

Vital Signs

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FEATURE STORIES

Men's Health

Page 4

Bone Metastasis

Page 6

Q&A: Infection Control

Page 8

Community Calendar

Page 12



Breastfeeding Success May Depend on Getting a Good Start

Most new mothers in the U.S. want to breastfeed their babies, yet only about half are still nursing at six months following birth, according to government statistics. The reality is that a number of problems can arise that derail breastfeeding. New mothers may stop nursing due to sore nipples, a low milk supply, fatigue or problems with the baby latching on to feed, says Angela Valle, MD, a UCLA OB/GYN in Westlake Village.

[Continued on page 7](#)



In This Issue

- 2** What's New at UCLA
- 3** In Your Community
UCLA offers services and support near you.
- 4** Men's Health
Specialized clinic aims to bring men into the healthcare system at an earlier age.
- 6** Bone Metastasis
Radiofrequency ablation emerges as a successful approach to alleviating the pain of bone metastasis.
- 7** Lactation
Women who begin breastfeeding in the hospital have a higher likelihood of continuing to nurse their children.
- 8** Q&A: Infection Control
UCLA continuously evaluates efforts to implement the best prevention against hospital-associated infections.
- 10** Adolescent Medicine
Specialized care can provide adolescents and young adults with the full range of appropriate services to meet their unique needs.
- 11** Dementia and Driving
The patient, family members and health professionals can all be involved in determining if it's unsafe for a person with dementia to drive.
- 12** Community Calendar
Health and wellness for the community.

Mattel, Inc. Provides Gift in Support of Child Health

Mattel, Inc. has made a \$50-million gift to The UCLA Foundation to benefit children's health. Our children's hospital will be renamed UCLA Mattel Children's Hospital and feature a redesigned logo. This gift is a demonstration of Mattel's and UCLA's commitment to work together as partners to provide the highest quality of care for children here and around the world. With Mattel's support, UCLA Mattel Children's Hospital will expand pediatric services locally; broaden its global presence to enhance and improve the health of children worldwide; and promote the global sharing of UCLA Health's best practices and research.



Vote to Help Your Community

The public can vote in the "Helping U Help Your Community" contest to select four projects that aim to transform health in the Los Angeles region. Each winning project will receive \$20,000 in start-up funding to support its efforts. This online competition promotes projects that address the most critical health needs of Los Angeles residents in innovative and effective ways, and it showcases UCLA faculty and community partners who identify creative solutions to some of the most challenging barriers to good health.



To learn more and to vote, go to:
uclahealth.ideascale.com

Body Donations Advance Healthcare

A donation to the UCLA Donated Body Program provides important benefits to advance healthcare, including developing of new medical procedures, training the next generations of

physicians and surgeons, and increasing understanding of disease development. Donated bodies are treated with respect, and each year medical students celebrate the donors and their families with a Ceremony of Thanks. Cremated remains are scattered in the ocean, and there is no cost to families.



To learn more about the UCLA Donated Body Program, go to:
uclahealth.org/donatedbody



Five Tips for Getting the Most from Your Child's Visit to the Doctor

Whether you are taking your child to the pediatrician for a well-care visit or for other concerns, this advice from UCLA doctors will help the appointment go smoothly.



Write down your questions.

It's easy to forget things when you're dealing with a squirming child who isn't keen on being examined. It helps to list your questions in order of priority, says Carlos Lerner, MD, a UCLA pediatrician in Westwood. "Bring up your most pressing concerns at the start of the appointment to ensure you get the answers you need," he says. This also is a good time to mention any changes in your family that may affect your child's well-being, such as a parental illness or separation.

Document your child's symptoms.

Pictures or videos of your child's rash, behavioral changes or other problems often can help your doctor make a diagnosis. Heide Woo, MD, a UCLA pediatrician in West Los Angeles, also recommends keeping a diary of your child's symptoms. "Note things like changes in temperature, sleep, behavior and appetite," Dr. Woo says.



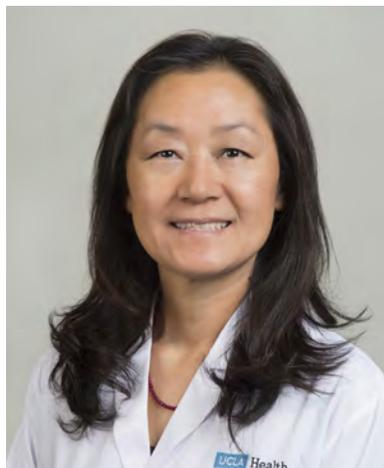
Carlos Lerner, MD

Be smart about scheduling.

You're more likely to get in and out on time when your appointment takes place at a relatively calm time, such as first thing in the morning or immediately after the lunch break. It's also a good idea to plan around your child's naptime and meals. "I remind parents to budget enough time for the appointment, so they don't feel rushed or panicked about having to be somewhere else," says Dennis Woo, MD, a UCLA pediatrician in Santa Monica.

Prep for the visit.

If your child gets anxious at the doctor's office, try easing those worries by reading books at home about doctors and playing with toy medical kits. Be honest with your child about vaccinations. Don't tell your child he or she won't be getting a shot if you know that's not true. Some pediatricians like Dr. Heide Woo prefer to give shots to



Heide Woo, MD

an anxious child at the start of the appointment. "Kids tend to remember the last thing that happens during an exam," she explains. "I want that memory to be a positive one." Talk to your doctor about the best timing for your child.

Take advantage of technology.

Depending on what's bothering your child, you might be able to avoid an office visit altogether. Most offices offer phone or e-mail consultations which may be covered by insurance. E-mail correspondence is available via my.UCLAhealth.org, UCLA Health's online medical-records tool.



