Measles Highlights Danger of Not Vaccinating

The ongoing outbreak of measles that began at Disneyland and has spread to multiple states has been “a perfect storm,” a UCLA infectious-disease specialist says.

“You have a place that attracts people from all over the world, including someone with measles who spent three days there,” says James D. Cherry, MD, MSc. “And then you have an alarming increase in the number of unimmunized people.”

Before the introduction of the measles vaccine in 1963, hundreds of thousands were sickened and about one out of every 500 patients in the United States died each year from the disease.

Continued on page 7
Zipnosis: Online Care in Minutes

Medical concerns can arise anytime, and access to a healthcare professional is important. To address these concerns, UCLA Health offers a new service: Zipnosis. Zipnosis is a benefit for current UCLA patients. For a small fee, it provides online diagnosis and treatment service by UCLA physicians for common medical conditions, seven days a week, from 8 am to 8 pm. Ask questions about your illness and get a response from a UCLA physician in less than an hour. Zipnosis is easily accessible to UCLA patients with a web-enabled device.

For more information, go to: uclahealth.org/zipnosis

Same-Day Appointments Available

UCLA Health offers same-day appointments in 27 specialties. In most cases, depending on the level of care you need and the time of day when you call, you’ll be seen by a physician that day. Calls before noon will be offered same-day appointments; calls after noon will be offered next-day appointments.

To make a same-day appointment, call 1-800-UCLA-MD1

For more information, go to: uclahealth.org/sameday

Learn Like a Doctor at Mini Med School

This three-evening series covers the basics of medical science and advances in the biomedical and clinical sciences. Participants receive an introduction to basic science and the innovative changes in how we confront medicine, disease, health and aging.

May 6  Otolaryngology
May 13  The Brain
May 20  Ophthalmology

Where: Ronald Reagan UCLA Medical Center Tamkin Auditorium 757 Westwood Plaza, Los Angeles, CA 90095
Time: 6:30 pm – 8 pm / Cost: $35

For more information and to sign up, go to: uclahealth.org/minimedschool
Members of the community voted, and now the results are in. Five projects will each receive a $20,000 award to advance collaboration between UCLA faculty and community partners that aim to improve the health and the quality of life for residents of Los Angeles and beyond. The Helping U Help the Community competition was sponsored by UCLA Health and the David Geffen School of Medicine at UCLA. A panel of judges identified the first round of finalists, and the final selection was made by voters from throughout the community. The award-winning projects are:

**Youth Opportunities for Life Options (YOLO)**
YOLO is a comprehensive intervention targeting obesity among inner-city youth. It brings youth, families, schools, academic institutions and community partners together to address the epidemic at the individual level, while advocating for healthier environments.

**Summer Urban Health Fellowship**
This health-professional pipeline program engages family medicine residents and medical, college and high school students to work to improve health and well-being through community-based research, health fairs, shadowing physicians and forming long-term mentorship relationships.

**UCLA TIES for Families**
The mission of UCLA TIES for Families is to reduce barriers to successful adoption of children in foster care who have special needs. UCLA TIES provides pre-placement education and state-of-the-art multidisciplinary services and support for these children and their resource parents.

**Community Partners in Care (CPIC)**
CPIC has demonstrated that partnered depression care across health and community agencies improves the mental-health quality of life for its clients and reduces the risk factors for homelessness and behavioral-health hospitalizations.

**UCLA Breathmobile**
The Breathmobile is a specialty-based asthma clinic “on wheels” serving public schools in high-risk, urban communities where barriers to specialty asthma care exist. Missed school days and missed work days due to asthma are minimized by treating children at the school site.

To learn more about the winners and the competition, go to: changemakers.com/ucla
Home Monitoring Goes to New Level for Post-Surgery Heart Patients

UCLA heart-surgery patients now are receiving an unusual type of follow-up care after they return home from the hospital. Rather than a phone call to find out how they’re doing, patients are being equipped with video teleconferencing technology and paired with a nurse practitioner who places video calls at defined intervals, depending on their level of risk, to do a visual check of their recovery.

Through UCLA’s new cardiac telehealth program, patients also are being equipped upon discharge with a preprogrammed mobile device that includes a Bluetooth weight scale, pulse oximeter and heart-rate monitor. The device helps patients know what medications they should be taking and when, as well as providing verbal and visual reminders to regularly log their physiological information so that the healthcare team can ensure they are progressing appropriately.

