

Community Health Programs

OCTOBER/NOVEMBER/DECEMBER 2020 COMMUNITY CALENDAR EVENTS

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

ARTHRITIS

Knee Arthritis Update

Does your knee hurt when you stand up or use stairs? Knee pain is one of the leading causes of physical limitation. Noel Wu, DPT, UCLA physical therapist, will focus on what osteoarthritis is and how physical therapy treatments and exercises can reduce pain and increase mobility.

When: Thursday, Nov 5 / 2 – 3:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

BRAIN HEALTH / MENTAL HEALTH

Dementia (ongoing)

Memory Care is a weekly, 90-minute program for memory-challenged, middle-aged people and their loved ones. It teaches memory techniques and strategies and offers support to people with memory challenges and their caregivers.

When: Please email longevity@mednet.ucla.edu for dates and times

Where: Teleconference session

COVID-19 and Sleep

The COVID-19 pandemic has upset our usual routines and challenged our coping skills. Our sleep has been affected because of loss of daytime structure, increased stress and information overload. Sam A. Kashani, MD, UCLA sleep medicine specialist, will explore the importance of sleep and how to optimize the quality of sleep during the COVID-19 pandemic.

When: Thursday, Oct 22 / noon – 1:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

Grief and Loss

Grief can accompany the loss of someone special, changes in medical conditions and transitions in our lives. This seminar presents physical, psychological and spiritual reactions to grief and techniques for coping. An overview of complicated grief and depression is also presented.

When: Thursday, Nov 12 / 1:30 – 2:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

CANCER

Be Moved Virtual Event

Be Moved in support of breast cancer awareness. This virtual event is open to athletes of all abilities and participants will have the full month of October to complete their chosen distance: 1 mile, 5K, 10K, half marathon and marathon (or even complete all five distances!). A portion of every registration supports the Simms/Mann – UCLA Center for Integrative Oncology.

When: October 2020

Where: Virtual event — complete your own course

Info: aravaiparunning.com/be-moved or info@aravaiparunning.com

Breast Cancer Update

Parvin Peddi, MD, UCLA oncologist, will review breast cancer fundamentals and focus on the modern era of personalized breast cancer treatment.

When: Friday, Oct 16 / noon – 1:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

Head and Neck Cancer Update

Deborah Wong, MD, PhD, UCLA oncologist, will discuss different head and neck cancers, diagnosis, individualized treatment options and current research.

When: Thursday, Dec 3 / 2:30 – 4 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

CARE PLANNING

Advance Health Care Planning

Learn how to communicate your health care wishes to your family and friends, appoint someone as your surrogate decision maker and review health care decision-making documents.

When: Wednesdays, Oct 14, Nov 11 and Dec 9 / 6 – 8 pm; Thursday, Dec 3 / 3 – 4:30 pm

Info & Registration: connect.uclahealth.org/calendar

DIABETES

Diabetes Update

Laura Sue, MD, UCLA endocrinologist, will discuss type 2 diabetes, complications and lifestyle and medication management for diabetes. She will also address how family caregivers can assist diabetes patients who have cognitive impairment.

When: Tuesday, Oct 27 / 1:30 – 2:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

GENDER HEALTH

Gender Health and Hormone Therapy

Shira Grock, MD, UCLA endocrinologist, will discuss transgender medicine with a focus on gender-affirming hormone therapy. She will review the expected changes and possible side effects of masculinizing and feminizing hormone therapy.

When: Saturday, Nov 7 / 1 – 2:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

KIDNEY DISEASE

Kidney Disease: What You Should Know

Anjay Rastogi, MD, PhD, professor of medicine and clinical chief of nephrology, will discuss what you should know about kidney disease.

