight tips that contact-lens wearers who suffer from dry eyes should always follow.

#### **Acute lymphoblastic leukemia patient spotlighted by local media**

[Long Beach Post](#) reported on the story of a patient who was diagnosed and treated by Dr. Jacqueline Casillas for acute lymphoblastic leukemia. The story also referenced the strategic affiliation between UCLA Mattel Children's Hospital and Miller Children's & Women's Hospital. Casillas is a health sciences clinical professor in the department of pediatric hematology oncology at UCLA Mattel Children's Hospital and a member of the Jonsson Comprehensive Cancer Center.

#### **What you need to know about male breast cancer**

[MEL Magazine](#) featured Dr. Deanna Attai, an assistant clinical professor of surgery, in a story about male breast cancer and how men who were near the site of 9/11 have experienced a jump in breast cancer diagnoses.

#### **Is 'cultural stress' a culprit for skin issues?**

[Daily Mail](#) published a story about Dr. Howard Murad's contention that "cultural stress" – or the pressure people feel to live up to societal expectation – can have a negative effect on the health of our skin. Murad is an associate clinical professor of medicine in the division of dermatology.

#### **The cooking oils you should reach for first**

[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 cooking oils.

#### **Investigating marijuana for pain relief**

[The Fix](#) 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.

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### **Why does our weight fluctuate?**

[Well+Good](#) published a story about the reasons for weight fluctuation featuring the expertise of Dana Hunnes, a senior dietitian at Ronald Reagan UCLA Medical Center and an adjunct assistant professor at the UCLA Fielding School of Public Health.

### **Brains of people with schizophrenia are less reactive to social rewards**

[Medical Xpress](#), [Health Canal](#) and [MyScience.org](#) reported on UCLA research finding that the brains of people with schizophrenia are less sensitive to social rewards, such as smiling faces or positive feelings deriving from social interactions. Michael Green, a professor in residence in the department of psychiatry and biobehavioral sciences, was the senior author; Junghee Lee, a research psychologist, was the first author.

### **Changes in the architecture around cancer cells can fuel their spread**

[Medical Xpress](#), [Health News Digest](#) and [MyScience.org](#) reported on a UCLA study finding that acute changes in a single component of a cell can trigger a very rapid change in the cell's metabolism, which can help explain why cancer spreads. Heather Christofk, an associate professor in biological chemistry and molecular and medical pharmacology, and director of basic and translational research at the UCLA Jonsson Comprehensive Cancer Center, is the senior author. BJ Sullivan, a UCLA graduate student, is the first author.

### **Watching neurotransmitters in action**

[ScienceDaily](#) and [Phys.org](#) reported on a UCLA study led by Anne Andrews, a professor of psychiatry at UCLA's Semel Institute, in which her team paired tiny artificial receptors with semiconductor devices to observe how brain chemicals function in living tissue. Published in *Science*, the findings have implications for understanding how neurotransmitters act in psychiatric conditions like depression and anxiety.

### **Predicting hospitalizations for patients with IBD**

[Leader's Edge](#) posted a Q&A with Don Vaughn, a postdoctoral fellow at UCLA's Semel Institute, about predictive modeling for patients with inflammatory bowel disease.

### **Stem cells hold promise for infertility treatments**

[Drug Discovery News](#) featured Amander Clark's research on in vitro gametogenesis (IVG), the process of creating eggs and sperm from human induced pluripotent stem cells, in a story about efforts to develop stem cell-based infertility treatments. Clark is a professor of molecular cell and developmental biology in the UCLA College of Life Sciences and a member of both the UCLA Broad Stem Cell Research Center and the UCLA Jonsson Comprehensive Cancer Center.

### **This week in 'Ask the Doctors'**

UCLA Health internists 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 Ko is an assistant professor of medicine. A sampling of stories from this past week's column:

- On handwashing versus hand sanitizers, in Massachusetts' [The Berkshire Eagle](#).
  - On progress in treating cancer, in Oklahoma's [Tulsa World](#).
  - On cross education for immobilized limbs, in Florida's [The Daytona Beach News-Journal](#).
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## QUOTED

*“This is another example of a population in our country that is completely underserved. For those who can access health care and the best doctors, things go pretty well, but that’s not true for most of the country, and the prison population is in that same bucket.”*

- **Dr. Joe Hines**, about a study finding that some prisoners in Florida died from treatable conditions, to [Reuters](#)



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**Dr. Alon Avidan**, a professor of neurology and director of the UCLA Sleep Disorders Center, commented in [USA Today](#) about new research finding that two-thirds of Millennials sleep nude. The story was syndicated in more than 80 online news outlets, including [Ventura County Star](#) and [York Daily Record](#).

**Matthew Beymer**, a researcher at the David Geffen School of Medicine at UCLA, commented to [Reuters](#) about research finding that more than one in nine people worldwide who might benefit from pre-exposure prophylaxis (PrEP) to help prevent infection with HIV are taking the medication. [NBCNews.com](#), [Yahoo! Finance](#), [Japan Today](#) and nine other outlets syndicated the story.

**Robert Bilder**, a professor of psychiatry and director of the Tennenbaum Center for the Biology of Creativity at UCLA’s Semel Institute, commented in [Harper’s Bazaar](#) about online shopping and compulsive buying disorder.

**Dr. David Eisenman**, a professor-in-residence of medicine in the division of general internal medicine and health services research at the David Geffen School of Medicine at UCLA and director of the UCLA Center for Public Health and Disasters in the UCLA Fielding School of Public Health, commented in the [Arizona Republic](#) about last year’s record number of heat-related deaths in Phoenix.