The value of the program — and a similar one for patients with heart failure — is twofold: It is convenient for patients by allowing them to have “virtual visits” rather than needing to travel to UCLA for follow-up appointments; and through the more intense monitoring at home after the patient’s discharge from the hospital, the healthcare team can reduce hospital readmissions by addressing the early signs of a problem.

Nationally, 15-to-20 percent of heart-surgery and heart-failure patients are readmitted to the hospital within 30 days of their initial discharge. Such readmissions are associated with higher mortality rates. “This is a major problem for all hospitals,” says Peyman Benharash, MD, UCLA cardiothoracic surgeon, who is spearheading the telehealth program for heart-surgery patients. “Our goal is to more closely work with patients after they leave the hospital so that if any problem arises, we can make sure it doesn’t reach the point where they need to go to the emergency room or be readmitted to the hospital.”

Through the cardiac telehealth program, Dr. Benharash explains, the healthcare team is able to detect and immediately address issues such as shortness of breath, dehydration, abnormal heart rhythm, fluid retention and early signs of pneumonia, as well as any negative reactions to medications. In an initial study looking at 50 high-risk patients who were part of the telehealth program, the readmission rate was only 6 percent.

While heart-surgery and heart-failure patients are particularly targeted because of their high readmission rates, UCLA Health is exploring the use of similar telehealth approaches for patients with other conditions that have high rates of hospital utilization, explains UCLA internist Michael Ong, MD, PhD. Other groups Dr. Ong and colleagues have identified include patients with chronic obstructive pulmonary disease and those with end-stage liver disease. “Rather than having patients come in for frequent post-discharge visits, we can allow them to stay at home and get blood pressure, heart rate and other important information from them remotely,” Dr. Ong says.

Dr. Ong notes that the issue goes beyond reducing preventable hospital readmissions. “Technology has advanced to the point that these devices are much less obtrusive, and patients are increasingly interested in using them if it’s going to improve their health,” he says. “We are still learning how best to incorporate it, but it’s clear that this approach is part of the next evolution of healthcare. It allows us to use real-time information to optimize care for our patients, and we are working on creating the knowledge for how best to use these devices.”
In an initial study looking at 50 high-risk patients who were part of the telehealth program, the readmission rate was only 6 percent.

To view a video about cardiac home monitoring, go to: uclahealth.org/heartmonitoring
Two-Pronged Therapy Shows Benefit for Women with MS

A UCLA-led multi-center clinical trial has provided encouraging evidence of the potential benefits of combining the female hormone estriol with standard medication as part of a two-pronged strategy for women with multiple sclerosis (MS) — reducing the relapses that characterize the disease while protecting patients from the cognitive effects of MS.

The randomized, placebo-controlled Phase II clinical trial, which took place at 16 sites across the U.S., found that in female patients with relapsing-remitting MS, combining an 8-milligram daily estriol pill with the commonly prescribed MS drug Copaxone reduced the relapse rate by one-third after a year of treatment, compared with patients who took Copaxone alone. Moreover, women taking Copaxone plus estriol scored higher on cognitive tests than the women who were taking Copaxone and a placebo.

More study still is necessary before estriol can be approved by the U.S. Food and Drug Administration for MS treatment, and “at this point, we haven’t changed our prescribing practices for MS,” says Barbara S. Giesser, MD, clinical director of the UCLA Multiple Sclerosis Program. “But these findings, particularly the improvements in cognition, are very encouraging. If it turns out that estriol has a neuroprotective effect, that would be something we could offer our patients that is not available today. We are looking forward to the results of larger studies.”

For decades, it was noted that in late stages of pregnancy, women with MS experienced a sharp drop in relapses — beyond the effects of any approved MS treatments. Intrigued by those findings, Rhonda Voskuhl, MD,
Women with MS

Director of the UCLA Multiple Sclerosis Program and lead investigator for the study, in 1996 began conducting laboratory studies that identified estriol, which spikes during a woman’s pregnancy, as playing a protective role. Estriol in pill form is also promising because it has been used for years in Europe and Asia as a hormone replacement therapy for women with menopausal symptoms.

“I’m very excited by these results,” Dr. Voskuhl, says. “Currently, all of the available drugs reduce immune attacks on the brain, but none of them protects the brain. Estriol in pill form is also promising because it both reduces attacks and protects the brain directly.”

