



**UCLA HEALTH SCIENCES MEDIA REPORT**  
**For the week of Dec. 9-15, 2016**

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**This week on "Ask the Doctors"...**

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**Spinal stimulator recaptures hand motion, strength after cervical spinal cord injury**

Numerous news outlets reported on the story of a young San Dimas man who broke his neck five years ago and has regained some hand control due to an experimental device implanted in his spine by Dr. Daniel Lu, an associate professor of neurosurgery at the David Geffen School of Medicine at UCLA. The

story was featured Dec. 13 on KTLA-TV; WCBS-TV, New York; WJBK-TV, Detroit; KSWB-TV, San Diego, [STAT News](#), the U.K.'s [Daily Mail](#), [United Press International](#), [MedicalXpress](#), [Becker's Spine Review](#), [Neuroscience News](#), Spain's [Canarias 7](#), the Netherlands' [RTL News](#), [Futurism](#) and [Mass Device](#); and Dec. 14 on [Fortune](#), WUSA-TV, Washington, and others.

WCBS: <http://bit.ly/2hlf7Vf>

KTLA: <http://bit.ly/2gKKxmZ>

WJBK: <http://bit.ly/2gKKE22>

KSWB: <http://bit.ly/2gAfNlg>

WUSA: <http://bit.ly/2hTnioO>

### **New York Times, other media cover Zika-linked birth defects study**

The [New York Times](#), [STAT](#), and [Science](#) reported Dec. 13, and the [Los Angeles Times](#), [Washington Post](#), [HealthDay News](#), [Associated Press](#), NPR's "Shots," [NBCNews.com](#) and [Forbes.com](#) reported Dec. 14, on research led by Dr. Karin Nielsen suggesting that Zika-linked abnormalities occurring in babies prior to birth are more extensive – and severe -- than previously thought, with 46 percent of 125 pregnancies among Zika-infected mothers showing birth defects or resulting in fetal death. The STAT article ran on the website of the PBS News Hour and UPI syndicated the HealthDay story. The study was published in the *New England Journal of Medicine*. Nielsen, a professor of clinical pediatrics in the division of pediatric infectious diseases at the David Geffen School of Medicine at UCLA and Mattel Children's Hospital UCLA, was quoted in the coverage.

### **Opinion: It's time to assess the potential of medical marijuana**

Dr. Thomas Strouse, medical director of the Stewart and Lynda Resnick Neuropsychiatric Hospital at UCLA and Maddie Katz Chair in Palliative Care Research and Education, wrote a column published Dec. 12 in [STAT News](#) arguing for more clinical and basic research in order to maximize the potential medical uses of marijuana. The article was also carried by [Alternet](#) and [Fox News Health](#).

### **New York Magazine features mindful awareness expert**

Dr. Dan Siegel, clinical professor of psychiatry at the David Geffen School of Medicine at UCLA and founding co-director of the school's Mindful Awareness Research Center, was featured Dec. 12 in a [New York Magazine](#) "Science of Us" article based on his recent book, "Mind: A Journey to the Heart of Being Human."

### **UCLA Health program brings health and fitness to L.A. schools**

[KABC-Channel 7](#) featured Dec. 14 a story on the UCLA Health Sound Body Sound Mind program, which donates state-of-the-art fitness centers to underserved Los Angeles middle schools and high schools. The story profiled the principal of Alfonso B. Perez Career and Transition Center, who lost 51 pounds by exercising in the school's fitness center. Melanie Gideon, executive advisor for UCLA Health Sound Body Sound Mind, was interviewed.

### **Telemundo spotlights holiday party for sick kids**

Barbie's and Santa's visit to Mattel Children's Hospital UCLA's holiday party for its patients and their families was covered Dec. 10 by KVEA-TV.

KVEA: <http://bit.ly/2hq4oZu>

### **A small change can bring better sleep**

Dr. Alon Avidan, director of the UCLA Sleep Disorders Center, was featured Dec. 12 in a [KTLA.com](#) report about changing smartphone settings for a better night's sleep.

### **New lows in California's uninsured population**

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 featured Dec. 14 in an [Orange County Register](#) article about changes in California's uninsured population. Shana Alex Charles, faculty associate at the center, commented in the article.

### **Opinion: Whale hunting practices in Taiji, Japan**

The [Huffington Post](#) published an op-ed Dec. 8 by Dana Ellis Hunnes, senior dietitian at Ronald Reagan UCLA Medical Center and an adjunct assistant professor at the UCLA Fielding School of Public Health, about the culture of whale-hunting in Taiji, Japan.

