



Health

UCLA HEALTH SCIENCES MEDIA REPORT Week of Nov. 23-30, 2017

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.



[Fox News](#): UCLA researchers working to cure depression

(Photo: Pixnio)



Post



Tweet



Post



KPCC-FM: Nurse's art program for patients

(Photo: Carla Javier/KPCC)



U.S. News: DACA's importance for health care

(Photo: UCLA Health)



Post



Tweet



Post



Post



Tweet



Post

UCLA researchers working to cure depression

[FOX News](#) reported on UCLA's Depression Grand Challenge, including this fall's voluntary mental health screening for all incoming students. The segment featured an interview with Dr. Nelson Freimer, director of the Center for Neurobehavioral Genetics and professor of psychiatry at UCLA and associate director for research programs of the Semel Institute. The segment aired on stations throughout the country, including WVAH-TV, Charleston, West Virginia; WJBK-TV, Detroit; WTTC-TV, Washington; KOKH-TV, Oklahoma City; WOFL-TV, Orlando, Florida; and KMPH-TV, Fresno, California.

Nurse's art program gets a media spotlight

[KPCC-FM](#) aired a segment about an art program started by Heather Dodge, a registered nurse at UCLA Medical Center, Santa Monica, to help patients deal with the stress and monotony of hospital stays. [Santa Monica Mirror](#) previously published an article about the program.

Op-ed: Ending DACA would have profound impact on health care

[U.S. News & World Report](#) published an op-ed by Dr. Clarence Braddock and Dr. Kelsey C. Martin emphasizing the importance of the DACA program for aspiring physicians and the health care system at large. Braddock is vice dean for education of the David Geffen School of Medicine at UCLA, and Martin is dean of the school.

Lost sleep impairs memory and visual perception

The [Washington Post](#) reported on a Nature Medicine study by Dr. Itzhak Fried showing that a night of lost sleep can result in temporary mental lapses that impair memory and distort visual perceptions. The story was syndicated by 10 outlets, including the [Denver Post](#) and [Stars & Stripes](#). Fried is a professor of neurosurgery.

Federal policy to reduce re-hospitalizations linked to increased mortality

[Reuters Health](#) and a [Wall Street Journal](#) editorial reported on a JAMA Cardiology study finding that a hospital readmissions reduction program was linked to an increased risk of

death among heart failure patients. The study's senior author, Dr. Gregg Fonarow, the Eliot Corday Professor of Cardiovascular Medicine and Science at the David Geffen School of Medicine at UCLA and co-chief of cardiology, was quoted in the Reuters Health story.

Safely navigating diabetes and Thanksgiving

[HealthDay News](#) featured tips by Dr. Vanessa Arguello, health sciences clinical instructor in the UCLA Division of Endocrinology, Diabetes & Metabolism, on how people with diabetes can have a healthy and safe Thanksgiving dinner by following certain guidelines. [UPI](#), [Health.com](#), [MedicalXpress](#), [Doctors Lounge](#), [EHEandME](#), [Health on the Net Foundation](#), and [Drugs.com](#) carried the article.

Rainfall predicts mosquito-borne epidemics

[UPI](#), [Scienmag](#), [Homeland Preparedness News](#), [Infection Control Today](#), [MedicalXpress](#), [Science Daily](#), and [News-Medical.net](#) spotlighted research finding that outbreaks of the mosquito-borne viruses Zika and Chikungunya generally occur about three weeks after heavy rainfall. Dr. Karin Nielsen, professor of clinical pediatrics in the division of pediatric infectious diseases at the David Geffen School of Medicine at UCLA and UCLA Mattel Children's Hospital, was the study senior author.

Tips for tackling "chemo brain" after cancer treatment

An [Everyday Health](#) article listing recommendations for how to cope with cognitive difficulties after cancer treatment, commonly called "chemo brain," featured Dr. Patricia Ganz, distinguished professor of medicine in the division of hematology oncology at the David Geffen School of Medicine and director of prevention and control research at the UCLA Jonsson Comprehensive Cancer Center.

Op-ed: Marijuana could be key in combatting the opioid crisis

[Wall Street Journal](#) published an op-ed by Dr. Richard Boxer, clinical professor of urology, about the use of marijuana for pain relief as a potential replacement for opioids for some people.

What to do if you've overeaten

[People.com](#) published a story about remedies for discomfort from overeating during Thanksgiving that featured Dr. Kevin Ghassemi, assistant clinical professor in the Vatche and Tamar Manoukian Division of Digestive Diseases. The story was picked up on [Yahoo! Lifestyle](#) and [MSN](#).

Mothers' birthplace linked to autism risk

A [Spectrum](#) article exploring why autism seems to cluster in some immigrant groups highlighted research by Dr. Beate Ritz, professor and vice chair of epidemiology at the UCLA Fielding School of Public Health.