MS is an autoimmune and neurodegenerative disease that affects 400,000 people in the U.S., the majority of them women. Relapsing-remitting MS, the most common form, can over time result in such permanent disabilities as loss of vision, paralysis and cognitive problems. Current MS medications, which can cost patients up to $60,000 per year, have anti-inflammatory effects — suppressing the immune system to reduce attacks on the brain. While these drugs have succeeded in reducing relapses and slowing the disease’s progression to some degree, they do not halt the disease.

Adding estriol, says Dr. Voskuhl, may enable a much-needed two-pronged approach — an anti-inflammatory prong to reduce the attacks and a second prong that protects brain cells from damage in case of an attack.

Measles Highlights Danger of Not Vaccinating

Those numbers declined dramatically with routine vaccination, and changing the recommendation in 1989 to two doses led to the elimination of measles transmission by the year 2000 in the U.S.

But measles continues to be a major problem in parts of Europe, Asia and Africa; tourists from those regions or returning unvaccinated U.S. travelers periodically bring it back into the United States. “Because of the overall high level of immunity in the United States and excellent public-health efforts, these importations were rapidly controlled with no sustained U.S. transmission,” Dr. Cherry says. “Until now.”

So-called “herd immunity” — the condition in which a high enough proportion of the population is immune that it provides a measure of protection for individuals who are not — is threatened by the increase in parents who opt for personal-belief exemptions to allow their children to be admitted to school without receiving the two doses of the combined measles, mumps and rubella (MMR) vaccine that are otherwise required. Dr. Cherry says. Because measles is highly contagious, Dr. Cherry and other experts warn, when the vaccination level dips below a critical threshold of about 95 percent of the population having two doses, it creates opportunities for outbreaks and sustained transmission.

“We’re certainly at the point where this epidemic in the United States may not be controllable until we get more people immunized,” Dr. Cherry says.

Beyond the risks to unimmunized or incompletely immunized children and adults, a measles epidemic jeopardizes babies and toddlers who have not yet completed the vaccine schedule, as well as pregnant women and other children and adults whose immunity is compromised. There is strong evidence that some adults who are decades removed from their vaccinations could be susceptible to contracting measles because their immunity has waned, although their illness may be milder.

Because measles was so prevalent before the introduction of a vaccine, the Centers for Disease Control (CDC) considers adults born prior to 1957 to be immune because of the likelihood they were exposed to the disease. Dr. Cherry advises that those born between 1947 and 1957 who do not have proof of immunity should be vaccinated per CDC guidelines, unless there is a medical contraindication to immunization. For all adults born in 1957 or later, the CDC recommends that they receive two doses of MMR vaccine.

The anti-vaccine movement has stemmed from concerns that the MMR vaccine causes adverse effects, including autism. No credible scientific study has found such a link, and numerous studies have ruled out a connection. “The measles vaccine is highly effective and safe,” Dr. Cherry says. “It doesn’t cause autism.”

It is recommended that all children be given the first dose of the MMR vaccine between 12 and 15 months of age, unless there is a live-vaccine contraindication. The second dose can be administered as soon as 28 days later, although it is more commonly given before the start of kindergarten, between ages 4 and 6.
For the roughly 30 million Americans with diabetes, keeping the condition under control is essential to prevent potentially fatal complications. UCLA endocrinologist Matthew Freeby, MD, notes that successful diabetes management goes well beyond what takes place in the doctor’s office — indeed, what patients do on their own in terms of diet, exercise and monitoring their blood-sugar levels is critical to their health. With that in mind, UCLA Health is expanding education for patients with type 2 diabetes within UCLA primary-care settings through daylong workshops and one-on-one follow-up visits with diabetes educators. Dr. Freeby, associate director of diabetes clinical programs for UCLA Health, discusses the rationale behind these efforts.

What is the goal of these workshops?

Substantial evidence shows diabetes education improves the health of patients — from overall glucose control and blood pressure to weight loss and other aspects of health. Research shows that if you provide an instructive and interactive education program, you can affect diabetes care in a positive manner. If patients go through a set of classes with follow-up, glucose will be impacted similar to standard diabetes medications. We want to provide the foundation to help patients for many years to come.

Why is it particularly important to reach diabetes patients within the primary-care setting?

