

**UCLA**

**Health**

**UCLA HEALTH SCIENCES MEDIA REPORT**

**Week of Dec. 1-7, 2017**

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[NBC News](#): Americans with Alzheimer's will double by 2060

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### [New York Times](#): Cataract surgery linked to longevity

(Photo: UCLA Health)



### [uExpress](#): One year of “Ask the Doctors”

(Photo: Getty Images)



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### **Americans with Alzheimer’s will double by 2060**

[NBC News](#), [HealthDay News](#), [MSN](#), [Washington Times](#), the U.K.’s [Daily Mail](#) and [Express](#), [The Week](#), [Xinhuanet](#), [Science Newsline](#), [International Business Times](#), [DOTmed](#), [Medical Xpress](#), and CNBC reported on research led by Ron Brookmeyer finding that some 15 million Americans will develop Alzheimer’s dementia or mild cognitive impairment by 2060, up from 6 million this year. [Health](#), [UPI](#), and [WebMD](#) carried the HealthDay story. Brookmeyer is a professor of biostatistics at the UCLA Fielding School of Public Health. CNBC: <http://bit.ly/2Bi8PQS>

### **Cataract surgery linked to longevity**

A [New York Times](#) column explored a UCLA study linking cataract surgery to a longer lifespan in women. Dr. Anne Coleman, the Fran and Ray Stark Professor of Ophthalmology at the UCLA Stein Institute and a professor of epidemiology at the UCLA Fielding School of Public Health, led the research, which was published by JAMA Ophthalmology. [Newser](#) also reported the findings.

### **One Year of “Ask the Doctors”**

UCLA Health internists Dr. Robert Ashley, Dr. Eve Glazier and Dr. Elizabeth Ko marked one year of addressing 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 parabens in everyday products, featured in [Conroe News](#)
- On postpartum depression and dads, featured in [The Manchester Journal](#)
- On exercise and the effects of drinking, featured in [Indiana Gazette](#)
- On remedies for an enlarged prostate, featured in [The Frederick News-Post](#)
- On explaining cancer to kids, featured in [The Times-Tribune](#)
- On the singles vaccine, featured in [Hanford Sentinel](#).

### **Magazine spotlights dramatic double surgical rescue**

[Woman's World](#) covered the story of a pregnant woman who was airlifted to UCLA for an emergency C-section followed immediately by an open-heart surgery to repair a tear in her artery. Dr. Richard Shemin, chief of cardiac surgery, and Dr. Carla Janzen, associate professor of obstetrics and gynecology, led the teams that provided her care. Shemin was cited.

### **Think before you drink**

Dr. Karen Miotto, a clinical professor of psychiatry at the Semel Institute, was featured in a [HealthDay](#) News article about the tendency to overdo holiday drinking. The article was syndicated by 73 news outlets, including [U.S. News & World Report](#), [ABC-7](#), [Philly.com](#) and [FOX5 Vegas](#).

### **Early cancer detection helps save lives**

Dr. Arun Singh, assistant professor of medicine and a UCLA Jonsson Comprehensive Cancer Center member, appeared on an episode of [The Doctors](#) to promote cancer screening week. He addressed how early screening and detection efforts can help prevent cancer.

### **California Health Report highlights the IMG program**

[California Health Report](#) published a feature on the UCLA International Medical Graduate (IMG) program, which helps legal U.S. residents who are medical-school graduates from Latin America earn their California medical licenses. Dr. Patrick Dowling, chair of family medicine and the program's associate executive director, and Dr. Michelle Bholat, executive vice chair of family medicine and the program's executive director, were quoted.

### **Raising HIV awareness in China**

[CGTN/America](#) 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. He discussed efforts to increase HIV awareness and testing in China and to fight AIDS around the world. [EBLNews](#) and [LITechNews](#) ran the report.

### **Patients' involvement in medical notes could aid care**

[Health Data Management](#), [Business Standard](#), [Scienmag](#) and 10 other outlets reported on UCLA research finding that patients can benefit if they're invited to co-produce medical notes, called "OurNotes," with their doctors. Lead author Dr. John Mafi, an assistant professor of medicine in the division of general internal medicine and health services research, was quoted.

### **HIV-positive adults undertreated for cardiovascular disease**

[Medscape](#) and [Healio](#) reported on 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 doctors were less likely to recommend cholesterol-lowering statin drugs and aspirin for HIV-positive people with risk factors for heart disease and stroke than they were for patients without HIV.