When: Wednesdays, Oct 14 and Dec 9 / 5 – 7 pm

Where: Teleconference session

RSVP: 800-516-5323 to receive the Zoom invitation

ADPKD: What You Should Know

ADPKD — autosomal dominant polycystic kidney disease — is an inherited disorder in which clusters of cysts develop primarily within the kidneys, eventually affecting their function. Anjay Rastogi, MD, PhD, professor of medicine and clinical chief of nephrology, will discuss the condition and its care.

When: Tuesday, Nov 17 / 5 – 7 pm

Where: Teleconference session

RSVP: 800-516-5323 to receive the Zoom invitation

FEATURED EVENT

PROTECT YOURSELF FROM FLU AND COVID-19

COVID-19 has disrupted much of our year, and no one knows what the upcoming flu season will bring. Jacob Gold, MD, UCLA internist, will discuss general prevention strategies and outpatient management of flu and COVID-19. Learn what you need to do to protect yourself during this year's flu season.

When: Friday, Oct 30 / 10 – 11:30 am

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

MOVEMENT DISORDERS**How to Shake the Shakes**

UCLA movement disorders specialists will discuss treatment options to cope with tremors, including medicines, surgery (deep-brain stimulation) and noninvasive therapies. Lecture followed by Q&A.

When: Saturday, Nov 7 / 9 am – noon

Where: Teleconference session

RSVP: ucla.tremor@gmail.com

MULTIPLE SCLEROSIS**REACH to Achieve Program** (ongoing)

This weekly, comprehensive wellness program focuses on fitness, yoga, 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

Free From Falls

This eight-week program is for people with multiple sclerosis who walk with or without a cane and may be at risk for falling. Learn about reducing fall risks and exercises to improve balance and mobility.

When: Saturday mornings

Where: Marilyn Hilton MS Achievement Center

Info & application: 310-267-4071

Beyond Diagnosis: Moving Forward with MS

Those newly diagnosed with MS are invited to join experts from the MS Achievement Center and the National MS Society in a conversation about the disease and wellness practices to help you live your best life with MS.

Where: Marilyn Hilton MS Achievement Center

Info & application: 310-267-4071

NUTRITION AND WEIGHT LOSS**When Diet and Exercise Are Not Enough: New Alternatives to Surgery for Weight Loss**

Adarsh Thaker, MD, UCLA interventional endoscopist, will review weight loss options, including newer, minimally invasive endoscopic treatments that do not require surgery, such as endoscopic sleeve gastroplasty (ESG) and intragastric balloons. He will also discuss procedures for people who have regained weight after gastric bypass surgery.

When: Monday, Oct 19 / 6 – 7:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

Nutrition for Immune Support During the COVID-19 Pandemic

Nutrition is a cornerstone of health, affecting many disease conditions such as cancer, diabetes, autoimmune disorders, dementia and heart disease, as well as overall quality of life. Zhaoping Li, MD, PhD, UCLA internist and chief of clinical nutrition, will explore nutrition for immune support during the COVID-19 pandemic.

When: Friday, Oct 23 / 1:30 – 3 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

Nutrition and Liver Disease

Natalie Manitiuis, MPH, RDN, UCLA digestive diseases dietitian, will discuss the role of diet and lifestyle in the management of liver disease, including tips on diets to improve your liver health.

When: Wednesday, Oct 28 / 1:30 – 3 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

PODIATRY**Bunions and Bunion Surgery**

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

When: Tuesday, Oct 2 / 5:45 – 6:45 pm

Where: Teleconference session

RSVP: 310-828-0011 to receive the Zoom invitation

Heel and Ankle Pain

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

When: Tuesday, Nov 1 / 5:45 – 6:45 pm

Where: Teleconference session

RSVP: 310-828-0011 to receive the Zoom invitation

Ankle Arthritis and Ankle Replacement

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

When: Tuesday, Dec 15 / 5:45 – 6:45 pm

Where: Teleconference session

RSVP: 310-828-0011 to receive the Zoom invitation

UCLA HEALTH 50 PLUS IS A FREE MEMBERSHIP PROGRAM that offers individuals age 50 and older access to educational lectures, exercise opportunities, information on community and health resources, a free flu shot, Tech Help for U and health insurance information. Go to uclahealth.org/50plus to become a member or call 800-516-5323. Subscribe to our *Focus: 50 Plus* e-newsletter by emailing fiftyplus@mednet.ucla.edu.