That’s where the bulk of type 2 diabetes care takes place in this country. About 9 percent of the U.S. population has type 2 diabetes, so it would be impossible for endocrinologists to take care of all of them. Because the majority
of patients don’t see an endocrinologist, we’re offering these workshops to patients with type 2 diabetes who see primary-care providers with the hope we can reach more patients. Having spoken with many of our primary-care colleagues, they appreciate having this resource for patients and are excited to tell them about the workshops.

Who is the target audience for these workshops?

This is something that we hope to ultimately provide to all our patients with type 2 diabetes — whether they’ve had it for many years or are newly diagnosed. We recently started the workshops as a pilot program, with the idea of assisting our primary-care practices with diabetes patients whose condition needs to be better controlled. But we think this type of education can be beneficial for all patients with diabetes moving forward.

What is covered in the diabetes-education workshops?

Patients leave with more knowledge about what diabetes is, what glucose levels mean and how we treat episodes of low and high sugars. They learn how to check sugars, and about their medications and side effects. We talk about potential diabetes complications and what patients can do to prevent them. We discuss lifestyle modification, including dietary strategies and exercise — how each of these can make a difference in diabetes control.

Why is this type of effort particularly important in diabetes?

There are many daily decisions that impact diabetes control, more so than other chronic-disease processes. It’s not a condition where you can just take a pill and are done for the day. When you have diabetes, most anything in your life can affect your sugars — stress levels, amount of sleep, a cold or virus, dietary changes, exercise. All have a big impact. By providing education, we can help people make changes in their lives that can improve their health.

For more information about the program or to register to attend, call (310) 794-1299, or email diabetessducation@mednet.ucla.edu
A UCLA Health family physician and addiction-medicine expert believes stricter federal prescribing rules that took effect in October 2014 for products containing hydrocodone — the ingredient in some of the most widely used painkillers — represents an important step toward curbing the overuse and abuse of the narcotic.

The new rules enacted by the U.S. Drug Enforcement Administration move hydrocodone-combination products, including commonly prescribed drugs such as Vicodin, Norco, Lortab and Reprexain, from schedule III classification to the more restrictive schedule II category, where they will be subject to the same restrictions as narcotics such as oxycodone and morphine. That means that doctors can no longer write prescriptions that can be automatically refilled, and they can’t phone or fax prescription orders to a pharmacy — patients must visit their doctors in person to obtain any prescription order.

The action came after prompting from both the U.S. Food and Drug Administration and the U.S. Department of Health and Human Services in an effort to reduce the problem of opioid dependence, which affects nearly 5 million people in the United States and results in approximately 17,000 deaths each year. In 2011, the U.S. Centers for Disease Control and Prevention declared painkiller abuse an epidemic.

“This is a major societal problem,” says Joy Hao, MD, PhD, a UCLA family medicine doctor and a research physician with the UCLA Center for Behavioral and Addiction Medicine. “There are certainly legitimate reasons for the use of these drugs, but they can be highly addictive, to the point that people physically need to have them to feel normal, and they are also abused by people who don’t have pain but are simply seeking the euphoria.”

Because of the new restrictions, Dr. Hao notes, individuals with chronic-pain syndromes who require products containing hydrocodone should plan ahead and make sure to schedule an appointment with their doctor when their prescription begins running low, rather than waiting until they run out of the medication and relying on their doctor to call in a refill when they need more.

“This doesn’t mean patients with a legitimate need for these medications won’t have access — just that their needs will be more closely monitored,” Dr. Hao explains. “Requiring physicians to weigh each prescribing decision more carefully can help to protect patients from unintended harm. Ultimately, that improves their care.”
Mesothelioma is caused by exposure to asbestos. Though it is often mistakenly considered a form of lung cancer, it is actually spread through the pleura — the membrane that lines the chest cavity and covers the lungs. “Mesothelioma is unlike most cancers in that, rather than starting as a nodule that gets larger and then spreads through the body, it tends to grow as a diffuse sheet of cancer cells covering every organ inside the chest,” says Robert Cameron, MD, the UCLA thoracic surgeon who heads the program. “That makes it very challenging to treat surgically.” Because the cancer cells are so diffuse, surgery inevitably leaves some cells behind, he notes, and the cancer eventually regrows.

