Atrial fibrillation (AF) is the most common arrhythmia (abnormal heart rhythm) in the United States, with more than 150,000 new cases diagnosed each year. Although AF may produce a fast, irregular heartbeat that leads to palpitations, fatigue or shortness of breath, many people are unaware they have the condition until faced with serious health problems.

“Unfortunately, some patients only find out they have AF when they suffer a stroke, which is five times more likely in patients with AF,” says Eric Buch, MD, director of the Specialized...
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Now Open in Redondo Beach

514 North Prospect Avenue, Redondo Beach, CA 90278
Monday-Friday, 8 am to 5 pm  (310) 937-8555

- Family Medicine
- Internal Medicine
- Cardiology
- Dermatology
- Rheumatology

The healthcare services of UCLA are now available at our new office in Redondo Beach. Experience UCLA’s renowned primary care and specialty services, located conveniently nearby. Now you can have access to the doctors, expertise, cutting-edge research and breakthrough medical procedures of UCLA, closer than ever.

For more information about our Redondo Beach office, go to: uclahealth.org/redondobeach

UCLA Launches Center for Military Medicine

The Ronald A. Katz Center for Collaborative Military Medicine at UCLA will work with the U.S. military to address the unique challenges of healing and caring for the nation’s most critically wounded warriors. It is the first university-based center for military medicine on the West Coast. The center will be a nexus for UCLA’s research projects and services designed to help America’s servicemen and servicewomen, and will help to foster collaborations and partnerships both within the university and between UCLA and the military to increase our nation’s ability to care for wounded veterans.

For more information about the Ronald A. Katz Center for Collaborative Military Medicine at UCLA, go to: uclahealth.org/militarymedicine

UCLA Health and Covered California

UCLA Health is participating in the Covered California health-insurance-exchange marketplace. To find out about how to select a plan that includes a UCLA doctor, go to: uclahealth.org/coveredca or call our Physician Referral Service at (877) 825-2212.
Many Options Available to Address Infertility

Many effective options are available for women and couples having difficulty conceiving, and UCLA fertility experts urge women and their partners not to delay in seeking consultations to address potential concerns.

An estimated 10-to-15 percent of couples in the United States are considered infertile — defined as not being able to become pregnant despite frequent unprotected intercourse for a year or more — and the percentage rises with the age of the female, notes UCLA reproductive endocrinologist Daniel Dumesic, MD. Many possible causes exist. Among women, Dr. Dumesic says, a common cause of infertility involves damage to the fallopian tubes, including infections from sexually transmitted diseases or as a result of previous abdominal surgery.

Common issues also include absence of ovulation — typically signaled by menstrual cycles more or less frequent than every three-to-five weeks, and often easily corrected through medication. In other cases, the problem is traced to the male, often stemming from low sperm count or poor sperm function due to a variety of possible, and often correctable, factors.

One of the most dramatic changes in the fertility field in recent years is the ability to successfully freeze women’s eggs for later use. “A woman who is otherwise fertile but faced with a disease process or a treatment such as chemotherapy that will render her infertile can have her eggs frozen to save her reproductive capacity for later in life,” says Ingrid Rodi, MD, director of fertility services at UCLA Medical Center, Santa Monica.

The technology is now also being applied more widely. “Women who are planning to delay conception until their late 30s, early 40s or beyond should consider freezing eggs,” says Mousa Shamonki, MD, UCLA reproductive endocrinologist. He notes that the process has brought the egg-freezing survival rate from approximately 70 percent to more than 90 percent. The procedure is considered very safe, and the medicines are well tolerated, but it can be costly, and there is the chance the frozen eggs won’t yield a viable embryo.

Advances in genetic screening are improving the ability of fertility experts to detect problems in the embryo, Dr. Shamonki adds. Better techniques make the process less likely to harm the embryos and more likely to yield complete information, which can help couples in excluding unhealthy embryos.

In general, women up to age 35 with no known cause of infertility are advised to consult with a specialist after a year of unsuccessfully trying to conceive. When the woman is older than 35, or the couple has known issues, the UCLA experts recommend seeking an evaluation after six months without success, or sooner. “The important thing is that if there are any doubts, people should err on the side of coming in sooner rather than later, because you don’t want to wait so long that fewer options are available to you,” Dr. Shamonki says.
Newer Herceptin Treatment Improves Survival for Women with Breast Cancer
Before the targeted breast-cancer drug Herceptin (trastuzumab) was developed, women with high levels of HER2+ protein — human epidermal growth factor receptor 2-positive — had aggressive tumors that were less likely to respond to standard therapies. Now, these women, approximately 25-to-30 percent of those diagnosed with breast cancer, have among the highest survival rates.

“The HER2+ story demonstrates that we can provide more effective and less toxic treatments by targeting therapies that are most appropriate for the genetic changes present in each patient’s tumor,” says Dennis Slamon, MD, director of the Jonsson Comprehensive Cancer Center’s Revlon/UCLA Women’s Cancer Research Program and the Translational Oncology Research Laboratory at UCLA.

