

Vital Signs

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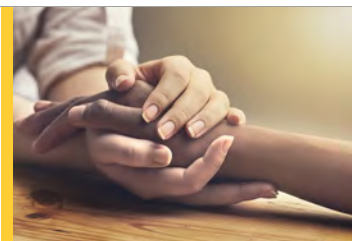


Study endeavors to end confusion about mammography guidelines

While women have received conflicting signals on when to begin screening for breast cancer, as well as how often to get screened once they start, UCLA is part of a national study aiming to clear up the confusion. More than that, the WISDOM (Women Informed to Screen Depending on Measures of Risk) study is asking whether such guidelines should be based not just on age but also on individual risk factors.

WISDOM will enroll up to 100,000 women in an effort to assess the potential for adopting a personalized approach to breast-cancer screening that takes into account factors such as personal and family history, breast density and genetic makeup.

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“Chatbot” addresses questions about COVID-19

UCLA Health has launched an automated tool on its home page to help people navigate the expanding volume of information about COVID-19. Go to uclahealth.org and find the “chatbot” on the lower left corner of the page. Click on it and the link for Coronavirus Information to find FAQs and sections addressing such issues as anxiety, social distancing and testing. You also can type in your own questions.



The “chatbot” also is available for patients to find a doctor or make an appointment. This new feature is in addition to a dedicated UCLA Health website for information about COVID-19: uclahealth.org/coronavirus.

UCLA patients need blood donations



In the wake of COVID-19, Los Angeles County has issued a “Safer at Home” order, but UCLA Health hospitals in Westwood and Santa Monica are facing a critical shortage of donated blood, which many patients depend on to survive. Blood donation is considered an essential service that is exempt from the Safer at Home directive, and it is a way for healthy people to make a significant contribution during this difficult time. The UCLA Blood & Platelet Center follows the precautions recommended by the American Association of Blood Banks to keep donors and staff safe.

For more information and to schedule an appointment to donate, go to:
uclahealth.org/gotblood

Online portal for UCLA clinical trials now available



A user-friendly site is now available for patients/individuals to search for open clinical-trial opportunities and to indicate their interest. Clinical trials can be searched by keyword, age group, study purpose, status and type. With this new platform, UCLA Health aims to improve community participation in its trials and enhance the prospects of discovering new or improved treatments and cures for diseases.



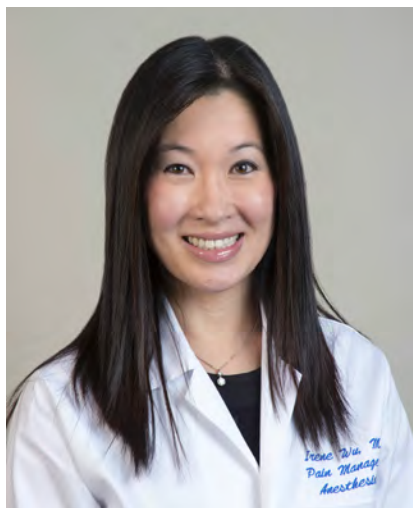
This new feature can be found at:
uclahealth.org/clinical-trials

A variety of strategies available to treat pain

When one is in pain, little else seems to matter. But a broad range of treatments is available to mitigate chronic pain and help those who are suffering get back to their lives. Irene Wu, MD, assistant director of UCLA's Comprehensive Pain Center, is an anesthesiologist who specializes in pain control. She discusses ways to prevent pain and describes some of the methods she uses to treat chronic pain.

How can people prevent or reduce pain?

“Preventive measures include physical therapy, such as core strengthening and back-strengthening exercises,” Dr. Wu says. “That’s the only proven way to slow down the degenerative process.” Exercise and physical fitness prevent deconditioning, a wasting of the muscles or a decrease in strength of the muscles throughout the body. Physical deconditioning predisposes people for injuries. An exercise routine should include endurance (cardio) exercise 30 minutes a day at least three or four times per week,



Irene Wu, MD

Photo: UCLA Health

strength training and an activity like yoga that promotes flexibility twice a week. Diet also can play an important role. Foods such as refined carbohydrates, fried foods and sugar-sweetened beverages may promote inflammation; others, such as green leafy vegetables, fatty fish and nuts, may reduce it.

Are therapies such as acupuncture, massage and mind-body techniques effective in addressing pain?

“Acupuncture and massage are beneficial for a lot of people,” Dr. Wu says. “And they have minimal side effects.” Mind-body techniques may include meditation, mindfulness-based stress reduction, CBT (cognitive behavioral therapy) and biofeedback. “Meditation and other mind-body techniques can be very helpful because they go hand in hand with stress reduction. Pain and anxiety can create a vicious cycle,” Dr. Wu says. “Meditation can help clear the mind and distract from the pain.”

What medications are beneficial to control pain?

Over-the-counter medications such as acetaminophen and nonsteroidal anti-inflammatory drugs like aspirin and ibuprofen may help to alleviate pain. “Topical medications such as patches and creams that contain numbing agents, or those with anti-inflammatories, can also



Photo: Getty Images

provide relief,” Dr. Wu says. A physician may prescribe medications to alleviate pain and relax muscles. “We have different tiers of medication and try to use the most conservative options that can bring relief to the patient.”

What are other available treatments?