Depression isn't one-size-fits-all

[Cosmopolitan](#) featured Lekeisha Sumner, an assistant clinical professor of psychiatry and biobehavioral sciences at the Semel Institute, in an article about the "lesser known" symptoms of depression.

ACA spurs preventive cardiovascular care

[Life Science Daily](#), [News-Medical.net](#), [MedicalXpress](#), [Scienmag](#), [Healthcare Purchasing News](#), [InsuranceNewsNet](#), [MyScience](#) and [Sierra Sun Times](#) highlighted research by Dr. Joseph Ladapo, associate professor of medicine in the division of general internal

medicine and health services research. His study found that the Affordable Care Act led to increased rates of preventive cardiovascular care such as screenings for diabetes, smoking, hypertension, and, for men, aspirin therapy.

HIV-positive adults undertreated for cardiovascular problems

[MedicalXpress](#), [Science Codex](#), [Asian Age](#), [Deccan Chronicle](#), [Zee News](#), [M3 India](#), [Science Newsline](#), [Scienmag](#), the [Economic Times](#), and [News-Medical.net](#) highlighted research led by Dr. Joseph Ladapo, associate professor of medicine in the division of general internal medicine and health services research. His study found that people with both HIV and risk factors for heart disease and stroke were less likely to be treated with cholesterol-lowering statin drugs and aspirin than patients without HIV.

2017 HIV/AIDS statistics

A [WalletHub](#) Q&A on the latest AIDS statistics featured Dr. Roger Detels, professor of epidemiology and infectious diseases at the UCLA Fielding School of Public Health and director of the Multicenter AIDS Cohort Study.

Low-cost health services and reducing unnecessary spending

[Managed Care Executive](#) reported on research led by Dr. John Mafi, assistant professor of medicine in the division of general internal medicine and health services research, suggesting that low-cost, high-volume health services account for a high percentage of unnecessary health spending.

Mobile stroke units drive more media interest

[American Heart Association News](#) covered UCLA Health's launch of the first mobile stroke unit on the West Coast, which will enable the rapid delivery of brain-saving medications to stroke patients in Los Angeles County. Dr. May Nour, medical director of the UCLA Arline and Henry Gluck Stroke Rescue Program, commented. [Columbia Basin Herald](#), [MedicalXpress](#), [ReachMD](#), and five other news outlets carried the story.

Santa Monica CNO profiled in nursing publication

David Bailey, chief nursing officer at UCLA Medical Center, Santa Monica, was recognized in [Working Nurse](#) magazine's annual "Men in Nursing" issue. Bailey was one of only 25 nurses in Southern California profiled in the publication.

Rise of CDK drug inhibitors revolutionize breast cancer treatment

A [Targeted Oncology](#) story on CDK 4/6 inhibitors such as IBRANCE, which was developed at UCLA, featured Dr. Richard Finn, associate professor of medicine in the division of hematology oncology and a UCLA Jonsson Comprehensive Cancer Center member. The story explored how the drugs have helped to rapidly revolutionize the field of breast cancer treatment.

- Finn was also featured in [Targeted Oncology](#) and [Oncology Nursing News](#) reports on significant advances in the use of drug inhibitors to treat hormone receptor (HR)-positive breast cancer.

Surviving the onslaught of food during the holidays

[MEL Magazine](#) published a story, about the effects of Thanksgiving Day gorging and how to curb them, that featured expert Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public

Health.

How to deliver surprising news at a holiday meal

The [Kevin & Bean Show](#) on KROQ-FM featured advice from Emanuel Maidenberg, a clinical professor of psychiatry and biobehavioral sciences, about how to share bombshell news at Thanksgiving. The hosts also took calls from listeners about their experiences. The Maidenberg portion of the show begins at the 1 hour, 6 minutes, mark.

How gut bacteria interact with brain function

[IEEE Pulse](#) published a feature on the connection between gut bacteria and the brain that featured the expertise of Dr. Emeran Mayer, director of the G. Oppenheimer Center for Neurobiology of Stress and Resilience and co-director of the CURE: Digestive Diseases Research Center. The story details a study carried out by Mayer and Dr. Kirsten Tillisch, associate professor of medicine in the Vatche and Tamar Manoukian Division of Digestive Diseases, finding that gut bacteria in yogurt affected brain regions associated with mood and behavior in humans. The same study was referenced in stories on [Livemint](#) and [Blogorama](#).

The newest nose in vogue

A [Refinery29 UK](#) story about women requesting plastic surgery to achieve the same nasal structure as Meghan Markle featured expert Dr. Jeffrey Rawnsley, associate clinical professor of head and neck surgery.