### **Treating America's opioid addiction**

A panel on opioid addiction featuring Dr. Larissa Mooney, associate clinical professor of psychiatry and biobehavioral sciences at the David Geffen School of Medicine at UCLA and director of the UCLA Addiction Medicine Clinic, was covered Dec. 1 by [Zocalo](#). Mooney discussed the addiction epidemic in the U.S. along with the efficacy of treatment options. The full transcript of the panel is available on [SoundCloud](#).

- Also, in a Dec. 12 article on [Healthline](#), Mooney discussed the effects of the opioid epidemic on rural areas and the babies born in those areas.

### **Young patients in Santa Monica featured in photo montage**

The Santa Monica Daily Press published a photo montage Dec. 12 of a visit from "Once Upon a Room," a nonprofit that decorates rooms of hospitalized children. Volunteers from the nonprofit decked out the rooms of more than a dozen pediatric patients at UCLA Medical Center, Santa Monica.

### **Family therapist discusses myths about PTSD**

Thomas Babayan, a licensed marriage and family therapist at the Semel Institute's Nathanson Family Resilience Center, was featured Dec. 7 in a [Live Science](#) article about myths, or misunderstandings, about PTSD.

### **Endovascular approaches for deep vein thrombosis, pulmonary embolism are growing**

The Nov./Dec. issue of [Cardiology Today's Intervention](#) featured an interview with Dr. John Moriarty, an associate professor of radiology and medicine, on the growing interest in the use of endovascular technologies and techniques to treat patients with deep vein thrombosis or pulmonary embolism. Currently, medication is the gold standard but experts are finding that some patients may benefit from endovascular approaches too. Moriarty was also quoted in a [sidebar story](#) describing some of the technologies available.

### **Researchers use stem cells to grow mini 3-D lung-in-a-dish**

[True Viral News](#) reported Dec. 14 on a study showing that stem cells can be used to make 3-D models of lung tissue to study and potentially treat idiopathic pulmonary fibrosis and other lung diseases. UCLA is the first to publish work using this pioneering 3-D lung tissue modeling technique. The research, published in the journal *Stem Cells Translational Medicine*, was led by senior author Dr. Brigitte Gomperts, an associate professor of pediatric hematology/oncology and a member of the UCLA Broad Stem Cell Research Center. The study's first author was Dan Wilkinson, a graduate student in Gomperts' lab.

### **Genetic factors control regenerative properties of blood-forming stem cells**

[MedicalXpress](#) and [California's Stem Cell Agency blog](#) reported Dec. 5 on research that defines how key genetic factors affect blood-forming stem cells by either accelerating or hindering the cells' regenerative properties. The findings could one day lead to improved treatments for people undergoing common therapies for cancer such as chemotherapy and radiation. The research, published in *Nature Medicine* and *Cell Reports*, was led by senior author Dr. John Chute, professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA and a member of the UCLA Broad Stem Cell Research Center.

### **Personalizing chemotherapy to treat pediatric leukemia**

[Science Daily](#) on Dec. 12 and [Drug, Discovery & Development](#) on Dec. 14 highlighted research led by Dean Ho, a professor of oral biology and medicine and co-director of the Weintraub Center for Reconstructive Biotechnology at the UCLA School of Dentistry, demonstrating that new technology from him and his colleagues may go a long way toward overcoming the challenges of treatment for acute lymphoblastic leukemia, among the most common types of cancer in children. The technology has the potential to help doctors personalize drug doses. Ho was quoted.

### **Link between inflammation and prostate cancer**

[Urology Times](#) reported Dec. 13 on a study finding that the progenitor cells located in unusually high numbers in inflamed areas of the prostate can increase the risk for prostate cancer. Senior author Andrew Goldstein, assistant professor of urology at the David Geffen School of Medicine at UCLA, was quoted. Goldstein is also a member of UCLA's Jonsson Comprehensive Cancer Center and the Eli and Edythe Broad Center of Regenerative Medicine and Stem Cell Research Center.

### **Breast cancer treatment shows promising results in early stage disease**

[ASCO Post](#) on Dec. 14, [Cancer Therapy Advisor](#) on Dec. 12, [Onclive](#) on Dec. 9 and [Medscape](#) on Dec. 8 reported on the first randomized neoadjuvant trial of a CDK4/6 inhibitor in early-stage breast cancer patients. Lead author Dr. Sara Hurvitz, associate professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA and medical director of UCLA's Jonsson Comprehensive Cancer Center Clinical Research Unit, was quoted.