In addition to physical therapy, some treatments that pain-control specialists might administer include:

- Injections of an anesthetic into the spine or joints to block nerve pain and/or steroids to decrease inflammation.
- Implantable pumps to deliver medication continuously.
- Radiofrequency neurotomy (rhizotomy), which uses radio waves or electrical current to block the nerves carrying pain impulses.
- Spinal cord stimulation, which uses an implanted device to inhibit the transmission of pain signals to the brain.

“There are many components to pain, and there’s not one magic pill or magic injection that can make the pain go away,” Dr. Wu says. “It’s like peeling an onion — I do one thing and see how you do, and then the next thing and see how you do. Eventually, we get to a point where you are functional and hopefully can live life to the fullest.”



For information about the UCLA Comprehensive Pain Center, go to: uclahealth.org/pain

Death of a public figure can reawaken old feelings of private loss

“If you can listen to yourself and to what you need, and also do your best to try to accept whatever emotion you’re feeling, that will be a way to take care of yourself and to move through your feelings of loss and grief more completely.”

The outpouring of grief from all corners of the United States following the death in January of retired basketball star Kobe Bryant, his 13-year-old daughter and seven other people likely wasn’t just about the loss of these nine people, say UCLA experts in loss and bereavement. For some people, the tragedy triggered long-dormant or deep-seated grief stemming from previous losses of loved ones as well as shock over the delicate nature of life and randomness of death.

“Witnessing this tragedy, and the community’s grieving, might have triggered someone’s own grief over their own loss,” says the Rev. Yuko Uesugi, interim director of the UCLA Health Spiritual Care Department. “It’s a normal reaction.”

There’s even a term for an event that initiates a resurgence of grief, says Gina Kornfeind, MSW, MS, a pediatric palliative care social worker and bereavement counselor and coordinator at UCLA Mattel Children’s Hospital. It’s called a STUG: sudden temporary upsurge of grief. “Sometimes people carry grief alone and don’t know what to do with it,” she says. “These very public displays of grief are a vehicle. It becomes safe and acceptable to express grief.”

For yet other people, the shocking helicopter accident triggered despair over how quickly, and randomly, life can change. “It makes people feel like the ground beneath them is not solid,” Kornfeind says. “Bad things happen. If it happened to Kobe, it can happen to anyone.”

Accidents like this one can remind some people of their own mortality, says Brenda Bursch, PhD, professor of clinical psychiatry & biobehavioral sciences at David Geffen School of Medicine at UCLA. “Part of the reaction is due to the sudden and tragic nature of what occurred,” Dr. Bursch says. “This wasn’t someone in his 90s who had had a full life and accomplished everything he wanted to accomplish. This was someone young who was viewed by many people as almost superhuman — as well as the other parents and children who died with him who all had full lives ahead of them.”

Whatever the feelings that have been stirred up and brought to the surface, those feelings are normal and can be healthy, the experts say. “It’s important to feel your feelings,” Kornfeind says. “Lean into them. Grief is held in your body, and it is seeking expression. We want to get these things out — whether it’s about this accident or about previous losses.”

There are times, however, when people may wish to seek help from a counselor or therapist to process or cope with their feelings. Dr. Bursch says that warning signs include blaming oneself for the loss or for failing to prevent it, feeling numb and disconnected from others for more than a few weeks, feeling like life in the wake of a loss is not worth living, and being unable to perform normal daily activities.

Contemplating why the tragedy impacted you so deeply can yield important insights,

Rev. Uesugi says. “Kobe and the other people on that helicopter died, but what each person is grieving is what Kobe and they represented for him or her. Take that opportunity to look into your grief. That may bring a gift of insight to your own relationships or your own life.”

Grief offers an opportunity for growth, Kornfeind adds. “When there has been an untimely loss, it’s about how you make meaning from the loss,” she says. “People may say, ‘Kobe was my inspiration. I want to carry a piece of him with me.’ People often will go on to do positive things because of a loss; it can motivate them.”

Dr. Bursch concludes: “If you were deeply affected by this tragic event, or by another in your life, be kind to yourself. Although grief is a normal process to go through, it’s not always fast. If you can listen to yourself and to what you need, and also do your best to try to accept whatever emotion you’re feeling, that will be a way to take care of yourself and to move through your feelings of loss and grief more completely.”



For strategies to deal with loss and grief, go to:

tinyurl.com/coping-grief



Photo: Getty Images



Photo: UCLA Health

UCLA's maternity units offer soundtrack to new life

Shortly after helping to launch a music therapy program at UCLA Mattel Children's Hospital in 2016, program manager Jenna Ballard recognized one area of the hospital where many patients were in special need of the soothing and healing power of music — women with high-risk pregnancies and new parents with babies in the NICU.

Last year, the program received a grant to expand music therapy to the maternity and NICU units at the UCLA hospitals in Santa Monica and Westwood. The program is one of only a few nationwide to have a dedicated antepartum (before birth) and postpartum inpatient music therapist. "Prior to starting this program, we were seeing a lot of mothers on bed rest or who had high-risk pregnancies, and then we'd see them and their babies later in the NICU. They were often so stressed and appropriately overwhelmed," says Ballard, manager of expressive arts therapies at UCLA Mattel Children's Hospital.

Now, however, any maternity patient on bed rest or in active labor, as well as parents

with a baby in the NICU, can request music therapy.

