

Vital Signs

SPRING 2018 | VOLUME 78

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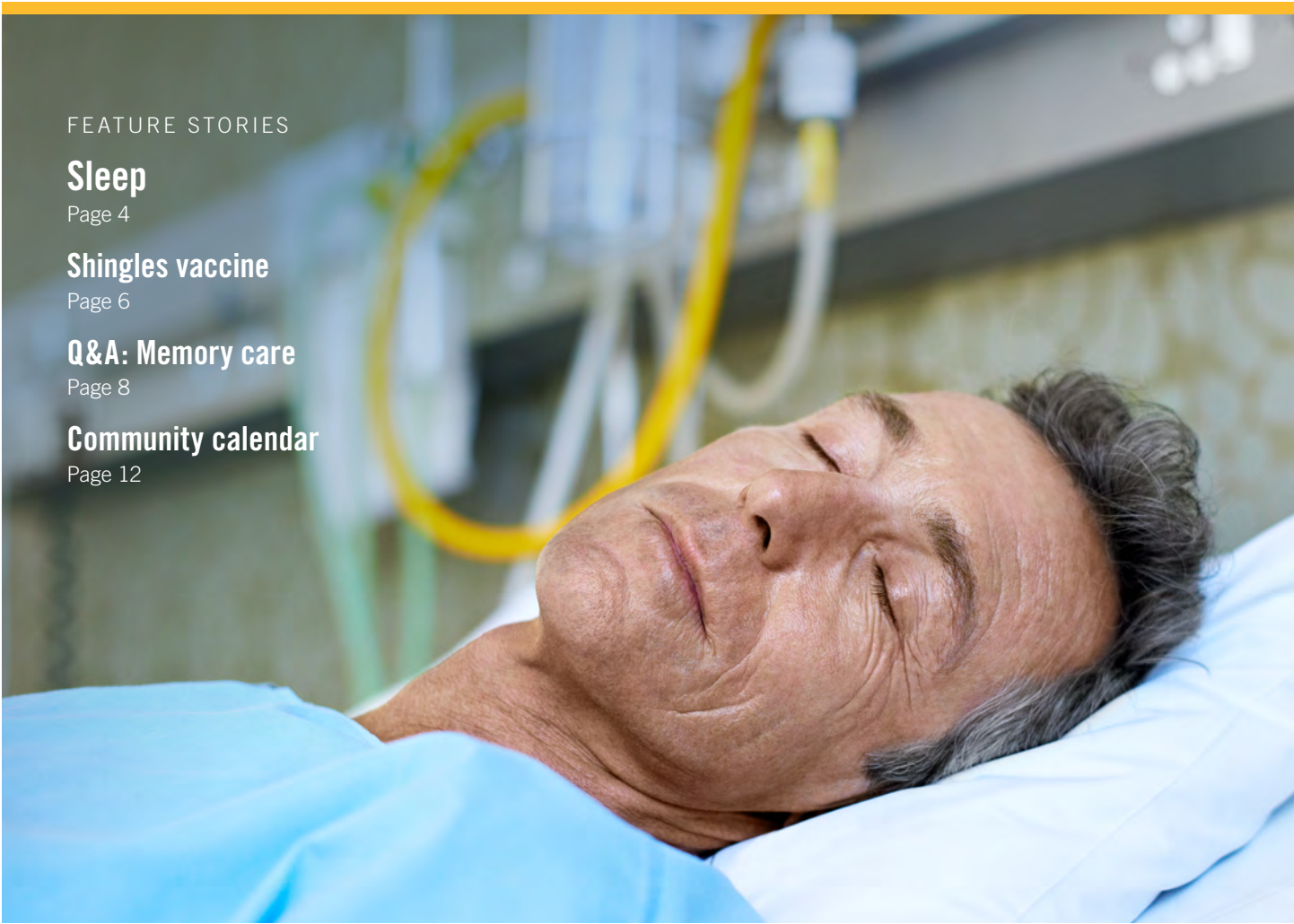
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Home DNA testing offers insight, but potential health findings should be treated with caution

As DNA testing technologies have gotten simpler and cheaper, home DNA testing kits have become increasingly popular. For a relatively small fee, consumers can mail in a sample of their saliva or a swab from their cheek for information about their ancestry. But many of these genetic tests also yield information about future health and disease risk, and that should be cause for concern, says Wayne Grody, MD, PhD, director of the UCLA Molecular Diagnostics Laboratory and Clinical Genomics Center.

