



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Sept. 30-Oct. 6, 2016

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Epigenetic clock uncovers accelerated aging

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Extra TV features breast cancer experts on segment about late author Jackie Collins

Effectiveness of prostate cancer test

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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

Oct. 6 by [Gulf News](#), Oct. 5 by the [Los Angeles Times](#), Oct. 4 by [Big Think](#), Oct. 3 by [Asian News International](#), Sept. 30 by [Medical News Today](#) and Sept. 29 by [ZME Science](#). The ANI report was syndicated by India TV, Zee News, the Business Standard, the Times of India and New Kerala. 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. He also commented Oct. 4 in a [What Is Epigenetics?](#) story on a previous study linking ethnicity to aging.

Queen Latifah and UCLA cardiologist discuss heart failure on World Heart Day

[HealthDay](#) featured on Sept. 30 a story about a Facebook Live event hosted at UCLA on World Heart Day. The event included American Heart Association spokesperson Queen Latifah, whose mother suffers from heart failure, and Dr. Karol Watson, a professor of medicine in the division of cardiology. The story was syndicated by dozens of news websites including [CBSNews.com](#), [U.S. News & World Report](#), [Philadelphia Tribune.com](#) and others. On Sept. 30, the [Associated Press](#) featured photos of Latifah and Watson taken at the event.

Drug-resistant depression a growing problem in elderly

A [CNN.com](#) Sept. 30 article on the difficulties in treating depression in the elderly featured Dr. Helen Lavretsky, geriatric psychiatrist and professor-in-residence at the Semel Institute, plus a patient she is treating who is currently enrolled in a UCLA study examining how aging affects the risk and benefits of different types of antidepressants. The article also appeared on [KHN.org](#), [PBS.org](#), [Real Clear Health](#), the [Springfield News-Sun](#), [Statesman.com](#), the [Dayton Daily News](#), the [Palm Beach Post](#), [WOKV.com](#), [News965.com](#), [Science Daily](#) and [News-Medical.net](#).

How you could be making your kid's concussion worse

A survey commissioned by UCLA Health to educate parents about common misconceptions about concussion care was covered Oct. 2 by [Self](#) magazine, Philadelphia's WFMZ-TV and Boston's WBZ-AM. The coverage, prompted by a finding that most parents rely on outdated concussion advice, featured 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. Broadcast links:

Mattel hosts 17th annual "Party on the Pier"

Mattel Children's Hospital's 17th annual "Party on the Pier" and fundraiser took place Sept. 25 and was featured by variety of media outlets, including Sept. 25 by [KTLA-TV](#), Sept. 26 by the [Los Angeles Times](#), the U.K.'s [Daily Mail](#), and [Twist Magazine](#), and Sept. 27 by [Just Jared Jr.](#) and [Justine Magazine](#).

Psychiatrist explains how we evaluate presidential debates

Dr. Joseph Pierre, clinical professor in the department of psychiatry and biobehavioral sciences at David Geffen School of Medicine at UCLA, explained how we score performances in presidential debates in [Psychology Today](#) on Sept. 26 and on [CTV News](#) on Sept. 27.

Opinion: Making medicine more affordable

[U.S. News & World Report](#) published Oct. 5 an editorial by Dr. Jonathan Fielding, professor-in-residence of health policy and management at the UCLA Fielding School of Public Health, suggesting fixes to Medicare and the U.S. Food and Drug Administration's drug approval process that could lower the cost of lifesaving drugs. He suggested that Congress allow the Medicare program to negotiate prices for prescription medicines and authorize the FDA to consider a drug's value and price in addition to its safety and efficacy during the approval process. Also, he said, the FDA should aggressively implement the Affordable Health Care Act's provisions for biosimilars, which are lower-cost, interchangeable versions of biologic drugs.

Breast cancer research pioneer honored at star-studded event

The [Los Angeles Times](#) reported Sept. 29 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 women around the world.

Cardiologist sheds light on heart health

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 in the following outlets:

- Oct. 4 in a [Reuters Health](#) article on a study finding that a high resting heart rate was tied to a risk of heart failure in African Americans. Fonarow noted that it might be surprising that resting heart rate in the 75 to 85 beat per minute range, considered normal, is associated with increased risk. The article was syndicated by [Fox News.com](#), [Yahoo! News](#), [Medscape](#), [Philly.com](#) and others.
- Oct. 4 in a [HealthDay](#) article on research finding that cooling therapy might not help all in-hospital cardiac arrest patients. Fonarow commented that the findings point to the need for more randomized clinical trials. The article was also published by [UPI](#) and [U.S. News & World Report](#).
- Oct. 3 in a [HealthDay](#) article in which he commented that additional randomized studies are needed to compare the risk of bleeding between two newer drugs that are now available to treat atrial fibrillation. [UPI](#) also ran the story.
- Oct. 4 in [Cardiovascular Business](#) in an article about various strategies using remote monitoring to help reduce the re-hospitalization rate of heart failure patients.