Music therapy is a well-established service in health care. Credentialed music therapists offer interventions that address patients' cognitive, social, emotional, psychological, physical and spiritual needs. The service typically benefits not only the patient but the patient's family, reducing stress, promoting relaxation, fostering healing

and normalizing the hospital environment, Ballard says. "It provides an opportunity for emotional processing and a space to relax. It gives parents a bit of control and autonomy over a situation that can feel pretty overwhelming," she says.

Music therapy sessions are aimed at meeting the individual patient's needs and can include instrumental music, sing-alongs, song writing, music improvisation and creating



Photo: UCLA Health

Continued from cover

a personal song play list. Music also helps promote parent-child bonding and, during childbirth, facilitates natural, biological processes, Bollard says.

“Music can induce oxytocin, which is a naturally occurring pain-relief hormone and bonding hormone,” she says. “Music can help us get to the primal, sacred space when we go into delivery. There is a need for the body to go into the most relaxed state as possible.”

Women with high-risk pregnancies who are confined to bed rest are special recipients of the music therapy program, Bollard says. These patients typically are worried about their baby's health and are dealing with problems resulting from bed-rest confinement, such as lost work time, separation from older children and financial stress. Music therapists work with such patients on a daily basis to promote relaxation and prepare families for what is to come. For example, the therapist and patient can establish soothing, nightly rituals by combining music with activities. They also create a personalized lullaby, called a “womb song,” that parents can sing to the baby prior to and after birth.

“We use music as a way to encourage some sort of autonomy for mothers and their partners,” Bollard says. “We spend a lot of time developing play lists and music birthing plans that remind parents of accessible coping skills and resources.”

The hospitals also offer a device called a pacifier-activated lullaby (PAL). The device plays sounds, such as a soft lullaby, the “womb song” or a parent's recorded voice, as the child is feeding. Research shows, the device can help a premature baby learn to feed longer, and it can also facilitate growth and development.

Families have embraced the antepartum and postpartum music program, Bollard says. “Most families report feeling comforted by it and feeling touched that the hospital would offer it.”



For more information about the UCLA Music Therapy Program, go to:
uclahealth.org/mattel/music-therapy

Study endeavors to end confusion about mammography guidelines

“On a population level, we haven't been considering much more than age in our recommendations,” says Arash Naeim, MD, PhD, a UCLA Health hematologist/oncologist who heads the WISDOM study at UCLA. “This study is testing whether or not collecting and factoring in more information to guide individualized recommendations is a better way to achieve optimal outcomes.”

Currently, women who are not known to be at elevated risk for breast cancer and their doctors must consider a divergent set of mammography guidelines. Some organizations recommend getting a first mammogram at age 40 while others contend women should start at age 50. Some call for annual screening while others recommend every two years.

“Medicine should not be a one size fits all,” says Clara Lajonchere, PhD, deputy director for the UCLA Institute for Precision Health. “We need to look at the whole person to determine when an individual can maximally benefit from targeted screening, given that it will be influenced by individual and other lifestyle factors.”

But even if a consensus were reached on when and how often women should be screened for breast cancer, the question remains whether or not any age-based guideline is the best approach at a time when it's becoming increasingly feasible to make recommendations based on individual risk. “Genomic tests have gotten much less expensive, which makes them reasonable to use in large populations,” Dr. Naeim says. “And we now have better analytics that allow us to incorporate information into risk models to help with clinical decision support.”

Risk-based screening takes into account age, personal and family history, breast density (greater density of breast tissue is associated with higher risk) and genetic factors in determining when women should obtain their first mammogram and at what intervals they should be screened after

that. Dr. Naeim explains that genetic tests can identify carriers of known hereditary breast-cancer genes that significantly increase breast-cancer risk, such as BRCA1 and BRCA2. But such tests also can detect any of dozens of minor variations in genes that individually result in only marginal increases in a woman's predisposition to breast cancer, but in certain combinations could classify a woman as being at higher risk. However, “determining the best way to communicate this risk to patients and primary care providers in understandable ways will require thought and educational tools,” says Neil Wenger, MD, MPH, a UCLA primary care provider and co-investigator on this study.

For women identified as high risk, doctors might recommend an annual mammogram starting at age 40 or younger, supplemented with a magnetic resonance imaging (MRI) exam, whereas low-risk women might not need to start until age 50 and then get screened every two years. “Clearly, to do this on a population scale would require investing in resources, but those costs have to be weighed against the costs of over-screening, which include false-positives and unnecessary breast biopsies,” Dr. Naeim says.

Women who volunteer to participate in the WISDOM study are randomly assigned to one of two groups: those who get an annual mammogram starting at age 40 and those whose screening schedule is personalized based on their risk factors.

“This study can tell us about the value of moving toward risk-based breast cancer screening, potentially leading to a paradigm shift in how the guidelines are constructed,” says Antonia Petrusse, program director for WISDOM's UCLA site. “Our hope is that it will provide clarity on women's breast cancer risk and the best approach to screening going forward.”



For more information about the WISDOM study at UCLA, go to:
tinyurl.com/join-wisdom-study

UCLA Health kicks into gear to address COVID-19 pandemic

As COVID-19 spread from country to country, hospitals scrambled to address potential cases. At UCLA, members of the Emerging Infectious Disease Program were on alert as well. The program was created five years ago within the Division of Infectious Diseases to focus on managing outbreaks such as COVID-19.