**Dr. Gregg Fonarow**, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, was quoted in [Healthline](#) about a study finding that heart disease risk could be lowered by combining statins with blood pressure drugs.

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**Dr. Wally Ghurabi**, medical director of the Nethercutt Emergency Center at UCLA Medical Center, Santa Monica, commented in [The Washington Post](#) on scooter injuries. The article was reprinted in the [Chicago Tribune](#), [Baltimore Sun](#), and more than a dozen other newspapers nationwide.

**Shane Que Hee**, a professor of environmental health sciences at the UCLA Fielding School of Public Health, was quoted in [Vice Tonic](#) about whether inexpensive makeup can be bad for your skin.

**Dr. Joe Hines**, a professor and chief of general surgery, commented in a [Reuters](#) article about a study finding that some prisoners in Florida's Miami Dade County prison system died from conditions that could have been surgically treated.

**Gerald Kominski**, a professor of health policy and management at the UCLA Fielding School of Public Health and a senior fellow at the Fielding School's Center for Health Policy Research, commented in the [Los Angeles Times](#) column about President Obama's endorsement of expanding Medicare to all Americans.

**Dr. Joseph Ladapo**, an associate professor of medicine in the division of general internal medicine and health services research, commented to [Reuters](#) about a study suggesting that beet juice could reduce walking pain in people with leg artery disease. [Physicians Weekly](#), [Yahoo! Finance](#), [Newsmax](#), and seven other outlets carried the article.

**Dr. Zhaoping Li**, director at the UCLA Center for Human Nutrition, commented to [Today.com](#) about the debate over whether milk causes excess mucus production.

**Dr. David Merrill**, an associate professor of psychiatry and biobehavioral sciences at UCLA's Semel Institute, commented to [NBC News](#) about the neural systems activated during wine tasting. The story was syndicated on [MSN.com](#).

**Dr. Janet Pregler**, director of the Iris Cantor-UCLA Women's Health Center, commented to [Kaiser Health News](#) about bioidentical hormone treatments. The story appeared in [California Healthline](#) and on [People.com](#).

**Dr. Mark Sklansky**, a professor and chief of pediatric cardiology, commented in the [Wall Street Journal](#) on hygiene initiatives that hospitals use to reduce superbug infections. The story was reprinted in [Becker's Hospital Review](#).

**Dr. Mihaela Taylor**, an assistant clinical professor and rheumatologist at UCLA Medical Center, Santa Monica, commented to [MedPage Today](#) on how obesity affects fibromyalgia treatment.

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

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# BRIEFS

A [CBS This Morning](#) segment about electronic scooter injuries featured a graphic displaying the number and type of scooter injuries treated at the Nethercutt Emergency Center at UCLA Medical Center, Santa Monica. The segment ran on [CBSNews.com](#) and more than 30 CBS-affiliated TV and radio stations nationwide.

[The San Francisco Chronicle](#) referenced the success of a therapy for a rare and fatal immune deficiency disease, developed by researchers at the UCLA Broad Stem Cell Research Center, in a story about outcomes from California's \$3 billion investment in stem cell research.

[Becker's Hospital Review](#), in a story about the Prophet healthcare provider brand relevance index, referenced UCLA Medical Center's ranking.

A [U.S. News & World Report](#) story on new techniques allowing surgeons to transplant previously unusable livers and kidneys cited UCLA's kidney "re-gifting" program and Dr. Jeffrey Veale, director of the UCLA Kidney Transplantation Exchange Program.

[Daily Star](#), in a story about reducing belly fat, referenced research from the UCLA Center for Human Nutrition about the health benefits of black tea.

[Elite Daily](#), in a story about meditation's use for decision-making, referenced research from the UCLA Laboratory of Neuro Imaging examining how meditation strengthens the brain.

[Healthcare Informatics](#), in a story about tech innovation at Martin Luther King Jr. Community Hospital, referenced telemedicine services provided by physicians at UCLA.

[Downey Patriot](#), in an essay by a woman who struggled with debilitating epileptic seizures, referenced her successful treatment by specialists at the UCLA Seizure Disorder Center.

[Urbanize.LA](#), in an article about a proposal for new affordable apartments for seniors, cited research from the Center for Health Policy Research at the UCLA Fielding School of Public Health reporting that more than three-quarters of low-income seniors in California struggle to pay their rents.

[Gilmer Mirror](#), in an article about the need to recruit graduates of international medical schools to help alleviate the shortage of doctors in the U.S., cited the UCLA International Medical Graduate Program.

[Fast Company](#), in an article about how many people in the workforce hold full-time jobs yet still cannot afford a doctor, cited Dr. Atul Gawande's commencement address to the David Geffen School of Medicine at UCLA's Class of 2018.

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(Photo: Dean Ishida/UCLA)



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[Changes in the architecture around cancer cells can fuel their spread](#) UCLA Newsroom.

[California's large minority population drives state's relatively low death rate, study finds](#) UCLA Newsroom

Stem cell transplants: What you need to know UCLA Health Connect blog

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[Radiation oncologist elected a fellow of the American Association of Physicists](#) UCLA Newsroom

[Public health professor appointed to national research institute's advisory panel](#) UCLA Newsroom

[“Exploring evidence-based care transitions across the lifespan” theme for UCLA Health Nursing Research and Evidence-Based Practice Conference](#) UCLA School of Nursing

[Creating opportunity for the healthcare leaders of tomorrow – the Summer Health Professions Education Program](#) UCLA School of Nursing



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This report features media placements about 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 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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