

UCLA

Health

**UCLA HEALTH SCIENCES MEDIA REPORT
Week of Dec. 15-21, 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.



[Nature](#): Making cancer immunotherapy a 'surer' bet

(Photo: Hagerty Ryan, USFWS)



[Post](#)



[Tweet](#)



[Post](#)



[New York Times](#): A cup of hot tea a day may keep the eye doctor away

(Photo: Flickr/Luxbao)



[WGN-TV, Chicago](#): School fitness program motivates students to get in shape

(Photo: UCLA Health)



Post



Tweet



Post



Post



Tweet



Post

Making cancer immunotherapy a 'surer' bet

A [Nature](#) story on how researchers are making cancer immunotherapy more effective by unlocking the biological cues that more accurately predict treatment outcomes featured Dr. Antoni Ribas, director of UCLA's Jonsson Comprehensive Cancer Center Tumor Immunology Program and professor of medicine in the division of hematology oncology at the David Geffen School of Medicine at UCLA.

A cup of hot tea a day may keep the eye doctor away

A UCLA study linking the consumption of hot tea to a lower risk for glaucoma was reported by more than 100 outlets worldwide, including the [New York Times](#), [Live Science](#), [HealthDay News](#), [Consumer Reports](#), the [Los Angeles Times](#) and the U.K.'s [The Guardian](#), [Sunday Times](#) and [Independent](#). Dr. Anne Coleman, the Fran and Ray Stark Professor of Ophthalmology at UCLA's Stein Eye Institute and David Geffen School of Medicine, led the research.

School fitness program motivates students to get in shape

WGN-TV, Chicago; KFBK-AM, Sacramento, California; WABG-TV, Greenville, Mississippi; and AgNews-TV featured a story on the UCLA Health Sound Body Sound Mind program, which donates state-of-the-art fitness centers to underserved middle and high schools and trains P.E. teachers on a curriculum designed to motivate students. Dr. David McAllister, a UCLA orthopaedic surgeon and a member of the Sound Body Sound Mind academic advisory council, and Matthew Flesock, executive director of Sound Body Sound Mind, were interviewed. Forty local affiliates syndicated the AgNews story, including KGET-TV, Bakersfield, California; KLRT-TV, Little Rock, Arkansas; and KOB-TV, Medford, Oregon.

Teens and gender non-conformity

[Associated Press](#), KCRW-FM, KCRA-TV, Sacramento, California, Capital Public Radio, [Bustle](#), the [Daily Dot](#) and [Boing Boing](#) reported on a study from the Fielding School's UCLA Center for Health Policy Research and The Williams Institute finding that 27 percent

of California adolescents say they are seen as gender nonconforming. The AP article ran in nearly 200 outlets, including the San Francisco Chronicle, Sacramento Bee, and U.S. News & World Report. KPCC-FM carried the Capital Public Radio report.

A step forward in therapy for muscle-wasting disorders

[ScienceDaily](#), [MyScience.org](#), [Medical Xpress](#), [the Stem Cellar](#), [Innovation Toronto](#), [Dotemirates](#), [Technology Networks](#), [Health News Digest](#) and [Lab Manager Magazine](#) reported on UCLA researcher April Pyle's successful creation of skeletal muscle from stem cells, a major step toward a stem cell replacement therapy for Duchenne Muscular Dystrophy and other muscle-wasting disorders. Pyle is an associate professor of microbiology, immunology and molecular genetics in the UCLA College of Letters and Science and the David Geffen School of Medicine and a member of the UCLA Broad Stem Cell Research Center.

Lost sleep impairs memory and visual perception

The [Washington Post](#) reported on a study by Dr. Itzhak Fried, professor of neurosurgery, showing that a night of lost sleep can result in temporary mental lapses that impair memory and distort visual perceptions. The story was syndicated this week by the [Star Tribune](#).

A new way to diagnose coronary artery disease

[Reuters Health](#) and [Healio: Cardiology Today](#) reported on research by Dr. Joseph Ladapo, associate professor of medicine in the division of general internal medicine and health services research, finding that the Age, Sex and Gene Expression Score (ASGES) can replace current methods of diagnosing coronary artery disease, particularly in elderly populations.

Americans with Alzheimer's will double by 2060

[Healthline](#) 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. Brookmeyer is a professor of biostatistics at the UCLA Fielding School of Public Health.

