Avoiding Vaccines May Increase Complications

Measles, mumps and a host of other preventable diseases have declined dramatically since the advent of vaccines, yet some people don’t follow evidence-based immunization guidelines because they have concerns about unknown potential side effects. The myths that fuel these anxieties, however, have been debunked, experts say.

“Based on word-of-mouth rumors, some parents believe that multiple vaccines overload the immune system, that preservatives in vaccines lead to brain damage or that MMR (measles, mumps and rubella) shots cause autism in children,” explains UCLA pediatric infectious disease specialist James Cherry, M.D. “Those beliefs are not supported by scientific evidence and have been repudiated by all reputable experts.”

Continued on page 7
Gerald Berke, M.D., has been appointed the chair for the new UCLA Department of Head and Neck Surgery. The UCLA Department of Head and Neck Surgery — previously the UCLA Division of Head and Neck Surgery — will continue to be the center for the development of novel treatments for voice disorders, cochlear implantation and other microvascular reconstructive surgeries.
More Cardiologists Take New Approach to Catheterization

Cardiac catheterization, a procedure used to diagnose heart conditions, is typically performed through the femoral artery of the groin. But, increasingly, cardiologists are instead using the radial artery of the wrist — a method that results in fewer complications while sparing patients the need to be on lengthy bed rest.

“Radial-artery catheterization is both safer and more comfortable for patients,” says UCLA cardiologist William Suh, M.D. “There are fewer bleeding complications, and the patient can sit up right away and return to normal activities sooner.”

Cardiac catheterization involves the insertion of small tubes into a chamber or vessel of the heart under X-ray guidance to detect obstructions or malformations. Nearly 4 million cardiac catheterizations are performed in the United States each year.

Use of the radial artery for the procedure isn’t new, but the approach via the groin has for the last two decades been the dominant method. This is because of the easier access afforded by the large femoral artery, as well as the specially shaped catheters that lend themselves to such an approach. But a new generation of catheters has made it easier to access the heart via the radial artery, and the advantages of patient safety and comfort are leading more cardiologists to opt for this approach to cardiac catheterization, explains Dr. Suh, who employs the radial artery for nearly all his catheterization patients.

Although rare, bleeding complications — both internal and external — occur in a small percentage of catheterization patients, and can be serious, and even deadly. These complications are virtually eliminated when the catheter is inserted through the wrist instead of the groin area, Dr. Suh says. One downside to the radial approach is the potential for painful muscle spasms in the area surrounding the artery, though in the majority of patients these can be prevented with medications. The radial artery can also close after the procedure, causing blood clotting to occur, so blood thinners are given during the procedure.

“Overall, the safety benefits of using the radial artery outweigh the downsides,” Dr. Suh says. “But the most tangible benefit to the patient is after the procedure.” Patients who receive femoral-artery catheterization are required to lie flat on their back with their legs straight for up to six hours to allow the artery to heal, he explains. Following radial-artery catheterization, patients are able to sit up, walk and eat immediately. This is a particular advantage for patients who suffer from low-back pain.

Despite these benefits, the radial artery is used in less than 5 percent of catheterization procedures nationwide. Because the radial artery is smaller than the femoral artery, the procedure can be more technically challenging, and many physicians who trained using the femoral approach are reluctant to change, Dr. Suh notes. In Europe and countries such as Japan and Canada, the radial approach is much more common. Dr. Suh suggests that will soon be the case in the United States. “Within the next five years,” he predicts, “we will probably see the majority of the cases done radially.”

To watch a video about radial catheterization, scan the code with your smartphone or go to: http://streaming.uclahealth.org/radialcath
Everyone enjoys a good night’s sleep, yet for many of us the recommended eight hours is a rare luxury. However, UCLA sleep experts caution that being well-rested should be viewed not as a luxury but as a key part of overall health.

“Sleep has an enormous impact on society and health,” says sleep-medicine specialist Alon Avidan, M.D., M.P.H., director of the UCLA Sleep Disorders Center. He notes that excessive sleepiness can result in cognitive difficulties and memory problems, as well as severely impairing one’s alertness and ability to drive, which may result in accidents. Chronic insomnia, which affects approximately one-in-10 Americans, is associated with higher rates of depression. However, when the insomnia problem is addressed, mood often significantly improves. Obstructive sleep apnea, a common but frequently undiagnosed disorder that is often the source of daytime sleepiness, increases the risk of high blood pressure, heart disease and stroke when left untreated.
Modern society has contributed to the problem of sleeplessness, says pulmonologist and sleep specialist Michelle Zeidler, M.D. "The increase in work hours, commute time and time spent on various technologies after hours has curtailed the amount of time we spend sleeping," she notes. While many people feel they can get away with less than the recommended seven-to-eight hours of sleep each night, "a good night’s sleep needs to be considered preventive medicine, just like a healthy diet and exercise," Dr. Zeidler says.