Many medical centers have sought to treat mesothelioma aggressively by surgically removing a lung, but Dr. Cameron notes that this approach has not been shown to be beneficial to the patient. Instead, his team performs a procedure called a pleurectomy that removes the visible cancerous cells while leaving the lung intact, improving the patient’s postoperative quality of life. After surgery, patients undergo radiation therapy — and at UCLA, a state-of-the-art approach known as TomoTherapy is used to deliver higher radiation doses to the cancer with greater precision, reducing toxic side effects.

The UCLA team has also pioneered the use of immunotherapy as a strategy to delay the return of the tumor after the initial treatment. Through ongoing low-dose administrations of the drug interferon alpha, Dr. Cameron notes, tumor regrowth can be delayed in some cases by as long as five-to-10 years. For tumors that do begin to grow back after surgery and radiation, the program has developed an approach using cryoablation that destroys the mesothelioma cells by freezing them. “We think this is a major breakthrough,” Dr. Cameron says. “Instead of patients having to receive chemotherapy — a very toxic treatment that may not extend their lifespan — they can get rid of these nodules in a very simple outpatient procedure with minimal complication rates.”

Dr. Cameron likens mesothelioma care at UCLA to treating a chronic disease such as diabetes or hypertension and says that given how rare the cancer is, it’s important for patients to be treated at a major center such as UCLA that has experience with the disease and a team approach. “There is no current treatment that will eradicate every cell, but our goal is to help patients live for a long time with their disease while maximizing their quality of life,” he says.

Innovative Approaches Improve Treatment Options for Patients with Mesothelioma

Through complex lung-sparing surgery and an innovative approach to follow-up care, UCLA’s Comprehensive Mesothelioma Program is improving the longevity and quality of life of patients with mesothelioma, a rare and difficult-to-treat cancer that has long been associated with a poor prognosis.
Community Health Programs

APRIL, MAY, JUNE 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.

ALZHEIMER’S AND DEMENTIA WEBINARS

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.

Dementia Lecture
Speaker: TBA
When: Wednesday, April 15 / 11:30 am – 12:30 pm

Elder Law
Speaker: Marc B. Hankin, Attorney
When: Wednesday, May 20 / 11:30 am – 12:30 pm

Preventing Falls in People with Dementia
Speaker: David A. Ganz, MD, PhD
When: Wednesday, June 17 / 11:30 am – 12:30 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 to you? A support group may be your answer.

When: Tuesday & Thursdays (except holidays) / 6:30 – 8 pm
Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Board Rm G210
Info: (310) 319-3222

BRAIN ANEURYSM

Brain Aneurysm Support Group
The Brain Aneurysm Support Group is for patients diagnosed with an unruptured brain aneurysm, those having survived a ruptured aneurysm and all caregivers to provide information and education relating to the diagnosis, research, treatment options and recovery process.

When: Third Saturday, every other month starting May 16 / 9:30 – 10:30 am
Where: Ronald Reagan UCLA Medical Ctr, 6th Fl, Conference Rm 6236
Info: mrdemer@mednet.ucla.edu

ALZHEIMER’S AND DEMENTIA WEBINARS

ALZHEIMER’S AND DEMENTIA WEBINARS

Management of Aortic Stenosis
UCLA interventional cardiologist William Suh, MD, will discuss diagnosis and management of aortic stenosis, including transcatheter aortic valve replacement, an alternative to open heart surgery.

When: Wednesday, June 10 / 7 – 8:30 pm
Where: Santa Monica Bay Woman’s Club, 1210 4th St
RSVP: (800) 516-5323

CANCER (CONTINUED)

Advanced Care Planning Options
Neil Wenger, MD, UCLA internist, and Shawn Kravich, Esq., interim director, Cancer Legal Resource Center, will discuss the importance of having an up-to-date Advance Care Directive, will or estate plan, including important advance care planning options and decision-making objectives: designating a healthcare power of attorney, completing a POLST (Physician Orders for Life Sustaining Treatment), information about creating wills, living trusts and other estate plans.

When: Tuesday, May 12 / 7 – 9 pm
Where: Ronald Reagan UCLA Medical Ctr, Rm B130
Info: (310) 794-6644

Tour De Pier — Pedal for a Cause
The 3rd annual Tour de Pier is a unique fundraising event that brings one of the hottest indoor fitness activities — spinning — to the gorgeous outdoors. Whether you’re a solo rider or on a team, the fundraising minimum for each bike is $500. Tour de Pier benefits three outstanding charities, one of which is the Ronald S. Hirshberg Translational Pancreatic Cancer Research Lab.