To find a UCLA pediatrician or adolescent specialist near you, visit: uclahealth.org/mattel/outpatient-locations



Dennis Woo, MD

UCLA Clinic Takes Holistic Approach to Men's Health

Erectile dysfunction often can be a sign of other health concerns, such as significant cardiovascular problems, so simply giving a prescription for an oral medication without performing a full risk assessment is doing a disservice to the patient.

When it comes to looking after their health, men can learn a few things from women, suggests UCLA urologist Jesse N. Mills, MD. "Men have been taught to 'play through pain,' which often translates to not seeking the care they need," says Dr. Mills, director of The Men's Clinic at UCLA. "And unlike women, who see an internist or gynecologist every year, many men between the ages of 18 and 50 don't go to see a doctor for routine checkups. That's a lot of years in a man's life in which he is missing out on an opportunity to be checked for potential risk factors and counseled in ways to optimize his health."

The Men's Clinic at UCLA aims to change that narrative. The clinic is a comprehensive, multidisciplinary health-and-wellness center in Santa Monica; its physicians treat male sexual dysfunction and male infertility issues, as well as collaborating with physicians in other specialties to meet men's holistic health needs.

"While many men's health clinics emphasize testosterone therapy, we incorporate diet and lifestyle modification along with appropriate therapy to improve sexual health — potentially including testosterone replacement, medical and surgical therapies for erectile dysfunction and treatment for infertility," Dr. Mills explains.

But more broadly, Dr. Mills hopes to reach men who are motivated to do everything they can to maintain or improve their health. "We want to bring them into the healthcare system at an earlier age so that they can take the steps that will keep them active and help to prevent the illnesses that commonly afflict men as they age," he says. "We want to help identify potential risks such as high blood pressure, high cholesterol, depression, erectile dysfunction, obesity and risky personal behaviors."

Erectile dysfunction often can be a sign of other health concerns, such as significant cardiovascular problems, Dr. Mills notes, so simply giving a prescription for an oral medication without performing a full risk assessment is doing a disservice to the patient. When it comes to treating erectile dysfunction, patients shouldn't give up if the pills don't work; there are effective options offered by specialists in sexual medicine that can have a major impact on their quality of life.

While sexual or urinary difficulties are what initially drive many men to the doctor's office, Dr. Mills sees these visits as opportunities to engage them in their overall health. "If I'm seeing a man in his 20s or 30s for fertility issues, I'm also thinking down the road about his risk factors for other conditions and how we can intervene to reduce them," he says. "If I'm seeing a 40-year-old man who is finished having kids and wants to schedule a vasectomy, and I see that he is overweight, I will discuss what he could do to improve his life over the next 10 years to make sure he doesn't develop heart disease, diabetes or other complications of obesity."

"In either case," Dr. Mills says, "the man is now enfranchised into the medical system, and if he has issues or just needs a routine screening, he's more likely to return."



Using Heat to Kill Spinal Tumors Can Improve Quality of Life for Patients with Bone Metastasis

A procedure called radiofrequency ablation (RFA) is a reliable tool for the treatment of various pain conditions, as well as the destruction of some types of soft-tissue tumors when conventional surgery is not an option. RFA also has emerged as a successful approach to alleviating the intense pain experienced by cancer patients with bone metastases.

Image-guided RFA is a minimally invasive treatment that uses radiofrequency energy

to heat and kill cancer cells. UCLA is among a small number of major medical centers nationwide offering the procedure, which typically is performed in an outpatient setting with the patient under conscious sedation. The physician places a needle electrode through the skin to direct energy into the tumor to destroy it.

“Image-guided RFA offers significant advantages over persistent use of narcotics for patients receiving palliative care,” says

Pablo Villablanca, MD, director of the Interventional Spine Service and the Radiology Department Pain Service at UCLA. Opioid therapy often fails to fully alleviate metastasis-related spine pain and leaves patients heavily sedated, without the ability to engage with their families and friends or in activities they enjoy. “Narcotics are not very effective for pain caused by metastatic spinal lesions,” Dr. Villablanca says. “Image-guided RFA provides an opportunity to make a difference.”



Continued from cover

RFA can provide significant, durable pain relief to patients after a single session, reducing or eliminating the need for narcotics and providing patients with dramatic improvements in quality of life, Dr. Villablanca says. Recent technological advances have boosted the precision, safety and efficacy of RFA to the spine, enabling heat delivery to a tightly defined target. Computed tomography-guided precision navigation is critical to protecting the spinal cord and surrounding healthy tissue.

Spinal metastasis and removal of tumors may result in a weakened spine and potential fractures, Dr. Villablanca notes. During the RFA procedure, the system also can be used for kyphoplasty, a procedure to stabilize the spine. Kyphoplasty minimizes the risk of compression fracture in a weakened spine. If a fracture and metastasis are present, RFA will treat the tumor and kyphoplasty will stabilize the bone.

Studies show RFA for spinal metastases results in clinically significant pain relief for 90 percent of patients. Pain relief often is immediate, or pain subsides within a few days. The procedure takes about one hour. Patients treated for metastases to the spine, like those treated for lesions in the iliac or sacrum bones, are typically released as early as a few hours after the procedure. Adverse events are rare but can include bleeding, infection and damage to arteries or nerves.

Unlike many other cancer-pain-management treatments, image-guided RFA for bone metastasis can be repeated, if necessary, although most patients do not experience pain recurrence. While indicated for patients with bone metastasis who have failed conventional therapies, RFA also may be an option for patients who decline radiotherapy. However, RFA does not prevent patients from receiving chemotherapy or radiotherapy at a later time. The procedure is contraindicated in patients with metastases that have extended into the spinal canal.