Although sleep problems are common — and increasingly so with age — many physicians fail to ask their patients about it. Anyone experiencing difficulty getting adequate sleep or feeling sleepy during the day should not hesitate to raise the issue during routine visits, the experts say.

Sometimes getting eight hours of sleep per night isn’t enough. Feeling excessively tired during the day even after ample shut-eye can be an indication of sleep apnea, particularly among those who snore. As many as one-third of patients with a history of snoring have sleep apnea, and if the snoring is characterized by gasping for air, the likelihood is substantially higher. This is not a condition to be ignored, notes Ravi Aysola, M.D., pulmonologist and sleep specialist. It not only wreaks havoc during the day as a consequence of poor-quality sleep, but it can contribute to serious and potentially fatal medical conditions, including cardiovascular disease.

"Sleep apnea should be considered in all patients with risk factors for cardiovascular disease," Dr. Aysola says. He points out that although obesity is a major risk factor for obstructive sleep apnea, up to a third of all patients with the disorder are not overweight. There are several options for treating sleep apnea, including oral appliances and, in some cases, surgery. Although some patients experience discomfort with the nighttime masks that are the most effective treatment for sleep apnea, the majority of patients are able to acclimate to the therapy, often after initial adjustments, Dr. Aysola says.

"It’s just in the last couple decades that we, as medical professionals, have learned to appreciate the negative impact of sleep disorders on a person’s health," Dr. Aysola says. "The medical evidence now proves what our mothers have always known to be true: A good night’s sleep makes us healthy and happy."

The UCLA Sleep Disorders Center performs overnight sleep studies on patients suspected of having sleep apnea, as well as those who may have narcolepsy or a condition such as abnormal movement at night. "The bottom line is that sleep disorders can be as serious as any other major health problem, such as diabetes or heart disease," Dr. Avidan says. "But what many people fail to realize is that treatment for sleep disorders is available and can lead to improved quality of life.”
Pap Tests Effective, But They Should Not be Overdone

A Pap test is a safe and effective way to prevent cervical cancer or find it early by detecting abnormal cells on the cervix that may become cancerous if not treated appropriately. But conducting the test more often than necessary may do more harm than good, experts say. According to United States Preventive Services Task Force (USPSTF) guidelines, Pap testing every three years, rather than every year, is reasonable for most women.

“Cervical cancer grows very slowly,” explains Janet Pregler, M.D., director of the Iris Cantor-UCLA Women’s Health Center. “For most women, the likelihood that we will detect a problem within one year is exceedingly low, but the risk that we will provide unnecessary treatment for a benign condition increases when we overscreen.”

Of approximately 55 million Pap tests performed in the U.S. each year, about 3.5 million, or 6 percent, are abnormal, and fewer than 13,000 women are diagnosed with cervical cancer.

Current guidelines recommend that women should begin receiving regular Pap tests at age 21 and continue with testing until age 65. After three years of normal results, most women can increase the screening interval from one to three years. Women older than 30 years who have negative Pap and human papillomavirus (HPV) tests can also decrease screenings to once every three years. Women with impaired immune systems, such as women with human immunodeficiency virus (HIV) or those on immunosuppressant medications, as well as women with high-risk
Avoiding Vaccines May Increase Complications from Preventable Diseases

The most common vaccines, according to Dr. Cherry, are safe and effective. The bigger dangers, he says, are complications or death from diseases that can be easily prevented by timely immunizations. Measles, for example, can cause pneumonia, brain inflammation and death; mumps can result in male infertility; and rubella in pregnant women can lead to premature birth, low birth weight or cardiac, brain, eye and ear defects in babies. Other highly contagious, vaccine-preventable diseases include pertussis (whooping cough), Haemophilus influenzae B (HIB) and meningitis, which are particularly dangerous to infants and young children.

According to the World Health Organization, at least 2 million people of all ages die every year from vaccine-preventable diseases. Communities with unvaccinated or under-vaccinated people are at greatest risk.

“People living in the U.S. benefit from herd immunity, which makes it unlikely that certain diseases will spread from person to person because most of us are immune,” explains Julia Blank, M.D., a UCLA family medicine specialist. “The problem occurs when a small percentage of unvaccinated people within communities travel abroad to high-risk areas such as Europe, Asia or Africa, become infected and then bring the diseases back to the U.S.” Dr. Blank adds that even some people who have received all of their vaccines may be at risk from exposure to unvaccinated disease carriers because most vaccines are not 100 percent effective. The measles vaccine, for example, has a 5 percent failure rate. Additionally, some children may be exposed before they are old enough to receive certain vaccines.

These factors contribute to rising concerns among parents, who increasingly want to be partners in healthcare decisions regarding their children. In his Westwood practice, UCLA pediatrician Carlos Lerner, M.D., says that a small percentage of parents decline immunizations altogether, but most parents just want to have longer discussions about the risks and benefits of childhood vaccinations.

