

Vital Signs

FALL 2015 | VOLUME 68



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Updated Screening Recommendations for Those at Risk for Aortic Aneurysms

An aortic aneurysm is a potentially fatal condition that claims the lives of some 150,000 people in the United States annually. While treatment has improved significantly in recent years, the condition rarely produces symptoms and therefore individuals may be at risk without their knowledge. Physicians say it is vital for those at risk — including men older than 65 who have ever smoked, anyone with a family history of aneurysms, and men and women with certain hereditary or cardiovascular conditions — to be screened by their

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UCLA Health Ranks No. 3 in *U.S. News* Report



UCLA Health is ranked No. 3 in the country, and Best in the West for the 26th consecutive year, by *U.S. News & World Report's* "Best Hospitals 2015-16." UCLA is among only 15 hospitals out of nearly 5,000 nationwide named to the Honor Roll for expertise in treating the most challenging patients.



The *U.S. News & World Report* rankings can be viewed at: health.usnews.com/best-hospitals

Save the date: Mini Med School

UCLA Health Mini Med School is a series of lectures for the general public, featuring distinguished professors from the David Geffen School of Medicine at UCLA. Participants receive an introduction to basic science as it relates to the innovative changes in how we confront medicine, disease, health and aging. Each session is from 6:30 pm to 8 pm.

Mon, Oct 5: Interventional Radiology: Using minimally invasive image-guided procedures

Mon, Oct 12: Interventional Cardiology and Heart Disease

Mon, Oct 19: Gastroenterology: Basic anatomy, physiology and common GI diseases

Where: Torrance Cultural Arts Center, Ken Miller Auditorium
3330 Civic Center Drive, Torrance, CA 90503

Cost: \$35



To register, click on the registration tab for this series at: uclahealth.org/minimedschool

Santa Monica Urgent Care Reopens

The UCLA Urgent Care office in Santa Monica has reopened after remodeling. No appointment is necessary, and most insurance plans are accepted.

Santa Monica Urgent Care

2424 Wilshire Blvd., Santa Monica, CA 90403

(310) 828-4530

M-F, 9 am to 9 pm / Sat-Sun, 9 am to 6 pm



For more information about UCLA Health Urgent Care offices, go to: uclahealth.org/urgentcare

Annual Vaccine Remains Best Defense Against Flu

Influenza causes more than 30,000 deaths annually in the United States, with the elderly, infants and people with chronic medical conditions at greatest risk. This has led the U.S. Centers for Disease Control and Prevention to recommend that everyone ages 6 months of age and older get a flu vaccine each year.

"This is a very safe vaccine that will significantly reduce the likelihood of contracting the flu," says Peter Lefevre, MD, an internal-medicine physician at UCLA Medical Center, Santa Monica. "It is especially important for people who are at risk of developing complications such as dehydration and pneumonia, potentially leading to hospitalization or death — as well as for anyone who is going to be in close contact with high-risk individuals."

Because the influenza virus comes in different strains each year, the flu shot must be obtained annually, Dr. Lefevre says. He urges patients to get the vaccine early in the fall. The vaccine comes in several injectable forms and as a nasal spray, which is approved for patients 2-to-49 years old.



Peter Lefevre, MD

Both the nasal spray and the injection are effective in children up to age 10, but the injection may be preferred in children older than age 10 and adults due to slightly enhanced immune response. Many people mistakenly believe that the vaccine gives them the flu, or that it is ineffective. In fact, Dr. Lefevre explains, the injectable form is an inactivated or "killed" virus to avoid causing the infection. In some cases it can produce a minor immune response in the first 24-to-48 hours, including low-grade fever and muscle pain, as the immune system develops antibodies against the flu — but that is nothing compared to the potentially severe and life-threatening symptoms of the flu itself.

Dr. Lefevre adds that because the vaccine is developed about six months in advance based on the best estimates of scientists regarding the strain of influenza that will prevail in the next flu season, it is never 100 percent effective — but it dramatically lowers the risk, and reduces flu symptoms even when full immunity is not conferred.

In addition to the highest-priority groups — including children under 5; adults 65 and older; pregnant women; and individuals with respiratory or heart conditions, diabetes, or otherwise compromised immune systems — it is important for healthy young and middle-aged adults to get the vaccine. "This is about both prevention for yourself and protecting others," Dr. Lefevre says. "Even if you are perfectly healthy and feel like you never get sick, the flu can hit anyone. And even if you're not worried about being out of commission yourself, you should be concerned about not passing it along to others who might be more vulnerable to influenza's effects."



Vaccinations are available at a primary-care office near you. For locations, go to:
uclahealth.org/santamonica



Vaccines Against Pneumonia Recommended for Older Adults

A second vaccine is now available to prevent pneumococcal infection — a major cause of pneumonia — in adults 65 and older. David Reuben, MD, UCLA geriatrician, notes that as of last year, the U.S. Centers for Disease Control and Prevention (CDC) recommends that older adults get both vaccines, which are covered under Medicare Part B.

The two vaccines, Pneumovax and the newer Pevnar 13, protect against different strains of the pneumococcal virus. For adults 65 and older who have not received either vaccine, the CDC recommends first getting a dose of Pevnar 13, followed by a dose of Pneumovax after waiting six-to-12 months. Those who have previously received Pneumovax should get Pevnar 13 at least a year after their most recent Pneumovax dose. For anyone who has received Pneumovax at a younger age (before 65 years), reimmunization is recommended five or more years later.

