



**UCLA HEALTH SCIENCES MEDIA REPORT**  
**For the week of Sept. 23-29, 2016**

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**The critical importance of nurse researchers**

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**Epigenetic clock uncovers accelerated aging**

Using an epigenetic clock developed at UCLA, a team of 65 scientists in seven countries found that DNA in 5 percent of the population ages faster than average, leading to a shorter lifespan. Potentially shedding light on why some people lead a healthy lifestyle yet still die younger, the findings were covered Sept. 29 by the [Huffington Post U.K.](#), [MSN Sports](#), [Med India](#), STAT Morning Rounds and an ABC “Good Morning America” segment that aired in 150 markets nationwide; and Sept. 28 by the BBC World Radio’s “[Newsday](#),” (42-minute mark), the U.S. edition of [The Guardian](#), [HealthDay News](#), the Boston NPR-affiliate [WBUR-FM](#), [United Press International](#), the U.K.’s [Daily Mail](#) and [Futurism](#). The HealthDay report was syndicated by [U.S. News & World Report](#), [MSN](#), [WebMD](#) and dozens of other outlets nationwide.

Lead author Steve Horvath, a professor of human genetics and biostatistics at UCLA's David Geffen School of Medicine and Fielding School of Public Health, was quoted.  
ABC's Good Morning America: <http://bit.ly/2cEEss8>

### **Media highlight benefits of clot-removing stents**

[ABCNews.com](#), [Healio: Cardiology Today's Intervention](#) and [TCTMD](#) on Sept. 27; [Voice of America](#), [WGHP-TV](#) (Greensboro, North Carolina), [Cantech Letter](#), [The Canadian Press](#), [Science Daily](#), [News-Medical.net](#), and [NEWS-Line for Physician Assistants](#) on Sept. 28; and [Medscape](#) and [Science World Report](#) on Sept. 29 highlighted research co-led by Dr. Jeffrey Saver, director of the UCLA Stroke Center, finding that stent retrievers can provide benefits more than seven hours after onset of a stroke. The Canadian Press article was syndicated by numerous outlets, including MetroNews Canada, Hamilton News, the Brampton Guardian and others.  
WGHP: <http://bit.ly/2dyCU3u>

### **UCLA breast cancer research pioneer honored at star-studded event**

The U.K.'s [Daily Mail](#) reported Sept. 27 and the [Wall Street Journal](#), [People Magazine](#), [EXTRA](#), [Variety](#), [Instyle](#), [Just Jared](#), [Blinging Beauty](#) and other news outlets reported Sept. 28 on Revlon and UCLA's annual philanthropic lunch benefiting breast cancer research. Dr. Dennis Slamon, director of UCLA's Jonsson Comprehensive Cancer Center Clinical and Translational Research, was honored at the event for developing treatments that have saved the lives of countless women around the world.

### **Why morning sickness might be a good thing**

[CBS Newspath](#) reported Sept 26 on a study showing a positive correlation between morning sickness and carrying a pregnancy to term. Dr. Leena Nathan, UCLA Health-Westlake Village obstetrician-gynecologist, was interviewed throughout the segment, as was one of her patients. The story appeared on [CBSNews.com](#) and more than 80 CBS affiliates nationwide, including KQVR-TV (Sacramento, California), KLAS-TV (Las Vegas) and KCNC-TV (Denver).

### **News, entertainment media cover fundraiser for Rape Foundation**

Several news and entertainment media outlets, including [CBSNews.com](#), [People.com](#), the [Hollywood Reporter](#), [BET.com](#) and [Just Jared.com](#), published stories Sept. 26 about the annual fundraising brunch hosted by The Rape Foundation to benefit the Rape Treatment Center and Stuart House at UCLA Medical Center, Santa Monica. The event honored actress and RTC supporter Viola Davis and philanthropist and RTC supporter Cheryl Saban. Gail Abarbanel, founding RTC and Stuart House director, was referenced in some of the coverage.