“There’s a high volume of complex information available on this topic, and not all of it is trustworthy,” Dr. Lerner says. Parents should keep an open mind when discussing vaccinations with their child’s physician, he advises.

“Some parents believe that if they don’t fight this fight, they’re not being good parents,” Dr. Lerner says. “It’s appropriate for parents to question the pediatrician’s advice regarding vaccinations, but they should also recognize that this is the area where our science and knowledge is strongest.”

Cristina Almeida, M.D., is part of a team studying ways to improve appropriateness of cervical-cancer screening for women. Dr. Almeida and others at UCLA are comparing current USPSTF guidelines with current practices at UCLA to identify key areas for improvement with the goal of educating physicians and patients about the scientific evidence behind the new guidelines.

“Given the complexities of cervical cancer screening guidelines, every woman should really have an open discussion with her physician to decide what sort of screening frequency is most appropriate based on her individual risk,” Dr. Almeida says.

Reliable Sources of Vaccine Information

Centers for Disease Control and Prevention
www.cdc.gov/vaccines

American Academy of Pediatrics
www.aap.org/immunization

Immunization Action Coalition
www.immunize.org

National Institute of Allergy and Infectious Diseases
www.niaid.nih.gov/topics/vaccines

National Network for Immunization Information
www.immunizationinfo.org
UCLA Health System is the first medical system on the West Coast to adopt Urban Zen Integrative Therapy, a program that delivers yoga therapy, mindfulness meditation, nutrition, Reiki and aromatherapy to the bedside of interested patients. These Eastern approaches, offered in conjunction with traditional Western therapies, are designed to address discomfort due to pain, anxiety, nausea, insomnia and constipation. The program is being implemented at UCLA in partnership with the Urban Zen Foundation, which is providing extensive training in the techniques to members of the hospital staff. Urban Zen was founded by world-renowned fashion designer Donna Karan based on her experience when her husband was dying of lung cancer in 2001. Distressed that the hospital in New York where he was being treated offered little to ease her husband’s pain and anxiety, Karan went on to create a new model for patient wellness. David T. Feinberg, M.D., M.B.A., president of UCLA Health System, has been a primary advocate for the program.

“If you can reduce patients’ pain, anxiety, nausea, insomnia and constipation, it’s going to decrease the amount of time the patient is in the hospital and decrease the amount of medication that’s needed — which automatically means fewer side effects.”

What appealed to you about Urban Zen Integrative Therapy?
I met Donna Karan, and within 10 minutes I realized we were saying the same things. At UCLA, we have been very focused on patient-centered care — doing everything we can to make sure our patients are cared for in the way we would want our family members treated, which means not only technologically advanced but compassionate care. Donna’s program combines Eastern techniques with Western medicine so that the therapist comes to the patient’s room with additional tools that can make healing more complete.

What convinced you that this approach could be successful at UCLA?
I went to Beth Israel Medical Center in New York City, where the program is being implemented in an oncology unit, and saw it with my own eyes. With very simple techniques — in some cases just helping patients to breathe the right way — I saw anxiety decrease dramatically. I watched as a cancer patient told a nurse he was becoming quite nauseous and needed medicine. A therapist did some exercises with the patient, and by the time the nurse had returned to deliver the medication, the patient was sleeping restfully. I’m not an expert in these...
techniques, but I am an expert in patient care, and I witnessed just how therapeutic these tools can be.

How will Urban Zen be integrated into everyday patient care?

First, all of these techniques have to be adapted for an acute-care setting. Obviously, seriously ill hospital patients aren’t going to be doing advanced yoga poses. In addition, all of this will be done in consultation with the patient’s physician and will require a physician’s order. Beyond that, the only thing that will change is that not only will the patient’s nurse provide great nursing care — monitoring his or her progress, getting meds, helping with the activities of daily living — but that nurse might also suggest, for patients who are interested, deep-breathing exercises, yoga positions adapted for bed, or mindfulness techniques to assist with digestion, decrease anxiety, reduce pain and enhance healing. Some of this, of course, has already been happening; this is just formalizing it and training our staff in these approaches.

How much scientific evidence is there about the effectiveness of these techniques?

There is some, but it is preliminary. We are approaching this in the typical UCLA way, in that we want strong data to prove that this does or doesn’t work. From the start, we will hold randomized clinical trials in which we will compare patients who get this treatment with patients who don’t on a host of measures.

UCLA is among the first large academic medical centers to integrate Eastern techniques in such a systematic way. Do you expect others to follow?

My personal opinion is that this is something that has been missing from our nation’s healthcare system and is a great addition. Whether it takes off will depend on two things. One is whether we can prove it is effective, because there are going to be skeptics. But even with that proof, it has to make sense from a business standpoint. And I believe this has an incredible business application. If you can reduce patients’ pain, anxiety, nausea, insomnia and constipation, it’s going to decrease the amount of time the patient is in the hospital and decrease the amount of medication that’s needed — which automatically means fewer side effects. That would be a huge cost-saver, and if that’s the case, this will take off like wildfire.