Approximately 1-million people are hospitalized in the U.S. each year for pneumonia, and about 50,000 people die annually from the disease, according to the CDC, with older adults at the highest risk. Many of these illnesses can be prevented with the one-time administration of the vaccines.

"The pneumonia, flu and shingles vaccines are basic steps that older people can follow to protect their health," Dr. Reuben says. "It is important to take the initiative and make sure to cross these off the list."

New Drug Offers Greater Hope for Some Patients with Lung Cancer

For the vast majority of patients with lung cancer, advances in treatment have been minimal. Chemotherapy remains the standard of care, and for those whose cancer worsens during or after initial treatment, the outcome of so-called second-line therapy has been poor: Only about 10 percent of patients show any improvement, and the average length of survival is several months.

That makes the Food and Drug Administration's approval of ramucirumab last year for the treatment of non-small-cell lung cancer (NSCLC) particularly significant. The approval came after a multiyear, Phase 3 clinical trial at UCLA and other centers in 26 countries on six continents showed that for patients undergoing second-line treatment, adding ramucirumab to the standard regimen with the drug docetaxel improved outcomes. It was the first study in a decade to demonstrate a survival benefit in people with NSCLC whose cancer had progressed after their initial treatment.

"This is the first time that adding to standard second-line therapy has improved outcomes," says UCLA oncologist Edward Garon, MD. "We are pleased to have access to a drug that lengthens survival time in a population of lung-cancer patients who often have few treatment options."

Since 2000, chemotherapy with the single drug docetaxel has been the cornerstone of second-line treatment for NSCLC patients. The study, which involved more than 1,200 people with NSCLC whose disease had worsened during or after first-line chemotherapy, tested whether adding the experimental drug to the standard treatment would improve outcomes for these patients. Ramucirumab is an antibody that targets an important protein in the formation of vessels that supply blood to cancer cells.

The percentage of patients who responded to treatment and the period of time before the disease worsened were both greater when ramucirumab was added to docetaxel vs. what was seen with docetaxel alone, Dr. Garon says. In the study, 23 percent of patients responded to the combination of ramucirumab and docetaxel, meaning that their tumors shrank more than a specific threshold used in clinical trials. Overall, the median survival was more than 10 months.

In the future, Dr. Garon says, ramucirumab will be evaluated in combination with other drugs to treat lung cancer. Efforts are also

"This is the first time that adding to standard second-line therapy has improved outcomes, and it is the greatest survival we have seen in previously treated non-small-cell lung cancer."

underway to understand which patients are most likely to benefit when ramucirumab is added to docetaxel.

Considering how many deaths it causes, funding for lung cancer research lags behind other common malignancies — a result, many lung-cancer researchers suspect, of the unfortunate societal perception that because of its association with smoking, lung cancer is a self-induced disease.

"There is a stigma and shame that keeps many patients from talking about it," Dr. Garon says. "But we have to remember that our understanding of the dangers of smoking evolved and that, in fact, most lung cancers are diagnosed in former smokers —

people who processed the information, did quit, but who still are subjected to the disease. Others never smoked. Certainly it is important to have antismoking campaigns to try to prevent people from ending up with smoking-related lung cancer, but we would hope that they not be at the expense of adding a stigma to people who are struggling with the disease."



To view a video about treatment options for lung cancer, go to: uclahealth.org/newlungcanceroption



Health Benefits of Circumcision Promoted, but the Choice Remains a Personal One for Parents

The first federal guidelines on circumcision, issued recently by the U.S. Centers for Disease Control and Prevention (CDC), promote the health benefits of the elective medical procedure. But the report stops short of recommending routine circumcision for all newborn boys, and Megan Chen, MD, a family-practice doctor in Santa Monica, says the decision remains a personal one in which all factors — including religious, cultural and individual preferences as well as potential health risks — should be considered.

“Most parents come in knowing what they want, but it’s important that they understand that this is an elective procedure and that they be counseled on the potential benefits and risks so that they are making an informed

decision on whether newborn circumcision is appropriate for them,” Dr. Chen says.

Although there is enough evidence on the health benefits of circumcision — including reductions in both urinary tract infections (UTIs) and sexually transmissible viral infections — that most insurance companies will cover the procedure, Dr. Chen notes that the diseases for which the risk may be reduced are rare. Similarly, she adds, risks associated with circumcision are very low.

The reduced UTI risk is particularly applicable to boys with urological conditions that predispose them to infection, including posterior urethral valves and vesicoureteral reflux. “Most pediatric urologists recommend circumcision in boys who are at high UTI risk,” says Jennifer Singer, MD, a UCLA pediatric urologist. “But for boys without these predispositions, the risk of UTI during childhood is extremely low, whether they are circumcised or not.” Circumcision has been shown to reduce the risk of HIV transmission through heterosexual sex, but not for men having sex with men, Dr. Singer notes. She adds that the evidence of reduced risk is only in regions with high HIV prevalence, such as sub-Saharan Africa.





In some cases, circumcision can increase the risk of future health concerns. Circumcised boys are more prone to a condition known as meatal stenosis, in which the opening through which urine leaves the body is constricted. There is also the potential for cosmetic concerns regarding the amount of foreskin removed, as well as the very rare but serious risk of injury to the glans. The newborn circumcision procedure itself has a 0.5 percent risk of complications, most commonly minor bleeding and pain.

