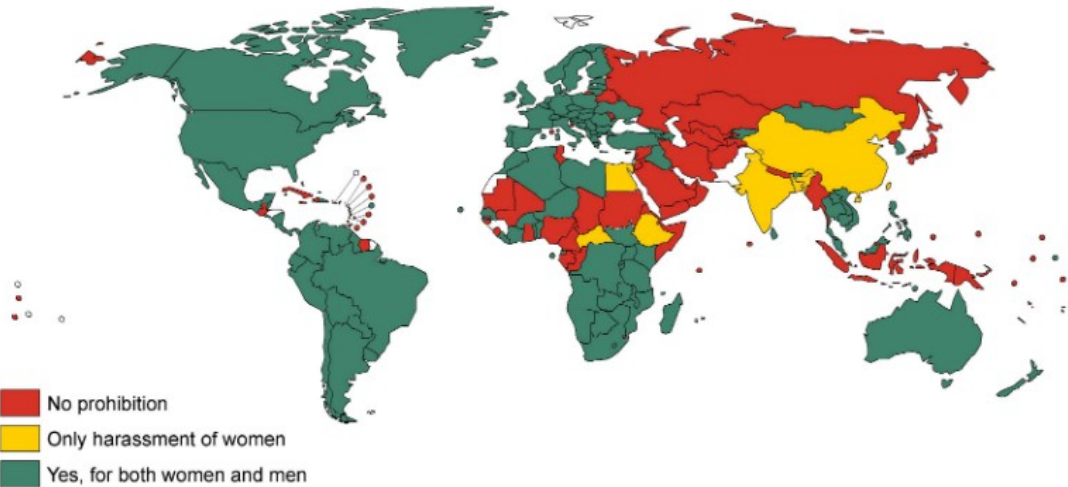




Health

UCLA HEALTH SCIENCES MEDIA REPORT Week of Oct. 27 - Nov. 2, 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.



Reuters: Sexual harassment in the workplace
(Photo: UCLA WORLD Policy Analysis Center)



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Sexual harassment in the workplace

[Reuters](#), [Scroll.in](#), [Mogul](#) and a [PBS NewsHour](#) Twitter chat covered research from the WORLD Policy Analysis Center in the UCLA Fielding School of Public Health finding that more than a third of countries do not have laws against sexual harassment in the workplace, leaving more than 200 million women without legal protection on the job. Lebanon's [Daily Star](#), the U.K.'s [Daily Mail](#) and more than 70 other outlets carried the Reuters article. Dr. Jody Heymann, dean of the Fielding School and lead investigator on the study, was quoted in the coverage and participated in the Twitter chat about the findings.

A guide to weight-loss surgeries

[Men's Health](#) published a story, on various surgical procedures for weight loss, that featured Dr. Erik Dutson, clinical professor of surgery at the David Geffen School of Medicine at UCLA and surgical director at the Center for Obesity and Metabolic Health.

Lupus deaths declining – but not fast enough

[Reuters Health](#); [The Washington Times](#); [MedicalXpress](#); [Science Codex](#); [WYNT-TV](#), Albany, New York; [KPLC-TV](#), Lake Charles, Louisiana; [WLBT](#), Jackson, Mississippi; [WVVA-TV](#), Bluefield, West Virginia; and [WXXV-TV](#), Biloxi, Mississippi, reported on research finding that deaths from lupus have declined in the United States over the last 46 years, but more slowly than mortality in the general population. Senior author Dr. Ram R. Singh, professor of medicine and pathology and director of the Autoimmunity and Tolerance Laboratory, was quoted in some of the coverage.

Zapping human brain improves memory

[Popular Mechanics](#) reported on research from David Geffen School of Medicine at UCLA that identified precisely where and how to stimulate the human brain to improve memory. The findings were also covered by the [Press Trust of India](#), [Deccan Chronicle](#) and 10 other outlets. Dr. Itzhak Fried, professor of neurosurgery, and Nanthia Suthana, assistant professor of neurosurgery and psychiatry, co-led the study.

Testing attractiveness

BuzzFeed's "Try Guys" show posted an [episode](#) that featured Dr. Jesse Mills, director at The Men's Clinic at UCLA. As of Thursday, the segment, which focused on the science of men's attractiveness to women, already had more than 6 million views [on YouTube](#) and 500,000 views [on Facebook](#).

Mindfulness to ease rheumatoid arthritis pain

Everyday Health published a number of articles featuring UCLA experts on the use of mindfulness to ease arthritis pain:

- [An article](#) about using mindful eating techniques to ease symptoms, featuring Diana Winston, director of mindfulness education at the UCLA Mindful Awareness Research Center;
- [An article](#) about using meditation to ease pain severity, featuring Dr. Michael Irwin, director of the Cousins Center for Psychoneuroimmunology at the Semel Institute at UCLA;
- [A related article](#) referencing the weekly guided meditations led by Winston at the Hammer Museum.