As part of its mission, Urban Zen seeks to “change the healthcare paradigm, to help create a healthcare system where the patient is treated, not just the disease.” Do you see this as a paradigm shift for UCLA?

That may be the case elsewhere, but at UCLA patient-centered care is our paradigm. Urban Zen is another step toward doing everything possible to make our patients more comfortable and to assist in their healing — to alleviate their suffering, promote their health and deliver acts of kindness. This program does exactly that. So it’s not changing our paradigm; it’s accentuating what we already do.

To watch a video about Urban Zen, scan the QR code with your smartphone or go to: http://streaming.uclahealth.org/urbanzen

David T. Feinberg, M.D., M.B.A.
UCLA Expands Pediatric Services in Santa Monica

Thirty million children in the U.S. receive emergency care each year, and more than 3 million children are hospitalized for acute illnesses or injuries and chronic conditions. While increased demand for pediatric emergency and inpatient services have negatively impacted access to care for children in many communities, Santa Monica-UCLA Medical Center and Orthopaedic Hospital is expanding access for children in the Santa Monica area as an extension of Westwood’s Mattel Children’s Hospital UCLA.

“The Santa Monica campus offers a nice blend of the personal touch of a hospital with a long history in the Santa Monica community and the clinical expertise and technologies traditionally only found in academic medical centers,” says pediatrician Dennis Woo, M.D., past chair of the Department of Pediatrics at UCLA’s Santa Monica hospital. “Most of the children will still receive continuity of care from their pediatrician, but they will also have access to UCLA specialists.”

The overall strategy is to handle patients requiring the most specialized care in Westwood while caring for more general pediatric conditions, such as asthma, infections, dehydration or diarrhea, at Santa Monica, Dr. Woo says.

With the opening of the remodeled hospital, the inpatient pediatric unit at Santa Monica has expanded from 15 beds in non-private rooms to 26 beds in private “family” rooms where parents can spend the night with their children. It’s a move Dr. Woo says will make it easier to admit pediatric patients directly from the Nethercutt Emergency Center at the Santa Monica hospital, which has been designated as an Emergency Department Approved for Pediatrics.

“Hospitalizations have a tremendous impact on children and their families,” Dr. Woo says. “The minute they walk in the door, we’re able to take care of each child, no matter what he or she needs.”

“Children are not small adults,” says Sherin Devaskar, M.D., physician in chief of Mattel Children’s Hospital UCLA. “Our facilities bring together features and skills that do not exist in hospitals for adults only,” Dr. Devaskar explains. A major goal of both facilities is to provide patient-centered care that empowers families to make well-informed decisions regarding the care of their children.

“We want to provide accessible, efficient, competent pediatric care that places children on healthy trajectories as they build their futures,” Dr. Devaskar says.

In addition to the new Pediatric Unit at Santa Monica, the hospital also includes a five-bed Pediatric Intensive Care Unit and plans to initiate an Adolescent Young Adult Cancer Program. “We anticipate being able to provide most pediatric subspecialty care to children who require it while hospitalized in this new unit within the Santa Monica community,” Dr. Devaskar says.
When Symptoms Develop, Primary Treatment for Gallstones is Surgery

Gallstones are small, pebble-like substances that develop when bile — composed of water, cholesterol, fats, bile salts, proteins and waste — stored in the gallbladder hardens into pieces of stone-like material. Gallstones are relatively common; approximately 10 percent of people older than 40 have gallstones. But most patients will never develop symptoms.

“If gallstones are discovered without symptoms, there is a good chance that the gallbladder will not need to be removed,” says UCLA internist Peter Lefevre, M.D.

But there is not much patients can do to prevent developing more gallstones once they begin to form, and medications to control symptoms are rarely effective. Some physicians advocate limiting fat intake, increasing dietary fiber, exercising regularly and losing weight to prevent symptoms from becoming a nuisance, but such measures have not been proven in clinical trials to be useful.

Symptoms include recurrent pain in the upper right quadrant of the abdomen, which can radiate to the back or shoulder, occasional pain in the middle of abdomen and nausea that lasts for several hours, Dr. Lefevre explains. These symptoms are sometimes mistaken for reflux, indigestion, gas pain or food poisoning.

In patients who develop recurrent or persistent symptoms, surgery to remove the gallbladder is almost always required. If left unchecked, gallstones may block bile ducts and cause jaundice (yellowing of the skin) or inflammation of the gallbladder or pancreas. Complications from blocked bile ducts can include severe and potentially fatal infections affecting the gallbladder or pancreas and increase the risk for developing gallbladder cancer. While a gastroenterologist trained in endoscopy may be able to remove stones that have moved from the gallbladder and lodged in the bile ducts, removal of the gallbladder itself, if necessary, remains in the hands of a surgeon.