Foods people with diabetes should avoid

A [Prevention](#) article, about nine foods to avoid if you have diabetes, featured Dr. Matthew Freeby, director of the Gonda Diabetes Center.

How gut bacteria impacts mood

A column in [Psychology Today](#) featured research led by Dr. Kirsten Tillisch, associate professor of medicine in the Vatche and Tamar Manoukian Division of Digestive Diseases, suggesting that an abundance of certain types of gut bacteria can affect mood and emotion.

Survivors of 1976 Ebola outbreak could be key to vaccine, therapeutics

[Infection Control Today](#), [Outbreak News Today](#), [Health News Digest](#), [Science Daily](#), [Health Canal](#), [MedicalXpress](#), [MyScience.org](#), [Scienmag](#), [Homeland Preparedness News](#), [ContagionLive](#), and [Thinkworth](#) magazine highlighted research led by Anne Rimoin, associate professor of epidemiology at the UCLA Fielding School of Public Health. Her study found that survivors of the first known Ebola outbreak, in the Democratic Republic of the Congo in 1976, could be key to development of vaccines and therapeutic drugs to treat future outbreaks.

Direct-acting antiviral drugs stay active for hepatitis C/HIV co-infection

[Healio: Infectious Disease](#) reported on research led by Dr. Sammy Saab finding that patients co-infected with the hepatitis C and human immunodeficiency viruses can experience cure rates similar to individuals infected with hepatitis C alone when both groups receive direct-acting antiviral drugs. Saab is a professor of medicine and surgery and head of outcomes research in hepatology.

Using glucocorticoids with Xeljanz does not improve rheumatoid arthritis

[Healio: Rheumatology](#) reported on research led by Dr. Christina Charles-Schoeman finding that a class of steroid hormones called glucocorticoids, when used with a medication called Xeljanz, did not affect clinical or radiographic effectiveness in patients with rheumatoid arthritis. Charles-Schoeman is an associate professor of medicine in the division of rheumatology.

Rise in sexually transmitted infections

A [ReachMD](#) podcast on the rise of sexually transmitted infections in the United States featured 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.

Santa Monica cancer patient receives an early Christmas

Lester Pirir, a cancer patient undergoing treatment at the Daltrey/Townshend Teen & Young Adult Cancer Center at UCLA Medical Center, Santa Monica, was featured in a segment on [KCBS-TV](#). The 20-year-old and his family were surprised by Christmas gifts donated by Target and the Connecting a Caring Community foundation.

Genomic blood test predicts survival rates after surgery for advanced heart failure

[Cardiovascular Business](#), [LabRoots](#) and [Science and Technology Research News](#) reported on a new study published in PLOS ONE about an experimental blood test developed at UCLA. The test uses gene activity data from immune cells to predict survival rates for people with advanced heart failure who had surgery to implant mechanical circulatory support devices. The article cited Dr. Mario Deng, professor of medicine in the division of cardiology and the study's senior author.

A daily, two-mile stroll is good for the brain

[MedicalXpress](#), [My Science](#), [Health News Digest](#), [The Medical News](#) and [CFNEWS13-TV](#) in Orlando, Florida, featured research by Prabha Siddarth, a biostatistician at the Semel Institute, and colleagues showing that older adults who walked more than 4,000 steps per day had improved memory and cognition.

Reversibility of genetic nervous system disease revealed

[Scienmag](#), [Science Daily](#), [The Medical News](#) and [MedicalXpress](#) featured research by Dr. Daniel Geschwind, a UCLA professor of neurology and psychiatry and the Gordon and Virginia MacDonald Distinguished Chair in Human Genetics, describing how a mouse model in which the gene defect that causes Friedreich's ataxia can be turned on or off.

How to treat a child's skinned knee

[Fatherly](#) published a story, about proper care for a skinned knee, featuring Dr. Howard Reinstein, assistant clinical professor of pediatrics at the David Geffen School of Medicine at UCLA.

Young patients in Santa Monica featured in photomontage

Santa Monica Daily Press published a front-page photomontage of a holiday visit by local firefighters to the pediatric unit at UCLA Medical Center, Santa Monica. The firefighters, who have made these visits for the past 11 years, bring gifts and good cheer to patients and their families.