To view a video about RFA for metastatic bone cancer, go to: uclahealth.org/bonecancerablation

Breastfeeding Success May Depend on Getting a Good Start

“It’s extremely common to have some kind of problem or challenges during breastfeeding,” she says. “But women shouldn’t feel they’re alone or that they’re doing something wrong. The struggle is normal, but there are a lot of resources available to help them.”

Some problems can be avoided by getting off to a good start in the hospital. Ideally, breastfeeding should be initiated promptly following childbirth. “Women who begin breastfeeding in the hospital have a much higher likelihood of continuing nursing their children into the first year of life,” says Leena Shankar Nathan, MD, a UCLA OB/GYN in Westlake Village. “We recommend six months of exclusive breastfeeding.”

At UCLA, mothers who wish to breastfeed follow a protocol to increase the chances of success, says Georgann Abraham, RN, coordinator of the UCLA Health BirthPlace. That means letting nature take its course. Immediately following childbirth, the infant is placed on the mother’s chest, skin-to-skin, to facilitate nursing. “When you put the baby on the abdomen, within an hour the baby will go through several instinctual stages — they will crawl up, massage the breast, smell it and latch on,” she explains. “The babies drive milk production.”

In the hospital, new mothers are encouraged to breastfeed at least eight times in the first 24 hours, Abraham says.

“If you provide that good start, it will prevent many of the common problems.”

Women should take a breastfeeding class prior to giving birth, experts advise. And it’s important for women who experience problems to seek help right away, Dr. Nathan says. “Have a lactation consultant come out to your house.”

“Simply persevering is the key,” Dr. Valle adds. “It can take several weeks to get an optimal latch from the baby and to get adequate milk supply from the mom. Utilize the resources available to you.”

Breastfeeding confers many benefits. For mothers, that includes a decrease in the risk of breast and ovarian cancers and a reduced risk of metabolic syndrome, which is a precursor to diabetes. Nursing also facilitates weight loss. For babies, breast milk strengthens the immune system and boosts the health of the gastrointestinal tract. Babies who are breastfed have a reduced risk of childhood allergies, obesity and high cholesterol later in life and a lower risk of respiratory infection and childhood leukemia.

“Breastfeeding is a secret weapon,” Dr. Nathan says. “When a baby is sick or fussy, nothing will calm the baby as easily as nursing. Be persistent. The rewards will be great for mother and baby.”



To view a video about lactation and the benefits of breastfeeding, go to: uclahealth.org/breastfeeding

UCLA Recognized as Baby-Friendly Hospital

Ronald Reagan UCLA Medical Center has been recognized as a Baby-Friendly Designated birth facility. The designation by Baby-Friendly USA is based on criteria that are aligned with the WHO/ UNICEF Baby-Friendly Hospital Initiative. It recognizes hospitals and birthing centers that offer an optimal level of care and support for breastfeeding mothers and their babies.



Efforts Aim to Create an Infection-Free Hospital Environment

Hospital-associated infections are a major public health concern across the nation. The U.S. Centers for Disease Control and Prevention estimates that on any given day, one in 25 hospital patients has at least one infection associated with their care or the hospital environment, and approximately 75,000 patients die each year as a result. At UCLA, continuously evaluated efforts to adopt and implement the best possible prevention practices are led by infectious disease experts Zachary Rubin, MD, and Daniel Uslan, MD.

What are the aspects unique to a hospital environment that put people at risk for infection?

Dr. Rubin: Part of it is the medical technology. Infections can occur when patients are being supported by artificial equipment that bypasses the normal immune system. For instance, a patient may be placed on a ventilator that can bypass our ability to get rid of secretions, allowing some of the bacteria that are living in

the mouth and the upper airway to get down to the lower lungs and cause pneumonias. Central venous catheters are large IVs that get placed through the skin into central veins, which opens up the possibility that bacteria from the skin or from the outside can get into the bloodstream. And the same is true with surgery; any time you open up a sterile site, there's the possibility that bacteria from the skin or from outside can get in.

What has changed over the years to make infection prevention more challenging for hospitals?

Dr. Rubin: Patients in hospitals have been getting sicker, partly because of healthcare's success in keeping people alive who would not have survived even 20 or 30 years ago. Many of these patients who are surviving longer have impaired immune systems and are thus more vulnerable to catching infections. We



Zachary Rubin, MD, and Daniel Uslan, MD



have seen a lot of care transitioned out of the hospital, so most patients are in the hospital only for the most aggressive, intensive care, and that means they are much more at risk for hospital-acquired infections than historically was the case.

Dr. Uslan: The nation also is facing an increasing issue with what have been labeled “superbugs,” which are bacteria that are resistant to some or all of the antibiotics we would typically use to treat those infections. On the positive side, though, we now have a much better understanding of how infections are transmitted, and we use that understanding to guide our prevention strategies.

What types of precautions are taken at UCLA?

Dr. Uslan: It’s multifaceted. There is a behavioral approach that focuses on such things as making sure healthcare workers wash their hands appropriately, as well as implementing isolation precautions for certain patients and requiring healthcare workers to wear special gowns and gloves when in those rooms. Admitted patients now get a daily bath with a special antiseptic soap based on research showing that it is

more effective than regular soap and water in preventing infections. We also focus on the environment of care, which encompasses everything from keeping the hospital tidy and using the right cleaning products to ensuring that our food is prepared correctly and served at the right temperatures to reduce the risk of food-borne illnesses. After discharge, we clean our patient rooms with a special robot that uses ultraviolet light to help disinfect surfaces in the room. We also take extra measures to routinely clean surfaces, such as bedrails, that are frequently touched and therefore at risk for harboring some of these infections. And the final piece is looking at medical procedures that carry a risk of infection and how we can reduce those risks. For example, central venous catheters carry a substantially increased risk of causing infection, so we devote a great deal of attention to making sure that when those lines are put in, everything we know from research is being followed to reduce that risk.