For kids with autism, proper sleep can improve functioning

[Spectrum](#) featured an article written by Dr. Shafali Jeste, associate professor of psychiatry and neurology, about how treating sleep may improve functioning of children with autism.

Proteins leaked by brain cells into blood can indicate concussion

[Science Daily](#), [MedPage Today](#), [News Medical.net](#), [Technology Networks](#) and [Medical Xpress](#) featured a study led by Ina Wanner, associate neuroscientist at the David Geffen School of Medicine at UCLA, about potential biomarkers for concussions.

Local and national media spread news of UCLA Health's mobile stroke unit

[Beverly Hills Courier](#), [HealthCareBusiness](#), [Westside Today](#), [24x7 Magazine](#), [Rehab Management](#), [Medgadget](#), [HealthImaging.com](#), [Medical Xpress](#), [Science Codex](#), [News-Medical.net](#), 12 radio stations and 13 local TV stations 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. Johnese Spisso, president of UCLA Health and CEO of the UCLA Hospital System; Dr. May Nour, medical director of the UCLA Arline and Henry Gluck Stroke Rescue Program; and Dr. Jeffrey Saver, director of the UCLA Comprehensive Stroke Center, have commented in the news.

KXAS-TV, Dallas, Texas: <http://bit.ly/2hgni4l>

WBBM-AM, Chicago, Illinois: <http://bit.ly/2hnYIOR>

KCBS-AM, San Francisco, California: <http://bit.ly/2z44w9J>

WTVG-TV, Toledo, Ohio: <http://bit.ly/2gR3Muo>

KOAA-TV, Colorado Springs, Colorado: <http://bit.ly/2gQ8okA>

KQTV-TV, St. Joseph, Missouri: <http://bit.ly/2yYgjUY>

Exploring the link between mental health and head injuries

[Neurology Advisor](#) published a Q&A with Dr. Christopher Giza about the relationship between repetitive concussions and mental health. Giza directs the UCLA Steve Tisch BrainSPORT Program and is a professor of pediatrics and neurosurgery at the David Geffen School of Medicine at UCLA and UCLA Mattel Children's Hospital.

Colorectal cancer mutates to escape immune system

[The ASCO Post](#) and [Medical Xpress](#) reported on research showing how colorectal cancer can escape immune system detection by mutating. Catherine Grasso, adjunct assistant professor of medicine in the division of hematology and oncology, presented the findings at the AACR-NCI-EORTC International Conference on Molecular Targets and Cancer Therapeutics and was quoted in the coverage.

How much candy is too much on Halloween?

Various news outlets featured the insights of UCLA Health dietitians in stories about how much Halloween candy is appropriate for kids:

- [Newsweek](#) featured the expertise of Erin Morse, chief clinical dietitian at UCLA Health;
- [News-Medical.net](#) featured the expertise of Dana Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health.

Keeping kids safe on Halloween

Dr. Nina Shapiro appeared on CNN's "Michaela" show to offer parents tips for preventing young children from choking on Halloween candy. Shapiro is director of pediatric otolaryngology at UCLA Mattel Children's Hospital and a professor of head and neck surgery at the David Geffen School of Medicine at UCLA.

Halloween treats for hospitalized kids in Santa Monica

The Santa Monica Daily Press featured a front-page collage of photos of young patients enjoying Halloween activities at UCLA Medical Center, Santa Monica.

Funding the fight against the opioid epidemic

A KCBS-AM, San Francisco, report about the nation's opioid epidemic featured Shana Alex Charles, faculty associate at the Fielding School's UCLA Center for Health Policy Research.

Transgender study shows significant health disparities

[San Francisco Chronicle](#), [The Advocate](#), [Medical Xpress](#) and [The Daily Caller](#) reported on a new study of California's transgender demographics from the Fielding School's UCLA Center for Health Policy Research and The Williams Institute at the UCLA School of Law. [Wopular](#) ran the Chronicle article. The study is based on 2016 data from the California Health Interview Survey, administered by the UCLA Center for Health Policy Research.

The buildup of herbicides in humans

[Environmental Health News](#) carried commentary co-authored by Dr. Richard Jackson, professor of environmental health sciences at the UCLA Fielding School of Public Health, on the dramatic increases in the buildup of the herbicide glyphosate and its metabolite in a sample of Americans. The article was a response to research on the subject published in JAMA.

How to stick with it

[KUSI-TV](#), San Diego, featured an interview with Sean Young about his book “Stick with It,” which describes a process for creating lasting behavior change. The interview focused on Young’s UCLA research and how it could be applied to avoid overindulging in Halloween candy. Young is founder and director of the UCLA Center for Digital Behavior and the UC Institute for Prediction Technology, and an associate professor of family medicine.