Led by Dr. Slamon, UCLA scientists pioneered the research leading to the development of Herceptin. The drug is now standard treatment for women with HER2+ tumors. When used in combination with other therapies, including chemotherapy or surgery, it can dramatically reduce breast-cancer recurrence rates.

“The earlier you use Herceptin in the disease course, the better,” Dr. Slamon says, adding Herceptin also is one of the few drugs that can improve survival in late-stage breast cancer. And despite recent theories about the optimal period of time to use Herceptin, there is no evidence that prolonging treatment beyond one year will improve outcomes, he says.

“We believe there is a finite amount of time that you need to be treated with the drug to derive benefit if used correctly,” Dr. Slamon says. “By using the drug beyond that time, patients do not gain additional benefit, and by discontinuing use, they do not lose benefit.”

In addition to fine-tuning the amount of time to use Herceptin, researchers are also working on ways to make the drug more powerful and developing new treatments for women with other types of tumors.

“The real excitement is around a new drug called T-DM1,” Dr. Slamon says. T-DM1 is Herceptin coupled with an experimental chemotherapy drug, emtansine, or DM-1. “It is like a smart bomb — Herceptin armed with a warhead,” he says.

Initial studies in women with late-stage HER2 breast cancer found that T-DM1 had few side effects and increased progression-free survival (the time between the start of treatment and the time the cancer gets worse) by three months, on average.

Most recently, UCLA researchers are targeting a different and larger subset of patients — women with advanced breast cancers who are estrogen-receptor positive (ER+) and HER2-negative, which accounts for 60-to-65 percent of breast cancers in most countries. Preliminary results show that women taking the investigational drug palbociclib, in addition to letrozole, a commonly used drug for ER+ breast cancer, had significantly higher progression-free survival than patients taking standard treatment alone. “The benefit is the largest we’ve seen to date in this large subgroup, tripling disease-control times from seven-and-a-half months with the available standard therapies to more than two years and counting with the experimental therapy,” Dr. Slamon says.

“By identifying the correct targets for treatment in the right patient population, we move forward with personalized oncology that we hope will greatly improve the outcomes for this group of patients with breast cancer,” Dr. Slamon says.

For information about breast-cancer clinical trials at UCLA, go to: cancer.ucla.edu

UCLA Breast Centers Offer Broad Range of Services in One Place

UCLA’s specialized breast centers in Westwood and Santa Monica offer women with breast cancer one-stop locations where they can receive integrated care that includes the latest in imaging technology and care coordination to assist them through the process.

The multidisciplinary clinics enable a patient to see all the specialists necessary for her diagnosis and treatment, and leave with a comprehensive care plan. The latest imaging technology available at the two centers includes tomosynthesis, which provides a three-dimensional image that improves breast-cancer diagnosis by increasing detection of invasive breast cancers and by reducing false positives.

Care coordination also is available to help schedule appointments, answer questions and guide patients through interactions with the health system during diagnosis, treatment and follow-up.

Revlon/UCLA Breast Center
200 UCLA Medical Plaza, Suite B265 (B2 Level)
Los Angeles, California 90095
(310) 825-2144

UCLA Breast Center Santa Monica
1223 16th Street, Suite 1100
Santa Monica, CA 90404
(424) 259-8791
More than 50 percent of adults in the United States use dietary supplements, and fish oil is among the most popular. Although scientific evidence suggests that consuming fish-oil supplements to increase dietary intake of omega-3 fatty acids may safely and effectively provide specific health benefits for certain conditions, experts caution that fish-oil supplements are not a cure-all.

“There is no question that fish oil has been effective in reducing high triglycerides, which are associated with heart disease and poorly controlled diabetes,” explains cardiologist Gregg C. Fonarow, MD, co-director of the UCLA Cholesterol, Hypertension and Atherosclerosis Management Program (CHAMP). According to Dr. Fonarow, the right dose to reduce triglycerides, or fats related to cholesterol in the blood, is about two-to-four grams daily.

Fish-oil supplementation may also provide some benefit to patients with heart failure, Dr. Fonarow says. Recent studies suggest, however, it does not lower the risk for first or recurrent heart attacks among people with, or at high risk for, heart disease, particularly those who already take cholesterol-lowering statins. There is also conflicting evidence as to whether fish-oil supplementation is associated with a lower risk for high blood pressure, diabetes, stroke or cardiac death.

“Fish oil is not a panacea,” Dr. Fonarow emphasizes. “Although fish-oil supplements are generally safe and well-tolerated when used correctly, it does not make up for significant risk factors or unhealthy lifestyle behaviors, such as smoking.”

Fish-oil supplementation may also benefit people with diagnosed depression, bipolar disorder and certain other mental illnesses, says UCLA psychiatrist Peter Dell, MD. But evidence about its effectiveness is mixed.