“We perform approximately 500,000 cholecystectomies in the U.S. each year,” says F. Charles Brunicardi, M.D., chief of the Santa Monica-UCLA General Surgery Group and vice chair of the Department of Surgery at Santa Monica-UCLA Medical Center and Orthopaedic Hospital. In most cases, the surgery to remove the gallbladder, known as cholecystectomy, can be performed using minimally invasive techniques and rarely has long-term side effects. Complications occur most often when the gallbladder has become acutely inflamed or gangrenous and patients need emergency treatment and more extensive surgery. According to Dr. Brunicardi, the best time to treat gallstones is between episodes.

But even the periods between episodes, which are not typically dangerous, are still cause for concern, and the recurrent pain, known as biliary colic, can adversely affect a patient’s quality of life, says UCLA gastroenterologist Eric Esrailian, M.D.

“Correctly diagnosing symptoms related to gallstones is the key to prescribing the best course of treatment,” Dr. Esrailian says. “It is important that patients discuss their symptoms in detail with a primary care doctor or a gastroenterologist before pursuing a specific treatment.”

“It is important that patients discuss their symptoms in detail with a primary care doctor or a gastroenterologist before pursuing a specific treatment. Patients should not try to self diagnose.”
Community Health Programs

UCLA Health System offers community programs and events to help our neighbors lead healthier lives through wellness education and the prevention of illness and injury.

Aging

Brain Boot Camp

TUESDAY, JANUARY 24, FEBRUARY 28, MARCH 20 OR APRIL 17 / 9:00 am to Noon

This three-hour intensive course is designed for people with age-related memory concerns who wish to improve their memory function. Not intended for people with Alzheimer’s disease or other forms of dementia. Cost: $300.

WHERE: Ueberroth Building, 10945 Le Conte Ave., Los Angeles
TO RSVP: (310) 267-1234

Cognitive Changes After Cancer

TUESDAY, JANUARY 10 / 7:00 to 9:00 pm

Patricia A. Ganz, M.D., UCLA professor, medical oncologist and researcher, will discuss symptoms such as difficulty concentrating, forgetfulness and cognitive impairment, which are often referred to by patients and physicians as “chemo brain.” Recent research about how increased levels of post-treatment inflammation plays a role in the development and persistence of these treatment-related complaints, along with current knowledge, research progress, best strategies to date for management and other potential causes, will be discussed.

WHERE: Ronald Reagan UCLA Medical Center, Tamkin Auditorium, B130
INFO: (310) 794-6644

Environmental Carcinogens

TUESDAY, MARCH 13 / 7:00 to 9:00 pm

Gina Solomon, M.D., MPH, UCSF clinical professor, senior scientist — Natural Resources Defense Council, internist and environmental medicine specialist, will discuss chemicals that are known or suspected to be carcinogens and widespread in workplaces, communities and homes. Current science as well as practical ideas on how to protect ourselves and future generations from environmental carcinogens will also be discussed.

WHERE: Ronald Reagan UCLA Medical Center, Tamkin Auditorium, B130
INFO: (310) 794-6644

Barrett’s Esophagus

Barrett’s Esophagus Update

TUESDAY, FEBRUARY 7 / 7:00 to 8:30 pm

Raman Muthusamy, M.D., UCLA gastroenterologist, will discuss the risk factors for Barrett’s esophagus, risks of developing esophageal cancer once Barrett’s is present, and new treatment modalities.

WHERE: Fireside Room, First United Methodist Church, 1008 11th Street, Santa Monica
TO RSVP: (800) 516-5323

Child Development

Talking Toddlers

FRIDAY, FEBRUARY 10 / 11:00 am to 12:30 pm

Understand your child’s speech and language development. Acquire techniques to enrich your child’s communication skills. Discover strategies to apply during your daily routines that will enhance your child’s social interaction and self-confidence.

WHERE: YWCA Santa Monica Westside, 2019 14th Street, Santa Monica
TO RSVP: (800) 516-5323

Coughs

Coughs

THURSDAY, FEBRUARY 2 / 2:00 to 3:30 pm

Gerard Frank, M.D., UCLA pulmonologist, will discuss treatments for coughs: the serious, not so serious and chronic.

WHERE: Sunrise Assisted Living of Playa Vista, 5555 Playa Vista Drive, Playa Vista
TO RSVP: (800) 516-5323

Cancer

Liver Cancer: State-of-the-Art 2012

TUESDAY, JANUARY 31 / 7:00 to 8:30 pm

Saeed Sadeghi, M.D., UCLA oncologist, will review the epidemiology, risk factors and treatment approaches for liver cancer.