What role do patients play in infection-prevention efforts? What can they do to reduce their risk?

Dr. Uslan: Certainly patients should have the expectation that healthcare workers are going

to clean their hands upon entering their room. If they have any sort of in-dwelling device, whether it’s a catheter in their bladder or one of these central lines, they should know why it’s there and ask whether or not it can be taken out, because the best way to prevent infections from those devices is to remove them. And, finally, a big driver of this problem of superbugs in both the hospital and the outpatient setting is overuse of antibiotics. Antibiotics don’t do anything for viruses, yet they are too often prescribed for upper-respiratory infections. So patients getting antibiotics should ask whether they are appropriate and how long they are absolutely necessary to treat the infection they have.

Even when all appropriate precautions are taken, will there still be some risk?

Dr. Rubin: The reality is that some factors are beyond our control because patients in hospitals are sicker, we’re doing things that suppress their immune systems, and we’re performing more invasive procedures. Nonetheless, we as healthcare providers must set a very high bar for ourselves, which is to try to get to zero infections. We’re not there yet, but we’re working on it.

Specialized Approach Addresses Reproductive-Health Needs of Adolescents and Young Adults



Like children and the elderly, adolescents and young adults often have unique healthcare needs and issues that are particular to their age. In addition to the usual teen-angst-producing issues of acne and ever-changing bodies, many face emerging questions about sexuality and sexual behavior.

“It is important that we address the special reproductive-health needs of adolescents and young adults and provide them with the full range of appropriate services,” says Loris Hwang, MD, director of the recently established UCLA Adolescent and Young Adult Reproductive Health Clinic, which offers clinics twice weekly for young women and once a week for young men.

Adolescent-health specialists are doctors who have received extra training to help them to understand and meet the unique needs of this age group. These doctors typically train in pediatrics, family medicine or internal medicine, and they complete an additional three-year fellowship in adolescent health.

“There is a clear need for reproductive-health services for the young women and young men in this population,” says

Anna-Barbara Moscicki, MD, chief of adolescent and young-adult medicine. “Teens who are sexually active can find it challenging to choose a birth control method and then to stay on birth control. Many adolescents also have difficulty in discussing problems such as heavy or prolonged menses, amenorrhea or painful menses. Some of these abnormalities may be linked to eating disorders, which make them even more difficult to treat. Young men often find it equally difficult to discuss birth control and possible sexually transmitted disease.”

In addition to frank discussions about contraception and the availability of newer long-acting options, talking about and screening for sexually transmitted diseases also is essential, Dr. Moscicki says.

Adolescent-health specialists also are trained to address the reproductive-health needs of teens or young adults who may have other medical conditions. “At UCLA, we see some very medically complex kids,” Dr. Moscicki says. “It is important to understand such issues as contraception and potential side effects when you are working with adolescents who have a past history of blood clots, lupus or cardiac disease, for example.”

Dr. Hwang notes that adolescents and their parents might elect to come to such a specialized clinic because many adolescent patients are uncomfortable in a pediatric setting with young children and babies, or in a

traditional OB/GYN office. “We offer the full spectrum of contraceptive methods, which includes both placement and removal of intrauterine devices and the arm implant in our clinic,” Dr. Hwang explains.

While Dr. Moscicki encourages adolescents to bring a parent or support person to their visits, she notes that state laws permit confidential medical care of adolescents for sensitive topics. While insurance may cover many services provided to adolescents and young adults, she also points out that a state program, the Family PACT program (Family Planning, Access, Care and Treatment), provides for free and confidential family-planning services to eligible patients.

In addition to reproductive health, adolescent-health specialists perform routine physical exams and can address growth and development issues, acute and chronic illnesses, acne, substance abuse and psychosocial issues. They also provide care related to nutrition, obesity and eating disorders, and they will identify appropriate additional specialists for their patients if necessary.

Establishing a safe space where adolescents and young adults can freely talk about such issues of concern is essential to delivering the highest quality of care. “The goal of good adolescent and young-adult care is to create an environment where these young patients feel comfortable,” Dr. Hwang says.

In addition to reproductive health, adolescent-health specialists perform routine physical exams and can address growth and development issues, acute and chronic illnesses, acne, substance abuse and psychosocial issues.

For Patients with Dementia, It May Be Time to Give Up the Car Keys

A diagnosis of Alzheimer's disease or some other form of dementia typically signals a turning point in an individual's life and the lives of his or her loved ones. One of the most significant impacts may be the decision to stop driving. The patient, family members and health professionals can all be involved in determining if it's no longer safe for a person with dementia to get behind the wheel.

This issue is assuming greater significance as the graying of the U.S. population translates to more diagnosed cases of Alzheimer's disease and dementia. While the actual number of people with dementia who are still driving is unknown, studies show the rate of automobile crashes in this group is higher than among other drivers, says Zaldy Tan, MD, medical director of the UCLA Alzheimer's and Dementia Care Program. "The risk of motor-vehicle crashes in people with dementia is up to eight times greater compared to people who don't have dementia," Dr. Tan says.

California is among the few states in the nation with a mandatory reporting law aimed at keeping unsafe drivers off the road. The law requires health professionals who make a

diagnosis of dementia to report the diagnosis to the Department of Public Health. That agency reports the case to the Department of Motor Vehicles. DMV officials will review the case and may request that the individual come in for a driving test. Family members, neighbors or others also can anonymously report someone who is suspected of being an unsafe driver due to dementia.

The law protects public safety by removing drivers with dementia from the roads. But it can also put health professionals in a tough spot, Dr. Tan says. "The law is helpful if the health professional does the right thing and loved ones do the right thing," he says. "But, because of this law, it may discourage loved ones and patients themselves from letting health professionals know there might be dementia.