### **Kelsey Martin named medical school dean**

The [Chronicle of Higher Education](#) reported Sept. 25 on the appointment of Dr. Kelsey Martin as dean of UCLA's David Geffen School of Medicine and how her experience as a Peace Corps volunteer informs her plans to emphasize health care equity in scholarly research and physician training. Martin was quoted.

### **Cardiologist sheds light on cardiovascular disease**

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 about cardiovascular health in the following outlets:

- Sept. 26 in a [HealthDay](#) article about a study finding a greater link to heart disease risk with belly fat than with love handles. Fonarow suggested that abdominal fat might be unhealthier because it may increase insulin resistance leading to high blood sugar and type 2 diabetes. The report was also published on [CBS News.com](#), [WebMD](#), [Philly.com](#), [Newsmax Health](#) and others.
- Sept. 26 in a Reuters Health article on findings that it is safe for coronary artery bypass graft (CABG) patients to take antithrombotic medications if the drugs are stopped one day before surgery instead of the previously recommended five days. The article was also referenced in [Managed Healthcare](#) and [Medscape](#).
- Sept. 22 in a [Cardiology Today](#) online video about how pluripotent stem cells are being used to expand the ability to diagnose and potentially treat cardiovascular disease.

### **Dietician blogs on environmental health**

Dana Ellis Hunnes, senior dietician at Ronald Reagan UCLA Medical Center and adjunct assistant professor of community health sciences at the UCLA Fielding School of Public Health, published several articles for the Huffington Post, including [Non-Human Animals Show Empathy. What Happened To Ours?](#) on Sept. 16; [Disregard for Life in Taiji](#) on Sept. 22; and [Can Taiji Re-Brand Itself?](#) on Sept. 28, which was reposted on [Planet Experts](#).

### **Forbes covers Medicaid expansion study**

[Forbes.com](#) reported Sept. 22 on research finding that states that expanded Medicaid coverage under the Affordable Care Act saw a significant increase in rates of health insurance among low-income adults compared with states that did not expand the program. The researchers also found that the expansion resulted in more low-income people being diagnosed for conditions such as diabetes and high cholesterol that might otherwise not have been detected had they not been covered. The study was led by Laura Wherry, assistant professor of medicine in the division of general internal medicine and health services research at the David Geffen School of Medicine at UCLA.

### **Neurologists weigh in on story about patients with ataxia**

Dr. Susan Perlman, clinical professor of neurology at the David Geffen School of Medicine at UCLA and director of clinical trials at the UCLA Department of Neurology Program in Neurogenetics, and Dr. Brent Fogel, assistant professor in residence of neurology at the Geffen School and director of the Neurogenetics Clinic, were featured Sept. 22 in an [Orange County Register](#) story about brothers with ataxia, a rare genetic neurological disorder. The story was picked up Sept. 26 by [The Spokesman-Review](#).

### **PrEP and higher rates of sexually transmitted infections**

The [Bay Area Reporter](#) on Sept. 22 and the [Washington Blade](#) on Sept. 23 reported on research co-authored by Dr. Jeffrey Klausner finding that rates of sexually transmitted infections are much higher among men who have sex with men (MSM) and who take Truvada as pre-exposure prophylaxis than among other MSM. 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.

### **How to talk to your kid during moments of national tragedy**

Catherine Mogil, an assistant clinical professor at the Semel Institute for Neuroscience and Human Behavior and co-director of the Child and Family Trauma Service, was featured Sept. 7 in an online article in [Fatherly](#) about how to answer kids' questions after national tragedies such as a mass shooting, terrorist attack or natural disaster. Mogil offered numerous suggestions for how parents can communicate with children of different ages, both immediately after and later, in the wake of natural and human-caused tragedies.

### **Illinois paper reports on physical activity and dementia risk reduction**

The [Dispatch/Argus](#) (Moline, Illinois) reported Sept. 26 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. Tan is an associate professor of medicine in the division of geriatrics and medical director of the UCLA Alzheimer's and Dementia Care Program.

