



Health

FAMILY PLANNING NEWSLETTER

WINTER 2018

LABOR AND DELIVERY LEADERSHIP

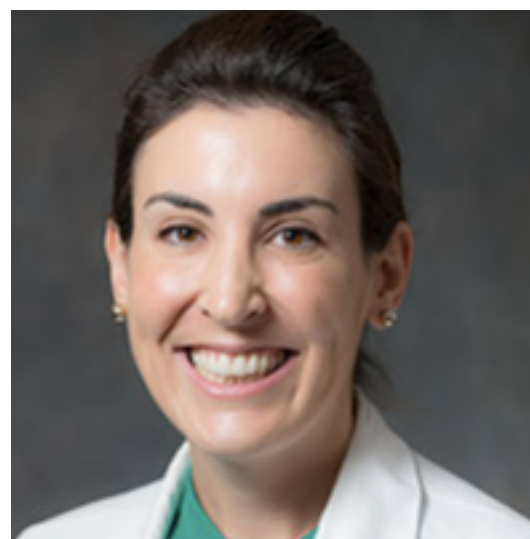


Mya Zapata, MD, MSc

Obstetrics Service Chief

[The BirthPlace Westwood](#)

[Dr. Mya Zapata](#) has been a part of the Bruin family for many years, including undergraduate studies and OB/GYN residency. She completed the Family Planning Fellowship and MSc at the University of Michigan before returning to UCLA. Dr. Zapata enjoys serving on



Amy Stoddard, MD, MSc

Obstetrics Service Chief

[The BirthPlace Santa Monica](#)

[Dr. Amy Stoddard](#) has spent her career providing exceptional OB/GYN care. She completed her OB/GYN residency at UCLA and her Fellowship in Family Planning at Washington University in St. Louis. She returns to UCLA OB/GYN Santa Monica and grows their family

the OB/GYN QA committee, being a liaison to the Emergency Department, and is a physician champion on the breastfeeding task force. She is known for her compassionate and caring nature by both patients and staff alike.

planning presence. Dr. Stoddard serves on the Santa Monica OB/GYN Committee, the Santa Monica Perinatal Committee and The Clinical Excellence Committee. She serves on the Baby Friendly Taskforce at UCLA Santa Monica Hospital.

FAMILY PLANNING NURSES IN THE CLINICS AND OPERATING ROOMS



West Med OB/GYN Clinic nurses from left, Judith Galvan, CN II, Claudia Rosendahl, CN II, and Gina Casillas, Sr. LVN.



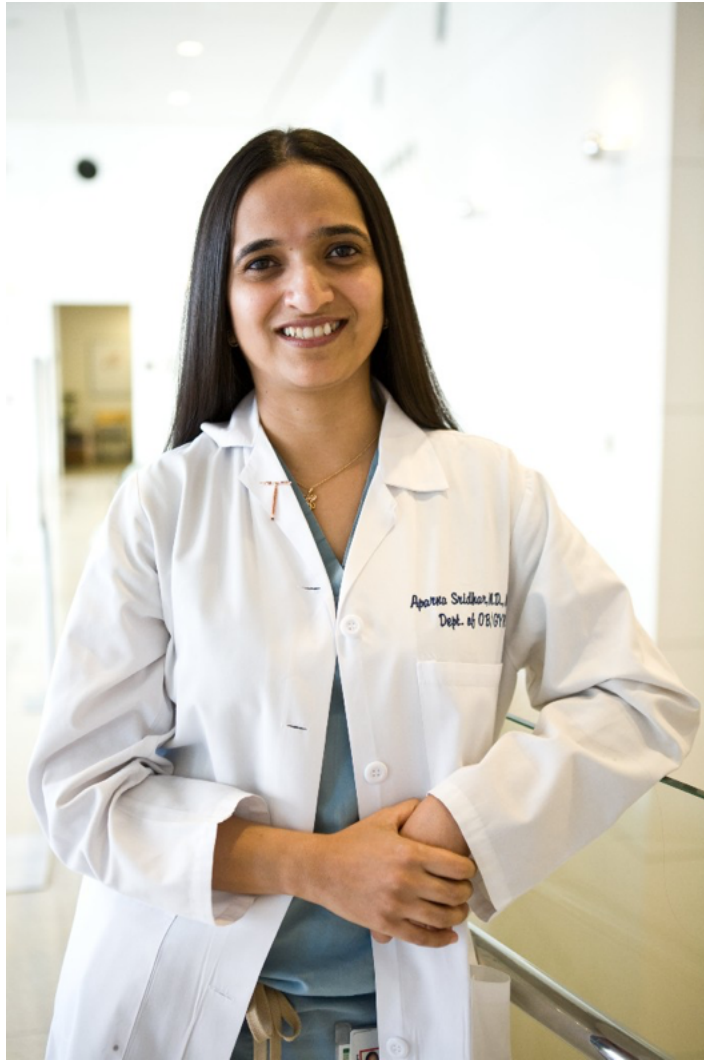
Operating Room Nurse Gerry Little, CN III
Gerry has worked in the UCLA Operating Room for the last 17 years. She especially enjoys assisting with the Family Planning Service.