Anytime there is an outbreak of an infectious disease such as measles, tuberculosis, SARS or, now, COVID-19, the infectious-diseases team takes action, informing physicians and staff of UCLA Health about the situation, coordinating with the Los Angeles County Department of Public Health and staying on top of the recommendations from the Centers

for Disease Control and Prevention. They ensure that there are appropriate supplies of medical equipment and protective gear and that proper cleaning and disinfection protocols are followed.

“When something new comes along, it really does ramp up everyone’s work,” says



Photo: Science Photo

Daniel Z. Uslan, MD, co-chief infection prevention officer for UCLA Health. “Part of the challenge for us is that each of these events tends to be different. We are constantly checking and inquiring to get clarity.”

The team builds on the knowledge it gains from each event to bolster its response for the next one. “As we learn from each of these events, we have a better understanding of what we need to do to prepare,” says Annabelle de St. Maurice, MD, co-chief infection prevention officer.

Last summer, the infectious-diseases team helped UCLA to address an outbreak of measles in Los Angeles County. Fortunately, the team already had been circulating emails about measles for years, educating doctors on how to identify the rash and how to treat patients. Their constant preparedness made UCLA’s response swift and effective. “We’ve really recognized the importance of ongoing readiness,” Dr. Uslan says.

Another instance was the 2013 outbreak of MERS, which originated in Saudi Arabia. Like COVID-19, MERS was an entirely new respiratory disease. Fortunately, UCLA already had an emergency plan for SARS, a virus with a similar mode of transmission that occurred 10 years earlier, and the team was able to build on that to create a plan for MERS. When Ebola came to a hospital in Dallas, Texas, in 2014, UCLA’s infectious-diseases team again kicked into gear. That hospital had not been prepared — no one really was expecting Ebola to travel from West Africa to the United States. “We knew that we probably never will get an Ebola patient here, but if we do, we need to be ready to deliver the best possible care and protect our employees and citizens,” Dr. Uslan says.

This year, hospitals worldwide have been tested by the COVID-19 outbreak. The most common symptoms of COVID-19 are fever, cough, shortness of breath and breathing difficulties. Because the signs of COVID-19 infection can be similar to flu, it is recommended that people contact their primary care physician if they are experiencing these symptoms, particularly



Photo: Science Photo

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if symptoms are severe, if the person has traveled internationally in the last month or if the person has been in contact with someone who tested positive for COVID-19. Public health authorities will determine if a patient should be tested.



To stay current with information about COVID-19 and UCLA resources, go to: uclahealth.org/coronavirus



To view a video answering questions about COVID-19, go to: tinyurl.com/covid-19-questions

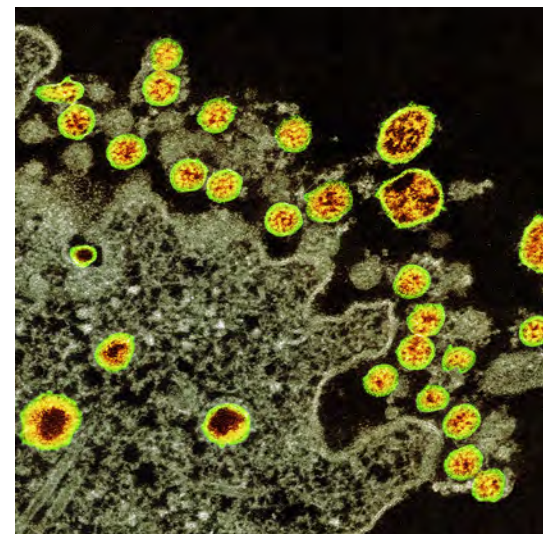


Photo: Science Photo

Nuclear-medicine therapy

opens door to improved treatment for neuroendocrine tumors

A nuclear-medicine therapy approved by the U.S. Food and Drug Administration (FDA) in 2018 has led to improved survival and quality of life for patients with advanced gastrointestinal or pancreatic neuroendocrine tumors who would otherwise have few effective treatment options. UCLA has administered the therapy to nearly 100 patients.

Martin Allen-Auerbach, MD, medical director of the UCLA Nuclear Medicine Clinic, explains that the drug, ^{177}Lu -DOTATATE, is part of an emerging cancer-treatment strategy known as theranostics. Theranostics utilizes diagnostic imaging to ensure that a specific therapeutic target — such as the somatostatin receptor commonly found in neuroendocrine tumors — is being expressed by cancer cells and then introduce a therapeutic isotope that will treat the tumor. In addition to employing this approach to treat neuroendocrine tumors, UCLA is playing a lead role in research into the effectiveness of theranostics to treat prostate cancer.

“What’s exciting about this strategy is that we are linking imaging directly with a

therapeutic agent,” says Andrew Quon, MD, professor of molecular and medical pharmacology. Drs. Allen-Auerbach and Quon are both members of UCLA’s Ahmanson Translational Imaging Division, which includes experts in the diagnosis and treatment of neuroendocrine tumors.

Prior to FDA approval, UCLA was among the few expanded-access investigational sites for ^{177}Lu -DOTATATE in the United States. UCLA remains one of the most experienced sites in the country.

Neuroendocrine tumors are rare, slow-growing tumors that can develop in hormone-producing cells of the neuroendocrine system. Neuroendocrine tumors most commonly arise in the gastrointestinal tract and pancreas.