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UCLA launches innovative cancer therapy program

As a pioneer in immunotherapy, UCLA Health is one of the first centers in the nation to offer a recently FDA-approved cancer treatment called CAR T-cell therapy. The therapy, which genetically alters a patient's own immune cells to attack cancer, is available to treat adults with certain types of lymphoma for whom other therapies have not been effective.



To learn more about CAR T-cell therapy at UCLA and to view a video, go to: uclahealth.org/car-t-cell-therapy

Body donations advance health care

A donation to the UCLA Donated Body Program provides important benefits to advance health care, which include developing new medical procedures, training the next generations of physicians and surgeons, and increasing the understanding of disease development. Donated bodies are treated with respect, and each year medical students celebrate the donors and their families with a Ceremony of Thanks. Cremated remains are scattered in the ocean, and there is no cost to families.



To learn more about the UCLA Donated Body Program, go to: uclahealth.org/donatedbody

UCLA Health opens sports performance program



UCLA Health and EXOS, a leader in integrated athletic training, have partnered to open a sports performance program at the new UCLA Health Training Center — Home of the Los Angeles Lakers in El Segundo. UCLA Health Sports Performance powered by EXOS provides integrated training solutions that are tailored to help youth and adult athletes of all levels to reach their peak performance through improved mindset, nutrition, movement and exercise recovery.



For more information, go to: uclahealth.org/sports-performance



To schedule a free introductory session, call: 310-426-1407

Helpful tips to stay well to enjoy vacation fun

Nothing ruins a vacation faster than an unexpected illness. To make sure you don't miss out on the fun, heed these stay-well tips.

Fight germs in flight.

If you are traveling by air, "use antibacterial products on your hands and the seat tray and armrests," says Dr. Anuradha Seshadri, MD, a UCLA internal medicine specialist in Century City. "Research shows that tray tables have 20 times more germs than a plane's toilet handles." But you needn't worry about catching a bug from a plane's recirculated air. "Modern airlines use high-efficiency HEPA filters, which trap 99 percent of germs," adds Jenny Bao, MD, a UCLA family medicine physician in Santa Monica.

Watch your diet.

If you are traveling to a developing country, Drs. Seshadri and Bao recommend drinking bottled water (or water that's been boiled for at least three minutes to remove bacteria), eating well-cooked foods and avoiding drinks with ice cubes. "Depending on your destination, you might want to talk to your doctor about getting prescription medication for traveler's diarrhea before you leave," Dr. Bao says.

Prevent motion sickness.

If you're concerned about getting queasy while traveling by cruise ship, train or car, over-the-counter medications or a prescription scopolamine patch, which should be started prior to travel, can help. "You can prevent motion sickness on a boat by standing on the deck (rather than in your cabin) and looking

at a fixed point, such as the horizon or an island," Dr. Bao says. "In cars or trains, sit in the front seat or a window seat and look out at the horizon or distant objects."

Be safe from Zika.

For a pregnant woman or a woman planning to become pregnant, this mosquito-borne virus increases the risk of miscarriage, stillbirth and birth defects that can affect the brain and nervous system. "Preventing mosquito bites is the best protection," Dr. Seshadri says. "Wear long-sleeved shirts and pants treated with an insecticide called permethrin, apply a repellent to the skin that contains DEET or picaridin, and reapply repellent every four-to-six hours, or more frequently if you're swimming or sweating." Because men and women can pass the virus during intercourse — men for six months and women for two months after exposure — Dr. Seshadri recommends using condoms. Before traveling, check the Centers for Disease Control and Prevention website for an updated list of affected areas, including within the United States.

Prepare for emergencies.

"Always carry prescription medications with you to avoid theft, loss or damage due to extreme temperature changes," Dr. Bao says. "Keep medicines in their original pharmacy containers in case you need to verify the medications, and pack extra doses for unexpected travel delays." And check to make sure that your prescription medications are allowed in the country to which you are traveling, Dr. Seshadri says. It's also a good idea to bring an emergency medical kit stocked with bandages; medicines for headaches, diarrhea, nausea and allergies; and creams for rashes, mosquito bites and sunburn.