WHERE: Cancer Support Community – Benjamin Center, 1990 S. Bundy Drive, Suite 100, Los Angeles
TO RSVP: (800) 516-5323

Cancer and the Internet

TUESDAY, FEBRUARY 7 / 7:00 to 9:00 pm

Annette Stanton, Ph.D., UCLA professor of psychology and psychiatry/biobehavioral sciences, and Elizabeth Thompson, M.A., UCLA doctoral candidate, will discuss how the Internet can be used for gaining information and social support during and after cancer. The lecture covers research on the benefits and hazards, and provides practical guidance for individuals with cancer, families and friends at all levels of familiarity with the Internet. Participants receive written recommendations on accurate informational websites for cancer as well as guidance on resources for setting up personal websites to communicate with family and friends.

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WHERE: Ronald Reagan UCLA Medical Center, Tamkin Auditorium, B130
INFO: (310) 794-6644

Pink Zone Breast Cancer Awareness

SATURDAY, FEBRUARY 25 / 2:00 pm

UCLA Women’s Basketball hosts their annual Pink Zone Breast Cancer Awareness game, in conjunction with the Iris Cantor – UCLA Women’s Health Education & Resource Center. Tickets are $7 and on sale now through the Central Ticket Office.

WHERE: John Wooden Center on campus
INFO: www.uclabruins.com/wbbspink

FIND MORE ONLINE
www.uclahealth.org/calendar
Diabetes Self-Management
TUESDAY, MARCH 6, 13, 20, 27 AND APRIL 3
9:00 to 11:00 am
This five-week, ADA-certified program for people with Type 2 diabetes will cover diet and exercise, medications, staying healthy with diabetes and managing blood sugar patterns. Physician referral, preregistration and fees required.
WHERE: In Santa Monica – call for location
TO RSVP: (310) 825-7922 or www.uclahealth.org/gondadiabetescenter

Prostate Health
Prostate Health
WEDNESDAY, JANUARY 18 / 6:30 to 8:00 pm
The UCLA Department of Urology’s Robert Reiter, M.D., M.B.A., and Christopher Saigal, M.D., M.P.H., will present a free men’s health seminar regarding Enlarged Prostate/Benign Prostatic Hyperplasia (BPH). Learn about new minimally invasive surgical treatments that can offer shorter recovery periods and fewer risks than traditional treatments. Physicians will cover the controversy surrounding screening for prostate cancer as well.
WHERE: Ronald Reagan UCLA Medical Center, Tamkin Auditorium, B130
TO RSVP: (310) 794-1397

Fibroid
Alternatives for Fibroid Treatment
THURSDAY, JANUARY 26 / 2:00 to 3:30 pm
Cheryl Hoffman, M.D., UCLA interventional radiologist, will discuss the latest treatments for fibroids.
WHERE: Burton Chase Park, 13650 Mindanao Way, Marina del Rey
TO RSVP: (800) 516-5323

Hair Restoration
New Advances in Hair Restoration
WEDNESDAY, JANUARY 11 AND MARCH 14
7:00 to 8:00 pm
Jeffrey Rawnsley, M.D., UCLA head and neck surgeon, will present a live demonstration of the latest ways to recreate a natural hairline.
WHERE: 200 UCLA Medical Plaza, Suite 550
TO RSVP: (310) 570-0244

Healthcare Advice
Advance Directives: Having a Voice About the End of Your Life
WEDNESDAY, JANUARY 25 / 1:30 to 3:00 pm
Robert Ashley, M.D., UCLA family medicine physician, will discuss end-of-life care, choosing a durable power of attorney for healthcare and making choices about the direction of one’s healthcare.
WHERE: Felicia Mahood Senior Center, 11338 Santa Monica Blvd., West Los Angeles
TO RSVP: (800) 516-5323

Mindful Awareness
Introduction to Mindful Awareness
THURSDAY, FEBRUARY 16 / 7:00 to 8:30 pm
Learn mindful awareness, the art of paying attention to the present moment. Diana Winston, director of Mindfulness Education, will discuss how mindfulness can reduce stress, improve attention, boost the immune system, reduce emotional reactivity, and promote well-being.
WHERE: Martin Luther King Jr. Auditorium, Santa Monica Public Library, 601 Santa Monica Blvd., Santa Monica
TO RSVP: (800) 516-5323

Pituitary Disorder
Pituitary Disorder Support Group
WEDNESDAY, JANUARY 18 AND MARCH 21
6:00 to 8:00 pm
The diagnosis and management of pituitary disorders is often a frightening, life-altering experience that can severely affect quality of life. The UCLA Pituitary Tumor Program is sponsoring a free support group that meets every other month. This informal group setting has been designed to provide help and encouragement for those faced with pituitary conditions.
WHERE: 200 UCLA Medical Plaza, Suite 547 Conference Room
INFO: www.pituitary.ucla.edu or email almahaight@yahoo.com

Podiatry
Bunion and Bunion Surgery
TUESDAY, JANUARY 17 / 5:45 to 6:45 pm
Bob Baravarian, D.P.M., will discuss bunions and the latest surgical and nonsurgical treatments for this common condition.
WHERE: 2121 Wilshire Blvd., Suite 101, Santa Monica
TO RSVP: (310) 828-0011 – date subject to change