Overall, Dr. Singer notes, about 5 percent of males who have been circumcised will require a future procedure to manage complications such as meatal stenosis. Similarly, about 5 percent of uncircumcised males ultimately require circumcision for problems that include infections of the glans and foreskin, as well as the inability to retract unretractable foreskin trapping the penis (phimosis) or problems in reducing retracted foreskin. Dr. Singer notes that proper hygiene and care for the uncircumcised penis significantly reduces these risks.

“There are many good reasons to circumcise newborn boys and men, including urological predispositions to infection, cultural and religious traditions, a desire in families with other male members who have been circumcised to look the same, personal preference and the slight reduction in risks of urinary tract infections, viral infection transmission and penile cancer,” concludes Dr. Singer. “However, it is incumbent on those performing circumcision to counsel families in a balanced way on the true benefits and risks.”

Continued from cover

Updated Screening Recommendations for Those at Risk for Aortic Aneurysms

primary-care physicians to determine whether or not there is cause for concern.

“The gold standard for patients at risk is to get a screening ultrasound,” says Jill Wei, MD, a UCLA family-practice physician in Santa Monica. “If it’s negative, there is a very low probability we will need to do anything more. If it shows an enlargement of the aorta, then, depending on the size, we will either continue to monitor it for further growth or refer the patient to a specialist for possible repair.”

An aortic aneurysm is an enlargement of the aorta to at least one-and-a-half times its normal size. This can cause weakness in the aortic wall and the potential for rupture, leading to massive internal bleeding and, unless immediately treated, sudden death. Although more common in men, women can also be at risk.

The U.S. Preventive Services Task Force released updated guidelines last year calling for one-time ultrasound screening for men ages 65-to-75 who have ever smoked. For men with no smoking history, Dr. Wei adds, other risk factors are considered, including hypertension, high cholesterol, obesity and a family history or hereditary condition predisposing to aneurysms. The guidelines also recommend considering screening of women ages 65-to-75 who have smoked or have these other risk factors.

Whereas aneurysm repair once invariably involved an open surgical procedure to replace the aortic segment, vascular surgeons increasingly use endovascular techniques — involving two tiny incisions — to place a stent graft across the enlarged area, removing the pressure that can lead to rupture. “For the last 15-to-20 years, there has been growing use of technology to minimize the impact of any intervention to treat an aneurysm, and we are now at

the point where we can treat most with a stent graft,” says William Quinones-Baldrich, MD, vascular surgeon and director of the UCLA Aortic Center.

For patients whose anatomy precludes initial stent-graft treatment, UCLA experts have developed a hybrid approach using a surgical intervention to make the patient suitable for the stent procedure. The UCLA Aortic Center also is involved in clinical trials of fenestrated grafts — devices that can be customized to bridge segments of the aorta that have branches, which in the past have not been candidates for graft treatment.

“Not long ago, patients needing an aneurysm repair faced open surgery followed by 10 days in the hospital,” Dr. Quinones-Baldrich says. “Today, with a stent graft, those same patients can go home the next day and be up and about, or if they need surgery they can go home in five-to-six days. We have seen improvement across the board in the treatment of aneurysms, but the important thing is for patients who are at risk to get screened.”



Putting Autism Research on the Fast Track

Autism-spectrum disorders (ASDs) affect one-in-68 children in the United States, according to the U.S. Centers for Disease Control and Prevention. In the hope of fast-tracking studies of promising drugs for ASDs, the National Institute of Mental Health (NIMH) has awarded a \$9-million grant to UCLA. James T. McCracken, MD, Joseph Campbell Professor of Child Psychiatry and director of the Division of Child and Adolescent Psychiatry at the Jane and Terry Semel Institute for Neuroscience and Human Behavior at UCLA, is leading a national network of researchers at UCLA and other academic centers. Dr. McCracken spoke about the ambitious effort.





What led the NIMH to adopt this approach?

Over the last decade or so, different large pharmaceutical companies have been working to develop new drugs to treat neuropsychiatric disorders, including ASDs. A huge number of those drugs failed in testing, and so much capital was lost that it's caused a lot of these big pharmaceutical companies to abandon the business of creating neuro-pharmaceutical drugs. As one might imagine, this created a great deal of alarm within the mental-health field. The NIMH recognized the challenge and started "fast-fail" networks.

Why "fast fail" and not "fast success"?

The complete underlying idea actually is "quick win or fast fail." In fact, most experimental drugs are destined to fail, so knowing that outcome as early as possible is crucial to not waste time and money and to inform the science. The goal of a fast-fail program is to weed out as early as possible those drugs that are less likely to make it through successfully as approvable treatments. We can then focus on those drugs we believe will be successful, which will benefit the entire drug-development process from beginning to end.

How do you envision new drug treatments for ASDs differing from what is available at present? What are the symptoms you are addressing?

The big shift in focus is our effort to identify treatments that target "core deficits" of ASD — especially the social-relatedness problems, the delays in language and, for

some, intense, even self-harming, repetitive behaviors. We actually have made good progress in treating most of the associated features of ASD — like irritability, hyperactivity and other disruptive behaviors. Drugs combined with behavioral therapies work well for these targets.

The Centers for Disease Control and Prevention recently released data that show one-in-68 children are now diagnosed with ASDs. How does this news relate to the fast-fail trials?