Dr. Quon explains that since most cancer cells utilize glucose, the standard imaging tracer for PET/CT scanning uses a radioactive form of glucose (called FDG) to image cancer. But because neuroendocrine tumors grow slowly, they typically do not metabolize glucose at a high rate and therefore cannot be imaged effectively with FDG.

To address this, an imaging agent called ^{68}Ga -DOTATATE was developed to target somatostatin receptors rather than glucose metabolism, enabling the PET/CT scan to localize and stage the neuroendocrine tumor. “This imaging agent is a significant improvement over prior agents and allows us to plan the most appropriate therapy for our patients who have neuroendocrine tumors,” Dr. Allen-Auerbach says.

^{177}Lu -DOTATATE adds a therapeutic to the diagnostic approach: Imaging of the neuroendocrine cancer with the radioactive tracer ^{68}Ga -DOTATATE is followed by treatment with ^{177}Lu -DOTATATE to kill the cancer cells. “Once we see that the cancer expresses somatostatin receptors, we can go back to the patient and treat his disease,” Dr. Quon explains.

^{177}Lu -DOTATATE is administered on an outpatient basis in four doses given at eight-week intervals, usually with only minor side effects. In the clinical trial that led to approval of the drug, approximately two-thirds of patients experienced either stabilization of their disease or shrinkage of their tumors, with improved quality of life. UCLA has experienced similar results with patients treated so far.

The drug currently is indicated only for inoperable or metastatic neuroendocrine tumors that continue to progress following first-line therapies. “Because this drug has been so effective in patients with advanced disease, research is underway to determine whether or not it should be used earlier,” Dr. Quon says.



Photo: iStock



For more information about the UCLA Neuroendocrine Tumor Program, go to: uclahealth.org/nuc/net-program

ASK THE DOCTORS

Why wash?

With this issue of *Vital Signs*, we launch a regular column, “Ask the Doctors,” written by Eve Glazier, MD, president of the UCLA Health Faculty Practice Group, and Elizabeth Ko, MD, medical director of the UCLA Health Integrative Medicine Collaborative. In each issue, Drs. Glazier and Ko will answer a reader’s health care-related question.



Drs. Elizabeth Ko and Eve Glazier
Photo: Juliane Backman

Dear doctors: Why do you have to wash your hands with soap and warm water for at least 20 seconds? Are they not getting clean if you’ve only got cold water? And why is 20 seconds the magic number? What about hand sanitizers?

Dear reader: Handwashing is in the news right now due to the coverage of the new coronavirus, COVID-19, as well as our ongoing flu season. It’s an important topic because, although the exact means of transmission of the new coronavirus virus isn’t clear yet, we do know how the influenza spreads, and COVID-19 is likely to be similar. In addition to inhaling aerosolized droplets from an infected person’s cough or sneeze, influenza spreads through contact with surfaces that have been contaminated by the virus. This can be direct contact, such as

when you shake hands with someone infected with the virus, or indirect contact via a contaminated surface or object. If you come into direct contact with the virus and then touch your own mucous membranes, you risk infecting yourself. This includes rubbing your eyes, nose or mouth; biting your nails; eating with your hands; dabbing on makeup; or just resting your chin in your hands. All of this leads to two bits of important advice — *don’t* touch your face and *do* wash your hands. The first relies on awareness, while the latter is all about technique.

Start by wetting your hands with clean, running water. The temperature of the water doesn’t play a role in efficacy; it’s just that warm water is more comfortable to use. If cold water is the only option, that’s fine. What matters most is that you work up a lather

with soap — any kind of soap will do — and carefully clean all of the surfaces of your hands. Be sure to wash the palms and backs of the hands, the fingers, knuckles, the webs between the fingers and the areas around and beneath the nails. Doing this carefully and thoroughly, with gentle pressure to create friction, takes in the neighborhood of 20 seconds. Then rinse well and dry thoroughly. Frequent handwashing can dry out the delicate skin on your hands, so carrying a travel-size moisturizer can be a good idea.

As for hand sanitizers, studies have shown that although they can be helpful, washing with soap and water is the most effective at removing a variety of pathogens. Hand sanitizers may not be as effective when used on hands that are dirty or greasy. When using a hand sanitizer, it’s important to choose one that is alcohol-based, at a concentration of no less than 60 percent. The product label will state the concentration of alcohol. Don’t skimp. Always use the amount of sanitizer that the label recommends. Then spread the liquid over all of the surfaces of your hands and rub gently until they are dry.

Hands clean? You’re not quite done yet. There’s another object that makes frequent contact with your hands and face — your phone. Check manufacturer directions, and add cleaning your phone to your daily routine.



 **To Ask the Doctors, email:**
askthedoctors@mednet.ucla.edu

Community Health Programs

APRIL/MAY/JUNE 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.

AGING

Aging and Brain Diseases

Gal Bitan, PhD, UCLA neurology, will focus on aging, different types of dementia, Alzheimer's disease, other aging-related neurodegenerative diseases, recent developments in research, how to prevent these diseases and what to do if a loved one has been diagnosed.

When: Wednesday, May 27 / 1 – 2:30 pm

Where: Oasis Baldwin Hills, 4005 Crenshaw Blvd (inside Macy's 3rd floor)

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

BLOOD CLOTS

Blood Clots

Amrit Hansra, MD, UCLA interventional radiologist, will discuss the pathophysiology of blood clots, preventative measures, acute and chronic effects and treatment options.