“We have more robust evidence for the effectiveness of standard Western medicines in patients with depression or bipolar disorders,” Dr. Dell explains. “But for patients who don’t want to use standard Western medicine, I will usually consider prescribing fish-oil supplements because it can sometimes be effective with very few side effects.” He adds that the best evidence points to using fish oil in combination with standard Western medicines such as antidepressants rather than alone. He recommends that people should ask their doctors if fish-oil supplementation is appropriate for their condition.

“If fish oil is cleared by their doctors, they should take 1,000 to 2,000 milligrams per day and make sure at least 60 percent of the omega-3 fatty acids in the supplements are EPA,” he says. Two of the most important omega-3 fatty acids contained in fish oil are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). “DHA does not appear to be helpful for mood, and may actually worsen problems,” Dr. Dell says.

Fish oil also has demonstrated effectiveness outside of cardiovascular and mental health. In children with intestinal failure, for example, fish oil is safe and effective in helping to reverse liver disease and may also decrease the need for liver and/or intestinal transplants, as well as mortality, recent studies have shown.

Although most experts say fish oil is likely safe for most people, including pregnant women and those who are breast-feeding, when taken in low doses, high doses should be taken only while under medical supervision. Many health experts recommend that people try to eat a healthy, balanced diet to protect against diseases and most cancers, and turn to supplements for extra help only when necessary.
Benefits of Fish Oil

**Lower Blood Triglycerides**

High-level of triglycerides are known to be a risk factor for cardiovascular disease.

**Reduce Depression Rates**

Some people may benefit from combination of fish oil and standard Western medicines.

**Lower Risk of Developing Alzheimer’s Disease**

Studies have found that fish oil seems to help protect the nervous system.

**Lower Risk of Cancer**

Studies have linked fish oil with lowered risk of breast cancer and prostate cancer.

**Prevent and Treat Dry Eye**

A higher dietary intake of fish oil is associated with a decreased incidence of dry-eye disease in women.

**Reduce Inflammation**

DHA and EPA reduce the amount of inflammation-causing substances associated with conditions such as rheumatoid arthritis, psoriasis and gout.

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More Options Available to Treat Atrial Fibrillation

Program for Atrial Fibrillation in the Cardiac Arrhythmia Center at UCLA. “Just as people should know if their blood pressure or cholesterol is high, they should know if they have AF so they can be treated for it.”

A new program at UCLA serves as a single point-of-contact to coordinate treatment for AF patients. The key goals of treatment for AF are to prevent stroke, control heart rate and control heart rhythm. The program offers a hotline for referring physicians, expedited evaluation and treatment for newly diagnosed AF patients and access to the newest therapeutic options.

“Less than five years ago, we had only a medication choices to prevent stroke in AF patients. In the last three years, several new options have become available,” Dr. Buch explains. “Minimally invasive procedures can also wall off the left atrial appendage, the part of the heart where blood clots form to cause strokes in AF patients.” UCLA began offering the lariat procedure in 2013, in which a needle is used to enter the sac surrounding the heart and guide a loop of suture around the base of the left atrial appendage to permanently seal it off. “An advantage of this approach is that we don’t leave hardware within the heart, which is important for patients who can’t take blood thinners,” says Dr. Buch. He adds that several ongoing clinical trials may provide still more options for AF treatment.

To reduce symptoms of palpitations, fatigue and shortness of breath in AF patients, various medications are available to slow the heart rate during AF episodes, or prevent episodes from occurring. In patients for whom drugs are not effective, catheter ablation is a minimally invasive procedure that uses radiofrequency energy to destroy the tissue that triggers AF. It is more effective than medications and offers many patients the chance to avoid lifelong drug therapy while remaining free of AF symptoms.

“We’ve designed an AF program that makes it a lot easier for patients to get the help they need,” Dr. Buch says. “We are able to see new AF patients quickly and, in some cases, help them avoid a trip to the emergency room.”

The program coordinates care across multiple disciplines involved in treating AF, such as neurology, cardiac imaging and cardiac surgery, and helps primary-care physicians sort through the growing number of options now available to treat AF patients.

For more information about the Cardiac Arrhythmia Center at UCLA, go to: arrhythmia.ucla.edu

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DHA and EPA reduce the amount of inflammation-causing substances associated with conditions such as rheumatoid arthritis, psoriasis and gout.
A lot has been said about the risks of obesity in adulthood, but what are the biggest health concerns for children and adolescents?

Recently, adult diseases have been creeping down to adolescence, and even pre-adolescence. Type 2 diabetes in children has increased with the rise of obesity, and we also see hypertension and obstructive sleep apnea that we would normally not have seen at such young ages. The most common and immediate effects of obesity during childhood, however, are musculoskeletal and stomach complaints, as well as mental-health issues. We see a lot of overweight children with aches and pains, which perpetuate the problem because then the child isn’t active. Gastrointestinal complaints are a huge factor related to obesity. And the emotional well-being of children can affect so much, from their school performance...
to their long-term health, wellness and productivity. We also know that many of the long-term health risks as adults are largely determined by the age of 20, so promoting health and wellness in the early years is going to translate to a healthier adult.

At what point should parents seek help for their children?