"I enjoy working in family planning services because women are offered choices for what they feel is right for their bodies, their beliefs, and even their own culture. In our clinic, we take pride in the quality of care we provide to our patients. We ensure they feel safe, respected and treated in a non-judgmental environment".

"There are a lot of people out in the world who are judgmental. It is not our place to judge. It is our place to give care and kindness and support to these women. I encourage more people to help with this patient population."

"We work with women from an array of ethnic backgrounds and it is amazing that we are able to help them all; for some of them, during their most difficult time of their lives. It does not matter where they come from; we are here to inform, to provide quality care and to follow up with them during their recovery."

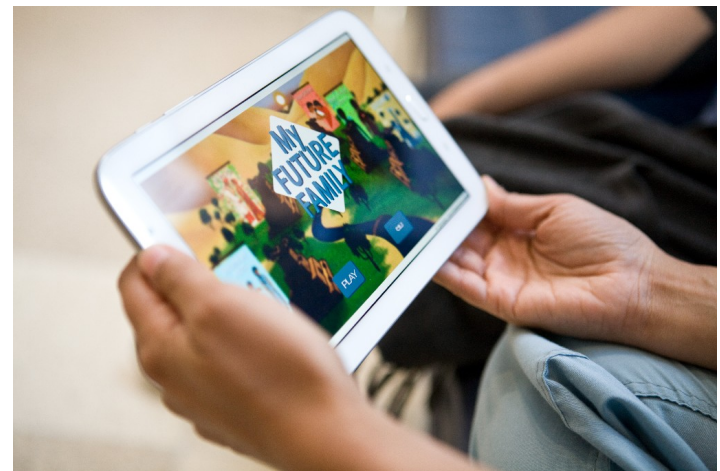
TECHNOLOGY UPDATE



[Dr. Aparna Sridhar](#), UCLA OB/GYN Family Planning Specialist and Consulting Gynecologist at the Ashe Student Health Center, was awarded the [Bill & Melinda Gates Foundation Global Challenge Award](#) with collaborator [Elena Bertozzi](#), PhD to develop a video game that provides information to teenagers about sexual health, contraception, and reproductive decision making. "Teenagers receive a lot of misinformation, or sometimes no information about their sexual development and reproductive health", explains Dr. Sridhar, "This is especially true in certain areas of India where parent-child conversations on sex are often still taboo."

[The video game, My Future Family](#), encourages teens to think critically about these life events and what factors around them might influence their decision-making.

[Click here to view the article feature in U News](#)



CLINIC VOLUNTEERS AT WEST

MEDICAL OB/GYN

Volunteers help provide personalized, compassionate care to our patients. Volunteers donate their time and their talents, bringing a special personal touch to our patients and families.



Zoë Lillian

[UCLA Health](#), [LA Doula Project](#), and [ACCESS Women's Health Justice](#) Volunteer

"I volunteer because I'm committed to supporting access to the full spectrum of reproductive healthcare in any way I know how. Being able to provide direct care and support to patients at UCLA is both empowering and humbling."

PROVIDER UPDATES



[Dr. Sukrant Mehta](#) is an OB/GYN physician at [UCLA Santa Monica](#) and fellowship trained in [minimally invasive gynecologic surgery](#). Dr. Mehta is particularly interested in both surgical and nonsurgical management of routine and complex gynecological conditions, such as [fibroids](#), endometriosis, and ovarian cysts. Dr. Mehta enjoys teaching at the West Medical OB/GYN Clinic, where he shares his specialty skills with our students and residents.

