



# Health

## UCLA HEALTH SCIENCES MEDIA REPORT Sept. 27 - Oct. 4, 2018

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[Teen Kids News](#): Program promotes fitness among students

(Photo: UCLA Health)





[Getting Curious](#): Can virtual reality help us understand how we make a memory?

(Photo: Jonathan Van Ness)



[KCLU-FM](#): Cured of kidney cancer by UCLA, a reporter chronicles his journey

(Photo: UCLA Health)



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## FEATURED

### Program promotes fitness among teen students

[Teen Kids News](#), a nationally syndicated news magazine program, featured a story on UCLA Health's Sound Body Sound Mind program. The program donates state-of-the-art fitness centers to underserved middle and high schools and trains physical education teachers in a curriculum designed to motivate students. Dr. David McAllister, a UCLA orthopaedic surgeon and member of the Sound Body Sound Mind academic advisory council, and Matthew Flesock, executive director of Sound Body Sound Mind, were interviewed. The segment aired on more than 50 affiliate stations.

- Flesock was also quoted in a [U.S. News and World Report](#) article about the program's success in helping students pass California's state-mandated fitness test.

### "Getting Curious" spotlights virtual reality and memory

Neuroscientist Nanthia Suthana was interviewed on [Getting Curious](#), a popular podcast on iTunes. An assistant professor of neurosurgery and psychiatry at the David Geffen School of Medicine at UCLA, Suthana explained how she uses virtual reality to study how the brain forms and retrieves memories. Host Jonathan Van Ness posted a video preview on [Instagram](#) that garnered 296,215 views and 288 comments.

### Cured of kidney cancer by UCLA, reporter chronicles his journey

NPR-affiliate [KCLU](#) (Thousand Oaks) aired a segment about reporter Lance Orozco and his journey with kidney cancer, for which he was treated in 2012 at UCLA Medical Center, Santa Monica. The segment followed his five-year checkup and featured Dr. Mark Litwin, chair of urology at UCLA and a member of the UCLA Jonsson Comprehensive Cancer

Center.

### **Parents' childhood trauma tied to behavior problems in kids**

KPCC 89.3FM's "[Take Two](#)" featured research by Dr. Adam Schickedanz revealing that severe childhood trauma and stress early in people's lives are linked to higher rates of behavioral health problems in their children. Schickedanz, a health services researcher and assistant professor of pediatrics at UCLA Mattel Children's Hospital, was interviewed.

### **Researcher sheds light on family separation, child detainment**

[Quora](#) hosted an online Q&A session with Dr. Elizabeth Barnert in which she answered user-submitted questions about family separation, child detainment, the juvenile justice system and her research in the field of children's health. She is an assistant professor of pediatrics at the David Geffen School of Medicine and UCLA Mattel Children's Hospital.

### **Online content moderators may face psychological toll**

Emanuel Maidenberg participated in a KPCC-FM segment exploring the need for mental health services for moderators of online content at major technology companies. These employees sift through graphic and illicit content posted online and often see violent imagery. Maidenberg is a clinical professor of psychiatry and biobehavioral sciences.

### **Ear plugs can help light sleepers during travel**

[Travel + Leisure](#) interviewed Dr. Nina Shapiro about factors to consider when purchasing ear plugs for improved sleeping during travel. She is a pediatric head and neck surgeon at UCLA Mattel Children's Hospital.

### **Helping doctors treat pediatric concussions**

Dr. Christopher Giza, director of the UCLA Steve Tisch BrainSPORT Program and a professor of pediatrics and neurosurgery at the David Geffen School of Medicine at UCLA, was interviewed by [KPCC-FM](#) about new guidelines for the Centers for Disease Control and Prevention to help physicians properly diagnose and treat concussions in children and teens. His interview originally aired on [Capitol Public Radio](#).

### **Can mindfulness improve your workouts?**

[Shape](#) interviewed Dr. Daniel Siegel, a clinical professor of psychiatry, for a story about using a meditative tool to improve exercise performance. Siegel recently published a book called *Aware: The Science and Practice of Presence*.

### **What we know about gut bacteria and weight loss**

[Well+Good](#) interviewed Dr. Emeran Mayer for a story about the microbiome and its role in metabolism, inflammation and appetite. Mayer is director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience and co-director of the CURE: Digestive Diseases Research Center at UCLA.

### **Some sodas are even less healthy than others**

[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 about the poor nutritional value of various popular sodas.

### **Medical school awarded \$10 million to advance women's health**

[MyScience.org](#) and [MyNewsLA.com](#) reported that a \$10 million commitment from philanthropist Iris Cantor will enable the David Geffen School of Medicine at UCLA to

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advance its work in educating the next generation of clinicians and scientists in women's health care. The gift also funds a \$2 million endowed chair, the Iris Cantor Endowed Chair in Women's Health, an administrative chair to be held by the director of the Iris Cantor Women's Health Center, currently Dr. Janet Pregler. UCLA Chancellor Gene Block and Dr. Kelsey Martin, dean of the Geffen School of Medicine, were quoted.