When: Sunday, May 17
Where: Manhattan Beach Pier, 2 Manhattan Beach Bl
Info: tourdepier.com

Prevent and Detect Skin Cancer
UCLA dermatologist Anabella Pascucci, MD, will give tips to prevent skin cancer as well as signs to look for to detect skin cancer early.

When: Monday, May 18 / 6 – 7:30 pm
Where: Cancer Support Community, Redondo Beach, 109 W. Torrance Bl, Ste 100
RSVP: (800) 516-5323

Events in gold are offered near our UCLA offices in Santa Clarita, Redondo Beach, Thousand Oaks, Valencia and Westlake Village.

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.
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.

**Wednesday, May 6:** Otolaryngology
Maie A. St. John, MD, PhD
Associate Professor in Residence
Department of Head and Neck Surgery

**Wednesday, May 13:** The Brain
Isaac Yang, MD, Assistant Professor
Department of Neurosurgery

**Wednesday, May 20:** Ophthalmology
Gavin Bahadur, MD, Clinical Instructor
Department of Ophthalmology

**When:** 6:30 – 8 pm

RSVP: (310) 794-6644

**Cost:** $35

CANCER (CONTINUED)

Genes and Cancer: Truths and Myths
Bartosz Chmielowski, MD, PhD, UCLA medical oncologist and researcher, will discuss the importance of your genetic code and its influence on cancer development and which cancers may run in the family, who should undergo genetic testing and which prophylactic interventions may help people at risk.

**When:** Tuesday, June 9 / 7 – 9 pm

RSVP: Ronald Reagan UCLA Medical Ctr, Rm B130

Info: (310) 794-6644

CONCussions

UCLA internal medicine physician
Sonya Heitmann, MD, will explore concussions, post-concussion syndrome and the long-term effects of repeated head trauma.

**When:** Tuesday, May 19 / 6 – 7:30 pm

RSVP: (800) 516-5323

DIABETES

**Vivir con Diabetes (in Spanish)**
Gerardo Moreno, MD, MSHS, UCLA family medicine, will give an overview of type 2 diabetes mellitus and provide information about medical management and self-care activities.

**When:** Thursday, May 28 / 6 – 7:30 pm

RSVP: (800) 516-5323

**Living with Type 2 Diabetes (ONGOING)**
This ADA-certified eight-hour self-care class will help you gain important skills, knowledge and confidence to successfully manage your diabetes. A physician referral is required. This class is covered by most medical insurance policies.

**When:** April 17 – 19

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

ETHICS

**Circle of Caring Renewal Program**
This workshop is for healthcare professionals to learn skills in renewal, stress management, and burnout prevention at an advanced level. Reflection, expressive therapies, spirituality and celebration are integral aspects of this powerful process. Continuing Education is provided to nurses and LCSW/MFTs.

**When:** April 17 – 19

RSVP: UCLA Lake Arrowhead Conference Center
Info & RSVP: mmazaarani@mednet.ucla.edu or (310) 794-6219

**FIBROIDS**

**Fibroids Update**
Have fibroids? Too much bleeding and pelvic pain? UCLA interventional radiologist Cheryl Hoffman, MD, will discuss minimally invasive options.

**When:** Wednesday, May 27 / 6:30 – 8 pm

RSVP: (800) 516-5323

GASTROINTESTINAL DISEASE

**Common Gastrointestinal Diseases**
UCLA gastroenterologist Rajinder Kaushal, MD, will separate the myths from truth as he discusses GERD, peptic ulcer disease, diverticulosis and colon cancer.

**When:** Friday, May 15 / 1 – 2:30 pm

RSVP: (800) 516-5323

HAIR LOSS

**Hair Loss: Myths and Realities**
UCLA dermatologist Carolyn Goh, MD, will present some of the more common causes of hair loss and ways to manage it.

**When:** Saturday, May 16 / 10:30 am – Noon

RSVP: (800) 516-5323

HEART DISEASE

**WomenHeart West Los Angeles**
This peer-led support group is part of WomenHeart, a national coalition for women with heart disease. Sessions will provide peer support, advocacy and education by leading professionals in the field.