Health professionals might be hesitant to diagnose dementia because they would have to confront this person about driving."

Not everyone with dementia needs to stop driving. However, dementia is linked to an erosion of several skills that often impact the ability to drive safely, Dr. Tan says, including short-term memory and decision-making skills. Drivers with dementia may also have a decline in visual-spatial skills. That may mean difficulties judging the distance to the car ahead or centering one's own car in a lane. "Dementia is a neuro-degenerative disease, so it affects several abilities," Dr. Tan says. "These patients also may have reduced awareness of their own driving safety."

Dr. Tan recommends that a family go on a ride-along with the person with dementia to assess his or her driving ability. Some organizations will offer driving assessments for people with dementia, and there are other resources to help older people make adjustments to their vehicles to enhance safety.

Community Health Programs

APRIL, MAY, JUNE 2017 COMMUNITY HEALTH PROGRAMS

UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education. Go to connect.uclahealth.org/calendar for more information.

AGING

Research Conference on Aging

Come learn about UCLA's efforts to enhance and extend productive and healthy lifestyles for older adults.

When: Tuesday, May 2 / 8 am – 12:30 pm

Where: Ackerman Grand Ballroom,
308 Westwood Plaza

Info: geronet.ucla.edu/rcoa

ALZHEIMER'S DISEASE

Alzheimer's Disease Basics

Sarah Kremen, MD, UCLA neurologist, will discuss who is most affected by Alzheimer's as well as the latest treatments and medical options.

When: Thursday, June 15 / 2 – 3:30 pm

Where: Atria Tarzana, 5325 Etiwanda Av

RSVP: (800) 516-5323

Memory Care

Designed for individuals age 65 and younger diagnosed with early-onset Alzheimer's, this program teaches techniques to boost memory, lower stress and stimulate the mind and body. It includes a social hour with a separate support group for caregivers.

When: Thursdays / 1 – 4 pm

Where: UCLA Longevity Center,
10945 Le Conte Av, Ste 3119

RSVP: (310) 794-0680

FEATURED EVENT

WOMEN'S HEALTH CONFERENCE: DISCOVERING A HEALTHY U

This free annual conference aims to empower and educate women about important wellness issues, such as stress relief, nutrition, menopause, cardiovascular and breast health.

When: Tuesday, Apr 18 / 8 am – Noon

Where: California Lutheran University,
Gilbert Sports and Fitness Center,
60 W Olsen Rd, Thousand Oaks

Info: (800) UCLA-MD1 or
access@mednet.ucla.edu

ANXIETY

Anxiety Update

Sharon Bina, MFT, UCLA Behavioral Health Associate, will discuss anxiety symptoms and ways to reduce it.

When: Thursday, Apr 27 / 7 – 8:30 pm

Where: UCLA Medical Ctr, Santa Monica,
Auditorium, 1250 16th St

RSVP: (800) 516-5323

The Age of Anxiety

Sarosh Motivala, PhD, training director at the UCLA Obsessive-Compulsive Disorder Intensive Treatment Program, will address ways to get more educated about anxiety and how to deal with it.

When: Wednesday, June 14 / 6:30 – 8 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

BACK PAIN

Low Back Pain

Najmeh Sadoughi, MD, UCLA anesthesiologist, will focus on different causes and treatments of low-back pain and cases that need immediate attention.

When: Tuesday, May 16 / 6:30 – 8 pm

Where: Camarillo Health Care District,
3639 E Las Posas Rd, Ste 117

RSVP: (800) 516-5323

CANCER

Pivotal Points in the Cancer Maze

Jeff Tirengel, PsyD, Simms/Mann UCLA Center for Integrative Oncology, will explore the pivotal moments for individuals living with cancer. The presentation features in-depth interviews with patients and caregivers.

When: Tuesday, Apr 4 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr,
Tamkin Auditorium, Rm B130

Info: (310) 794-6644

CANCER (CONTINUED)

Lung Cancer: New Directions

Jonathan Goldman, MD, associate director of drug development at UCLA, discusses recent developments in lung cancer care, including targeted and immune therapies. He will also discuss how clinical trials are developed and how they may be helpful in a patient's care.

When: Tuesday, May 9 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr,
Tamkin Auditorium, Rm B130

Info: (310) 794-6644

Early Breast Cancer Detection and Diagnosis

Jane Dascalos, MD, UCLA interventional radiologist, will discuss types of breast imaging for asymptomatic women undergoing screening exams and women experiencing breast pain, lumps or thickening. Omar Sahagun, MD, UCLA diagnostic radiologist, will focus on diagnosing breast and ovarian cancers with PET scans.

When: Wednesday, May 10 / 1:30 – 3 pm

Where: Santa Clarita Family YMCA,
26147 McBean Parkway, Valencia

RSVP: (800) 516-5323

Coping with Cancer

Lorelei Bonet, UCLA clinical oncology social worker, will discuss the ways in which compassion and empathy lead to forgiveness, and how forgiveness helps heal the spirits of those living with cancer and the people who love them.

When: Tuesday, June 13 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr,
Tamkin Auditorium, Rm B130

Info: (310) 794-6644

Ovarian Cancer Update

Parvin Peddi, MD, UCLA oncologist, will give an overview of ovarian cancer, including diagnosis, symptoms, treatment, and clinical trials.

When: Friday, June 16 / Noon – 1:30 pm

Where: Cancer Support Community
Benjamin Ctr, 1990 S. Bundy Dr, Ste 100

RSVP: (800) 516-5323



SUPPORT GROUPS UCLA Health and its community partners offer a number of support groups, available in person and by telephone, designed to support and inform patients, families and caregivers coping with a variety of diagnoses. For more information, visit: uclahealth.org/support-groups

FEATURED EVENT

HEALTHY KIDS DAY

Visit UCLA Health booths at Santa Monica YMCA's Healthy Kids Day, a free event dedicated to promoting healthy choices and lifestyles for children and families.