### **Vietnam veteran walks to raise money for Operation Mend**

[MyScience.org](#) featured the story of Ric Ryan, a Vietnam veteran who recently celebrated his 10<sup>th</sup> anniversary of raising money to help wounded veterans through the UCLA Health Operation Mend program. The program provides specialty medical and psychological health care for veterans injured in the line of duty since the 9/11 terror attacks in 2001, and includes their families in the care. Dana Katz, volunteer director of community engagement and buddy programs for Operation Mend, was quoted.

### **Are collagen-rich foods worth the hype?**

[Byrdie](#) 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 about collagen in one's diet.

### **Sex-linked differences in cancer may help predict responses to treatment**

[Medical Xpress](#) reported on research by Paul Boutros, director of cancer data sciences at the UCLA Jonsson Comprehensive Cancer Center, which investigated sex differences in cancer genes to see if these differences could help predict responses to treatment.

### **Make adult vaccines a covered pharmacy benefit**

[American Journal of Pharmacy Benefits](#) featured research by the UCLA Center for Health Policy at the UCLA Fielding School of Public Health that proposed including adult vaccinations at retail pharmacies as a covered benefit in California.

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

[BioCentury](#) reported on a study by Heather Christofk, an associate professor in biological chemistry and molecular and medical pharmacology, that found 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. Christofk is also director of basic and translational research at the UCLA Jonsson Comprehensive Cancer Center

### **President of Armenia welcomes Chancellor Gene Block and Dr. Eric Esrailian**

[Asbarez](#) reported that UCLA Chancellor Gene Block and Dr. Eric Esrailian, co-chief of the Vatche and Tamar Manoukian Division of Digestive Diseases, visited Armenia to meet with President Armen Sarkissian. Esrailian co-produced "The Promise," a recent film on the Armenian genocide, and the UCLA School of Law launched The Promise Institute for Human Rights with the help of a gift funded in part by proceeds from the film.

### **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 yoga's benefits at the cellular level, in Florida's [The Daytona Beach News-Journal](#).
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- On the EpiPen shortage, in Texas' [The Courier of Montgomery County](#).
- On respiratory syncytial virus, in Rhode Island's [The Newport Daily News](#).

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## QUOTED

*"I was told many times that the immune system does not treat cancer. Now everybody is convinced and wants to use these drugs."*

- **Dr. Antoni Ribas**, director of the tumor immunology program at the UCLA Jonsson Comprehensive Cancer Center, to the [Los Angeles Times](#)



**Dr. Deanna Attai**, an assistant clinical professor of surgery and a breast cancer surgeon at UCLA Health-Burbank Breast Care, was quoted in the [Herald Tribune](#) about a new approach to breast reconstruction that could reduce pain and weakness.

**Dr. Elizabeth Barnert**, an assistant professor of pediatrics at UCLA Mattel Children's Hospital, was quoted in the [Ventura County Star](#) about the experiences of a teenager who was separated from his family at the U.S. border.

**Catherine Carpenter**, a professor of clinical nutrition and a member of the UCLA Jonsson Comprehensive Cancer Center, was quoted in a [Prevention](#) story about the health effects of coffee and whether acrylamide in coffee poses a significant health risk. The story was syndicated by [MSN](#).

**Dr. Gregg Fonarow**, the Eliot Corday Professor of Cardiovascular Medicine and Science and co-chief of cardiology, was quoted in a [HealthDay](#) article on a study that found a fluctuation in cardiovascular readings may signal a risk for heart disease or stroke. Fonarow was also quoted in the following:

- A [Healthline](#) story about a study that found inserting a small device called a MitraClip into the heart resulted in lower mortality rates and fewer hospitalizations.
  - A [HealthDay](#) story about a study that found wearable defibrillator vests do not lower risks for recent heart attack patients.
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- [Washington Post](#) and [Becker's Health](#) stories about a study finding that survival after cardiac arrest may depend on which emergency management system agency responds. The story originally appeared in [Reuters Health](#).

**Dr. Timothy Fong**, a clinical professor of psychiatry and director of the UCLA Addiction Psychiatry Fellowship, was quoted in the [Press of Atlantic City](#) in an article about sports betting and addiction.

**Dr. Carolyn Goh**, an assistant clinical professor of dermatology, was quoted in a [Business Insider](#) story, syndicated by [Insider](#), about how often people should shower.

**Dr. Cheryl Hoffman**, associate professor of radiology and health sciences, commented in a recent [CNN](#) article about a study showing that taller people have a greater risk of developing varicose veins. Originally reprinted in more than 25 news outlets, the story was syndicated this week by the [Shenzen Daily News](#), the [Columbus Telegram](#), the [Sioux City Journal](#) and [simplemost.com](#).

**Dana Hunnes**, a senior dietitian at Ronald Reagan UCLA Medical Center and an adjunct assistant professor at the UCLA Fielding School of Public Health, was quoted in a [Business Insider](#) article about caffeine and signs that one may be dependent on it.