The recent increase in rates of ASDs reported from community surveys has caused a general sense of alarm. We know that much of the increase is due to heightened awareness of ASDs and diagnosing less-severe cases, but no one knows if other factors may also be contributing to the increased rates. Since no drug therapy has yet been identified to improve the core deficits of ASDs, an even greater need exists to accelerate research to find ways to reduce the suffering and disability that accompany these disorders and their associated challenges. We're looking at drugs not as solutions by themselves, but as a way to make a difference in people's lives.



For more information about autism treatment and research at UCLA, go to: autism.ucla.edu



James T. McCracken, MD



Obesity Can Have Implications Specific to Women

While the health risks have been well-documented for the more than one-third of U.S. adults who are obese, less attention has been paid to obesity-related concerns specific to women's health.



Yijun Chen, MD, bariatric surgeon with the UCLA Center for Obesity and METabolic Health (COMET), notes that obese women are more susceptible to sexual dysfunction, irregular menstrual cycles and polycystic ovarian syndrome, an endocrine system disorder that can affect women's hormone levels, menstrual cycle and ovulation.

For obese women who become pregnant, there is a greater likelihood of gestational diabetes and other complications, as well as giving birth to overweight or obese babies, Dr. Chen says. Obesity is also a significant contributor to infertility. The good news, he says, is that studies show that obese women experiencing fertility problems who undergo weight-loss surgery are 50 percent more

likely to become fertile, and significantly more likely to experience a complication-free pregnancy and deliver a normal-weight baby.

"If a young, obese woman is experiencing infertility, she is better off getting weight-loss surgery rather than going through in vitro fertilization treatment," Dr. Chen says. "Not only is it healthier for the woman and the child for the pregnancy to occur after the weight has been lost, but we also know that about half of the patients who fail to become pregnant before weight-loss surgery are able to become pregnant after the surgery."

Weight-loss surgery is generally recommended for patients who either have a body mass index (BMI) of 40 or more; or a BMI greater than 35 along with an obesity-

Advance Care Planning Goes Electronic at UCLA

In recognition of the importance of advance care planning — discussions between patients and their physicians regarding prognosis and future decisions that might arise in their care — UCLA Health has taken steps to ensure that patients' wishes are captured in UCLA's electronic health record and prominently displayed to inform their current and future providers across the health system.

Among the advance care planning tools is Physician Orders for Life-Sustaining Treatment (POLST), a form that allows seriously ill patients to specify the medical treatment they want to receive. By signing the POLST form with one's physician, UCLA patients can indicate their desire to avoid or receive measures such as resuscitation, ventilators and feeding tubes, as well as their preference for life-sustaining versus comfort-oriented treatments, explains Neil Wenger, MD, director of the UCLA Health Ethics Center and chair of the Ronald Reagan UCLA Medical Center Ethics Committee.

POLST is designed to foster discussions among seriously ill or frail patients, their loved ones and their physicians about care goals, and to ensure that patients' wishes are honored. The discussions are typically initiated by physicians, but Dr. Wenger encourages patients who have strong preferences regarding a certain type of care to bring up the issue. "Unlike an advance directive, which makes it known ahead of time what type of end-of-life care you would want when you are unable to make decisions for yourself, the POLST is for patients to indicate the type of care they want based on their current health status," Dr. Wenger explains. "These sorts of decisions are common among residents of nursing homes and also among some people living in the community, but it's important for those with advanced conditions to have the discussion."

related health problem, such as hypertension, diabetes, sleep apnea, severe joint pain, high cholesterol, nonalcoholic fatty liver disease or heart disease, along with an inability to achieve healthy and sustained weight loss through diet and exercise.

The consensus among weight-loss surgeons is that women should wait 12-to-24 months following bariatric surgery before trying to become pregnant. "We worry about nutrient deficiency with the rapid weight loss, so we recommend using contraception for at least a year until we have confirmed that there is no vitamin deficiency," Dr. Chen says. Because of this, he notes, for obese women who are in their mid-to-late 30s or older and experiencing difficulty with conception, it may be better not to delay seeking in vitro fertilization. "But if you are in your 20s or early 30s," he says, "it makes sense to have the surgery first, lose weight, then see if you can become pregnant naturally."



To view a video about obesity and women's health, go to: uclahealth.org/womenandobesity

For patients who, with their physicians, choose to complete a POLST, the forms are available throughout UCLA Health. The POLST is entered into the electronic health record under a special tab so that it is easily visible to healthcare providers and can be factored into care decisions. "Medicine today is complicated, and it's very important that it is guided by explicit conversations with patients about goals and values," Dr. Wenger says. "POLST is just one of the tools that we use to make sure patients' goals and preferences are integrated into the care they receive."

If patients have in the past filled out a advance directive of POLST, it is recommended that they ensure it is made accessible to all treating physicians.

Community Health Programs



OCTOBER, NOVEMBER, DECEMBER 2015 COMMUNITY HEALTH PROGRAMS
UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education and the prevention of illness and injury. Scan the QR code on the left with your smartphone or go to uclahealth.org/calendar for more information.

AGING

Vitamins and Minerals for Seniors

Rachel Ferrara, MD, UCLA family-medicine physician, will present the facts and myths surrounding vitamins and supplements for seniors.

When: Thursday, November 19 / 1:30 – 3:00 pm

Where: Agoura Hills/Calabasas Community Ctr, 27040 Malibu Hills Rd, Calabasas

RSVP: (818) 880-6461

ALZHEIMER'S DISEASE

Caregiver Support Group

A support group for family members and caregivers coping with a loved one's Alzheimer's disease.