When: Saturday, Apr 29 / 10 am – 1 pm

Where: Santa Monica Family YMCA, 1332 6th St

Info: (310) 393-2721, ext 123

CANCER (CONTINUED)**Breast Cancer Detection**

Jane Dascalos, MD, UCLA diagnostic radiologist, will discuss breast cancer screening methods, risk factors and the latest technological advances.

When: Friday, June 16 / 2 – 3:30 pm

Where: Civic Ctr Library, Founders Hall, 200 Civic Ctr Way, Calabasas

RSVP: (818) 224-1777 or

apm.activecommunities.com/cityofcalabasasrec

CHOLESTEROL**Managing Cholesterol Through Diet**

Elizabeth Ko, MD, UCLA internist, will review various foods and supplements that can improve cholesterol levels.

When: Saturday, June 3 / 10 – 11:30 am

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: (800) 516-5323

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)**Living Well with COPD**

Corinne Sheth, MD, UCLA pulmonologist, will discuss what causes COPD and what you can do to optimize your health and keep COPD under control.

When: Thursday, June 1 / 12:30 – 2 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

DIABETES**Diabetes Medications**

Learn about the latest protocols for diabetes medications, benefits and risks.

When: Tuesday, Apr 11 / 3 – 4:30 pm

Where: Belmont Village, 10475 Wilshire Bl

RSVP: (800) 516-5323

DIGESTIVE HEALTH**A Holistic Approach to a Healthy Gut**

Marvin Singh, MD, UCLA gastroenterologist, will discuss the digestive tract, gut imbalance and overall digestive health.

When: Friday, Apr 21 / 2 – 3:30 pm

Where: Civic Ctr Library, Founders Hall, 200 Civic Ctr Way, Calabasas

RSVP: (818) 224-1777 or

apm.activecommunities.com/cityofcalabasasrec

Gastroesophageal Reflux Disease (GERD) Update

Kareem Sassi, MD, UCLA gastroenterologist, will give an overview on the epidemiology, pathophysiology, medical treatment and lifestyle management of GERD.

When: Thursday, May 4 / 7 – 8:30 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: (800) 516-5323

HEARING LOSS**Hearing Loss**

Alison Grimes, UCLA audiologist, will discuss recent changes in hearing-aid regulations as well as updates on current hearing-aid technologies.

When: Thursday, June 8 / 2 – 3:30 pm

Where: Belmont Village, 10475 Wilshire Bl

Info & RSVP: (800) 516-5323

KIDNEY DISEASE**Kidney Smart Classes**

This two-hour class will provide information on kidney function, kidney disease and managing a diet that promotes healthy kidneys.

When: Thursdays, Apr 13 & 27, May 25, June 8 & 22 / 2 – 4 pm

Where: UCLA Medical Ctr, Santa Monica, Conference Ctr, 1250 16th St

Info & RSVP: (888) 695-4363 or kidneysmart.org

UCLA Kidney Education Enhancement Program (UKEEP)

UCLA nephrologists Anjay Rastogi, MD, PhD, Niloofar Nobakht, MD, and Mohammad Kamgar, MD, conduct free monthly educational programs about kidney health, high blood pressure and kidney-disease management. Interactive sessions include free blood-pressure tests and educational resources.

Fabry's Disease

When: Sunday, Apr 30 / 1 – 4 pm

High Blood Pressure

When: Sunday, May 14 / 1 – 4 pm

Kidneys in Health and Disease

When: Sunday, June 11 / 1 – 4 pm

Where: UCLA Medical Ctr, Santa Monica, Conference Ctr, 1250 16th St

RSVP: (800) 516-5323

MEN'S HEALTH**Men's Health Issues**

Jason Sherman, MD, UCLA family medicine physician, will address prostate concerns, prevention, staying healthy and active, and strategies to help you avoid medications as you age.

When: Saturday, June 10 / 10:30 am – Noon

Where: Annex at Westchester Family YMCA, 8020 Alverstone Av

RSVP: (800) 516-5323

MIDWIFE SERVICES**UCLA Midwives**

Come and meet UCLA midwives, discuss UCLA services and ask questions.

When: Tuesdays, Apr 4 & 18, May 2 & 16, June 6 & 20 / 1:15 – 2 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm 7234

RSVP: (310) 794-7274

MULTIPLE SCLEROSIS (MS)**REACH to Achieve Program (Ongoing)**

This weekly wellness program on fitness, memory, emotional well-being, recreation, nutrition and health education is for those with MS.

Where: Marilyn Hilton MS Achievement Ctr at UCLA

Info & Application: (310) 267-4071

OBSESSIVE COMPULSIVE DISORDER (OCD)**Tools to Treat OCD**

Sarosh Motivala, PhD, training director at the UCLA Obsessive-Compulsive Disorder (OCD) Intensive Treatment Program, will present various strategies on dealing with OCD. He will cover treatment resources and options for dealing with OCD.

When: Wednesday, May 10 / 6:30 – 8 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

PLASTIC SURGERY**Facial Aesthetics and Rejuvenation**

Jason Roostaeian, MD, UCLA plastic surgeon, will discuss new techniques for natural-looking facial aesthetic surgery/rejuvenation.

When: Wednesday, May 17 / 7 – 8:30 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: (800) 516-5323

Events in gold are offered near our UCLA community offices.

PODIATRY

Bunion and Bunions Surgery

Bob Baravarian, DPM, will discuss bunions and the latest surgical and nonsurgical treatments available.

When: Tuesday, Apr 18 / 5:45 – 6:45 pm (date subject to change)

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

RSVP: (310) 828-0011

Heel and Ankle Pain

Gary Briskin, DPM, will discuss common causes of ankle and heel pain, as well as surgical and nonsurgical therapies.