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 family care for a new baby, featured in [Indiana Gazette](#)
- On diabetes and peripheral neuropathy, featured in [The Frederick News-Post](#)
- On artificial sweeteners, featured in [Daily Herald](#)
- On napping, featured in [Hanford Sentinel](#)
- On marijuana and risky behavior, featured in [The Times-Tribune](#).

QUOTED

“I see the economic incentives for doing this. ... But it’s kind of stupid, because we all know we will pay for it with long-term health effects. Somebody has to pay for the costs of diabetes, of cognitive decline or strokes. This is just creating a huge amount of costs for society in the long run.”

-Beate Ritz, [L.A. Times](#), on placing low-income housing near freeways



Dr. S. Thomas Carmichael, professor and chair of the department of neurology in the UCLA David Geffen School of Medicine and co-director of the UCLA Broad Stem Cell Research Center, was quoted in a [Reuters](#) article about a promising stem cell treatment for heart disease. The story was syndicated in [Business Insider](#), [Newsmax](#), [Yahoo! News Zealand](#), [Japan Today](#), [True Viral News](#), [the Express Tribune](#), [Financetime](#), [TODAY Online](#), [Times LIVE](#), [The Daily Mail](#), [CNBC](#), [Yahoo! Finance UK](#), [Vietnam Breaking News](#), [Nasdaq.com](#) and [Investing.com](#), among others.

Dr. Timothy Fong, a clinical professor of psychiatry and director of the UCLA Addiction

Medicine Clinic, commented in a [Playboy](#) article about why fentanyl is so addictive and deadly.

Dr. Barbara Giesser, professor of clinical neurology and clinical director of the UCLA multiple sclerosis program, commented in a [Healthline](#) article about how diet can help those with MS.

Sander Greenland, professor emeritus of epidemiology at the UCLA Fielding School of Public Health, commented in a [Bloomberg View](#) article about how scientific laws can benefit from an update.

Susanne Henning, adjunct professor at the UCLA Center for Human Nutrition, commented about the health effects of tea in a [CheatSheet](#) story about surprising food facts.

Dana Hunnes, senior dietitian at the Ronald Reagan UCLA Medical Center and adjunct assistant professor at the UCLA Fielding School of Public Health, commented in a [Healthline](#) story about the ketogenic diet.

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, was quoted in a [Sacramento Bee](#) story about how the Republican tax plan's elimination of the individual mandate will affect the health marketplace.

Dr. Aldo Palmieri, chair of obstetrics and gynecology at UCLA Medical Center, Santa Monica, and clinical professor, commented in an article on [thebump.com](#) about inducing labor naturally.

Dr. Beate Ritz, professor and vice chair of epidemiology at the UCLA Fielding School of Public Health, was quoted in a [Los Angeles Times](#) article about plans to build low-income housing near freeways.

BRIEFS

Stuart House, a companion facility to the Rape Treatment Center at UCLA Medical Center, Santa Monica, was referenced in a [Los Angeles Times](#) profile of fashion designer John Varvatos. The designer hosts an annual fundraiser to benefit Stuart House.

[IEEE Spectrum](#) cited a UCLA study showing that electrical stimulation of the brain improved short-term memory. Dr. Itzhak Fried, professor of neurosurgery, led the research.

CONTENT CREATED BY MEDIA RELATIONS

[More students pass California physical fitness test after 8 weeks in exercise program](#)
UCLA Newsroom

[Just 4,000 steps a day can lead to better brain health](#) UCLA Newsroom

[UCLA researchers create skeletal muscle from stem cells](#) UCLA Newsroom

[Three UCLA scientists receive CIRM Discovery Grants to develop stem cell therapies for stroke, muscular dystrophy](#) UCLA Eli & Edythe Broad Center of Regenerative Medicine & Stem Cell Research

[UCLA grant program funds interdisciplinary brain cancer research](#) UCLA Newsroom

[A cup of hot tea a day could keep glaucoma away](#) UCLA Health Connect blog

[New discoveries may help researchers better treat pulmonary hypertension](#) UCLA Health Connect blog

[Dr. Karol Watson named cardiologist of the year](#) UCLA Newsroom

[Multiple sclerosis expert honored for research on sex differences](#) UCLA Newsroom



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>.