Latinos low on health insurance

[La Opinión](#), [Telemundo Atlanta](#), [Meridian90](#), [El Mexicano](#) and [El Economista América](#) ran an EFE News article on newly released data from the 2016 California Health Interview Survey, administered by the Fielding School’s UCLA Center for Health Policy Research, showing that Latinos have the lowest rates of health insurance in California. [Artículos](#) reported on the data as well.

Certain factors can skew a PSA test

[Health News Digest](#) and [News-Medical.net](#) published insights from Dr. Christopher Saigal, vice chair of urology, on the factors that can affect a prostate-specific antigen test’s results.

Tackling extreme morning sickness

[Live Science](#) featured an interview with Marlena Fejzo, an associate researcher in the David Geffen School of Medicine at UCLA, about an extreme version of morning sickness that causes severe nausea and persistent vomiting during pregnancy.

When the need for imaging is life or death

[RSNA News](#) featured Dr. Edward Zaragoza, chief of acute care imaging at Ronald Reagan UCLA Medical Center, in a story about how terrorist bombings have heightened the need for emergency radiology across the globe.

UCLA cardiologist pens article about wonder non-drug known as exercise

Dr. Boris Arbit, cardiologist and internal medicine specialist at UCLA Health’s new Encino medical practice, authored a guest column for the Valley News Group’s community papers about recent studies supporting the health benefits of regular exercise.

Seeing better could extend your lifespan

[Daily Mail](#) reported on UCLA research linking cataract surgery in elderly women to a longer life. Dr. Anne Coleman, the Fran and Ray Stark Professor of Ophthalmology at the UCLA Stein Eye Institute and a professor of epidemiology at the UCLA Fielding School of Public Health, led the study.

Doctors test experimental drug for stroke of the eye

Ivanhoe Medical News distributed a story about research testing the first drug to treat stroke of the eye, which affects 6,000 Americans per year and can lead to blindness. Dr. Peter Quiros, an associate professor of ophthalmology at the UCLA Doheny Eye Center, was interviewed. The story aired on seven TV-news affiliates, including Indiana’s [WNDU](#).

E-cigs with nicotine can boost adrenaline levels in non-smokers’ hearts

[SHAPE Online](#) and [Becker’s Hospital Review](#) featured research led by Dr. Holly Middlekauff, senior study author and professor of medicine (cardiology) and physiology at UCLA, about healthy non-smokers experiencing increased adrenaline levels in their hearts after one electronic cigarette with nicotine.

Kicking and killing HIV

[The University Network](#) reported on research led by Matthew Marsden, assistant professor of medicine in the division of hematology oncology, on a synthetic molecule that can reactivate, or “kick,” latent HIV in humanized mice and lead to the death of infected cells. Jerome Zack, director of the UCLA Center for AIDS Research, is the paper’s senior author and commented.

Magnetic pulses beamed to brain combat depression

[Fox News Digital](#) covered the UCLA transcranial magnetic stimulation (TMS) therapy, a treatment that beams magnetic pulses into the brain to combat depression. Dr. Andrew Leuchter, senior research scientist at the Semel Institute for Neuroscience and Human Behavior and director of the neuromodulation division, commented.

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 reversing type 2 diabetes, featured in [The Brattleboro Reformer](#)
- On caffeine affecting the perception of sweetness, featured in [The Spokesman-Review](#)
- On the importance of the flu shot for pregnant women, featured in [Tulsa World](#)
- On etiquette with service animals, featured in [The Rocky Mount Telegram](#)
- On West Nile symptoms, featured in [The Cumberland Times-News](#)
- On kidney disease and PPIs, featured in [UExpress](#).

QUOTED

“One of the most important tips is to ‘unplug’ and get away from the constant tyranny of email, messaging, Twitter feeds, and the other ubiquitous stimuli that tend to take over our plans for action.”

-Robert Bilder in a [Today.com](#) article about easy ways to relax



Dr. Deanna Attai, UCLA breast surgeon based in Burbank and assistant clinical professor of surgery, commented in a [CureToday.com](#) article on breast reconstruction.

Robert Bilder, a professor of psychiatry and director of the Tennenbaum Center for the Biology of Creativity in the Semel Institute at UCLA, commented in a [Today.com](#) article about easy ways to relax.

Dr. Jeff Bronstein, neurologist and director of the Movement Disorders Program at UCLA, commented in a [USA Today](#) article about behavioral symptoms associated with vascular Parkinsonism.

Dr. Yvonne Bryson, distinguished professor of pediatrics and infectious diseases at UCLA Mattel Children's Hospital and a member of the UCLA AIDS Institute, commented in a [Vice Tonic](#) article about the herpes risk from in-store lipstick samples.