When: 2nd and 4th Wednesday of each month / 1 – 2:30 pm

Where: 10911 Weyburn Av, 3rd Fl, Los Angeles

Info: (310) 794-6039 or bdwyer@mednet.ucla.edu

CANCER

Nutrition and Cancer

Carolyn Katzin, MS, CNS, oncology specialist, Simms/Mann Center for Integrative Oncology, will discuss how to improve your well-being during and after a diagnosis of cancer with a presentation about antioxidants, anti-inflammatories and anticarcinogens.

When: Tuesday, October 13 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B130

Info: (310) 794-6644

Lymphoma Update

Phillip Beron, MD, UCLA radiation oncologist, will discuss radiation therapy for treating lymphoma.

When: Friday, November 13 / Noon to 1:30 pm

Where: Cancer Support Community, Benjamin Center, 1990 S. Bundy Dr, Rm 100, Los Angeles

RSVP: (800) 516-5323

CANCER (CONTINUED)

What Cancer Can't Touch

Rabbi Ed Feinstein, Valley Beth Shalom, spiritual leader and cancer survivor, will discuss how cancer affects every part of life and give tips about how to cope.

When: Tuesday, November 17 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B130

Info: (310) 794-6644

Benefits of Exercise

Melody Benjamin, MD, UCLA oncologist, will discuss how exercise and healthy habits can decrease the risk of cardiovascular disease, cancer, diabetes and depression.

When: Thursday, December 3 / 6:30 – 8 pm

Where: Cancer Support Community Valley/Ventura/Santa Barbara, 530 Hampshire Rd Westlake Village

RSVP: (800) 516-5323

Reduce Cancer Risk

Robert K. Chin, MD, UCLA, radiation oncologist, will discuss facts and myths about foods and activities to prevent cancer.

When: Thursday, December 10 / 6:30 – 8 pm

Where: Belmont Village, 10475 Wilshire Blvd

RSVP: (800) 516-5323

Advancements in Lung Cancer

Edward Garon, MD, co-director, UCLA Medical Oncology Program, will discuss the role of surgical treatment, nonsurgical interventional procedures, chemotherapy, targeted therapy for early and late-stage lung cancer, and new treatment options.

When: Tuesday, December 15 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B130

Info: (310) 794-6644

DIABETES

UCLA Insulin Connection

Learn about diabetes and get support for people with diabetes who use insulin through multiple daily injections or an insulin pump.

When/Where: 2nd Thursday every month held in Thousand Oaks / 2nd Tuesday every month held in Westwood

Info: (310) 794-1299 or email diabeteseducation@mednet.ucla.edu

DIGESTIVE DISORDERS

Heartburn or Something More Serious?

V. Raman Muthusamy, MD, UCLA gastroenterologist, will discuss heartburn, acid reflux and the risk for esophageal cancer. Learn about treatment options.

When: Tuesday, November 17 / 6:30 – 8 pm

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

RSVP: (800) 516-5323

Nutrition for Common Digestive Disorders

Nancee Jaffe, RD, UCLA dietitian, will provide dietary and lifestyle tips to help manage common digestive conditions, such as diarrhea, constipation, gas/bloating and acid reflux.

When: Thursdays, 10:30 – 11:30 am

1st Thursday: Diarrhea

2nd Thursday: Constipation

3rd Thursday: Gas/Bloating

4th Thursday: Acid reflux (GERD)

Where: 10945 Le Conte Av, Conf Rm 1420

RSVP: (800) 516-5323

Events in gold are offered near our UCLA offices in Bakersfield, Calabasas, Camarillo, Malibu, Palos Verdes, Redondo Beach, San Luis Obispo, Santa Clarita, Tarzana, Thousand Oaks, Torrance, Valencia and Westlake Village.



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. uclahealth.org/calendar

DIVERTICULAR DISEASE

Diverticular Disease

Vikas Pabby, MD, UCLA gastroenterologist, will discuss the difference between diverticulosis and diverticulitis, symptoms, when to call your physician and the role of fiber, nuts and seeds.

When: Wednesday, October 28 / 1:30 – 3 pm

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

RSVP: (800) 516-5323

ETHICS

Genetics Ethics Lecture

Susan M. Wolf, JD, McKnight Presidential Professor of Law, Medicine & Public Policy; Faegre Baker Daniels Professor of Law; Professor of Medicine, University of Minnesota, will discuss ethical issues with Bio Banks. Lunch will be provided.

When: Tuesday, November 17 / Noon – 1 pm

Where: Ronald Reagan UCLA Medical Ctr, Rm B130

Info: (310) 794-6219

HEART DISEASE

Blood Pressure and U

Anjay Rastogi, MD, UCLA nephrologist, will discuss the importance of controlling and managing high blood pressure through lifestyle and medication management.

When: Saturday, October 17 / 10 am to Noon

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

RSVP: (800) 516-5323

Aortic Stenosis Update

Olca Aksoy, MD, UCLA interventional cardiologist, will discuss symptoms of aortic stenosis and nonsurgical treatment options.

When: Thursday, November 5 / 7 – 8:30 pm

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

RSVP: (800) 516-5323

Salud Cardiovascular: 7 Simples Pasos para Lograr Grandes Cambios

(In Spanish)

Martin Cadeiras, MD, UCLA cardiologist, will discuss ways to reduce the risk of heart attack, stroke and diabetes by living a more active and healthy life.