Heel and Ankle Pain
TUESDAY, FEBRUARY 21 / 5:45 to 6:45 pm
Gary Briskin, D.P.M., will discuss the common causes of ankle and heel pain, including plantar fasciitis, arthritis, tendinitis and tendon tears. Surgical and nonsurgical therapies, including arthroscopy and shockwave, will be explored.
WHERE: 2121 Wilshire Blvd., Suite 101, Santa Monica
TO RSVP: (310) 828-0011 – date subject to change

FEATURED EVENT
Pursuing Perfection: How Far is Too Far?
SATURDAY, FEBRUARY 4 / 9:30 am to 1:00 pm
Medical advances have led to medial enhancements for every stage of our lives. We can design the “perfect” baby, enhance athletic performance, reverse signs of aging and lose weight without dieting. But should we constantly pursue perfection? When does medical technology go too far, and how do we distinguish between hype and hope? Join the Center for Humane and Ethical Care for an in-depth discussion of these issues at this FREE community forum.
WHERE: Multipurpose Room, 2nd floor, Santa Monica Public Library, 601 Santa Monica Blvd., Santa Monica
TO RSVP: (800) 516-5323
Ankle Arthritis and Ankle Replacement Options
TUESDAY, MARCH 20 / 5:45 to 6:45 pm
Bob Baravarian, D.P.M., will discuss the latest advances in conservative and surgical treatment of foot and ankle arthritis, including injection joint lubrication, arthroscopic cleanup, joint preservation surgery, fusion surgery and ankle replacement surgery.
WHERE: 2121 Wilshire Blvd., Suite 101, Santa Monica
TO RSVP: (310) 828-0011 — date subject to change

Psoriasis
Psoriasis Update
THURSDAY, FEBRUARY 23 / Noon to 1:30 pm
Melvin Chiu, M.D., UCLA dermatologist, will discuss psoriasis and its different manifestations, and also review treatment options.
WHERE: Santa Monica Family YMCA, 1332 6th Street, Santa Monica
TO RSVP: (800) 516-5323

Sleep Disorders
Sleep Update
WEDNESDAY, FEBRUARY 15 / 1:30 to 3:00 pm
Ravi Aysola, M.D., UCLA pulmonologist, will discuss common sleep disorders, their impact on cardiovascular and overall health, and strategies to deal with sleep problems.
WHERE: Belmont Village, 10475 Wilshire Blvd., Los Angeles
TO RSVP: (800) 516-5323

Vision
Advanced Laser Vision Correction
THURSDAY, JANUARY 26, FEBRUARY 16 AND MARCH 29 / 6:30 to 7:30 pm
UCLA ophthalmologists will discuss Expanded Custom LASIK, advanced cataract surgery and other new technologies to improve nearsightedness, farsightedness, presbyopia and astigmatism.
WHERE: RPB Auditorium, Jules Stein Eye Institute
TO RSVP: (310) 825-2737 or www.uclaser.com

Volunteer
Volunteer Open House
THURSDAY, FEBRUARY 16 / 10:00 to 11:00 am
Check out our new volunteer opportunities at Ronald Reagan UCLA Medical Center and learn about the volunteer program. Valet parking and refreshments provided.
WHERE: Ronald Reagan UCLA Medical Center, Room 33-102
TO RSVP: (310) 267-8180

Research and Trials
UCLA CONDUCTS RESEARCH for a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials.

FEATURED EVENTS

Beyond Alzheimer’s
EVERY MONDAY, BEGINNING JANUARY 23 / 6:30 to 7:30 pm
“Beyond Alzheimer’s” is a weekly support group for caregivers and loved ones of someone with Alzheimer’s disease or other forms of dementias. Participants share their feelings and experiences, and ask for help from others who understand. The group is co-facilitated by Patti Davis, the daughter of former president Ronald Reagan and Nancy Reagan, and by Linda Ercoli, M.D., Director of Geriatric Psychology at UCLA.

Alzheimer’s Caregiver Education Support
WEDNESDAYS, JANUARY 18, FEBRUARY 15 AND MARCH 21 / 5:30 to 6:30 pm
UCLA faculty will hold monthly informative lectures for caregivers and loved ones of people with Alzheimer’s disease or other forms of dementia.
INFO: Katherine Serrano (310) 825-8253

Weight Loss Surgery
ONGOING / CALL FOR DATES AND TIMES
Learn about the types of weight loss surgeries available as well as outcomes and complications. Attendance is mandatory prior to the initial bariatric surgical consultation.
INFO: (310) 825-7163 or www.bariatrics.ucla.edu