Clowns delight children at UCLA Mattel

[The Jewish Journal](#) and [Israel 21c](#) covered the visit of two therapeutic clowns to patients at UCLA Mattel Children's Hospital.

This week on "Ask the Doctors"

UCLA Health internists Dr. Robert Ashley, 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. A sampling of the stories from the past week's column:

- On painful ear pressure when flying, featured in [The Bennington Banner](#)
- On doctors' conversations with patients about guns, featured in [The Frederick News-Post](#)
- On optimal sleep schedules, featured in [Hanford Sentinel](#)
- On follicle-stimulating hormone and weight gain, featured in [The Rocky Mount Telegram](#)
- On concussion recovery time for women and girls, featured in [The Cumberland Times-News](#)
- On chronic inflammatory demyelinating polyneuropathy, featured in [Pinal Central](#).

QUOTED

“You’re really looking at two categories of people. One is what I call sexually compulsive behavior. The other is reserved for people committing non-consensual acts — sex offenders.”

- **Rory Reid**, an assistant professor of psychiatry, in [New York Times](#)



Dr. Jennifer Derebery, president of the House Clinic and a faculty member at the David Geffen School of Medicine at UCLA, commented in a [Reuters](#) article about a new study suggesting that 1 in 3 American adults don't seek professional help for hearing loss. The story was syndicated by 19 other outlets, including [Business Insider](#) and [Yahoo! News U.K.](#)

Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health, was quoted in a post on [Equinox's Furthermore blog](#) about the health effects of soy.

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 at the UCLA Fielding School of Public Health, was quoted in a [Voice of America](#) article about the hepatitis A outbreak in California.

Gerald Kominski was quoted in a [Kaiser Health News](#) article about how Covered California outspends the Trump administration on advertising open enrollment under the Affordable Care Act. Kominski is a professor of health policy and management at the UCLA Fielding School of Public Health and director of the Fielding School's UCLA Center for Health Policy Research. [California Healthline](#), the [Mercury News](#), and [East Bay Times](#) carried the article.

Jennifer Martin, an adjunct associate professor of medicine, commented in a [Today.com](#) article about insomnia.

Dr. Leena Nathan, assistant clinical professor and obstetrician-gynecologist at UCLA Health-Westlake Village, commented in a [Leaps Mag](#) story about the ethical questions that can arise from prenatal testing.

Dr. Joseph Pierre, a professor of psychiatry and biobehavioral sciences, commented in a [Business Insider](#) article about why some people are attracted to narcissists.

Rory Reid, assistant professor of psychiatry and biobehavioral sciences, commented in a [New York Times](#) story about therapy for sexual misconduct. The article also ran in the [Seattle Times](#) and [Bend Bulletin](#).

Dr. Amy Stoddard, obstetrician and gynecologist at UCLA Medical Center, Santa Monica and assistant clinical professor, commented in an article on [The Bump.com](#) about choosing between natural childbirth and epidurals.

BRIEFS

A BBC "[Capital](#)" report about why sexual harassment training doesn't work cites data from the Fielding School's WORLD Policy Analysis Center finding that 68 countries lack explicit laws against workplace sexual harassment.

An [Undark](#) article about "the obstetrical dilemma" cited research led by Alissa Koski, a postdoctoral scholar at the Fielding School's WORLD Policy Analysis Center, finding that more than one-third of girls in more than half of the countries studied married before the age of 18.

A [Valley Public Radio](#) report on how changing immigration policies could harm the San Joaquin Valley's doctor pipeline cited the UCLA International Medical Graduate program, which helps legal U.S. residents who are medical-school graduates from Latin America earn their California medical licenses.

The UCLA Broad Stem Cell Research Center was mentioned in a [Capitol Weekly](#) article about the funding status of the California Institute for Regenerative Medicine. The article also appeared on the [California Stem Cell report](#).

[Santa Monica Daily Press](#) printed a brief message from Drs. Wally Ghurabi, Doojin Kim and Pamela Nye, members of the core stroke team at UCLA Medical Center, Santa Monica, expressing their gratitude for the new mobile stroke unit operating in Santa Monica as a partnership between Los Angeles County and UCLA Health.

[Eat This, Not That!](#) cited UCLA studies from the Center for East-West Medicine and the division of allergy and immunology in a roundup of foods that boost your immune system.

[MEL Magazine](#) referenced expertise from the UCLA Department of Urology in a story about orgasm when a man lacks an erection.



This report features media placements from 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 from 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.

UCLA's Health Sciences Media Relations office e-publishes this report weekly. For more information, please contact Tami Dennis, executive director of media relations, or call the Media Relations office at (310) 267-7022. Media Relations also offers publicity for new research, medical breakthroughs, 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>.