It depends on the age. Before the child is 2 years of age, there are no body mass index standards, so we use height vs. weight. If they’re at the 95th percentile or quickly jumping up percentiles in terms of weight, that would be a red flag. You need to be looking at what the child is eating or drinking — usually it’s sugared drinks or juices that are the biggest culprits. After age 2, we have the BMI standard: If you’re between the 85th and 94th percentile you’re considered overweight, and at the 95th percentile or above you’re considered obese. When I am talking with a parent of a young child in that situation, I explain that we need to be mindful of what might be going on and what we can work on to make a difference. We do what’s called motivational interviewing, which explores the family’s confidence about what they can do to change, and ask them to make choices within the context of their lives. It is a family centered approach to behavior change. The family has to not only care about making changes, but has to embrace them.

What are some of the front-line strategies for addressing the problem, or preventing a problem from occurring?

One of the tenets of a healthy lifestyle is having routines. That includes eating three meals a day and snacks, so that you’re not going to be so hungry that you overeat. It means incorporating physical activity in your daily life, ideally totaling at least an hour a day. Among the most important from a dietary perspective is avoiding sugary drinks. You want it to be difficult to access unhealthy foods, so that healthy foods are the default. We also believe that being mindful of what you eat and when you eat is important. Family meals in the evening may be healthier than eating out.

To view a video about childhood obesity, go to: uclahealth.org/childhoodobesity

Wendy Slusser, MD
For more than a decade, certified nurse-midwives have played an integral role on the healthcare team at UCLA, providing comprehensive pregnancy, birth and postpartum care to women and their partners. UCLA’s nurse-midwives care for thousands of patients and attend nearly 450 births each year as part of the Ronald Reagan UCLA Medical Center obstetrics group.

Certified nurse-midwives (CNMs) are professionals who earn a master’s degree in nursing, complete an accredited midwifery education program and pass a national certification examination. The scope of practice for CNMs includes well-woman gynecology and family planning, as well as pregnancy, childbirth, postpartum and early newborn care. In providing care for women with low-risk pregnancies, they focus on health promotion, individualized wellness education and planning for labor and birth. At UCLA, their close collaboration with obstetricians and anesthesiologists ensures that any women who experience complications or desire pain medication have easy and quick access to the medical team. UCLA’s certified nurse-midwives also provide a valuable service by educating the next generation of UCLA-trained obstetricians in strategies that support holistic care and the natural childbirth process.

Part of the educational process involves working with the couple toward the childbirth experience they want. For many women who are drawn to nurse-midwives, that means an unmedicated vaginal birth. Habibi notes that a member of the midwife team is at the couple’s side through the birth process, advocating to ensure a safe, calm and quiet environment, the appropriate use of technology and the facilitation of the normal labor process.

During labor, the midwife will often provide massage, suggest positions of comfort and encourage a woman to walk or shower for pain management. “Everyone is different,” says Habibi. “But we are there to go through it with them and to assure them that what they are going through, however long, is normal.”

Because of this underlying philosophy and the midwives’ expertise in non-pharmacological pain-management techniques, women who give birth with the support of UCLA’s nurse-midwife team use medical interventions — be it an epidural analgesia, induction of labor or Cesarean section — at a significantly lower rate than the national average. Nonetheless, Habibi stresses that women who choose a medical intervention are fully supported.

“We get to know women and their families, educate them about their options and support their choices,” Habibi says. “Our goal is to help ensure a healthy pregnancy and a childbirth experience that fulfills all of their hopes during this incredible time in their lives.”

To view a video about UCLA nurse-midwives, go to: uclahealth.org/midwives

For more information about UCLA nurse-midwives, go to: midwife.ucla.edu

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Sports Physicals — a prerequisite for participation in high school athletics — represent an important opportunity to quickly screen for a variety of conditions that could place the young athlete at risk, according to Jason Hove, MD, a family medicine physician at UCLA Health in Redondo Beach, who provides exams for high school athletes.

“This is a time when we can pose very specific questions about response to exercise,” Dr. Hove explains. “Often when children and adolescents go for their regular doctor visits, they aren’t asked about these specific sports-related issues.”

The most important concerns for Dr. Hove and colleagues are cardiac conditions that can lead to sudden death when the athlete is at full exertion, the most common of which is known as hypertrophic obstructive cardiomyopathy. “This is a congenital condition that has nothing to do with your level of training,” Dr. Hove says.

In the course of a sports physical, the physician asks about family history of heart disease or sudden death, as well as about any symptoms that have been experienced during exercise in the past — such as chest pain, shortness of breath or fainting — that could be a symptom of an underlying condition. During a cardiac exam the physician listens to all parts of the heart, and patients are asked to perform specific maneuvers that would bring out the murmurs that can be linked to the sudden death syndrome.

“This is a very straightforward evaluation,” Dr. Hove says. “A primary-care physician can, with the appropriate guidelines, listen for a murmur. The vast majority of kids aren’t going to have it, but if they do, it needs to be further evaluated.”