### **Lost sleep impairs memory and visual perception**

An earlier [Washington Post](#) story about UCLA research finding that a night of lost sleep can result in temporary mental lapses that impair memory and distort visual perceptions was syndicated this week by the [Atlanta Journal Constitution](#), [Palm Beach Post](#) and [Dayton Daily News](#). The Nature Medicine study was led by Dr. Itzhak Fried, a professor of neurosurgery at the David Geffen School of Medicine at UCLA.

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### **Cancer research pioneer honored with career award**

[Healio](#) reported that the American Society of Clinical Oncology will present Dr. Patricia Ganz with the Ellen L. Stovall Award and Lecture for Advancement of Cancer Survivorship for dedicating her career to studying the effects of cancer treatment on patients and survivors. Ganz is a distinguished professor of hematology and oncology at the David Geffen School of Medicine at UCLA and director of prevention and control research at the UCLA Jonsson Comprehensive Cancer Center.

### **Tai chi reduces insomnia in breast cancer survivors**

[Healio](#) covered research by Dr. Michael Irwin, a professor of psychiatry and director of the Cousins Center for Psychoneuroimmunology at the Semel Institute, showing that tai chi relieves insomnia in breast cancer survivors just as well as cognitive behavioral therapy, and better than medication.

### **Language patterns an indicator of stress**

WQAD-TV featured Steve Cole, director of the UCLA Social Genomics Core Laboratory, in a story about how language patterns reveal the body's hidden response to stress. WQAD-TV: <http://bit.ly/2ka0XGi>

### **SiriusXM spotlights kids with craniofacial deformities**

Dr. Reza Jarrahy, an associate clinical professor in plastic and reconstructive surgery, appeared on [SiriusXM's Doctor Radio](#) to discuss pediatric craniofacial reconstructive surgery. He described a recent outing on which he took his patients and their family members to a screening of the movie "Wonder," which tells the story of a boy with facial deformities.

### **Diet, exercise key to lowering blood pressure**

[AMA Wire](#) covered an expert panel discussion about the American Heart Association's new high blood pressure guidelines. Dr. Karol Watson, a 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, participated on the panel and was quoted.

### **ACA spurs preventive cardiovascular care**

[Cardiology Today](#) 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 increased rates of preventive cardiovascular care, such as aspirin therapy and screenings for diabetes, smoking and hypertension.

### **Y chromosome may protect against pulmonary hypertension**

[Medical Xpress](#) and [Health Canal](#) covered a UCLA study suggesting that genes on the Y chromosome protect against pulmonary hypertension. The research was led by Mansoureh Eghbali, associate professor of anesthesiology and perioperative medicine, and Dr. Soban Umar, assistant professor-in-residence of anesthesiology and perioperative medicine.

### **The evolution of radiation therapy**

A [Raconteur](#) story on radiation therapy featured a UCLA research finding that nine in 10 breast-cancer patients found radiation to be less scary than anticipated. Lead author Dr. Narek Shaverdian, a radiation oncology resident, was quoted.

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### Training director shares insights on collaboration in the workplace

A Southern California News Group story appearing in [The Press-Enterprise](#), [San Bernardino County Sun](#) and [The Inland Valley Daily Bulletin](#) about the Inland Empire Top Workplaces awards ceremony featured comments from Shola Richards, director of training at UCLA Health, who delivered the event's keynote presentation.

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## QUOTED

*"Are there a lot of unanswered questions about what these natural gas storage facilities emit on an ongoing basis? Absolutely. Would I be concerned that we don't know what's coming out of these plants? Yes absolutely."*

– Michael Jerrett in [BuzzFeed](#)



**Lan Boehme**, a physical therapist at UCLA Rehabilitation Services in Santa Monica, made suggestions in [EverydayHealth](#) for making the home safer for people with the spinal condition called ankylosing spondylitis.

- She also commented in an [EverydayHealth](#) article about exercises for people with ankylosing spondylitis.

**Dean Buonomano**, a professor of neurobiology at the David Geffen School of Medicine at UCLA, commented in [MIT News](#) about research shedding new insights on how the brain keeps time. The story was syndicated by [Health Canal](#) and [My Science](#).

**Dr. Ian Cook**, director of the UCLA Depression Research and Clinic Program, commented in a [Boston Globe Magazine](#) article about “electroceuticals,” or the use of electrical current to treat ailments.

**Truyen Dang**, a physical therapist at UCLA Rehabilitation Services in Burbank, made suggestions in [EverydayHealth](#) for making the home safer for people with the spinal condition called ankylosing spondylitis.

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**Dr. Jonathan Fielding**, professor-in-residence at the UCLA Fielding School of Public Health, was quoted in a [CNN](#) story about a new study finding that accidental deaths increase following a spike in gun sales. The article ran on the website of WPLG-TV, Miami.