When: Thursday, November 19 / 6 – 7:30 pm

Where: Pico Branch Library, 2201 Pico Blvd Santa Monica

RSVP: (800) 516-5323

GOUT

Gout Update

Masoom Modi, MD, UCLA rheumatologist, will explore the role and proper use of medications and other treatments for gout.

When: Tuesday, October 27 / 10:30 am to Noon

Where: Summerhill Villa, 24431 Lyons Av, Santa Clarita

RSVP: (800) 516-5323

GYNECOLOGY

Understanding Gynecologic Issues

Leena Nathan, MD, UCLA gynecologist, will discuss the causes and treatments for vaginal prolapse, incontinence and more.

When: Friday, October 16 / 4:30 – 5:30 pm

Where: Founder's Hall, Calabasas Library, 200 Civic Center Way, Calabasas, CA 91302

RSVP: (818) 880-6461

KIDNEY DISEASE

UCLA Kidney Health Event

Learn from Anjay Rastogi, MD, PhD, and his team about kidney disease, high blood pressure, diabetes, dialysis, transplantation, heart disease, nutrition and clinical trials.

When: Sunday, October 25 / 1 – 4 pm

Where: UCLA Ackerman Grand Ballroom, 308 Westwood Plaza

Info: nephrology.ucla.edu/uclahealthkidneyevent

RSVP: (310) 954-2692 or

bruinbeans@mednet.ucla.edu

Kidney Smart Classes

This specially designed two-hour class focuses on how your kidneys function, ways to manage your diet and health to promote healthy kidneys and information about kidney disease.

When: October 8, October 22, November 12, November 24, December 3, December 17 / 2 – 4 pm

Where: 1821 Wilshire Blvd, Ste 200, Santa Monica

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

MIDWIFE SERVICES

UCLA Midwives

Come meet UCLA midwives and discuss UCLA services offered.

When: Tuesdays, October 6, October 13, November 3, November 17, December 1 & December 15 / 1:15 – 2 pm

Where: 200 UCLA Medical Plaza, Rm 447

FEATURED EVENT

FLU SHOT EVENT

UCLA Health's Community Flu-Shot Clinics help protect residents during flu season by offering vaccinations for adults and children age 5 years or older. The shots are \$25 or billed to insurance, if covered. Flu shots are available at no cost to members of the UCLA Health 50 Plus program at the two participating UCLA locations below or at any MinuteClinic® walk-in medical clinic inside select CVS/Pharmacy® locations in Southern California. 50 Plus membership card needed at UCLA locations. A voucher is necessary for MinuteClinics. To obtain your voucher or join the 50 Plus program, call (800) 516-5323.

When: Saturday, November 7, 10 am – 4 pm

Where: Urgent Care, 2424 Wilshire Blvd, Santa Monica

Info: (310) 828-4530

When: Sunday, November 8, 10 am – 4 pm

Where: Playa Marina Urgent Care, 4560 Admiralty Wy, #100

Info: (310) 827-3700

OBESITY

Comprehensive Treatment for Obesity

This UCLA Center for Obesity and METabolic Health (COMET) program will discuss the medical, dietary and surgical management of obesity.

Zhaoping Li, MD: Medical management of obesity
Lauren Maddahi, RD: Healthy diet for obese people

Simon Beaven, MD/PhD: Fatty liver disease

Erik Dutson, MD: Overview of bariatric surgery

Yijun Chen, MD: Benefits of bariatric surgery

When: Saturday, October 24 / 10 am – Noon

Where: California Lutheran University
The Lundring Events Ctr
130 Overton Ct, Thousand Oaks

Info: comet.ucla.edu or bariatrics.ucla.edu

RSVP: UCLABariatrics@mednet.ucla.edu or
(310) 825-7163

DID YOU MISS A LECTURE YOU WANTED TO ATTEND?

You can find videos of some of our past lectures and learn about hyperbaric medicine, urinary incontinence, mindful awareness or sleep disorders.

Info: uclahealth.org/programvideos



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 info visit: uclahealth.org/uclamdchat

OBSESSIVE COMPULSIVE DISORDER

Understanding OCD and Its Treatment

This presentation will focus on cognitive behavioral therapy approaches to treating OCD.

When: Saturday, November 14 / 10 – 11:30 am

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

RSVP: (800) 516-5323

PARKINSONIAN DISORDERS

Parkinsonian Disorders Support Group

The Parkinsonian Disorders Support Group meets monthly to provide information, education, resources and support for families dealing with the following disorders: PSP, CBD, MSA and PD. Facilitator: Loretta Mazorra, RN, NP, MN, MA

When: 1st Friday of each month from 2 – 4 pm

Where: 300 UCLA Medical Plaza, 3rd Fl, Marisa Leif Conf Room

Info: Dolly West at (310) 206-2154 or dwest@mednet.ucla.edu

PODIATRY

Foot and Ankle Pain

Doctors from the Santa Monica Podiatry Group will present the latest techniques in the treatment of heel pain, nerve pain, arthritis, tendonitis, ankle injuries and peripheral neuropathies, and they will explore the newest technologies, such as the Class 4 MLS laser and other treatment options for common foot ailments.

When: Monday, October 26 / 5 – 6 pm

Where: 1260 15th St, Ste 1014

RSVP: (310) 451-1618

TREMORS

Tremors: How to Shake the Shakes

Learn from our team about the diagnosis and prognosis of tremors and the therapies that can dramatically improve your quality of life.