Anuradha Seshadri, MD



Jenny Bao, MD



UCLA primary care physicians are available in:

- Beverly Hills
- Brentwood
- Century City
- Encino
- Malibu
- Marina del Rey
- Pacific Palisades
- Santa Monica
- West Los Angeles
- Westwood



For a complete list of UCLA primary care locations, go to: uclahealth.org/primary-care

Getting a **better night's sleep** in the hospital to improve healing

“As hospital technology has become more sophisticated and we have introduced all of these beeping monitors and interventions, it’s easy to forget that we need to address the basic needs of patients during their recovery, including sleep.”

UCLA hospitals have undertaken a new initiative to improve the healing process for patients — one that involves no medications or procedures. U Sleep formalizes an effort that has been ongoing within individual units at Ronald Reagan UCLA Medical Center and UCLA Medical Center, Santa Monica to improve the quality and quantity of sleep by reducing nighttime disturbances both in and outside of patients’ rooms.

“Sleep is very important in healthy times, but in times of illness it becomes even more so,” says pediatrician Myke Federman, MD, who is leading U Sleep at Ronald Reagan UCLA Medical Center, along with Theresa Kirkpatrick, MSN, RN, a clinical nurse specialist in the hospital’s pediatric intensive care unit.

Dr. Federman points to strong evidence on how sleep, or lack thereof, can affect the recovery process. She notes that poor sleep can contribute to a weakened immune system, which can reduce patients’ ability to prevent or fight off an infection. Research also suggests that lack of sleep may adversely affect cardiovascular and respiratory functions. In more severe cases, disrupted sleep cycles can increase the risk of confusion and even delirium among children and adults in the intensive care unit, Dr. Federman says. It

also can interfere with patients’ ability to be proactive in their recovery process, such as participating in walks and working with the health care team on healing strategies.

Unfortunately, hospitals traditionally have not been known as places that are conducive to solid sleep. In fact, Dr. Federman notes, the most common complaint of hospitalized patients, other than pain, is that disruptions outside their rooms and nighttime interruptions to conduct tests or monitor vital signs keep them from enjoying solid sleep. “As hospital technology has become more sophisticated and we have introduced all of these beeping monitors and interventions, it’s easy to forget that we need to address the basic needs of patients during their recovery, including sleep,” she says.

Evidence of the importance of rest to the healing process was a major impetus behind U Sleep, says Karen Grimley, PhD, RN, chief nursing executive for UCLA Health. “This is something that individual units within the hospitals have been working on, but U Sleep pulls it all together into one organized program. Every unit now is accountable for developing and implementing processes to improve our patients’ ability to rest and get meaningful sleep, especially at night,” she says.

The strategies are wide-ranging, Dr. Grimley notes. They include eliminating minor nuisances, such as squeaky wheels on carts that tend to awaken patients during the night, automatic doors slamming shut, and loud talking at the nurses’ station, as well as reducing noises at the bedside from beeping monitors, ventilators and pumps, and the bright lights emanating from computer screens. Each night in UCLA’s hospitals, at approximately 10 pm, an announcement reminds visitors and staff that it is bedtime and urges them to refrain from noise. Eye shields and earplugs are made available to patients, as is a station on their television that plays relaxation songs and sounds.

Efforts also are being made to bundle nursing services in ways that eliminate unnecessary middle-of-the-night interruptions. “The health care of the patient is always the highest priority. But we want to make sure that we aren’t waking patients up if there is no clinical reason to do so,” says Vera Lopez, RN, director of the intermediate care unit at UCLA Medical Center, Santa Monica, where the program is known as Quiet Time. Patients are asked about their sleep habits when they are admitted to the hospital in an attempt to individualize their plan of care in a way that ensures their sleep needs are met, adds Lopez, who is leading the program in Santa Monica.

“We hope that by bringing this issue to the forefront of discussions, we will empower our patients to ask for things they know will help them sleep better,” Dr. Federman says. “This needs to be as much a part of the conversation as pain management, antibiotics and everything else related to their health and recovery.”