**When:** Mondays, April 13, May 11 & June 8 / 7 pm

RSVP: UCLA Cardiac Rehab Center, 200 UCLA Medical Plaza, Ste 206C

Info: (310) 825-0014

**Saving Strokes**
The American Heart/American Stroke Association are partnering with UCLA Health to bring Saving Strokes to Los Angeles. This rehabilitation-through golf program for stroke survivors and their caregivers introduces or reintroduces the game of golf to survivors post stroke. The event is free to attend and includes a golf lesson, health and vendor fair and free lunch.

**When:** Tuesday, April 28 / 10 am – 1 pm

RSVP: Rancho Park Golf Course
Info: Carrie Vines (916) 446-6505 or carrie.vines@heart.org or savingstrokes.com

KIDNEY DISEASE

**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:** April 9, April 28, May 14, May 28, June 11 & June 25 / 2 – 4 pm

RSVP: (888) 695-4363 or kidneySMART.org

KNEE OSTEOARTHRITIS

**Knee Osteoarthritis**
UCLA physical therapist Joan Vicente, PT, DPT, OCS, will focus on how people can improve their health, well-being and mobility with self-management and positive lifestyle modifications.

**When:** Wednesday, May 20 / 2:30 – 4 pm

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
PLASTIC SURGERY

Facial Aesthetics and Rejuvenation
UCLA plastic surgeon Jason Roostaeian, MD, will discuss the latest techniques in facial aesthetic surgery and rejuvenation that give real results without losing one’s natural appearance.
Where: Wednesday, May 13 / 7 – 8:30 pm
Where: Santa Monica Bay Woman’s Club, 1210 4th St
RSVP: (800) 516-5323

PODIATRY

Bunion and Bunion Surgery
Bob Baravarian, DPM, will discuss bunion and the latest surgical and nonsurgical treatments for this common condition.
When: Tuesday, April 21 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Ste 101, Santa Monica
RSVP: (310) 828-0011 (date subject to change)

Heel and Ankle Pain
Gary Briskin, DPM, will discuss the common causes of ankle and heel pain, including plantar fasciitis, arthritis, tendinitis and tendon tears. Surgical and nonsurgical therapies, including arthroscopy and shockwave, will be explored.
When: Tuesday, May 19 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Ste 101, Santa Monica
RSVP: (310) 828-0011 (date subject to change)

Ankle Arthritis and Ankle Replacement
Bob Baravarian, DPM, will discuss the latest advances in conservative and surgical treatment of foot and ankle arthritis, including injection joint lubrication, arthroscopic cleanup, joint preservation surgery, fusion surgery and ankle replacement surgery.
When: Tuesday, June 16 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Ste 101, Santa Monica
RSVP: (310) 828-0011 (date subject to change)

TESTOSTERONE REPLACEMENT THERAPY

Testosterone Replacement Therapy
UCLA urologist Joshua Gonzalez, MD, will examine the methods, safety and efficacy of testosterone replacement therapy. He will also discuss the potential effect of testosterone therapy on cardiovascular risk and mortality.
When: Tuesday, April 28 / 7 – 8:30 pm
Where: Auditorium at UCLA Medical Ctr, Santa Monica, 1250 16th St
RSVP: (800) 516-5323

TRIGEMINAL NEURALGIA

Trigeminal Neuralgia (TN) Support Group
For patients diagnosed with TN and other facial pain syndromes and their families to learn about diagnosis, investigation and treatment options.
When: Third Saturday of every month starting May 16 / 10:45 – 11:45 am
Where: 6th Fl, Conference Room 6236
RSVP: mrdemer@mednet.ucla.edu

WELLNESS

The State of the Modern ICU
UCLA anesthesiologist Joseph Meltzer, MD, will discuss what happens in the ICU from the prospective of the patient, what family support is available, and the specialized staff and equipment used for monitoring.
When: Tuesday, June 2 / 7 – 3:30 pm
Where: Belmont Village, 10475 Wilshire Bl
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.
**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.

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**FEATURED EVENT**

**CAREGIVER U — A MORNING ABOUT TAKING CARE OF U**
UCLA Health and WISE & Healthy Aging invite you to a special free event for caregivers. This program includes interactive workshops in mindfulness meditation, self-care techniques to reduce stress, tips for caregivers to help build confidence and manage emotions when coping with caregiver demands, and the latest research or Alzheimer’s disease. One-on-one consultations will be available with UCLA physicians, geriatric care managers and Urban Zen and integrative medicine practitioners. RSVP required — call (310) 394-9871.