To socially distance and stay safer at home, all of our health talks through the end of the year will be held virtually. Go to connect.uclahealth.org/calendar to see a full listing of available programs. To learn how to use Zoom to participate in teleconference sessions through UCLA Health, contact our office at 800-516-5323 and we'll send printed instructions.

FEATURED EVENT

50+ FLU PREVENTION BEGINS WITH U

Protect yourself during this year's flu season. Flu shots are available free to members of UCLA Health 50 Plus at any CVS MinuteClinic inside select CVS/Pharmacy and Target locations. Standard and high-dose vaccines are available to those 65 or older. You must present a voucher to receive your free flu shot.

To obtain your voucher: Join the 50 Plus program at uclahealth.org/50plus or 800-516-5323

50+ Stay Active and Independent for Life (SAIL)

Join the SAIL fitness and education program for healthy seniors led by UCLA physical therapy staff. First-time participants must receive a physical therapy screening before participating.

When: Mondays and Thursdays / 10 – 11 am

Where: Teleconference session

RSVP: 424-259-7140 or visit UCLA Rehabilitation, 1131 Wilshire Blvd, Ste 200, between 8 am and 5 pm for a screening.

Cost: \$20 per month (unlimited participation).

50+ Brain Boosters (monthly)

Brain Boosters will provide information on healthy aging research and exercises to enhance overall cognitive function.

When: Please email longevity@mednet.ucla.edu for date and time

Where: Teleconference session

50+ Brain Boot Camp (monthly)

This interactive educational program provides participants with lifestyle strategies and tools to keep their brains vital and healthy.

When: please email longevity@mednet.ucla.edu for date and time

Where: Teleconference session

50+ Memory Training Course (monthly)

Memory Training is an innovative, four-session program designed for people with mild memory concerns (not dementia). Participants will develop good memory habits and techniques to improve their memory.

When: Please email longevity@mednet.ucla.edu for date and time

Where: Teleconference session

50+ Senior Scholars

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

When: Winter 2021 classes begin Jan 4. applications Nov 2 through Dec 4

Info & Cost: semel.ucla.edu/longevity or srscholars@mednet.ucla.edu or 310-794-0679

FEATURED EVENT

50+ MAKING SENSE OF YOUR MEDICARE OPTIONS

Learn about your Medicare options with UCLA Health: what choices you have, how to maximize your benefits and how to fill the gaps. Get answers to your Medicare questions as well.

When: Saturday, Oct 3 / 10 am – noon

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ The Importance of Vaccinations for Good Health

Learn about the benefits of vaccines in preventing diseases, what vaccines people over age 50 should have to maintain good health and well-being, and flu and COVID-19 vaccines.

When: Tuesday, Oct 20 / 1:30 – 3 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Tech Help for U

UCLA undergraduate students offer free workshops on using computers and smartphones.

When: Saturdays, Oct 24, Nov 21 and Dec 5 / 9 am: staying in touch / 10 am: laptop/desktop questions / 11 am: smartphone questions

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

50+ Spinal Stenosis Update

Elizabeth Lord, MD, UCLA orthopaedic surgeon and spine specialist, will discuss stenosis in the cervical, thoracic and lumbar spine. She will address the different types of stenosis and surgical and nonsurgical treatments available.

When: Thursday, Oct 29 / 2 – 3:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

5+ Using Mindfulness to Navigate Through Chronic Pain and Physical Activity

Mindfulness refers to our ability to pay attention to the present moment's experience and be willing to accept what is. Much like stress management, we can use this practice to address pain and discomfort. Helen Setyan, DPT, UCLA physical therapist, will explore how to use the power of paying attention to create more comfort with physical activity.