While heart conditions are the most serious, the sports physical is designed to detect a number of other potential red flags, Dr. Hove notes. One is a history of concussions, particularly for athletes in sports that are prone to them, such as football and soccer. A growing number of schools are having athletes in such sports take baseline neurocognitive tests so that the results can be compared with those on tests after a potential concussion during the season.

Other conditions of interest in sports physicals include a history of asthma or other respiratory issues; any chronic-injury problem; and, for girls, the so-called female-athlete triad — characterized by being underweight and having irregular menstrual periods — leaving them particularly prone to experiencing stress fractures. Girls who are diagnosed with the latter condition can be helped with proper nutrition, Dr. Hove explains.

“Many of these conditions do not preclude participation,” concludes Dr. Hove. “Some require a further workup, and others require further evaluation by a specialist. The important thing is to make sure that before any high school athlete is cleared to play, he or she has been appropriately screened.”
Community Health Programs

JANUARY, FEBRUARY, MARCH 2014 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.

ALZHEIMER’S DISEASE

Alzheimer’s Caregiver Education Webinars
Join us for a free, live-streaming webinar series that addresses the needs and concerns of caregivers, loved ones and anyone touched by Alzheimer’s disease.

Medications for Dementia: What Caregivers Need to Know
with Pauline Wu, DO, Geriatric Psychiatry
When: Wednesday, January 15 / Noon – 1 pm

Dementia Webinar
When: Wednesday, March 19 / Noon – 1 pm
Info: dementia.uclahealth.org

Beyond Alzheimer’s Support Group
Do you have a loved one with a memory problem or dementia? Is the stress of being a caregiver overwhelming you? A support group may be your answer. Patti Davis, daughter of President Ronald Reagan and Nancy Reagan, and Linda Ercoli, PhD, director of UCLA Geriatric Psychology, will co-facilitate the Tuesday support group, and Xavier Cagigas, PhD, will co-facilitate the Thursday support group.
When: Tuesdays & Thursdays (except holidays) / 6:30 – 7:30 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th Street, Board Room G210

ASTHMA AND COPD

Asthma and COPD
Maryum Merchant, MD, UCLA pulmonologist, will discuss the nature, causes and treatment of asthma and chronic obstructive pulmonary disease (COPD).
When: Thursday, January 30 / 10 – 11:30 am
Where: Aegis of Granada Hills, 10801 Lindley Ave, Granada Hills
RSVP: (800) 516-5323

CANCER

Sexual Health Considerations for Cancer Patients and Their Partners
Michael Krychman, MD, Southern California Center for Sexual Health and Survivorship Medicine, will discuss intimacy concerns and treatment options for cancer survivors and their partner to promote healthy sexual functioning.
When: Tuesday, January 14 / 7 – 9 pm
Where: Ronald Reagan UCLA Medical Ctr, Rm B130
Info: (310) 794-6644

New Directions in Lung Cancer Care
Jonathan Goldman, MD, UCLA assistant professor, director of Clinical Trials in Thoracic Oncology, associate director of Drug Development at UCLA, will discuss recent developments in lung cancer care, including exciting recent advances in targeted therapy, immune therapy and current chemotherapies.
When: Tuesday, February 11 / 7 – 9 pm
Where: Ronald Reagan UCLA Medical Ctr, Rm B130
Info: (310) 794-6644

Prostate Cancer Screening
Christopher Filson, MD, UCLA urologist, will explain the goals of screening with PSA tests and review the current guidelines related to prostate cancer screening.
When: Tuesday, February 25 / 7 – 8:30 pm
Where: Cancer Support Community – Benjamin Center, 1990 S. Bundy Drive, Ste 100
Info: (800) 516-5323

Gastrointestinal Cancer
Vikas Pabby, MD, UCLA gastroenterologist, will discuss risk factors, signs and symptoms, screening guidelines and general treatment guidelines for gastrointestinal cancers.
When: Thursday, February 27 / 6 – 7:30 pm
Where: Cancer Support Community: Valley/Ventura/Santa Barbara, 530 Hampshire Rd, Westlake Village
RSVP: (800) 516-5323

CANCER (CONTINUED)

Take-Charge Through Cancer
Martine Ehrenclou, MA, award-winning author and patient advocate, will help teach patients and caregivers how to cut through the red tape and navigate today’s complex healthcare system to be proactive, assertive and well-informed participants in their own healthcare.
When: Tuesday, March 11 / 7 – 9 pm
Where: Ronald Reagan UCLA Medical Ctr, Rm B130
Info: (310) 794-6644

DIABETES

Diabetes Care
(ONGOING)
Participate in self-care workshops to learn important skills to help you manage your diabetes. A physician referral is required. The workshops are covered by most medical insurance policies.
Where: Santa Monica and Westwood
Info: uclahealth.org/diabetes or (310) 794-1299

Type 2 Diabetes: The Basics and Beyond
This ADA-certified five-week course will teach you all about diabetes and self-management. A physician referral is required. The class is covered by most medical insurance policies.
When: Call for dates
Where: Santa Monica & Westwood
Info: uclahealth.org/diabetes or (310) 794-1299