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

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

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

CANCER

Cancer-Related Cognitive Impairment

Kathleen Van Dyk, PhD, UCLA neuropsychologist, will discuss cognitive difficulties in cancer survivorship, cognitive changes after cancer and its treatment. She will focus on strategies that can improve cognition and day-to-day functioning.

When: Friday, Jun 19 / 1 – 2:30 pm

Where: Cancer Support Community Redondo Beach, 109 W Torrance Blvd, Ste 100

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

CPR

Save a Life!

Anyone can help save a life. Learn about Hands-only CPR, Stop the Bleed, Calling 9-1-1, and what to look for in a medical emergency.

When: Wednesday, Jun 10 / 1:30 – 3 pm

Where: WISE & Healthy Aging, 1527 4th St, Santa Monica

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

DERMATOLOGY

Skin Care for Women of Color

Sara Hogan, MD, UCLA dermatologist, will give an overview of dermatology and special considerations for ethnic skin, hair and nails.

When: Monday, June 8 / 1 – 2:30 pm

Where: Oasis Baldwin Hills, 4005 Crenshaw Blvd (inside Macy's 3rd floor)

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

DIABETES

Living with Type 2 Diabetes

This ADA-certified self-care class will help you gain important skills, knowledge and confidence to successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

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

Santa Monica

When: April 13 & 27, May 4 & 18, June 8 & 22 / time may vary by date

Where: 2020 Santa Monica Blvd, Conf Rm, 2nd Fl

Porter Ranch

When: Apr 20, Jun 8 / 8 am – 5 pm

Where: 19950 Rinaldi St, Ste. 300

Basic Diabetes Nutrition Group Class

This two-hour ADA-certified class will teach you how different foods affect your blood sugar and how to plan healthy meals. A physician referral is required. Covered by most medical insurance policies.

When: April 7, May 5, Jun 2 / 9 – 11 am

Where: 2020 Santa Monica Blvd, Conf Rm, 2nd Fl

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

Learning to Manage Gestational Diabetes

This ADA-certified self-care class will help you successfully manage your diabetes. A physician referral is required. Covered by most medical insurance policies.

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

When: Thursday of each month / time may vary by date

Where: 2020 Santa Monica Blvd, Conf Rm, 2nd Fl

DIABETES (CONTINUED)

Integrative Medicine Class

This class will teach patients integrative approaches to manage diabetes, including gentle yoga, mindfulness, guidance on the judicious use of supplements, and nutrition counseling.

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

When: Tuesdays in March / time may vary by date

Where: 2020 Santa Monica Blvd, Conf Rm, 2nd Fl

INJURY

Foot and Ankle Injuries

When is it more than "just a sprain"?

Ajay Gurbani, MD, UCLA orthopaedic surgeon, will discuss common foot and ankle injuries, focusing on diagnosis and treatments.

When: Wednesday, May 27 / 6:30 – 8 pm

Where: Santa Monica Family YMCA, 1332 6th St.

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

KIDNEY HEALTH

UKEEP I ADPKD: What You Should Know

UCLA CORE Kidney Program presents Anjay Rastogi, MD, PhD, Professor of Medicine and Clinical Chief of Nephrology. He will be going over what you should know about ADPKD, autosomal dominant polycystic kidney disease. Please join us for this very useful information. Free quarterly interactive and educational programs about kidney health, high blood pressure and much more. Free blood-pressure tests and other educational resources will be available on-site, as well.

When: Sunday, May 3 / 1 – 4 pm

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

RSVP: 800-516-5323

MEMORY CARE

Understanding Alzheimer's Disease (in Spanish)

Jesus Campagna, MS, UCLA Dept. of Neurology, will focus on pathology, risk factors and the Drug Discovery Lab approach to treating Alzheimer's Disease.

When: Monday, Jun 15 / 6:30 – 8 pm

Where: Pico Branch Library, 2201 Pico Blvd, Santa Monica

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

Dementia (ongoing)

Memory Care is a weekly, three-hour program for both caregivers and people experiencing memory loss. It teaches memory techniques, as well as strategies to lower stress and stimulate the mind and body. The program takes an innovative approach to memory loss by working directly with people with memory challenges and those involved with their care.

When: Tuesdays or Thursdays / 1 – 4 pm

Where: UCLA Longevity Center, 10945 Le Conte Ave

Info & Cost: 310-794-0676 or longevity@mednet.ucla.edu

Memory Training Course (quarterly)

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

When: Two hours per week, once a week, for one month. Please call for next session date.

Where: Locations vary

Info & Cost: 310-794-0676 or longevity@mednet.ucla.edu

Brain Booster (quarterly)

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

When: Please call for next session date (90 minutes).

Where: UCLA Longevity Center, 10945 Le Conte Ave

Info & Cost: 310-794-0676 or longevity@mednet.ucla.edu

Brain Boot Camp

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

When: Classes held monthly

Where: UCLA Longevity Center, 10945 Le Conte Ave

Info & Cost: Patricia Ramos at 310-794-6314 or prramos@mednet.ucla.edu

MULTIPLE SCLEROSIS

REACH to Achieve Program (ongoing)

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

Where: Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

Info & Application: 310-267-4071

Exercise and MS

This 12-week program will teach those with MS — who can easily walk a minimum of 25 feet with or without a cane or walker — how to use exercise to improve overall wellness and manage MS symptoms.