### **This week on "Ask the Doctors"...**

UCLA Health internists Dr. Robert Ashley, Dr. Eve Glazier, and Dr. Elizabeth Ko addressed a variety of health-related questions this week in the recurring "Ask the Doctors" column, syndicated in more than 50 publications nationwide. A sampling of the stories:

- On whether aspirin affects the chance for heart attack, featured Dec. 14 in [Cumberland Times News](#)
- On the benefits of flossing despite earlier reports, featured Dec. 14 in [The Citizens' Voice](#)
- On the health effects of a loved one passing away, featured Dec. 12 in [Frederick News-Post](#)
- On the chickenpox vaccine and booster, featured Dec. 11 in [The Journal Times](#)
- On tests for prostate cancer, featured Dec. 9 in [Scranton Times Tribune](#)
- On fats versus sugars in the diet, featured Dec. 8 in [Elko Daily Free Press](#)

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## **NOTABLE BRIEFS**

Dr. Bartosz Chmielowski, clinical assistant professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA and a member of UCLA's Jonsson Comprehensive Cancer Center, was referenced Dec. 14 in a [Santa Barbara Independent](#) story about an advanced melanoma patient who benefited from immunotherapy treatment.

New data from the California Health Interview Survey, administered by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health, was cited Dec. 14 by [KPCC-FM](#), [MedicalXpress](#) and [LA18-TV](#).

Research conducted by the UCLA Center for Health Policy Research at the UCLA Fielding School of Public Health was cited in an opinion piece about possible repeal of the Affordable Care Act on Dec. 12 by the [Los Angeles Daily News](#). The piece also ran in the Orange County Register, Chico Enterprise-Record, Pasadena Star-News, The San Bernardino Sun, and other outlets.

Research conducted by the WORLD Policy Analysis Center at the UCLA Fielding School of Public Health about parental leave was cited Dec. 7 by the [Christian Science Monitor](#) and Dec. 6 by the [Washington Post](#).

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## **NOTABLE QUOTABLES**

Dr. Deanna Attai, a UCLA Health breast surgeon based in Burbank and assistant clinical professor of surgery, commented Dec. 12 in a [CNN.com](#) article on a new study examining whether socially isolated

breast cancer patients have a higher risk of dying from their disease than those with a strong support network.

Melissa Brymer, director of the terrorism and disaster program at the National Center for Child Traumatic Stress at UCLA, was quoted Dec. 14 in a [Hartford Courant](#) story about the Sandy Hook shooting and funding for mental health services.

Steven Cole, adjunct professor of psychiatry at the David Geffen School of Medicine at UCLA, was quoted Dec. 8 in a [Bloomberg](#) article on whether certain positions in a social hierarchy can have an effect on physical 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 Dec. 7 in a [HealthDay](#) article about a study finding that even small increases in blood pressure can be a risk factor in African-American people. Fonarow noted that the findings provide further evidence of the association between increased blood pressure and the risk of heart attacks, strokes, heart failure and premature deaths.

Dr. Neal Halfon, director of the UCLA Center for Healthier Children, Families and Communities, was quoted Dec. 5 in a [Reuters Health](#) article on new findings that showed the richest Americans live seven to 10 years longer than the poorest. Halfon, who was not involved in the study, noted that more needs to be done to address poverty in the U.S. The article was also published by [Business Insider](#), [Fox News.com](#), [AOL News](#) and others.

Dr. Edmond Hewlett, professor of restorative dentistry at the UCLA School of Dentistry, commented Dec. 1 in the [Los Angeles Times](#) about how patients may feel uneasy about going to the dentist for many reasons, including fear of pain and the feeling of a loss of control while in the dentist's chair.

Dr. Sara Hurvitz, associate professor of medicine in the division of hematology/oncology at the David Geffen School of Medicine at UCLA and medical director of UCLA's Jonsson Comprehensive Cancer Center Clinical Research Unit, was quoted Dec. 8 in a [Medpage Today](#) report about adding oral bisphosphonate ibandronate to endocrine therapy for women following surgery for early-stage breast cancer.

Dr. Rashmi Shetgiri, a pediatrics researcher at the David Geffen School of Medicine at UCLA, commented Dec. 13 in a [Reuters](#) article linking mental health spending and gun laws to fewer school shootings. The story was syndicated by [Yahoo! News](#), [Fox News](#) and the [Philadelphia Inquirer](#), among others.

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