



UCLA HEALTH SCIENCES MEDIA REPORT
For the week of Oct. 7-13, 2016

Note: Website links may expire without notice. Some sites require password registration. If you cannot access a story or would like to obtain a copy, please call 310.267.7022.

Freezing early-stage breast cancer cells might be alternative to surgery

Dietitian writes about diet and environment

Opinion: Voters should consider marijuana's public health pros and cons

Opinion: Prop. 56 will save lives

Public health professor interviewed about the "public option"

Physician encourages managing discomfort, fear to curb violence nationally

Measuring California's "hidden poor"

Differences in possible health systems under Clinton, Trump

Smoking: A thing of the past for nurses

Confusion about vitamin D and calcium

Vegan diet for multiple sclerosis

Do activity trackers help your workout?

UCLA achieves lung transplant milestone

UCLA grants fund clinical preventive care in South L.A.

Dermatologist discusses melasma treatment

Grant enables psychiatrist to study treatment-resistant depression

Healthy lifestyle habits may curb the symptoms of Alzheimer's

Play explores how to navigate life with depression

Obit: Dr. Dr. J. Thomas Ungerleider

Study finds workplace wellness benefits the mind

UCLA researcher presents findings on experimental breast cancer drug

**

Freezing early-stage breast cancer cells might be alternative to surgery

New research shows a freezing technique known as cryoablation might be a viable alternative to lumpectomy for treating small, early-stage breast cancers. The study was featured in almost two dozen media outlets on Oct. 11 including [U.S. News & World Report](#), [WebMD](#), [Healthfinder.gov](#), [Philly.com](#), and [Doctors Lounge](#). Study co-author Dr. Deanna Attai, a UCLA breast surgeon based in Burbank and an assistant clinical professor of surgery, was quoted.

Dietitian writes about diet and environment

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, authored several pieces published by the following media outlets:

- Oct. 12 in the [Huffington Post](#) about the dangers of lead in water
- Oct. 5 in [One Green Planet](#) about animal extinction and human consumption habits
- Oct. 4 in the [Huffington Post](#) about empathy needed for wildlife conservation efforts
- Oct. 3 in [Tampa Bay Times](#) about the link between dietary habits and greenhouse gases

Opinion: Voters should consider marijuana's public health pros and cons

Dr. Thomas Strouse, medical director of the Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA and the Maddie Katz Chair in Palliative Care Research and Education, published a column Oct. 12 in [U.S. News & World Report](#) urging voters to consider the public health pros and cons of marijuana when considering California's Proposition 64, which would legalize marijuana for adult recreational use.

Opinion: Prop. 56 will save lives

The [Sacramento Bee](#) published an editorial Oct. 10 by Dr. Michael Ong, associate professor-in-residence of medicine in the division of general internal medicine and health services research, saying that Proposition 56 will save lives, protect children and improve health care. The proposition would create a \$2 per pack cigarette tax increase, with an equivalent increase on products with nicotine derived from tobacco, such as e-cigarettes. Ong wrote the piece on behalf of the Yes on Proposition 56 campaign.

Public health professor interviewed about the "public option"

Gerald Kominski, a professor of health policy and management at the UCLA Fielding School of Public Health and director of the UCLA Center for Health Policy Research, was featured Oct. 11 in a [California Healthline](#) Q&A about proposals to create a government-funded health insurance plan. The article was republished Oct. 12 by [HealthLeaders Media](#). Kominski also commented on the issue Sept. 22 in the [Ventura County Star](#).

Physician encourages managing discomfort, fear to curb violence nationally

[Psychology Today](#) published an editorial Oct. 12 by Marc Schoen, assistant clinical professor of medicine, on methods to reduce violence in the United States.

Measuring California's "hidden poor"

Steve Wallace, professor and chair of community health sciences at the UCLA Fielding School of Public Health and associate director at UCLA Center for Health Policy Research, was featured Sept. 20 on [KCRW-FM](#) in a Q&A about the 200,000 elderly "hidden poor" in Los Angeles who aren't officially counted as poor but still can't make ends meet. The "Elder Index," a research measuring tool developed by Wallace and the center, was cited Oct. 3 by [WBUR-FM](#).

Differences in possible health systems under Clinton, Trump

Research by Gerald Kominski, professor of health policy and management and director of the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, that compared and contrasted the 2016 presidential candidates' views about health plans was featured Oct. 10 by [KCET.org](#) and [KCETLink](#). Kominski's work was also featured Sept. 29 in a [World Journal](#) story about the 2016 presidential candidates' health plans.