Can a good diet prevent dementia?

[Medscape](#) published Oct. 6 an article by Dr. David Reuben, chief of the UCLA Division of Geriatrics, that examined research on diet and cognition. Overall the research is suggestive of, but not conclusive for, the benefit of a healthy diet on cognition and dementia.

Linking reimbursements and quality

Dr. Tom Rosenthal, the recently retired chief administrative officer of UCLA Health, and Dr. Alan Kaplan, an administrative fellow in medical center operations, co-authored an Oct. 3 piece in [Health Affairs](#) showcasing UCLA Health's leadership and success in linking insurance reimbursements to quality care through bundled payments. [Fierce Healthcare](#) cited the article Oct. 4.

Play explores how to navigate life with depression

Joseph Mango, senior public administrative analyst at the UCLA Center for Health Services and Society at the Semel Institute, wrote a play called *The One with Friends*, which follows characters with depression and is being used to research how the arts can reduce stigma around mental illness. The play was featured Oct. 6 in a [KPCC-FM](#) story that quoted Dr. Kenneth Wells, professor of psychiatry and director of the UCLA Center for Health Services and Society, and Dr. Bonnie Zima, professor-in-residence of psychiatry and biobehavioral sciences at the David Geffen School of Medicine at UCLA and associate director of the UCLA Center for Health Services and Society. The play was also featured Oct. 4 in the [Huffington Post](#) and Oct. 3 in [The Mighty](#).

Researching relationships between patient engagement, discharges and readmissions

[Today's Hospitalist](#) reported in its October edition about recent UCLA studies in [JAMA Internal Medicine](#) and the [Journal of Hospital Medicine](#) about relationships between patient engagement, discharges and readmissions. Dr. Nasim Afsar-manesh, associate chief medical officer for UCLA Health and associate clinical professor of medicine in the division of general internal medicine and health services research at the David Geffen School of Medicine at UCLA, was quoted. She was the senior author of the studies.

Increase in antibiotic-resistant bacteria hinders treatment of kidney infections

[The Times of India](#) and [Third Age](#) reported Oct. 5 on an Emerging Infectious Disease study about antibiotic-resistant bacteria making it more difficult to treat kidney infections. Study lead author Dr. David Talan, a professor in the department of emergency medicine and in the department of medicine's division of infectious diseases in the David Geffen School of Medicine at UCLA, was quoted.

Why morning sickness might be a good thing, reports more media

A [CBS Newspath](#) Sept 26 news story on a study showing a positive correlation between morning sickness and carrying a pregnancy to term, which previously aired on more than 80 stations nationwide, received additional coverage on [KFSM-TV](#) (Fort Smith, Arkansas), [KTAB-TV](#) (Abilene, Texas), [KOLD-TV](#)

(Tucson, Arizona), WFSB-TV (Hartford, Connecticut), and KTHV (Little Rock, Arkansas). Dr. Leena Nathan, UCLA Health-Westlake Village obstetrician-gynecologist, was interviewed throughout the segment, as was one of her patients.

Paid parental leave around the world

[NPR](#) featured on Oct. 6 data from the WORLD Policy Analysis Center in the UCLA Fielding School of Public Health showing that out of 193 countries in the United Nations, only a handful, including the United States, do not have a national paid parental leave law. Dr. Jody Heymann, dean of the Fielding School and founding director of the WORLD Center, was quoted throughout. Heymann was also quoted Oct. 4 in an [NPR](#) report on paid maternity leave, or lack thereof, in the United States that also cited the WORLD Center's data, and Oct. 6 in a [Christian Science Monitor](#) article about paid parental leave.

Santa Monica businesses support patients and staff

The [Santa Monica Daily Press](#) reported Oct. 1 on the myriad of local businesses that provide discounts or encourage their staff to volunteer at the pediatric unit at UCLA Medical Center, Santa Monica. The article highlighted volunteers from Gloveworx, an area fitness studio, who regularly entertain and encourage sick children. Laila Ramji, child life specialist, was quoted in the article.