**Dr. Shaun Hussain**, an assistant professor of neurology at the David Geffen School of Medicine at UCLA, commented in a [Spectrum News](#) story about the U.S. Drug Enforcement Agency making it legal for doctors to prescribe an epilepsy drug that is derived from marijuana.

**Dr. Sara Hurvitz**, associate professor of medicine and a member of the UCLA Jonsson Comprehensive Cancer Center, was quoted in the [Cancer Network](#) about Herceptin.

**Dr. Suzanne Kafaja**, an assistant clinical professor of rheumatology, was quoted in a [Stockhead](#) article about attempts by biotech companies to address rheumatoid arthritis. The story was syndicated by [MSN](#).

**Dr. Alice Kuo**, professor of internal medicine and pediatrics at the David Geffen School of Medicine at UCLA and associate professor of health policy and management at the UCLA Fielding School of Public Health, commented in a [KPCC](#) segment about the unique difficulties faced by immigrant families raising children with autism in the Los Angeles area.

**Dr. Jesse Mills**, director at the Men's Clinic at UCLA, commented in a [Playboy](#) story about an online startup that provides medications for erectile dysfunction to men.

**Dr. Leena Nathan**, an assistant clinical professor and obstetrician-gynecologist at UCLA Health Westlake Village, commented in a [KCRW-FM](#) segment on women who smoke marijuana during pregnancy.

**Dr. Erika Nurmi**, an assistant professor in residence in the department of psychiatry and biobehavioral sciences, was quoted in a [STAT News](#) article about the use of genetic tests to predict whether particular antidepressants will be effective in certain patients.

**Dr. Antoni Ribas**, a professor of medicine and director of the tumor immunology program

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at the UCLA Jonsson Comprehensive Cancer Center, was quoted in the [Washington Post](#) praising Jim Allison, the winner of the Nobel Prize in medicine.

- Ribas was also quoted in the [Los Angeles Times](#) discussing immunotherapy and Allison's contribution to the field of cancer immunology. The article also ran in the [Miami Herald](#), the [Union Bulletin](#), the [Herald Courier](#) and the [Daily Republic](#).
- A [USA Today](#) article quoted Ribas and his patient, who is the longest responder on immune checkpoint inhibitor therapy, which Allison was honored for pioneering. The article was also picked up by 33 other outlets including: [News Center Maine](#), [Kare11.com](#), [King5.com](#) and [MyFoxZone.com](#).

**Stacey Sims**, senior consultant of talent acquisition at UCLA Health and the David Geffen School of Medicine, was quoted in a [Nurse.com](#) article about the trend of moving away from exit interviews to the use of stay interviews.

**Dr. David Wong**, professor of oral biology and associate dean for research at the UCLA School of Dentistry, was quoted in a [U.S. News and World Report](#) article about how body fluids can help doctors detect lung cancer. The article also appeared on [MSN.com](#).

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## BRIEFS

The Rape Treatment Center at UCLA Medical Center, Santa Monica, was noted in a [Laist.com](#) article about resources for women who have been sexually assaulted.

A [Houston Chronicle](#) op-ed about the doctor shortage in the U.S. referenced the UCLA International Medical Graduate program, which helps legal U.S. residents who have graduated from Latin American medical schools earn California medical licenses.

[Becker's Hospital Review](#) noted that UCLA, among other health systems, has received funding from the Agency for Healthcare Research and Quality and the Patient-Centered Outcomes Research Institute, aimed at training researchers on conducting patient-centered outcomes research.

The David Geffen School of Medicine at UCLA was cited in stories by [Science Daily](#), [Phys.org](#), [News-Medical.Net](#) and [Tech Site](#) about a new method that promises to reduce production costs for the most potent form of vitamin K.

UCLA was cited in coverage by [WebMD](#), the [Kashmir Monitor](#) and [Live Past 100 Well](#) of a study it co-led with the Mayo Clinic and University of Louisville about an electronic device implanted in the spinal cord that enabled several paraplegic patients to take steps.

[California Healthline](#) cited data from the California Health Interview Survey, administered by the Fielding School's UCLA Center for Health Policy Research, in a story about

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counties in the San Joaquin Valley region having the highest rates of children seeking emergency room help for asthma in 2016.

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## CONTENT CREATED BY MEDIA RELATIONS



[UCLA Newsroom](#): David Geffen School of Medicine at UCLA receives \$10 million to advance women's health

(Photo: Reed Hutchinson/UCLA)





[Vietnam veteran marks 10 years of walks to raise money for UCLA's Operation Mend](#) UCLA Newsroom

[UCLA receives \\$3 million to pursue research on mobility and function for patients with spinal cord injuries](#) UCLA Newsroom

[Researcher honored for work developing new treatments for prostate cancer](#) UCLA Newsroom

[UCLA researchers discover aggressive prostate and lung cancers are driven by common mechanisms](#) UCLA Newsroom

[Health Records on iPhone now available to UCLA Health patients](#) UCLA Health Newsroom

[What's the deal with brown fat? This researcher is uncovering its function](#) UCLA Health Connect blog

[Separating breast cancer facts from fiction](#) UCLA Health Connect blog



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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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