To view a video about UCLA's program to improve sleep in its hospitals, go to: uclahealth.org/videos/hospitalsleep



“The health care of the patient is always the highest priority. But we want to make sure that we aren’t waking patients up if there is no clinical reason to do so.”

New, more effective shingles vaccine offers greater protection

“The new vaccine is an inactivated recombinant vaccine, meaning there is no live virus in it. It’s a much safer vaccine that we can use in patients with weaker immune systems. And those are the people who need the vaccine because they’re most likely to get shingles and have complications from shingles.”

Close to one-in-three Americans will develop shingles, a rash of itchy blisters similar but more painful than chicken pox. Usually appearing in a swath on the side of the face or torso, shingles feels, as one sufferer described it, like being pressed against a cactus.

A vaccine against shingles has been available for several years, but a new vaccine promises to offer greater protection and significantly limit the suffering from shingles. Approved by the Food and Drug Administration last October, the Shingrix vaccine provides a 90 percent protection rate for older adults, compared with 50 percent for the previously available Zostavax vaccine. And unlike its predecessor, Shingrix can safely be given to those with compromised immune systems.

“The old vaccine is a live vaccine,” says Daniel Z. Uslan, MD, an infectious diseases physician and director of the UCLA Antimicrobial Stewardship Program. “It makes your body immune by exposing it to a live but weakened shingles virus. The new vaccine is an inactivated recombinant vaccine, meaning there is no live virus in it. It’s a much safer vaccine that we can use in patients with weaker immune systems. And those are the people who need the vaccine because they’re most likely to get shingles and have complications from shingles.”

Shingles is caused by the same virus that causes chicken pox. After a person has

chicken pox, usually as a child, the virus remains dormant in the nerves. With age, stress or a weakening immune system, the virus can reactivate, producing a similar rash that can cause extreme pain. About 20 percent of people who get shingles — the majority of them elderly — will suffer from a complication called postherpetic neuralgia, where the pain continues for months or years after the skin rash clears. Shingles on the face and head can also cause damage to the eyes, ears and brain. And even in people who suffer minimal discomfort from shingles, the virus is highly contagious.

The Shingrix vaccine provides a 90 percent protection rate for older adults, compared with 50 percent for the previously available Zostavax vaccine.



Continued from cover

Home DNA testing offers insight, but potential health findings should be treated with caution

Dr. Grody points out that much of the genetic information sought from such tests has no value to medical decision making. “You might learn that you have a 3 percent lifetime risk of Parkinson’s disease,” he says. “What are you supposed to do with that information? There is no way to prevent Parkinson’s. That percentage isn’t much higher than the risk for the general population. And we’re not entirely sure about the reliability of the genetic markers in predicting this disease.”

While geneticists have learned a great deal about the human genome in recent years, there is far more that is still not understood, Dr. Grody notes. Yet, too many home testing kits offer results stemming from variants in genes that are at the research stage. For example, results might suggest a moderately increased risk of heart disease and stroke based on genetic information that scientists view as far from predictive. “They’ll recommend that you eat more vegetables, which could apply to almost every adult in the United States,” Dr. Grody says. “You don’t need a DNA test to tell you that.”

In the case of genetic-testing results that are more definitive, such as those pointing to the risk of familial cancers or inherited neurological disorders, Dr. Grody is concerned that consumers will be ill equipped to handle troubling information without guidance of physicians or specially trained genetic counselors. “When you tell a woman she has an 85 percent lifetime risk of breast cancer, and she is sitting in her home with no options or knowledge about what she can do with that information, it is potentially very harmful,” he says.

Dr. Grody says that any genetic test that may suggest future implications on an individual’s disease risk should be preceded by counseling to explain its limitations and to determine whether the test is appropriate, as well as post-test counseling to put the results in perspective and refer the person to a specialist, if needed.

UCLA’s genomics center has strict criteria before it begins offering a genetic test — ensuring both that the results will be scientifically reliable and that there is something that can be done for patients who receive concerning results. In addition to conducting single-gene tests, UCLA is among the only centers to offer a comprehensive analysis and diagnostic interpretation of an individual’s entire protein-encoding genome, involving more than 20,000 genes, to potentially locate a single DNA change responsible for rare disorders that in many cases have eluded diagnosis for years.