Dr. Gabriel Danovitch, medical director of the kidney and pancreas transplant program, commented in an [NBCNews.com](#) article about singer Selena Gomez's recent kidney transplant.

Chris Evans, director of the Shirley and Stefan Hatos Center for Neuropharmacology at UCLA's Semel Institute, commented in a [KPCC](#) piece about why Southern California hasn't been hit as hard by the opioid epidemic as other regions.

Dr. Gregg Fonarow, the Eliot Corday Chair in Cardiovascular Medicine and Science, director of the Ahmanson-UCLA Cardiomyopathy Center and co-chief of cardiology, was quoted in a [Reuters](#) story about a study finding that the risk of developing atrial fibrillation increases as people age and become overweight or obese. The article was syndicated in 40 outlets including [Yahoo](#) and [Deccan Chronicle](#).

- Fonarow also was quoted in [HealthDay](#) about a study that found enjoyment of spicy foods significantly reduced individual salt preference, daily salt intake and blood pressure. The HealthDay story was syndicated by [U.S. News and World Report](#) and [Philly.com](#).

Dr. Lee Hilborne, professor of pathology at the David Geffen School of Medicine at UCLA and medical director of care coordination at UCLA Health System, was quoted by [Medscape](#) about five lab tests no longer considered appropriate. (Registration required.)

Dr. Michael Irwin, director of the Cousins Center for Psychoneuroimmunology at the Semel Institute at UCLA, commented in an [Everyday Health](#) article about using mindfulness meditation to ease arthritis pain.

Gerald Kominski, 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, commented in a [Los Angeles Times](#) story about the potential effect CVS Health's \$66-billion bid for health insurer Aetna would have on insurance rates and drug prices. The story also ran in the [Orlando Sentinel](#), [Chicago Tribune](#), and [Hartford Courant](#) and 10 other outlets.

Dr. Colin McCannel, associate professor of ophthalmology at the UCLA Stein Eye Institute, commented in a [Healthline](#) story about how colored contact lenses can

permanently damage eyes and cause blindness.

Dr. Jesse Mills, director at The Men's Clinic at UCLA, commented in a [Huffington Post](#) story about sperm count and men's fertility issues.

Erin Morse, chief clinical dietitian at UCLA Health, commented in a [Newsweek](#) story about the risks of competitive eating. The story was syndicated on [Yahoo! News](#).

Dr. Rebecca Rausch, professor emeritus in neurology, commented in an article in [The Scientist](#) about the history of a test used to localize linguistic and memory function in epilepsy patients.

Dr. Karen Sibert, associate clinical professor of anesthesiology and perioperative medicine, commented in an [Associated Press](#) story about the use of fentanyl and other opioids for long-term pain. Her comments were picked up on [ABC News](#), [New York Daily News](#), and 587 other online publications.

Johnese Spisso, president of UCLA Health and CEO of the UCLA Hospital System, was quoted in a [U.S. News & World Report](#) story on insights shared during the U.S. News Healthcare of Tomorrow conference, at which Spisso spoke.

Dr. Zaldy Tan, medical director of the UCLA Alzheimer's and Dementia Care Program, commented in a [Fox News](#) story on Alzheimer's disease warning signs and prevention.

Dr. Karol Watson, professor of medicine/cardiology, co-director of the UCLA Program in Preventive Cardiology and director of the UCLA Barbra Streisand Women's Heart Health Program, was quoted on [CNN.com](#) and [WebMD](#) about the FDA's move to revoke claims that soy reduces heart disease. The CNN article was syndicated in 19 outlets including [AZFamily.com](#), KDRV-TV and [Western Mass News](#).

BRIEFS

[USA Today](#) and KNX-AM noted that Ronald Reagan UCLA Medical Center received an "A" in the most Leapfrog Hospital Safety Grade assessment of hospitals across the country. UCLA Medical Center, Santa Monica also received an "A."

[BU Today](#) referenced Dr. Steven Dubinett, professor in the department of pathology and laboratory medicine at the David Geffen School of Medicine at UCLA and a member of UCLA's Jonsson Comprehensive Cancer, in a story about funding from Stand Up to Cancer to detect lung cancer at its earliest stages.

The Rape Treatment Center and Stuart House at UCLA Medical Center, Santa Monica, were referenced in a [Hollywood Reporter](#) article on charitable contributions from the television show "Will & Grace."

UCLA's Jonsson Comprehensive Cancer Center was referenced in [Medical Xpress](#) about a study that demonstrates the feasibility of using genome-wide molecular tests to guide treatment in recurrent glioblastoma.

The Jonsson Cancer Center Foundation at UCLA was featured in [The Acorn](#) about a "Days of Our Lives" actor who will be performing at the Conejo Valley Guild's annual fundraiser benefitting cancer research.



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.

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