Smoking: A thing of the past for nurses

An article in the October issue of [Working Nurse](#) magazine, about the journey from a glamorous portrayal of nurses' smoking to their role in creating today's tobacco-free environments, highlighted the leadership of Linda Sarna, interim dean of the UCLA School of Nursing, in creating the Tobacco Free Nurses Initiative and her research on the impact of smoking on healthcare professionals.

Confusion about vitamin D and calcium

[Medscape](#) reported Oct. 12 on the debate over whether or not orthopedic patients should take calcium and vitamin D supplements. Dr. Susan Bukata, associate clinical professor of orthopedic surgery at UCLA Medical Center, Santa Monica, was interviewed.

Vegan diet for multiple sclerosis

KCRW-FM's "[Press Play with Madeleine Brand](#)" on Oct. 10 featured a segment on the potential benefits of a vegan diet to help treat the symptoms of multiple sclerosis. Dr. Barbara Giesser, professor of neurology at the David Geffen School of Medicine at UCLA, was interviewed.

Do activity trackers help your workout?

[Vogue.com](#) featured an article Oct. 11 about using biometric technology or activity trackers to help improve an athlete's training. Dr. Daniel Vigil, health sciences associate clinical professor of family medicine, was interviewed.

UCLA achieves lung transplant milestone

[Noozhawk.com](#) (Santa Barbara) reported Oct. 12 that a Goleta-area woman was the 1,000th patient at Ronald Reagan UCLA Medical Center to undergo lung transplant surgery. Dr. Abbas Ardehali, surgical director of the heart and lung transplant program, and Dr. David Ross, medical director of the lung transplant program, were quoted.

UCLA grants fund clinical preventive care in South L.A.

[Payers & Providers](#) featured an article on Oct. 6 about funding from the U.S. Department of Health and Human Services and the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health that will increase the use of preventive health services in South Los Angeles.

Dermatologist discusses melasma treatment

Dr. Pearl Grimes, clinical professor of dermatology, discussed the modalities in treating melasma in an Oct. 10 [Dermatology Times](#) story.

Grant enables psychiatrist to study treatment-resistant depression

An initiative to combat treatment-resistant depression in the elderly, led by Dr. Helen Lavretsky, geriatric psychiatrist and professor-in-residence at the Semel Institute, was featured Oct 7 on [KQED.org](#), Oct. 10 in [MedicalXpress](#), and Oct. 11 in [Healthcare IT News](#).

Healthy lifestyle habits may curb the symptoms of Alzheimer's

Habits recommended by Dr. Gary Small, director of geriatric psychiatry at the Semel Institute and director of the UCLA Longevity Center, to stave off the symptoms of Alzheimer's were featured Oct. 10 in a story on [Psych Central](#).

Play explores how to navigate life with depression

A play called "The One with Friends," written by Joseph Mango, senior public administrative analyst at the UCLA Center for Health Services and Society at the Semel Institute, was featured Oct. 7 in the [Santa Monica Daily Press](#). The play, which follows characters with depression, seeks to de-stigmatize the disorder.

Obituary: Dr. J. Thomas Ungerleider

The [Los Angeles Times](#) published an obituary Oct. 12 about Dr. J. Thomas Ungerleider, psychiatrist at the Semel Institute, who died Sept. 19. Ungerleider was known for his research into the medical effects of marijuana.

Study finds workplace wellness benefits the mind

Research from the Semel Institute finding that workplace wellness programs improve both mental and physical health was featured in a number of publications, including [MedicalXpress](#) on Oct. 7 and [EHS Today](#), [Industry Week](#), and [Psych Central](#) on Oct. 10. Study authors Prabha Siddarth, a research statistician at the Semel Institute, and Dr. David Merrill, assistant clinical professor of psychiatry, were quoted.

UCLA researcher presents findings on experimental breast cancer drug

[Healio.com](#) reported Oct. 7 on findings presented at the European Society for Medical Oncology which showed that the investigational drug abemaciclib was effective at reducing tissues in a protein called Ki67 in certain postmenopausal women with breast cancer. Study lead Dr. Sara Hurvitz, associate professor of medicine in the division of hematology/oncology and medical director of UCLA's Jonsson Comprehensive Cancer Center Clinical Research Unit, was quoted.

NOTABLE BRIEFS

Research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited Oct. 7 in a [Riverside Press-Enterprise](#) article about healthier school lunchroom meal options.