**When:** Saturday, May 2 / 9 am – 12:30 pm  
**Where:** WISE & Healthy Aging 1527 4th St, Santa Monica

**RSVP Conference:** (800) 516-5323

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**50+ Senior Scholars (ONGOING)**
UCLA Longevity Center’s program seeks adults over 50 to audit undergraduate courses. Attend courses taught by UCLA’s distinguished professors and enjoy intergenerational learning. Applications for Summer Quarter will be accepted throughout May.

**When:** June 22 – July 31
**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 (ONGOING)**
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 (ONGOING)**
UCLA SAIL (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:** Santa Monica YMCA Auditorium, 2019 14th St
**Info & enrollment:** (424) 259-7140
**Cost:** $40 per month for unlimited participation

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**50+ Better Health Through Better Understanding**
Good communication between healthcare providers and their patients impacts patient safety and overall quality of care. Learn tips to better understand your health, improve care and outcomes.

**When:** Tuesday, April 14 / 2:30 – 4 pm
**Where:** Sunrise of Santa Monica, 1312 15th St

**RSVP:** (800) 516-5323

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**50+ Write It Out!**
Ever want to write about an important moment in your life or get back into the habit of writing down your thoughts and feelings? Learn how to get started, receive tips and resources.

**When:** Tuesdays, April 21 and 28 / 10 am – Noon
**Where:** 1821 Wilshire Bl Ste 200, Santa Monica
**RSVP:** (800) 516-5323

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**50+ Hearing Loss Update**
Learn the latest in hearing loss treatments and discover ways to advocate for your hearing needs and become an effective communication partner.

**When:** Thursday, May 7 / Noon – 1:30 pm
**Where:** Santa Monica Family YMCA, 1332 6th St
**RSVP:** (800) 516-5323

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**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, May 12 / 2:30 – 4 pm
**Where:** Sunrise of Santa Monica, 1312 15th St
**RSVP:** (800) 516-5323

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**50+ Digestive Problems in the Aging**
UCLA gastroenterologist Michael G. Quon, MD, will discuss changes in bowel habits, including constipation, trouble swallowing, acid reflux, disease and ulcer disease with NSAIDs use.

**When:** Tuesday, May 12 / 3 – 4:30 pm
**Where:** Summerhill Villa, 24431 Lyons Av, Santa Clarita
**RSVP:** (800) 516-5323

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**50+ Nutritional Issues in Older Adults**
Learn about the nutritional needs, goals and disorders specific to older adults and the role of diet, medications and supplements for health and wellness.

**When:** Tuesday, May 19 / 2:00 – 3:30 pm
**Where:** Westside Family YMCA, 11311 La Grange Av
**RSVP:** (800) 516-5323

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**50+ Healthy Aging: Why Less Is More**
UCLA geriatrician Heather Bennett Schickedanz, MD, will discuss how older adults can work with their healthcare team to make informed decisions about less medications and cancer screenings, when the harms may outweigh the benefits, and the health benefits of more exercise and social engagement on physical function, chronic diseases, dementia and depression.

**When:** Wednesday, May 20 / 10 – 11:30 am
**Where:** Santa Monica Family YMCA, 1332 6th St
**RSVP:** (800) 516-5323

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**50+ Planning for the End of Life**
Learn about Advance Healthcare Directives, palliative care and hospice care.

**When:** Tuesday, June 9 / 2:30 – 4 pm
**Where:** Sunrise of Santa Monica, 1312 15th St
**RSVP:** (800) 516-5323

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**50+ Brain Health**
Lorne Sheldon Label, MD, UCLA neurologist, will review the latest scientific information for keeping your brain healthy while decreasing the risk of dementia.

**When:** Friday, June 19 / 2 – 3:30 pm
**Where:** Sunrise of Westlake Village, 3101 Townsgate Rd
**RSVP:** (800) 516-5323

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**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: uclahistory.org/uclamdchat
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 about Partners for Care, or to make a gift, go to: uclahealth.org/pfc or contact Brian Loew, director of development, Patient Programs, at (310) 794-7620