EAR, NOSE, THROAT

Hoarseness: When is a raspy voice a medical matter?
Natalie Edmondson, MD, UCLA ENT physician, will explore the causes of hoarseness, symptoms and the current treatments.
When: Tuesday, February 18 / 2:30 – 4 pm
Where: Sunrise of Westlake Village, 3101 Townsgate Rd
RSVP: (800) 516-5323

DID YOU MISS A LECTURE YOU WANTED TO ATTEND? You can find videos of some of our past lectures by going to uclahealth.org/programvideos. Learn about hyperbaric medicine, urinary incontinence, mindful awareness or sleep disorders.
PLAY 4 KAY BREAST CANCER AWARENESS GAME

UCLA Women's Basketball hosts the Eighth Annual Play 4 Kay Breast Cancer Awareness game versus Cal, in conjunction with the Iris Cantor-UCLA Women’s Health Center, Revlon/ UCLA and Santa Monica Breast Centers, Iris Cantor Center for Breast Imaging, Simms-Mann Center for Integrative Oncology and UCLA Livestrong. Funds raised at the event will support UCLA breast cancer research and services and the Kay Yow Cancer Fund, established in honor of the former North Carolina State University head women’s basketball coach, who lost her life to breast cancer after 22 years as a breast cancer survivor.

When: Friday, February 21 / 8 pm
Where: Pauley Pavilion
Cost: Tickets are $2 with the promo code PLAY4KAY through the Central Ticket Office
Info: uclabruins.com/pink

HEALTHCARE ADVICE

Affordable Care Act

David Cutler, MD, UCLA family physician, will look at how the Affordable Care Act will affect you.

When: Sunday, January 19 / 2 – 3:30 pm
Where: Martin Luther King Jr Auditorium, Santa Monica Public Library, 601 Santa Monica Bl
RSVP: (310) 516-5323

Menopause: What’s New?

Aldo Palmieri, MD, UCLA gynecologist, will examine the latest treatments for managing menopause symptoms.

When: Tuesday, February 4 / 7 – 8:30 pm
Where: Fireside Room, First United Methodist Church, 1008 11th St, Santa Monica
RSVP: (800) 516-5323

INTEGRATIVE MEDICINE

Stress Management Strategies

The UCLA Center for East-West Medicine, will discuss the impact of the 24-hour stress cycle on your health and well-being, as well as strategies to rebuild resilience against stress-related conditions.

When: Monday, February 3 / 7:30 – 9 pm
Where: WomenHeart West Los Angeles, 8020 Alverstone Av, Westchester
RSVP: (800) 516-5323

GASTROENTEROLOGY

Celiac Disease and Gluten Sensitivity

Jeffrey Lewis, MD, UCLA gastroenterologist, will focus on how these conditions are diagnosed and treated, what the conditions mean for patients and their families, and available resources.

When: Tuesday, February 18 / 2 – 3:30 pm
Where: UCLA Medical Center, Santa Monica, Auditorium – 1250 16th Street
RSVP: (800) 516-5323

Celiac Disease and Non-Celiac Gluten Sensitivity

Michael Albertson, MD, UCLA gastroenterologist, will discuss the symptoms of Celiac disease and related syndromes focusing on the dietary therapy of Irritable Bowel and non-Celiac Gluten sensitivity.

When: Thursday, February 20 / 2 – 3:30 pm
Where: Emeritus of Northridge, 17650 Devonshire St
Info: (800) 516-5323

Gluten Free: Is it Right for You?

Nancie Jaffe, RD, UCLA clinical dietitian, will sort through the myriad of information on the Internet, in magazines and on TV to understand what gluten really is, who should consider going gluten-free and how to get gluten-free the healthy way.

When: Wednesday, March 12 / 7 – 8:30 pm
Where: Santa Monica Bay Woman’s Club, 1210 4th St
RSVP: (800) 516-5323

HAIR RESTORATION

New Advances in Hair Restoration

Jeffrey Rawnsley, MD, UCLA head and neck surgeon, will present a live demonstration of the latest techniques to re-create a natural hairline.

When: Wednesday, January 29 & March 12 / 7 – 8 pm
Where: 200 UCLA Medical Plaza, Ste 550
RSVP: (310) 570-0244

INTEGRATIVE MEDICINE

Stress Management Strategies

The UCLA Center for East-West Medicine, will discuss the impact of the 24-hour stress cycle on your health and well-being, as well as strategies to rebuild resilience against stress-related conditions.

When: Monday, February 3 / 7:30 – 9 pm
Where: WomenHeart West Los Angeles, 8020 Alverstone Av, Westchester
RSVP: (800) 516-5323

HEALTHCARE ADVICE

Affordable Care Act

David Cutler, MD, UCLA family physician, will look at how the Affordable Care Act will affect you.