**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 [Medscape](#) about a U.S. coronary artery disease quality-improvement program that was adapted for patients in India.

- He also commented in a [Cardiology Today](#) report about new treatment strategies for heart attack patients.

**Dr. Wally Ghurabi**, medical director of the Nethercutt Emergency Center at UCLA Medical Center, Santa Monica, commented in the [Santa Monica Daily Press](#) about the health risks of inhaling wildfire smoke.

**Michael Jerrett**, chair of environmental health sciences at the UCLA Fielding School of Public Health, was quoted in a [BuzzFeed News](#) article about the mysterious illnesses that Porter Ranch residents continue experiencing following a methane gas leak.

- Jerrett also commented in a [USA Today](#) story about ways to protect your lungs from the smoke created by the massive Southern California wildfires

**Dr. Jenny Kim**, a professor of dermatology at the David Geffen School of Medicine at UCLA and director of cosmetic dermatology, commented in a [Los Angeles Times](#) story about new technology for at-home beauty treatment.

**Dr. Donald Kohn**, director of the human gene medicine program at UCLA and a member of the UCLA Broad Stem Cell Research Center, was quoted in a [STAT News](#) article about TALENS and zinc fingers: two gene-editing tools that offer distinct advantages yet have been overshadowed by CRISPR.

**Gerald Kominski**, 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 quoted in a [Los Angeles Times](#) article about pharmacy chain CVS' plan to buy healthcare insurer Aetna Inc. for \$69 billion.

**Zeyan Liew**, a postdoctoral scholar in epidemiology at the UCLA Fielding School of Public Health, was quoted in a [New York Times](#) article about a possible link between acetaminophen taken during pregnancy and attention-deficit/hyperactivity disorder in children. The article also cites a 2014 study he led finding that acetaminophen taken during pregnancy is associated with a higher risk of ADHD and hyperkinetic disorder in children.

**Dr. Leena Nathan**, assistant clinical professor and obstetrician-gynecologist at UCLA Health–Westlake Village, was quoted in a [Health](#) article about forgotten tampons.

**Nadereh Pourat**, professor-in-residence at the UCLA Fielding School of Public Health and director of research at the UCLA Center for Health Policy Research, was quoted in a [KPCC-FM](#) report about the Trump administration's rescission of the federal DACA program and its psychological toll on the young people it affects.

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**Dr. Nick Shamie**, clinical professor and orthopaedic spine surgeon with the UCLA Spine Center in Santa Monica, commented in an [EverydayHealth](#) article about exercises for people with the spinal condition ankylosing spondylitis.

**Dr. Gary Small**, director of geriatric psychiatry at UCLA's Longevity Center, commented in a [Today.com](#) article about marriage's benefits on the brain.

**Yifang Zhu**, professor of environmental health sciences at the UCLA Fielding School of Public Health, commented in a [USA Today](#) story about how to keep smoke out of the car when driving near wildfires.

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## BRIEFS

A [New York Times](#) story about a \$250 million gift to Columbia University's medical school referenced UCLA's David Geffen Scholarship Program, which pays all expenses for students' medical education.

The UCLA Integrated Substance Abuse Programs were mentioned in a [Los Angeles Times](#) article about drug-assisted treatment for opiate addiction.

[Men's Health](#) cited research from the UCLA Center for East-West Medicine in a story about home remedies for constipation and other ailments.

KPLA-FM (Missouri) cited Dr. Jesse Mills, director at The Men's Clinic at UCLA, in a segment about how much water we should be drinking each day.

KPLA-FM: <http://goo.gl/Xky9Tc>

[Drug Store News](#) and [IDSE](#) articles about a partnership between OraSure Technologies, the Tampa-based AIDS Institute and Walgreens to promote HIV testing, cited 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.

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[Population of Americans with Alzheimer's will more than double by 2060, UCLA study shows](#) UCLA Newsroom

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[Language patterns reveal the body's biological response to stress](#) UCLA Newsroom

[Genes on Y chromosome protect against pulmonary hypertension, study suggests](#) UCLA Newsroom

[Codeine isn't safe for kids. Here's how doctors can ease pain instead](#) UCLA Health Connect blog

[Got bedroom eyes? You may qualify for corrective surgery](#) UCLA Health Connect blog

[David Geffen School of Medicine researchers named among world's most influential scientists](#) DGSOM website

[Loretta Jones, civil rights activist and policy advocate, receives UCLA medal](#) UCLA Newsroom



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