When: Tuesday, May 16 / 5:45 – 6:45 pm (date subject to change)

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

RSVP: (310) 828-0011

Foot and Ankle Pain

Santa Monica Podiatry Group's Abbasseh Towfigh, DPM, and Terry Boykoff, DPM, will present the latest techniques in treating heel and nerve pain, arthritis, tendonitis, ankle injuries and peripheral neuropathies.

When: Monday, June 12 / 5 – 6 pm

Where: 1260 15th St, Ste 1014, Santa Monica

RSVP: (310) 451-1618

Ankle Arthritis and Ankle Replacement

Bob Baravarian, DPM, will discuss the latest advances in treating foot and ankle arthritis, including injection joint lubrication, arthroscopic cleanup, joint-preservation surgery, fusion surgery and ankle-replacement surgery.

When: Tuesday, June 20 / 5:45 – 6:45 pm (date subject to change)

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

PULMONARY CARE

Coughs

Gerard Frank, MD, UCLA pulmonologist, will discuss serious and chronic cough problems and treatment options.

When: Thursday, May 18 / Noon – 1:30 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

Pulmonary Care

Cynthia Kim, MD, UCLA pulmonary and critical-care physician, will discuss when you should consider seeing a pulmonologist, the latest research in lung cancer screenings and changes that can happen with aging/disease.

When: Friday, May 19 / 2 – 3:30 pm

Where: Civic Ctr Library, Founders Hall, 200 Civic Ctr Way, Calabasas

RSVP: (818) 224-1777 or

apm.activecommunities.com/cityofcalabasasrec

RETINAL DETACHMENT

Retinal Detachment Update

Ali Khan, MD, UCLA ophthalmologist, will discuss the causes, symptoms and treatment of retinal detachment, a potentially blinding eye condition. He will also discuss retinal conditions that may require surgical repair, including epiretinal membrane (also called macular pucker) and macular hole.

When: Wednesday, Apr 19 / 2 – 3:30 pm

Where: The Fair Oaks, 951 S Fair Oaks Av, Pasadena

RSVP: (800) 516-5323

SCAR TREATMENT AND HAIR RESTORATION

Scar Treatment and Hair Restoration

Scars, keloids and hair loss may affect one's well-being and self esteem. Andrew Vardanian, MD, assistant clinical professor, UCLA Plastic Surgery, will discuss modern treatment options for these conditions affecting the skin and hair.

When: Thursday, Apr 20 / 6 – 7 pm

Where: 200 UCLA Medical Plaza, Rm 206

When: Thursday, June 1 / 6 – 7 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: plasticsurgery@mednet.ucla.edu

STROKE PREVENTION

Stroke Prevention

Reena Patel, MD, UCLA cardiologist, will review how to control cardiac risk factors to prevent a stroke.

When: Thursday, May 11 / 1 – 2:30 pm

Where: Torrance-South Bay Family YMCA, 2900 W Sepulveda Bl

RSVP: (800) 516-5323

TREMORS

Shake the Shakes

UCLA movement-disorders specialists will discuss treatment options to cope with tremors, including medicines, surgery (deep-brain stimulation) and noninvasive therapies. Refreshments will be served. RSVP by May 18.

When: Saturday, May 20 / 9 am – Noon

Where: Beach Cities Health District, 514 N Prospect Av, B level, Redondo Beach

RSVP: (310) 571-5741 or ucla.tremor@gmail.com

Events in gold are offered near our UCLA community offices.

FEATURED EVENT

COMMUNITY CONVERSATIONS SYMPOSIUM

The Resnick Neuropsychiatric Hospital at UCLA Board of Advisors will lead a discussion on the stigmas surrounding mental health.

When: Monday, May 15 / 8:30 – 11 am

Where: UCLA Neuroscience Research Building (NRB) Auditorium

Info: uclahealth.org/Resnick

VOLUNTEER SERVICES

Volunteer Open House

Come meet current volunteers and learn about our range of volunteer opportunities. Parking and refreshments are provided.

When: Friday, May 5, 2017 / 10 – 11 am

Where: Ronald Reagan UCLA Medical Ctr Volunteer Office, Ste B-124A&B

RSVP: Sandra Molina at (310) 267-8182 or smolina@mednet.ucla.edu

WELLNESS

Healing Through Music and Sound

Enjoy a day of science, music and mindfulness presented by a nationally renowned integrative health psychologist, a master Himalayan singing bowl artist, a mindful toning vocalist and facilitator, an African drumming facilitator and an intercultural improvisation group.

When: Saturday, June 3 / 9 am – 4 pm

Where: Ronald Reagan UCLA Medical Ctr, Tamkin Auditorium, Rm B130

Info: info@uclaartsandhealing.org, (310) 452-1439 or uclaartsandhealing.org

Cost: Refer to website for cost

Stress and Wellness: An East-West Perspective

Katie Hu, MD, family medicine physician at the UCLA Center for East-West Medicine, will discuss the emotional and physical consequences of chronic stress and ways to build resilience and wellness.

When: Wednesday, June 7 / 2 – 3:30 pm

Where: OASIS, 10730 W. Pico Bl

RSVP: (800) 516-5323

Finding Humor in Mental Health

Ze'ev Korn, LCSW, UCLA psychotherapist, will explore ways to maintain and/or regain your sense of humor and keep it throughout life.

When: Thursday, June 29 / 2 – 3:30 pm

Where: OASIS, 10730 W Pico Bl

RSVP: (800) 516-5323



RESEARCH AND TRIALS UCLA conducts research on a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials: uclahealth.org/clinical-trials

UCLA HEALTH 50 PLUS IS A FREE MEMBERSHIP PROGRAM that offers individuals age 50 and older access to educational lectures, exercise opportunities, information on community and health resources, a free community flu-shot clinic and other special events. To sign up, call (800) 516-5323.

