



Health

UCLA HEALTH SCIENCES MEDIA REPORT Week of Nov. 3-9, 2017

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[National Public Radio: Mental lapses after poor sleep](#)

(Photo: UCLA Health)





Nature: Language patterns reveal response to stress

(Photo: Flickr)



KCBS: What parents should know about kids and football

(Photo: pxhere)



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Blame tired brain cells for mental lapses after poor sleep

More than 450 news outlets worldwide reported on a UCLA study that is the first to reveal how sleep deprivation disrupts brain cells' ability to communicate with each other. The scientists believe the disruption leads to mental lapses that affect memory and visual perception. Led by Dr. Itzhak Fried, a professor of neurosurgery, the research was published by Nature Medicine. Top media coverage included [National Public Radio](#), [NBC News](#), [ABC World News Now](#), [CBS News](#), [USA Today](#), [Quartz](#), [Forbes](#), [Newsweek](#), [HealthDay News](#), [LiveScience](#), the [Atlanta Journal Constitution](#), the [Daily Meal](#), the [Jerusalem Post](#), [KCBS-TV](#), [Mercury News](#), [Psych Central](#), [Science Daily](#), [New York Post](#), [Men's Health](#) and the U.K.'s [Times of London](#), [The Telegraph](#), [Independent Online](#) and [Daily Mail](#). The NPR report re-aired on 97 affiliate stations.

Language patterns reveal body's hidden response to stress

[Nature](#) and [Scientific American](#) featured research led by Steve Cole, director of the UCLA Social Genomics Core Laboratory, about how subtleties in the language people use reveals physiological stress better than an individual's self-report of stress.

What parents should know before kids play football

[KCBS-TV](#) and [KCAL-TV](#) featured Dr. Christopher Giza, director of the UCLA Steve Tisch BrainSPORT Program, in a story about what parents should do and know before they allow their children to play football. Giza is a professor of pediatrics and neurosurgery at UCLA's David Geffen School of Medicine and Mattel Children's Hospital.

Being obese can make cancer drugs less effective

[Newsweek](#), [Technology Networks](#), [GEN](#), [MedicalXpress](#) and the U.K.'s [Independent](#) reported on research led by Dr. Steven Mittelman finding that fat cells can interfere with the body's ability to metabolize cancer drugs, leading to poor outcomes. Mittelman, chief of pediatric endocrinology at UCLA Mattel Children's Hospital and a UCLA Jonsson Comprehensive Cancer Center member, was quoted in the coverage.

UCLA Mattel Children's Hospital holds 18th annual Party on the Pier

[Variety](#), [Newsline](#), [US Weekly](#), [Today.com](#), [Just Jared](#), KABC-TV, KNBC-TV, and various other news outlets covered the 18th annual Party on the Pier, a fundraiser held on the Santa Monica pier each year to benefit children treated at UCLA Mattel Children's Hospital.

Transgender study shows significant health disparities

[California Healthline](#), [Ebony](#) and [California Health Report](#) 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. The [Long Beach Press-Telegram](#), [Daily Breeze](#), [Pasadena Star-News](#), Riverside [Press-Enterprise](#), [Orange County Register](#) and [Redlands Daily Facts](#) ran the California Healthline article. The study is based on 2016 data from the California Health Interview Survey, administered by the UCLA Center for Health Policy Research.

Chemical exposure and eye cancer

[Reuters Health](#) reported on research by Julia Heck finding that parents' exposure to chemicals at work might be linked to eye cancer in their children. [Business Insider](#); [SRN News](#); the website of [WTBX-FM](#), Hibbing, Minnesota; and 15 other outlets ran the article. Heck is an associate research professor of epidemiology in the UCLA Fielding School of Public Health and a member of the UCLA Jonsson Comprehensive Cancer Center.

National interest in mobile stroke unit grows

[CBS New York](#) and WLNY-TV Long Island, New York, 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. The CBS New York segment is also available on [YouTube](#).

The worst movie viruses

A [Mashable](#) video on viruses depicted in movies featured Anne Rimoin, associate professor and acting vice chair of epidemiology at the UCLA Fielding School of Public Health, who discussed the plausibility of outbreaks depicted in movies and television series such as "28 Days Later" and "The Walking Dead."

Lupus deaths declining – but not fast enough

[MedPage Today](#) 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. Dr. Ram R. Singh, professor of medicine and pathology and director of the Autoimmunity and Tolerance Laboratory, was the study's senior author.

Low-cost health services and reducing unnecessary spending

[Physicians News Network](#) 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.

Sexual harassment in the workplace

Canada's "Live from Studio 5" on AMI-audio 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. Dr. Jody Heymann, dean of the Fielding School and lead investigator on the study, was interviewed about the findings.