UPCOMING WEBINAR: Mind-Body Treatments for Vulvodynia

Tuesday, April 17, 11:30am PT

Join UCLA OB/GYN physician and pelvic pain specialist [Andrea Rapkin, MD](#), and sex therapist Kayna Cassard, LMFT, for a conversation about [vulvodynia, a chronic vaginal pain condition](#) most commonly characterized by pain with intercourse. The talk will cover the challenges women face living with the condition and the treatment protocols to help relieve the symptoms of vulvodynia.



[REGISTER FOR THE WEBINAR HERE](#)

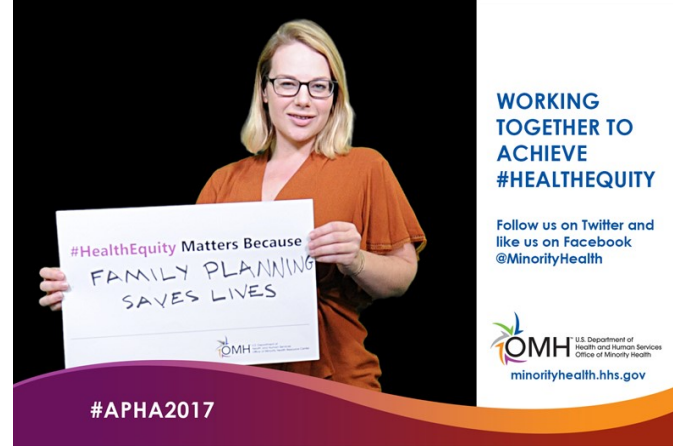
***Referring patients to UCLA OB/GYN Clinic
West Medical Building
1010 Veteran Avenue***

- Appointments: (310) 825-7955
- Pregnancy Terminations: (310) 825-5961
- Referrals via UCLA CareConnect use
 - Dept Code: 60357
 - Location: OBGYN WST MED CLN VTRN

UCLA AT APHA



Manager Caitlin O'Connor traveled to Atlanta for the [American Public Health Conference](#), an annual Public Health meeting with over 57,000 attendees. While there, she had a chance to attend many presentations and roundtable discussions on sexual and reproductive health, including research, advocacy, health education, emergent contraceptive technology, and clinical care. This year's [meeting](#) will be held on Nov 10-14th, 2018 in San Diego, CA.



Title X Program Manager Caitlin O'Connor shows off her Health Equity poster at the booth for the [Office of Minority Health](#).

CICARE AWARDS



Ashley Medley, MPP
Family Planning Clinical and Research Coordinator

UCLA Health and Hospital Systems honored [Dr. Ilina Datkhaeva](#), [Dr. Ram Parvataneni](#), and Ashley Medley (pictured) with the CIOcare Award for their evidence-based practice interactions with patients, families, and colleagues. This distinction is given to UCLA health employees who are recognized by patients and peers for their extra effort to fulfill our vision of healing humankind, one patient at a time, by improving health, alleviating suffering, and delivering acts of kindness.

"From the moment Ashley answered the phone and patiently answered my questions, I felt at ease and knew I would be well cared for."

"The doctors gave me a very thorough explanation of my procedure, including all the steps, which was great. They came off as genuine and engaging as well."



UCLA RECEIVES BABY FRIENDLY CERTIFICATION



Debbie Suda RN, MSN, UCLA Health System Director of Nursing, Perinatal & Pediatric Services; Caroline Armstrong RN, IBCLC, and Vanita Varma RN, MSW FNP-BC, NP Supervisor II, UCLA ObGyn Clinic at West Medical Building

UCLA Health Leadership attended the 8th Annual [California Breastfeeding Summit](#) in San Diego on January 24-25, 2018. Ronald Reagan UCLA Medical Center received Baby

Friendly designation in January 2017, after a rigorous [evaluation](#) for policies and practices that meet the gold standard for mother/baby care related to breastfeeding. [The BirthPlace Westwood](#) is prepared to help patients and their new babies get off to the best start. [The BirthPlace Santa Monica](#) is currently undergoing evaluation for Baby Friendly designation.



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