When: Sunday, January 19 / 2 – 3:30 pm
Where: Martin Luther King Jr Auditorium, Santa Monica Public Library, 601 Santa Monica Bl
RSVP: (310) 516-5323

Menopause: What’s New?

Aldo Palmieri, MD, UCLA gynecologist, will examine the latest treatments for managing menopause symptoms.

When: Tuesday, February 4 / 7 – 8:30 pm
Where: Fireside Room, First United Methodist Church, 1008 11th St, Santa Monica
RSVP: (800) 516-5323

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**Community Health Programs**

**JANUARY, FEBRUARY, MARCH 2014**

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**METABOLIC SYNDROME**

**Metabolic Syndrome and Obesity**
Erik Dutson, MD, UCLA surgeon, will discuss a comprehensive, multidisciplinary approach to patient care for metabolic syndrome and obesity.

- **When:** Friday, March 7 / 2 – 3:30 pm
- **Where:** Westside Family YMCA, 11311 La Grange Av
- **RSVP:** (800) 516-5323

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**MULTIPLE SCLEROSIS**

**REACH to Achieve Program (ONGOING)**
This weekly wellness program focuses on fitness, memory, emotional well-being, recreation, nutrition and health education for individuals with multiple sclerosis.

- **Where:** Marilyn Hilton MS Achievement Center
- **Info & Application:** (310) 267-4071

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**PARKINSONIAN DISORDERS**

**Parkinsonian Disorders Support Group**
Sponsored by UCLA’s Movement Disorders Clinic. Provides information, education, resources, and support for patients and their families.

- **Facilitator:** Loretta Mazorra, Nurse Practitioner
- **When:** First Friday every month / 2 – 4 pm
- **Where:** Ronald Reagan UCLA Medical Ctr, Rm 3102
- **RSVP:** Dolly West (310) 430-6678

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**PODIATRY**

**Bunion and Bunion Surgery**
Bob Baravarian, DPM, will discuss the latest advances in conservative and surgical treatment of foot and ankle arthritis.

- **When:** Tuesdays, January 14 / 5:45 – 6:45 pm
- **Where:** 2121 Wilshire Bl, Ste 101, Santa Monica
- **RSVP:** (310) 828-0011 (dates subject to change)

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**URINARY INCONTINENCE**

**Urinary Incontinence and Prolapse**
Amy Rosenman, MD, UCLA urologist, will discuss what urinary incontinence is, why it happens and surgical and non-surgical treatments.

- **When:** Thursday, March 20 / Noon – 1:30 pm
- **Where:** Santa Monica Family YMCA, 1332 6th St
- **RSVP:** (800) 516-5323

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**WELLNESS**

**Promoting Brain Health**
A UCLA neuropsychologist will discuss how to promote a healthy brain and its impact on aging, thinking and memory. The latest research studies on brain fitness and health will be reviewed.

- **When:** Wednesday, February 12 / 7 – 8:30 pm
- **Where:** Malibu Senior Center, 23825 Stuart Ranch Rd
- **RSVP:** (800) 516-5323

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**Nutrition for Young Children**
Learn tips on how to promote healthy lifelong eating habits for toddlers and how to encourage a wholesome diet.

- **When:** Wednesday, March 5 / 7 – 8:30 pm
- **Where:** Connections for Children, 2701 Ocean Park Bl, Ste 253, Santa Monica
- **RSVP:** (800) 516-5323

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**Mindfulness and Meditation (ONGOING)**
Instructor Diana Winston, Director of Education at UCLA MARC, will guide participants through 30 minutes of guided meditation, followed by a 20-minute lecture on topics in mindfulness, questions and answers, or an exercise for the week. The weekly practice group is open to the public and suitable for beginners or continuing practitioners.

- **When:** Tuesdays / 7 – 8:30 pm
- **Where:** 300 UCLA Medical Plaza, Rm 3200
- **UCLA Marisa Leif Conference Room**
- **Cost:** $15
- **Info:** marc.ucla.edu

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**FEATURED EVENT**

**UCLA HEALTH 2014 WOMEN’S HEALTH CONFERENCE**
UCLA clinicians will share the latest medical breakthroughs and treatments covering a broad spectrum of women's health issues. Learn about important topics, empower yourself for better health and engage with a community of female peers and experts to learn tips on how to improve your overall health.

- **When:** Saturday, March 15
- **Breakfast & Registration:** 7:15 am / Event: 8 am – 1 pm
- **Where:** Cal Lutheran University, Lundring Events Center, 60 West Olsen Rd, Thousand Oaks
- **Cost:** FREE to attend, space is limited, make a reservation today
- **RSVP:** rsvpwomenshealth@mednet.ucla.edu
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 as a member, call (800) 516-5323.

FEATURED EVENT

HEALTH FAIR
Learn how to reduce your risk of various diseases and increase your sense of well-being. Assessments and screenings include blood pressure checks, sleep evaluation and medication review, as well as education about cognition and memory techniques, fall prevention, nutrition, fitness and more.