Many misconceptions about Alzheimer's disease

[Today.com](#) featured Dr. Gary Small, director of the UCLA Longevity Center, in an article about what people should know about Alzheimer's disease.

Advocating for "women-centered approaches" in HIV/AIDS treatment

[Edge Media Network](#) featured Gail Wyatt, professor of psychiatry and biobehavioral sciences at the Semel Institute, and an associate director of the UCLA AIDS Institute, in an article about the impact of HIV/AIDS on black women. UCLA was a co-sponsor of "A Paradigm Shift: The Impact of HIV/AIDS on African American Women and Families," held Nov. 2-3 at the Morehouse School of Medicine in Atlanta.

Santa Monica cardiologist interviewed on local NPR talk show

Dr. Ravi Dave, director of interventional cardiology for UCLA Health, discussed new research on the effectiveness of stents in a segment on KCRW-FM's "[Press Play with Madeleine Brand](#)."

Halloween treats for hospitalized kids in Santa Monica

The Santa Monica Mirror featured a collage of photos of young patients enjoying Halloween activities at UCLA Medical Center, Santa Monica.

Substance abuse disorders are more than a "problem"

[Tonic](#) featured Dr. Larissa Mooney, director of the UCLA Addiction Medicine Clinic, in an article about how people downplay addiction when they say someone has a "drug problem."

Vaccine for renal cancer passes early test

[MedPage Today](#) featured a study led by Dr. Alexandra Drakaki, assistant professor of medicine in the division of hematology and oncology at the David Geffen School of Medicine at UCLA, about a vaccine against metastatic renal cell carcinoma that showed stability and safety in a phase 1 clinical trial. Drakaki is also a member of the UCLA Jonsson Comprehensive Cancer Center.

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 the healthfulness of boxed macaroni and cheese, featured in [The Frederick News Post](#)
 - On chronic disease and depression, featured in [The Rocky Mount Telegram](#)
 - On testing your home for radon, featured in [Herald Standard](#)
 - On calcium intake and heart disease, featured in [Hanford Sentinel](#)
 - On Huntington's disease, featured in [The Cumberland Times-News](#)
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QUOTED

“Stigma is a huge problem for mental illness that worsens outcomes for people who struggle with disorders like schizophrenia”

-**Dr. Joseph Pierre**, a professor of psychiatry and biobehavioral sciences at UCLA ,
in [Self](#)



Dr. Yolanda Reid Chassiakos, a clinical assistant professor of pediatrics at UCLA Mattel Children’s Hospital, was quoted by the [New York Post](#) and [Angle News](#) about how smartphone addiction is damaging our health.

Dr. Ravi Dave, director of interventional cardiology for UCLA Health, was quoted in the November edition of Heart Monitor, a publication for subscribers of the Los Angeles Times and Chicago Tribune, explaining how a supportive marriage can boost heart health.

Dr. Zuang Fang, a clinical professor of anesthesiology at the UCLA Stein Eye Institute, commented in a Reuters Health article syndicated by [EyeWire Today](#) and Medscape about how to make anesthesia safer for cataract surgery.

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 [health24](#) story on whether eating after 6 p.m. really makes you fat.

Dr. Shafali Jeste, associate professor of psychiatry and neurology, commented in a [Spectrum](#) article about a registry for an autism-linked syndrome that is spurring new research.

Dr. Joseph Pierre, professor of psychiatry and biobehavioral sciences at the Semel Institute, commented in a [Self](#) article about the trivialization of terms like “schizophrenic” or “addiction” by advertisers.

Dr. Gary Small, director of the UCLA Longevity Center, commented in an [Everyday Health](#) article about the link between rheumatoid arthritis and dementia.

BRIEFS

A [Scientific American](#) profile of cancer researcher Elizabeth Stern, who was hired by UCLA in 1961, referenced what was then called the UCLA School of Public Health.

A [Mercury News](#) article on kids and soda cited research from the Fielding School's UCLA Center for Health Policy Research finding a direct correlation between soda consumption and weight.

A [SyFy](#) story about the Indigenous Comic Con 2 noted that an artist at the event will donate proceeds from sales of his work to fund COPD research at the Fielding School's UCLA Center for Health Policy Research.

[Blasting News](#) noted that Ami Brown, star of the Discovery Channel reality Series "Alaskan Bush People," is returning to Los Angeles to continue her radiation and treatment at Ronald Reagan UCLA Medical Center.

[Front Line Genomics](#) referenced Johnese Spisso, president of UCLA Health and CEO of the UCLA Hospital System, in a story about insights shared during the U.S. News Healthcare of Tomorrow conference, at which Spisso spoke.



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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