When: Thursday, Nov 5 / 10:30 am – noon

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

5+ Urinary Incontinence

Learn about the different causes of urinary incontinence and how to treat them.

When: Tuesday, Nov 10 / 1:30 – 3 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

5+ Cannabis and Aging

Cannabis products are increasingly popular treatments for a range of medical symptoms. Ziva Cooper, PhD, research director, UCLA Cannabis Research Initiative, will discuss cannabis and evidence for its potential therapeutic effects and the risks associated with its use.

When: Tuesday, Nov 17 / noon – 1:30 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

5+ Constipation Update

Learn about the different causes of constipation and how to prevent and treat it.

When: Tuesday, Dec 8 / 1:30 – 3 pm

Where: Teleconference session

RSVP: connect.uclahealth.org/calendar or 800-516-5323

COVID-19 Clinical Trials

UCLA conducts research for a wide range of medical disorders and offers patients opportunities to participate in research and clinical trials. Below are some of our active clinical trials dedicated to the research and treatment of COVID-19.

COVID-19 Convalescent Plasma as Prevention and Treatment for Children With Underlying Medical Conditions

This study will provide access to investigational anti-SARS-CoV-2 human convalescent plasma for pediatric patients with underlying medical conditions (cardiovascular disease, lung disease, immunosuppression) who are either infected with SARS-CoV-2 or who have had a high-risk exposure. Study participants will be transfused once with compatible convalescent plasma obtained from an individual who has recovered from documented infection with SARS-CoV-2. Safety information and pharmacokinetic data will be collected.

Adaptive Platform Treatment Trial for Outpatients with COVID-19 (Adapt Out COVID) — ACTIV-2/A5401

New agents are becoming available that may be useful for the treatment of non-hospitalized persons with COVID-19. ACTIV-2 is an NIH-sponsored phase II/III randomized, blinded, controlled adaptive platform trial to assess various investigational agents that have shown substantial promise as anti-SARS-CoV-2 therapeutics in pre-clinical and phase I testing. The study is designed to allow both phase II and phase III evaluation of promising investigational agents against placebo in a single trial.

Study of Mavrilimumab (KPL-301) in Participants Hospitalized With Severe Corona Virus Disease 2019 (COVID-19) Pneumonia and Hyper-inflammation

Interventional, randomized, double-blind, placebo-controlled study encompassing two development phases (Phase 2 and Phase 3).

Characterizing SARS-CoV-2-specific Immunity in Individuals Who Have Recovered from COVID-19

The purpose of this study is to learn more about infection with and recovery from the SARS-CoV-2 virus. The information gained from the study will be used to help develop better tests for SARS-CoV-2 infection and COVID-19 disease and may help in developing future vaccines and treatments by allowing researchers to determine the difference between the body's immune response to natural SARS-CoV-2 infection and immunization with a SARS-CoV-2 vaccine.

Immunophenotyping Assessment in a COVID-19 Cohort

This surveillance study will collect detailed clinical, laboratory and radiographic data in coordination with biologic sampling of blood and respiratory secretions and viral shedding in nasal secretions in order to identify immunophenotypic and genomic features of COVID-19-related susceptibility and/or progression. Results obtained from this study could assist in generating hypotheses for effective host-directed therapeutic interventions, help to prioritize proposals for such interventions and/or optimize timing for administration of host-response directed therapeutics.

Convalescent Plasma to Limit SARS-CoV-2 Associated Complications

This study aims assess the efficacy and safety of human coronavirus immune plasma (HCIP) to reduce the risk of hospitalization or death, the duration of symptoms and duration of nasopharyngeal or oropharyngeal viral shedding.

To learn more about all of our clinical trials, visit uclahealth.org/clinical-trials. Explore our active research studies by drilling down to specific categories, such as treatments for hospitalized COVID-positive patients, treatments for nonhospitalized patients, studies for health care workers and first responders, among others.