When: Friday, March 28 / 11 am – 2 pm
Where: OASIS, Macy’s 3rd level, 10730 W. Pico Bl, Los Angeles
Info: (800) 516-5323

50 Ups and Downs of Blood Pressure
Learn what high blood pressure is, symptoms to look out for, why it’s important to control high blood pressure and current treatments.
When: Tuesday, January 14 / 2:30 – 4 pm
Where: Sunrise of Santa Monica, 1312 15th St
RSVP: (800) 516-5323

50 Fall Prevention
Christy Lundy, PT, DPT, UCLA physical therapist, will discuss strategies to improve balance and prevent falls, as well as exercise techniques for overall fitness.
When: Wednesday, January 22 / 2 – 3:30 pm
Where: Belmont Village, 10475 Wilshire Bl, Los Angeles
RSVP: (800) 516-5323

50 Neuropathy Update
Margaret Adler, MD, UCLA neurologist, will look at the different causes of neuropathy, symptoms and current treatments.
When: Wednesday, January 29 / 7 – 8:30 pm
Where: The Santa Monica Synagogue, 1448 18th St
RSVP: (800) 516-5323

50 My Legs Hurt – Why?
Cheryl Hoffman, MD, UCLA interventional radiologist, will discuss the latest treatment options for varicose veins, deep vein thrombosis, peripheral artery disease and radiating nerve pain from the back.
When: Tuesday, February 4 / 10 – 11:30 am
Where: Sunrise of Hermosa Beach, 1837 E. Pacific Coast Hwy
RSVP: (800) 516-5323

50 Caregiver Stress and Depression
Helen Lavretsky, MD, UCLA geropsychiatrist, will discuss family caregiver stress and depression, particularly focusing on caregivers helping individuals with dementia.
When: Monday, February 10 / 9 – 10:30 am
Where: OPICA, 11759 Missouri Ave, West LA
RSVP: (800) 516-5323

50 Restorative Yoga
This demonstration workshop will teach how restorative yoga allows the body to release stress and patterns of tension by holding relaxing postures while using deep breathing.
When: Tuesday, February 11 / 12:30 – 2 pm
Where: YWCA Santa Monica/Westside, 2019 14th St
RSVP: (800) 516-5323

50 Dizziness
Learn about the different types of dizziness and how to recognize and treat the common causes.
When: Tuesday, February 11 / 2:30 – 4 pm
Where: Sunrise of Santa Monica, 1312 15th St
RSVP: (800) 516-5323

50 Managing Osteoarthritis
UCLA rheumatologist Marian Kaldas, MD, will discuss the role of lifestyle modifications, particularly physical activity, in addition to medications to manage the symptoms of osteoarthritis.
When: Thursday, February 20 / 3 – 4:30 pm
Where: Torrance-South Bay Family YMCA, 2900 West Sepulveda Bl, Torrance
RSVP: (800) 516-5323

50 Osteoporosis Update
Various treatment options for osteoporosis work in different ways. Aarthi Arasu, MD, UCLA endocrinologist, will examine the benefits and risks of treatment options for osteoporosis.
When: Thursday, March 6 / 10 – 11:30 am
Where: Sunrise of Hermosa Beach, 1837 Pacific Coast Hwy
RSVP: (800) 516-5323

50 Sleep Disorders
Learn how to reduce insomnia, find solutions to sleep disorders and follow sleep hygiene techniques to get a good night’s sleep.
When: Tuesday, March 11 / 2:30 – 4 pm
Where: Sunrise of Santa Monica, 1312 15th St
RSVP: (800) 516-5323

MEMORY TRAINING COURSE

50 Memory-Training Course
(ONGOING)
Learn practical memory-enhancing techniques in this four-week, two hours each week course. The program is designed for people with mild memory concerns and not for those with any form of dementia.
Where: Locations vary
Info & Cost: (310) 794-0680 or sgoldfarb@mednet.ucla.edu or longevity.ucla.edu

50 Senior Scholars
(ONGOING)
Choose from hundreds of classes each quarter and learn from UCLA’s most distinguished professors, while enjoying an intergenerational experience with bright undergraduate students. Registration deadline for spring quarter ends March 7, 2014.
Where: Locations vary on UCLA campus
Cost: $150
Info: (310) 794-0679 or srscholars@mednet.ucla.edu or longevity.ucla.edu

COMMUNITY FLU SHOT CLINIC

Community flu shot clinic, and special events. To sign up as a member, call (800) 516-5323.

Vol. 61  Winter 2014
U.S. News & World Report's Best Hospital Survey ranks UCLA the No. 5 hospital in the country and the Best in the West.

UCLA Medical Group awarded Gold Level Achievement for clinical quality by the California Department of Managed Health Care.

You have the power to make a difference! By making a gift to Partners for Care, you help us fulfill our mission to deliver outstanding, compassionate care to every patient who comes through our doors. Share your power by becoming a member of UCLA Health's Partners for Care today.

For more information or to make a gift, go to: uclahealth.org/pfc or contact Brian Loew, director of development, Patient Programs, at (310) 794-7620