When: Saturday, October 17 / Registration at 1:30 pm / Seminar 2 – 4 pm

Where: Agoura Hills/Calabasas Community Center 27040 Malibu Hills Rd, Calabasas 91301

RSVP: Register by October 14 at (310) 571-5741 or ucla.tremor@gmail.com

When: Saturday, November 14 / Registration at 8:30 am / Seminar 9 am – Noon

Where: Grace Church, 1350 Osos St, San Luis Obispo 93401

RSVP: Register by November 11 at (310) 571-5741 or ucla.tremor@gmail.com

VOLUNTEER

Giving Back While Rewarding Yourself

Learn about being a UCLA Health volunteer. We offer programs that meet the needs of the hospital as well as match the interests of our volunteers. Please valet your car, and we will validate your ticket. Refreshments will be served.

When: Friday, October 2 / 10 am

Where: Ronald Reagan UCLA Medical Ctr, Rm B124

RSVP: Lisa Harden (310) 267-8182

Companion Care Program (ONGOING)

The Companion Care Program is recruiting volunteers to serve as companions to our geriatric patients to provide therapeutic and sensory stimulation activities. All volunteers must be over 18 years old.

Where: UCLA Medical Center, Santa Monica, 1250 16th St, 5NW

Info: Christy Lau (310) 312-0531 or christylau@mednet.ucla.edu

WEIGHT GAIN

Treating Weight Gain After Bariatric Surgery

Rabindra Watson, MD, UCLA interventional endoscopist, will discuss the mechanisms of weight gain, how bariatric surgery works, why patients may regain weight after surgery, and the latest minimally invasive techniques to treat weight regain.

When: Saturday, October 24 / 10 – 11:30 am

Where: Kern County Library – Southwest Branch, 8301 Ming Av, Bakersfield

RSVP: (800) 516-5323

WELLNESS

Walk with a Doc

Join UCLA Health and walk toward a healthier lifestyle. Enjoy the opportunity to walk and chat with friends, neighbors and local UCLA Health physicians. Move at your own pace. Put on a pair of comfortable shoes, head toward the beach or the park and make strides to better health.

When: Saturday, October 10, November 14 & December 12 / Walk begins at 10 am

Where: Miramar Park, 201 Paseo De La Playa, Redondo Beach (Meet at the dolphin statue in the center of the park)

When: Saturday, October 17, November 21 & December 19 / Walk begins at 7:30 am

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

Info: uclahealth.org/walkwithadoc

FEATURED EVENT

MINI MED SCHOOL

A three-evening lecture series for the general public, Mini Med School features distinguished professors from the David Geffen School of Medicine at UCLA. Participants receive an introduction to basic science as it relates to the innovative changes in how we confront medicine, disease, health and aging.

Monday, Oct 5: Interventional Radiology
Cheryl Hoffman, MD

Monday, Oct 12: Interventional Cardiology
Gopi Manthripragada, MD

Monday, Oct 19: Gastroenterology
Melissa Munsell, MD

When: 6:30 – 8 pm

Where: Torrance Cultural Arts Center, Ken Miller Auditorium, 3330 Civic Center Dr

Register: uclahealth.org/minimedschool

Mastering Resilience and Success

Stephen Sideroff, PhD, UCLA psychologist, will explain the connections between stress, emotions and physical symptoms and present the model of resilience, healing and optimal functioning.

When: Saturday, October 24 / 10:30 am to Noon

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

RSVP: (800) 516-5323

Nutrition and Health Seminar

Learn about integration of nutrition in disease prevention and in the therapeutic plan of medical care from Mihaela Taylor, MD; inflammation and the role of chinese nutrition from Lawrence Taw, MD; and a balanced approach to nutrition and lifestyle from Alicia Trocker, MS, RDN.

When: Saturday, November 21 / 9 am – Noon

Where: First Floor Auditorium, UCLA Medical Center, Santa Monica, 1250 16th St

Info & RSVP: (310) 582-6355 or ssanchez@mednet.ucla.edu

Registration & Cost: \$50 per person / \$40 per person for students, seniors, UCLA staff and UCLA 50 Plus Members

Weekly Community Practice

Stop by to meditate with others. Half an hour of guided meditation will be followed by a 30-minute lecture on topics in mindfulness, a question-and-answer session with the teacher, or an exercise and practice for the week. Suitable for beginners or continuing practitioners. Sessions are led by Diana Winston and guest speakers. No RSVP needed.

When: Tuesdays (except holidays) / 7 – 8:30 pm

Where: 300 Medical Plaza, UCLA, Rm 3200

Cost: \$15



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. uclahealth.org/calendar

it begins with **U**

Scan to find out
more, or go to:
uclahealth.org/calendar

UCLA HEALTH 50 PLUS IS A PROGRAM offering educational lectures, a walking program, information on community and health resources, membership amenities, a free community flu shot clinic and special events. To sign up, call (800) 516-5323.

50+ Senior Scholars (ONGOING)

UCLA Longevity Center's program for adults over 50 to audit undergraduate courses. Attend courses taught by UCLA's distinguished professors and enjoy intergenerational learning.