Extra TV features breast cancer experts on segment about late author Jackie Collins

[Extra TV](#) reported Oct. 4 on the daughter of the late novelist Jackie Collins, who passed away from late-stage breast cancer last year. Her daughter discussed how Collins dealt with the diagnosis and how she battled the same diagnosis and is now cancer-free. Dr. Sara Hurvitz, associate professor of medicine in the division of hematology and oncology at the David Geffen School of Medicine at UCLA and member of UCLA's Jonsson Comprehensive Cancer Center, and Dr. Maggie DiNome, associate professor of surgery, were interviewed.

Effectiveness of prostate cancer test

Dr. Christopher Saigal, professor and vice chair of the UCLA Department of Urology and member of UCLA's Jonsson Comprehensive Cancer Center, was featured Oct. 4 in a KNX-AM report on the controversy surrounding the prostate-specific antigen (PSA) test following reports that actor Ben Stiller underwent the test and was diagnosed with prostate cancer.

KNX: <http://bit.ly/2d7cl3k>

NOTABLE BRIEFS

An article in the November issue of [Kiplinger's Personal Finance](#) on how to stay fit after age 40 cited research led by Dr. Zaldy Tan, associate professor of medicine in the division of geriatrics and medical director of the UCLA Alzheimer's and Dementia Care Program, suggesting that regular physical activity for older adults could lead to higher brain volumes and a reduced risk of dementia.

Ronald Reagan UCLA Medical Center was listed Sept. 13 in a [Becker's Hospital Review](#) list of 100 hospitals with great heart programs.

Research from 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. 29 [Rodale's Organic Life](#) story on cooking with turmeric.

Dr. Sara Hurvitz, associate professor of medicine in the division of hematology and oncology at the David Geffen School of Medicine at UCLA and member of UCLA's Jonsson Comprehensive Cancer Center, was mentioned Oct. 3 in Fort Wayne, Indiana's [Journal Gazette](#) as the keynote speaker at a breast cancer forum.

NOTABLE QUOTABLES

Dr. Denise Aberle, professor of radiology and member of UCLA's Jonsson Comprehensive Cancer Center, was quoted Sept. 30 by [Onclive](#) on novel approaches toward screening for lung cancer.

Dr. Brenda Bursch, a professor of psychiatry and pediatrics at the David Geffen School of Medicine at UCLA, was quoted Sept. 12 in a [Proto](#) story on physician burnout in reference to her resilience training program for residents at Mattel Children's Hospital UCLA.

Judith Carroll, assistant professor of psychiatry and biobehavioral sciences at the Semel Institute, was quoted Oct. 3 in a story in [The Scientist](#) about early-life stressors affecting biological aging markers.

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. 29 in a [Mic](#) story on the nutritional value of egg whites versus whole eggs.

Dr. Angela Leung, assistant clinical professor of medicine in the division of endocrinology, diabetes & metabolism, was quoted Oct. 3 in a [Medscape](#) article on anti-thyroid medication use during pregnancy.

Dr. Emeran Mayer, director of the G Oppenheimer Family Center for Neurobiology of Stress and Resilience and co-director of the CURE: Digestive Diseases Research Center, was quoted Sept. 29 in a [Medical Daily](#) story and Sept. 30 in an [MSN](#) story on the enteric nervous system as the body's "second brain." He additionally commented Sept. 30 in a [Reuters](#) story about how food companies are using new findings about the gut biome to inform their product strategy; that story was picked up Sept. 30 by the U.K.'s [Daily Mail](#), [Yahoo! News](#), and [Lifescrypt](#), and Oct. 3 by [Medscape](#), among other placements.

Dr. Larissa Mooney, associate clinical professor of psychiatry and director of the UCLA Addiction Medicine Clinic, was quoted Oct. 4 in a [CBS News](#) story about how medications to treat alcohol abuse are underutilized.

Dr. Elizabeth Neufeld, a distinguished professor emerita of biological chemistry and assistant dean of academic affairs at the David Geffen School of Medicine at UCLA, commented Oct. 6 in a [Science](#) magazine article about the battle between government, industry, researchers and parents over an experimental drug for a rare metabolic disorder.

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, which appeared on several other websites across the country, appeared this week on [Click2Houston.com](#), [Local10.com](#), [News4Jax.com](#), [Mywabashvalley.com](#), [KKLY.com](#), [Mycentrix.com](#) and [WTVR.com](#)

Dr. Daniel Vigil, health sciences associate clinical professor of family medicine, was quoted Oct. 6 in a [Conde Nast Traveler](#) article about getting a refund from an airline when you're too sick to fly.

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