Where: Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

Info & Application: 310-481-1107

PEDIATRICS

Speech and Language in Children

Nicole Schussel, MS, CCC-SLP, UCLA Speech-Language Pathologist, will discuss speech and language development in children, as well as strategies for increasing and improving communication abilities at home. This talk is designed for parents and caregivers of children ages 3 and under, especially children who may be at risk of delayed communication development.

When: Monday, April 27 / 6 – 8pm

Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Blvd, Conf Rm B124 A&B

RSVP: nschussel@mednet.ucla.edu
Seating is limited.

PODIATRY

Bunions and Bunions Surgery

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

When: Tuesday, Apr 21 / 5:45 – 6:45 pm

Where: 2121 Wilshire Blvd, Santa Monica, Ste 101

RSVP: 310-828-0011

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, May 19 / 5:45 – 6:45 pm

Where: 2121 Wilshire Bl, Santa Monica, Ste 101

RSVP: 310-828-0011

Ankle Arthritis and Ankle Replacement

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

When: Tuesday, June 16 / 5:45 – 6:45 pm

Where: 2121 Wilshire Bl, Santa Monica, Ste 101

RSVP: 310-828-0011

STROKE

Stroke Prevention

What can you do to decrease your risk for stroke? Learn what steps you can take to help prevent a stroke from happening. And what strategies you can take if you or someone else is experiencing a stroke.

When: Thursday, May 21 / Noon – 1:30 pm

Where: Santa Monica Family YMCA, 1332 6th St

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

FEATURED EVENT

COMMON UPPER RESPIRATORY INFECTIONS

Mandeep Sehbey, MD, UCLA family medicine, will discuss cough/cold symptoms, how these germs are transmitted, how to prevent picking them up, over-the-counter and home remedies that may be helpful, and when to see the doctor or go to the ER.

When: Thursday, May 14 / 1 – 2:30 pm

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

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

THYROID

Thyroid Disorders Update

This presentation will give an overview of thyroid disorders, including symptoms, treatments and how to prevent thyroid problems.

When: Tuesday, Jun 16 / 2 – 3:30 pm

Where: Collins & Katz Family YMCA, 1466 S Westgate Ave, West LA

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

TRAUMA

Understanding Trauma

Karla Lagunas, LCSW, UCLA psychotherapist, will discuss what is trauma, how it can impact you in different ways, and what you can do to cope with a traumatic event.

When: Thursday, Jun 4 / 2 – 3:30 pm

Where: Sunrise of Westlake Village, 3101 Townsgate Rd

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

WALK WITH A DOC

Walk with a Doc

Join UCLA Health physicians for an informative, brief discussion on a current health topic, followed by a refreshing stroll at your own pace!

Topanga

When: First Saturday of each month, 8 – 9 am

Where: UCLA Health, The Village at Westfield Topanga, 6344 Topanga Canyon Blvd, Suite 2040 (meet at the koi pond)

Van Nuys

When: The second Sunday of each month / 9 – 10 am

Where: Lake Balboa, 6300 Balboa Blvd (meet at the southwest portion of the lake, near the entrance to the parking lot)

Culver City

When: Alternating third Wednesday or second Friday / 7:30 – 8:30 am

Where: UCLA Health Culver City, 6000 Sepulveda Blvd, Suite 2660 (inside Westfield Mall, 2nd level)

Info: uclahealth.org/walkwithadoc

WEIGHT MANAGEMENT

Nutrition for Weight Management

Susan Ahern, MD, UCLA endocrinologist, will discuss different types of meal plans, how to develop an individualized nutrition plan, and current concepts in weight management nutrition.

When: Tuesday, May 19 / 6:30 – 8 pm

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

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

Weight: Beyond a Number

Elizabeth Ko, MD, UCLA internist, will answer the question — is there an ideal weight for me? She will explore concepts, including body mass index and body composition, and review the optimal components of an exercise regimen.

When: Tuesday, May 26 / 2 – 3:30 pm

Where: WISE & Healthy Aging, 1527 4th St, Santa Monica

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

WELLNESS

UCLA Mindful Awareness Research Center (MARC)

MARC offers classes, workshops and events for the public to learn mindfulness techniques and practices to reduce stress and promote well-being. Free lunchtime meditations at the Hammer Museum and Reagan Hospital.

Info: uclahealth.org/marc or 310-206-7503

How to Prevent Common Mistakes in Health Care

Learn how you can participate in creating a health care culture of safety, trust and accountability, and how to prevent mistakes, oversights and potential harm caused by miscommunication.

When: Wednesday, Jun 3 / 2 – 3:30 pm

Where: WISE & Healthy Aging, 1527 4th St, Santa Monica

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

UCLA HEALTH 50 PLUS IS A FREE MEMBERSHIP PROGRAM that offers individuals age 50 and older access to educational lectures, exercise opportunities, information on community and health resources, a free community flu-shot clinic and special events. Call 800-516-5323 or go to uclahealth.org/50plus to sign up. To learn more about our 50 Plus program and events, subscribe to our *Focus: 50 Plus* e-newsletter by e-mailing us at fiftyplus@mednet.ucla.edu

50+ Stay Active and Independent for Life (SAIL)

Join the SAIL fitness and education program led by UCLA physical therapists and designed for healthy seniors. First-time participants must receive a physical therapy screening ahead of time.