### **Vietnam vet walks thousands of miles for Operation Mend**

The [Union Democrat](#) (Sonora, California) featured on Sept. 22 a front-page story about a Vietnam veteran named Ric Ryan who celebrated his eighth anniversary of raising money to support UCLA Health's Operation Mend program by walking nearly 7,000 miles. Operation Mend provides free medical services for wounded post-9/11 service members, and Ryan has raised more than \$52,000 for the program. Melanie Gideon, program director of Operation Mend, was quoted.

### **The critical importance of nurse researchers**

[Hospitals and Health Networks](#) on Sept. 27 and [ScienceBlog](#) on Sept 26 featured a Q & A and videos of an interview with Karen Grimely, chief nursing executive at UCLA Health and assistant dean in the UCLA

School of Nursing, about the role nurses play in research and how their contributions improve patient care.

### **New findings on resistance to immunotherapy drugs**

[Daily Rx News](#) reported Sept. 29 on new findings showing how the immune system in some patients with advanced melanoma can become resistant to the immunotherapy drug pembrolizumab. The authors of the study, published in the *New England Journal of Medicine*, found that an estimated 40 percent of patients had undergone genetic changes in their tumors that prevented the immune system from recognizing and attacking the disease. Dr. Antoni Ribas, director of the UCLA Jonsson Comprehensive Cancer Center Immunology Program, and medical student Jesse Zaretsky were lead and first authors of the research and were quoted.

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### **NOTABLE BRIEFS**

Research conducted by the Mary. S Easton Center for Alzheimer's Disease Research on brain inflammation and curcumin, a substance found in turmeric, was referenced in a Sept. 26 [Rodale's Organic Life](#) story on superfoods for your brain.

Research conducted by the UCLA Center for Human Nutrition on capsaicin, a substance in hot peppers, and its effect on weight loss was mentioned Sept. 27 in an [Ask Men](#) story on the benefits of hot sauce.

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### **NOTABLE QUOTABLES**

Dr. Deanna Attai, a UCLA breast surgeon based in Burbank and an assistant clinical professor of surgery, was quoted Sept. 27 in a [Houston Chronicle](#) article on a study finding that women who choose mastectomy and reconstruction have increased risks, costs and complication rates compared to those who opt for lumpectomy and radiation.

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, commented Sept. 27 in a [STAT News](#) article about new research on diagnosing chronic traumatic encephalopathy, or CTE, while patients are still alive.

Dr. Hayley Goldbach, resident physician in dermatology, commented Sept. 28 in the U.S. edition of [The Guardian](#) in a story about tattoo safety, ink regulation, and risk for cancer.

Dana Ellis 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, was quoted Sept. 22 in an [MSN](#) story on late-night eating.

Dr. Jeffrey Klausner, professor of medicine in the division of infectious diseases at the David Geffen School of Medicine at UCLA and of public health in the UCLA Fielding School of Public Health, was quoted Sept. 29 in a [Huffington Post](#) article on a study about a Utah man who may have contracted Zika from casual contact with a friend.

Dr. Leena Nathan, UCLA Health-Westlake Village obstetrician-gynecologist, commented Sept. 27 in a [SELF](#) article on the benefits of using an IUD for birth control.

Dr. William Parker, director of minimally invasive gynecologic surgery at UCLA Medical Center, Santa Monica and clinical professor of obstetrics and gynecology, was quoted Sept. 29 in a [CNN.com](#) story about ovary removal to prevent cancer and premenopausal aging. The article also appeared in [AZFamily.com](#), [FOX6NOW.com](#), [GantDaily.com](#), [Kake.com](#), [Newsok.com](#), [WABCRadio.com](#), [WBAPRadio.com](#), [WLSAM.com](#), and [WYFF4.com](#).

Dr. A. Nick Shamie, orthopaedic spine surgeon with the UCLA Spine Center in Santa Monica and clinical professor of orthopaedic surgery, commented Sept. 28 in a [Becker's Spine Review](#) article on his experience building his career at UCLA.

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