Wellness
Freedom from Smoking Program
TUESDAYS, BEGINNING JANUARY 3
4:00 to 6:00 pm
UCLA Health System offers an eight-week group support smoking cessation program to help employees, family members and people in the community finally kick the habit. First session is free. Cost: $150.
WHERE: 200 UCLA Medical Plaza, Suite 206, Los Angeles
INFO: (310) 825-0014 or lharning@mednet.ucla.edu
Supplements – Risks and Benefits  
**TUESDAY, JANUARY 17 / 2:30 to 4:00 pm**  
Learn about benefits and risks of taking over-the-counter vitamins, supplements and herbal medicines.  
**WHERE:** Sunrise Assisted Living of Santa Monica, 1312 15th Street, Santa Monica  
**TO RSVP:** (800) 516-5323

Zumba Gold  
**TUESDAY, JANUARY 31 / 1:00 to 2:00 pm**  
Join us for this great total body dance-exercise workout. Zumba Gold is specifically designed to take Latin and international dance rhythms and bring them to the active older adult and/or beginner participant. It is a safe and effective workout for anyone.  
**WHERE:** YWCA Santa Monica Westside, 2019 14th Street, Santa Monica  
**TO RSVP:** (800) 516-5323

Women and the Psychology of Money  
**WEDNESDAY, FEBRUARY 1 / 6:00 to 7:30 pm**  
This workshop will help women assess their financial situation and address financial priorities.  
**WHERE:** WISE & Healthy Aging, 1527 4th Street, Santa Monica  
**TO RSVP:** (800) 516-5323

Information About Annuities  
**WEDNESDAY, FEBRUARY 8 / 6:00 to 7:30 pm**  
Learn what annuities are, how they work, options and pitfalls.  
**WHERE:** 1527 4th Street, Santa Monica  
**TO RSVP:** (800) 516-5323

Planning for the End of Life  
**TUESDAY, FEBRUARY 21 / 2:30 to 4:00 pm**  
Learn about Advance Healthcare directives, palliative care and hospice care.  
**WHERE:** Sunrise Assisted Living of Santa Monica, 1312 15th Street, Santa Monica  
**TO RSVP:** (800) 516-5323

Successful Aging  
**TUESDAY, MARCH 13 / 2:00 to 3:30 pm**  
Sonja Rosen, M.D., UCLA geriatrician, will give an overview of preventive healthcare for people 65 years and older. She will focus on how to keep healthy to retain independence.  
**WHERE:** OASIS lecture room, Macy’s 3rd floor, 10730 W. Pico Blvd., Los Angeles  
**TO RSVP:** (800) 516-5323

How to Make New Friends  
**WEDNESDAYS, MARCH 14, 21 AND 28 / 1:00 to 2:30 pm**  
Discover strategies and resources to find ways to connect with others and learn about your unique strengths. This series will use creative activities and experiential exercises to enhance your social well-being.  
**WHERE:** Felicia Mahood Senior Center, 11338 Santa Monica Blvd., Los Angeles  
**TO RSVP:** (800) 516-5323

Insomnia  
**TUESDAY, MARCH 20 / 2:30 to 4:00 pm**  
Learn how to reduce insomnia, find solutions to sleep disorders and follow sleep hygiene techniques to get a good night’s sleep.  
**WHERE:** Sunrise Assisted Living of Santa Monica, 1312 15th Street, Santa Monica  
**TO RSVP:** (800) 516-5323

Memory Training UCLA Longevity Center  
Learn practical memory-enhancing techniques. The course is for people with mild memory concerns and not for those with any form of dementia. Cost: $50 for a four-week course (two hours each week). Call for the next available course.  
**WHERE:** Santa Monica location  
**INFO:** (310) 794-0680

Senior Scholars Spring Quarter  
**ENROLLMENT DEADLINE IS TUESDAY, MARCH 20 / at 5 pm. Days and Times Vary**  
The Senior Scholars Program allows persons 50 years and older to attend regular-session undergraduate courses as auditors. Choose from hundreds of classes each quarter and learn from UCLA’s most distinguished professors while enjoying an intergenerational experience with bright undergraduate students.  
**WHERE:** Locations vary on UCLA Campus  
**INFO:** (310) 794-0679 or www.longevity.ucla.edu

“**I don’t know what we would do without you. Thank you for providing flu shots for us.”**  
— J.P., Santa Monica
The Sound of Music

Music at the Med Program

Through donations to Partnership for Care, UCLA Health System is able to provide a variety of vital services to patients and families at their most vulnerable time of need. These services not only include financial assistance but also offer daily acts of kindness and social support.

The Music at the Med program offers a respite from the stress and challenges associated with medical care. The music program connects student musicians from the UCLA Herb Alpert School of Music to UCLA Health System patients, staff and visitors, and also brings a professional harpist every other week to the surgical waiting areas and main lobbies.

For more information about Music at the Med or concert dates, go to:
www.uclahealth.org/music

To make a donation to Partnership for Care, visit:
www.uclahealth.org/pfc