When: Sign up for Winter Quarter classes in November

Where: Locations vary on UCLA Campus

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

Cost: \$150 for one course

50+ 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 for four weeks

Where: Locations vary

Info & Cost: (310) 794-0680 or sgoldfarb@mednet.ucla.edu or longevity.ucla.edu

50+ Fitness U

UCLA S.A.I.L. (Stay Active and Independent for Life), a fitness and education program led by UCLA physical therapists, is designed for healthy seniors. First-time participants should arrive at 1:30 pm for physical therapy screening.

When: Mondays and Wednesdays / 2 – 3 pm

Where: YWCA Santa Monica/Westside Auditorium, 2019 14th St

Info & Enrollment: (424) 259-7140

Cost: \$40 per month for unlimited participation

50+ What You Need to Know Before Going to the ER

Learn what you need to do to improve outcomes, in case you need to go to the ER.

When: Tuesday, October 13 / 2 – 3:30 pm

Where: Westside Family YMCA, 11311 La Grange Av, Los Angeles

RSVP: (800) 516-5323

50+ Vaccine Recommendations for Adults

Andrea Shaw, MD, UCLA family-medicine physician, will review the updated guidelines for vaccines and boosters recommended for seniors.

When: Thursday, October 22 / 12 – 12:45 pm (come early and join us at 11 am for the Malibu Wellness Expo)

Where: Malibu Senior Center, 23825 Stuart Ranch Rd
RSVP: (800) 516-5323

50+ Cholesterol Update

Minisha Kochar, MD, UCLA cardiologist, will discuss normal and abnormal values of cholesterol, disease pathologies made worse by abnormal lipid levels, and treatment options.

When: Thursday, November 5 / 10 – 11:30 am

Where: The Canterbury, 5801 Crestridge Rd, Rancho Palos Verdes

RSVP: (800) 516-5323

50+ Nutrition as We Age

Rachel Ferrara, MD, UCLA family-medicine physician, will discuss the nutritional needs of seniors, with a focus on the safety and necessity of common vitamins and supplements.

When: Monday, November 9 / 6:30 – 8 pm

Where: Atria Senior Living, 5325 Etiwanda Av, Tarzana

RSVP: (800) 516-5323

50+ Insomnia

Learn how to reduce insomnia, find solutions to sleep disorders, and follow sleep hygiene techniques to get a good night's sleep.

When: Tuesday, November 10 / 2 – 3:30 pm

Where: Westside Family YMCA, 11311 La Grange Av, Los Angeles

RSVP: (800) 516-5323

50+ 10 Habits to Add Vitality to Your Life

Learn tips for developing healthy habits that will help you feel your best at any age.

When: Tuesday, November 10 / 6 – 7:30 pm

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

RSVP: (800) 516-5323

50+ Lowering Your Risk of Alzheimer's Disease

Patricia Spilman, MD, UCLA neuroscientist, will explore the impact of body/mind activities on brain health and discuss strategies to lower your risk of cognitive decline.

When: Wednesday, December 9 / 7 – 8:30 pm

Where: Santa Monica Bay Woman's Club, 1210 4th St

RSVP: (800) 516-5323

50+ Strategies to Improve Well-Being

This interactive workshop will explore the keys for ensuring a balanced body, mind and spirit.

Workshop speakers/presentations:

East-West Medicine Approaches to Self-Care and Well-being – Justin Laube, MD, UCLA Internal Medicine, East-West Primary Care Fellow

Fall Prevention: Building a More Balanced Body – Matthew Konersman, DPT, UCLA Rehabilitation Services

Finding Balance and Reducing Stress Through Mindfulness – Natalie Bell, CMF, PT, UCLA MARC facilitator

When: Saturday, December 5 / 11 am – 1 pm

Where: Santa Monica Public Library, 601 Santa Monica Blvd

Info: (800) 516-5323

50+ 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, December 8 / 2 – 3:30 pm

Where: Westside Family YMCA, 11311 La Grange Av, Los Angeles

RSVP: (800) 516-5323

50+ Keeping Yourself Healthy

Michelle Sangalang, MD, UCLA family-medicine physician, will discuss how sleep, exercise, meditation, health screenings and vitamins/supplements will lead to better health.

When: Tuesday, December 8 / 6:30 – 8 pm

Where: Torrance – South Bay Family YMCA, 2900 W. Sepulveda Blvd

RSVP: (800) 516-5323



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 info visit: uclahealth.org/uclamdchat

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U.S. News & World Report's
Best Hospital Survey ranks UCLA
the No. 3 hospital in the country
and the Best in the West.



UCLA Medical Group awarded
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A Family Finds Healing Through Giving



When their teenage daughter Nina had nowhere else to turn to control her intractable epileptic seizures, Thomas and Nadia Q. Davies came to UCLA for an experimental surgery by pioneering neurosurgeon Paul Crandall, MD. Though her seizures ultimately returned, Nina was able to realize her dream of becoming a teacher, earned a doctorate in education and became an assistant school superintendent. After Nina passed away, the Davieses honored her and her innovative doctor with a lasting gift. Leveraging funds from Nina's and their own estate, they created the Dr. Alfonsina Q. Davies Endowed Chair in Honor of Paul Crandall, MD, for Epilepsy Research to provide hope to others with epilepsy.

(Clockwise from lower left) Dr. Paul Crandall, Nadia Q. and Thomas Davies, and Alfonsina "Nina" Davies.



For information about a legacy gift to UCLA Health through your will or living trust:

Contact Jason Gross, director of gift planning, UCLA Health Sciences Development, at (310) 267-1832 or jgross@support.ucla.edu



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