Research about public healthcare funding conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was cited Oct. 1 in a [Sacramento Bee](#) article about medical care in California.

Dr. Jonathan Fielding, professor-in-residence of health policy and management at the UCLA Fielding School of Public Health, was mentioned Sept. 29 by [WBUR-FM](#) in a story about pharmacy price negotiations in California.

Data from the California Health Interview Survey, conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited Sept. 29 by the [Visalia Times-Delta](#) in an article about public health in Visalia, California.

Research from the UCLA Center for Health Policy Research was cited Sept. 29 in a [Los Angeles Wave](#) editorial about smoke-free housing policies.

Diabetes research conducted by the UCLA Center for Health Policy Research at UCLA Fielding School of Public Health was cited Sept. 23 in a [KPCC-FM](#) story about a family struggling with type 2 diabetes.

Research on post-acute care led by Dr. Greg Sacks, a general surgery resident at UCLA and a Robert Wood Johnson/Veterans Affairs Clinical Scholar, was referenced Oct. 11 in a story in [Sunrise Senior Living](#).

NOTABLE QUOTABLES

Dr. Bruce Dobkin, professor of clinical neurology at the David Geffen School of Medicine at UCLA and director of the Neurologic Rehabilitation and Research Program, was quoted in the October/November issue of [Neurology Now](#) in an article about ways to help ensure the best recovery possible from a stroke.

Dr. Eric Esrailian, co-chief of the UCLA Division of Digestive Diseases, was quoted Oct. 13 in an article in [The Nation](#) about "The Promise," a new movie about the Armenian genocide that he helped bring to fruition.

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 Oct. 7 in a [HealthDay](#) article about a new study finding that seniors who eat healthy, stay trim and avoid smoking are more likely to be disability-free in their later years. Fonarow commented that the findings suggested that it is never too late to adopt a heart-healthy lifestyle. The article was also published by [UPI](#) and [NewsMax](#).

John Froines, professor emeritus at the UCLA Fielding School of Public Health, commented Sept. 23 in a [New American Media](#) article about a fumigant that was banned in California during the 1990s after it was found to cause cancer.

Dr. Patricia Ganz, distinguished professor in the department of health policy and management at the UCLA Fielding School of Public Health and director of UCLA's Jonsson Comprehensive Cancer Center for Cancer Prevention and Control Research, was quoted Oct. 12 in the [Los Angeles Times](#) about a study finding that the majority of female breast cancer patients received unnecessary treatment after a mammogram screening.

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, commented Oct. 12 in a [Self](#) story on the alkaline diet and its effectiveness.

Dr. Andrew Leuchter, professor of psychiatry and biobehavioral sciences at the Semel Institute, commented Oct. 10 in a [Los Angeles Times](#) story on depression treatment and diagnosis. The story was picked up by the [Chicago Tribune](#) and [Daily Press](#).

Dr. Neil Silverman, a clinical professor in the UCLA Department of Obstetrics and Gynecology and a member of the American Congress of Obstetrics and Gynecology's Zika Expert Work Group, was quoted Oct. 13 in a [Huffington Post](#) article about what people need to know about Zika at every stage of life in order to protect themselves, especially when pregnant or trying to conceive.

A.J. Scheitler, coordinator of stakeholder relations and of the National Network of State and Local Health Surveys at the UCLA Center for Health Policy Research at UCLA Fielding School of Public Health, commented Sept. 22 in a [Kentucky Health News](#) article about price transparency in healthcare.

Dr. Brennan Spiegel, professor of medicine and health policy and management at the UCLA Fielding School of Public Health, commented Sept. 30 in a [MobiHealthNews](#) article about mobile health technologies.

Dr. Nava Yeganeh, assistant professor of pediatric infectious diseases and director of the Pediatric International Travel and Adoption Clinic at Mattel Children's Hospital UCLA, was quoted Oct. 12 in a [Travel and Leisure](#) article on what to pack in your first-aid travel kit.

=====

UCLA's Health Sciences Media Relations office e-publishes this report weekly. For more information, please call Tami Dennis, executive director of media relations, or Enrique Rivero, senior media relations officer, at 310-267-7022. Our office also offers publicity for new research, medical breakthroughs, clinical trial recruitment, inspirational patient stories and more. To identify the appropriate public information officer for your department, visit <https://www.uclahealth.org/Newsroom/Pages/Media-Relations-Directory.aspx>.