5+ Brain Boot Camp (Ongoing)

This intensive course teaches healthy lifestyle tips to enhance memory ability for people with age-related memory concerns.

Where: UCLA Longevity Center, 10945 Le Conte Av, Ste 3119

Info: (310) 794-4055

Cost: \$300

5+ Memory Training Course (Quarterly)

Learn practical memory-enhancing techniques in a course designed for people with mild memory concerns (not for those with dementia).

When: Two hours per week, once a week, for four weeks

Where: Locations vary

Info: (310) 794-0680 or

sgoldfarb@mednet.ucla.edu or longevity.ucla.edu

5+ Fitness U

Join the SAIL fitness and education program led by UCLA physical therapists and designed for healthy seniors. First-time participants should arrive 30 minutes early for physical therapy screening.

When: Mondays and Thursdays / 10 – 11 am or 11 am – Noon

Where: St. Monica's Catholic Church, 725 California Av

Info & Enrollment: (424) 259-7140

Cost: \$40 per month (unlimited participation)

5+ Senior Scams: Prevention and Intervention (Webinar)

Linda Ercoli, PhD, Resnick Neuropsychiatric Hospital at UCLA, discusses how caregivers can protect their loved ones from being victimized by scammers and how to intervene when it happens.

When: Tuesday, Apr 11 / 11 am – 1 pm

Where: uclahealth.org/uclamdchat

Info: (310) 312-0532

5+ Mind, Mood and Memory (Webinar)

Jill Pizitz-Hochstein, MA, CDP, will present useful methods of stimulation and activity that can assist a caregiver in providing quality care to depressed seniors, especially those with cognitive impairment.

When: Thursday, Apr 27 / 11 am – 1 pm

Where: uclahealth.org/uclamdchat

Info: (310) 312-0532

5+ Senior Scholars

The UCLA Longevity Center invites adults 50 years of age or older to audit undergraduate courses taught by UCLA's distinguished professors.

When: Summer session classes begin June 26. Applications accepted May 2 through June 2.

Where: Locations vary by UCLA campus

Info: www.semel.ucla.edu/longevity/srscholars or srscholars@mednet.ucla.edu or (310) 794-0679

Cost: \$150 per course

5+ Vitamins, Minerals and Supplements

Learn how to use the best evidence available to make informed decisions about the use of vitamins and supplements for a healthy lifestyle.

When: Tuesday, May 2 / 2 – 3:30 pm

Where: Belmont Village, 10475 Wilshire Bl

RSVP: (800) 516-5323

5+ Bone Health and Hyperparathyroidism

Masha Livhits, MD, UCLA endocrinologist, will discuss hyperparathyroidism, the role of parathyroid glands in regulating calcium levels, and treatments that can help maintain bone health.

When: Wednesday, May 17 / 1:30 – 3 pm

Where: Belmont Village, 10475 Wilshire Bl

RSVP: (800) 516-5323

5+ How Nutrition Affects Your Health

Gifty-Maria Jane Ntim, MD, UCLA internal medicine physician, will discuss the role of nutrition in health, wellness and common chronic diseases.

When: Friday, May 19 / Noon – 1:30 pm

Where: Santa Clarita Valley Family YMCA, 26147 McBean Parkway, Valencia

RSVP: (800) 516-5323

5+ Communicating Your Healthcare Instructions

Learn how to communicate your healthcare instructions to your family/friends, how to appoint someone as your surrogate decision maker, and how to review healthcare decision-making documents.

When: Wednesday, May 24 / 1:30 – 3 pm

Where: Culver City Senior Ctr, 4095 Overland Av

When: Thursday, June 15, 2 – 3:30 pm

Where: OASIS, 10730 W Pico Bl

RSVP: (800) 516-5323

FEATURED EVENT

5+ TECHNOLOGY FAIR

This free event includes one-on-one coaching (bring your own device for individual help) for all, including tricks, tips and tutorials for iPhones, Androids and computers. Event includes a technology "petting zoo" for adaptive technology and resource tables.

When: Saturday, May 13 / 11 am – 4 pm

Where: Santa Monica Public Library, 601 Santa Monica Bl

RSVP: (800) 516-5323

5+ Urinary Incontinence and Pelvic Floor Disorders

Amy Rosenman, MD, UCLA OB/GYN, will discuss the causes, evaluation and treatment of incontinence and prolapse in women.

When: Sunday, May 28 / 3 – 4 pm

Where: UCLA Medical Ctr, Santa Monica, Auditorium, 1250 16th St

RSVP: (800) 516-5323

5+ Geriatrician for U

Learn when it's best to see a geriatrician for medical concerns, what types of assessments they conduct, and how they work with the individual and family.

When: Tuesday, June 6 / 2 – 3:30 pm

Where: OASIS, 10730 W Pico Bl

RSVP: (800) 516-5323

5+ Fall Prevention

Learn about risk factors that cause falls and how to prevent them.

When: Tuesday, June 13 / 3 – 4:30 pm

Where: Belmont Village, 10475 Wilshire Bl

RSVP: (800) 516-5323

5+ 50+Walk with a Doc

Join UCLA Health physicians for a healthy stroll on the third Saturday of each month.

When: Third Saturday every month / 7:30 – 8:30 am

Where: Triunfo Community Park, 950 Aranmoor Av, Westlake Village (meet by the kids' play structure)

Info: uclahealth.org/walkwithadoc



WEBINARS ON DEMAND If you missed one of our UCLA MDChat Webinars, visit our Webinars on Demand library to view programs led by UCLA physicians. For more information, visit: uclahealth.org/uclamdchat

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