When: Mondays and Thursdays / 9 – 10 am or 10 – 11 am

Where: St Monica Catholic Church, 725 California Ave

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

Cost: \$40 per month (unlimited participation)

50+ Tech Help for U

UCLA undergraduate students offer free one-on-one coaching (30- to 45-minute sessions) to UCLA Health 50 Plus members about electronic devices. Bring your fully charged smartphone, tablet, laptop or e-reader to have your questions answered.

When: Saturday, May 2 / 9 am – Noon

Where: UCLA Medical Center, Santa Monica, 1250 16th Street, Conf Rm 3

RSVP: 800-516-5323

50+ Cardiovascular Health

Learn about the symptoms, treatments and management of cardiovascular disease, as well as how to maintain cardiovascular health and prevent disease.

When: Tuesday, June 9 / 2:30 – 4 pm

Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 4

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

50+ Insomnia Update

Learn the importance of sleep and the latest research on how to get a good night's sleep.

When: Tuesday, June 9 / 2:30 – 4 pm

Where: UCLA Medical Center, Santa Monica, 1250 16th St, Conf Rm 4

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

50+ Health Care Maintenance as U Age

Milica Simpson, MD, UCLA family medicine, will focus on screening exams, fall prevention and recommended supplements to maintain good health as you age.

When: Tuesday, May 19 / 11:30 am – 12:30 pm

Where: Malibu Senior Ctr, 23825 Stuart Ranch Rd

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

50+ Exercise as U Age

Learn about the importance of exercise throughout life, the latest guidelines and recommendations for people over 50 and strategies to incorporate exercise into your life.

When: Tuesday, May 19 / 2 – 3:30 pm

Where: Collins & Katz Family YMCA, 1466 S Westgate Ave

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

50+ Senior Scholars

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

When: Summer Session classes begin June 22 / Applications open May 4, close May 29

Where: Locations vary by UCLA campus.

Info & Cost: www.semel.ucla.edu/longevity/senior-scholars-program-longevity-center or rscholars@mednet.ucla.edu or 310-794-0679

50+ Smarter Health Using Smartphones and Technology

This session will show you how to use your smartphone and other technology as a helpful tool on your health and fitness journey. Learn tips and ideas for using modern technology to help encourage and maintain your well-being based on individual needs and interests.

When: Thursday, June 18 / 3 – 4:30 pm

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

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

50+ My Legs Hurt, Why?

Causes of leg discomfort, such as varicose veins, blood clots, peripheral artery disease, radiating nerve pain, and joint, muscle and bone pain will be discussed by Cheryl Hoffman, MD, UCLA interventional radiologist. She will also discuss minimally invasive options to treat these problems.

When: Tuesday, June 2 / 6:30 – 8 pm

Where: Torrance-South Bay YMCA, 2900 W Sepulveda Blvd

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

50+ Staying Upright: Why We Fall and What We Can Do to Prevent Falling

Maija Sanna, MD, UCLA geriatrician will discuss why falls become more prevalent as we age, different reasons for falling and what you can do to prevent falls from happening.

When: Thursday, Jun 11 / 10:30 am – Noon

Where: Belmont Village Rancho Palos Verdes, 5701 Crestridge Rd

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

50+ Hearing Loss

Rebecca Belay Gegremichael, AuD, UCLA audiologist, will give a basic understanding of how the auditory system works, causes of hearing loss and treatment options.

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

Where: Santa Monica Family YMCA, 1332 6th St

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

50+ Grief, Bereavement and Mourning

Learn about the general impact of loss — from loss of someone special, changes in medical conditions and transitions in our lives as we age. This seminar will also present the physical, psychological and spiritual reactions to grief, coping techniques and approaches to feelings that come with loss and grief, and give an overview of complicated grief and depression.

When: Thursday, Jun 25 / 1:30 – 3 pm

Where: Culver City Senior Center, 4095 Overland Ave

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

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Best Hospital Survey ranks
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and No. 6 in the nation.

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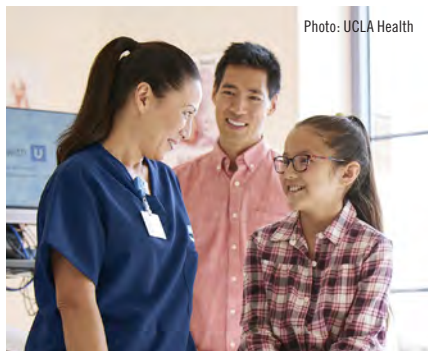
For the doctors, nurses and care teams of UCLA Health, coming to work each day is more than a job; it is a calling. We don't always get the chance to thank the people who care for us when we are at our most vulnerable. This spring, take a moment to thank those who work to comfort and treat us: Nurses week begins May 6 and Hospital week starts May 10.

If your life has been touched by a doctor or another member of your care team, consider honoring them by making a tax-deductible gift to support a program of your choice or to advance UCLA Health's Greatest Needs.

Give online: giving.ucla.edu/thankU

By mail: UCLA Health Sciences Development
10889 Wilshire Boulevard, 12th Floor
Los Angeles, CA 90024

By mail: 310-206-6484



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Vital Signs

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