In some cases, Dr. Grody says, home DNA tests have provided important information that individuals have brought to the attention of their physician. But he is concerned that the potential harms of such tests outweigh the benefits. “Our genetics clinic gets an increasing number of calls from people who either don’t understand the results or are upset and seeking someone to explain the findings to them,” Dr. Grody says. “Just as we don’t want someone walking into a pharmacy and purchasing certain medications without a prescription, it makes sense that most of these DNA tests should be ordered by doctors.”

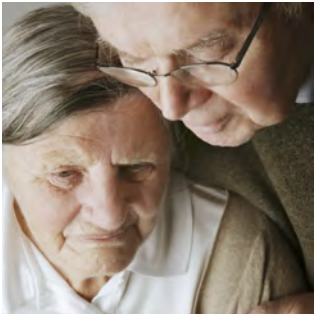
The new vaccine is recommended for adults over the age of 50, as well as people with weakened immune systems. It has proven particularly effective for adults over age 70. Those who received the older Zostavax vaccine should still get the new Shingrix vaccine, Dr. Uslan says, as should those who previously had shingles. The new vaccine is administered in two doses given at least eight weeks apart. It causes some pain and swelling at the injection site and can trigger flu-like symptoms.

Zachary Rubin, MD, infectious diseases physician and medical director of the Infection Prevention Program at Ronald Reagan UCLA Medical Center, says fewer cases of naturally occurring chicken pox have resulted in weaker long-term immunity among older Americans. “It used to be that someone would have chicken pox and then they would produce protective antibodies for some time. Later, when exposed to chicken pox in others, such as their children, their immune system would be jogged and they would produce additional protective antibodies. With the advent of the chicken pox vaccine, there’s less naturally occurring chicken pox and, as a result, older peoples’ immunities are waning over time. That’s why we’ve seen the number of shingles cases increase, and another reason adults over 50 should strongly consider getting the new vaccine.”



Memory care

aims to slow the decline of dementia



Approximately 5 million Americans have been diagnosed with Alzheimer's disease or other forms of dementia. While there still is no treatment to prevent or reverse the cognitive impairment associated with the disease, research suggests that certain cognitive and memory-boosting strategies can slow the rate of decline.

The UCLA Longevity Center has launched Memory Care, a cognitive-training and mind/body fee-for-service program for individuals in the early stages of dementia and their caregivers. Two weekly three-hour programs are offered — one for people with early-onset dementia (typically ages 45 to 64) and one for those with late-onset dementia (age 65 and older). Karen Miller, PhD, a clinical neuropsychologist who developed Memory Care with UCLA Longevity Center director Gary Small, MD, discussed the program's purpose and goals.

Why did you create these Memory Care programs?

Dr. Small and I have spent the past 20 years researching the impact of memory training on memory and cognition for individuals as they age, including individuals with normal memory, people with mild memory problems and those with dementia. We diagnose many patients with dementia. For many years we have offered programs for people with normal memory or mild memory problems, but we didn't have anything we could offer for our dementia patients. In 2012, we created a program for patients with late-onset dementia, and two years ago we started a similar program for early-onset patients.

From the research at UCLA and elsewhere, what is known about the impact of memory-boosting strategies?

It's really divided into three areas. Someone with a normal aging brain who participates in memory training can improve in specific



Karen Miller, PhD



areas such as memory recall, processing speed, language skills and abstract reasoning. These individuals have significant cognitive reserve, and the training can build on that strength. If you have mild cognitive impairment and participate in at least six weeks — but preferably for six months — of cognitive training, you can improve your memory and language skills to a mild or moderate degree within that time period. Even individuals in their 80s can benefit from this type of memory training.

And for individuals with dementia, research shows that participating in cognitive training can result in a lower rate of decline over the next six-to-12 months. That is one of the most important goals for the individuals in our UCLA Memory Care programs — to stabilize them so that they don't experience further decline during that initial period, and to combat rapid decline for those with early-onset dementia. Additionally, we aim to provide emotional support for the family and caregivers as they deal with the challenges of providing daily care for their loved ones.

What are some of the memory-training techniques used in Memory Care?

The first hour of each session is led by a memory trainer from our psychology team, and the focus is on cognitive training. We use techniques we have studied over the years, such as visualization and association, which are designed to help us learn new information in a richer way so that we will

have more success in recalling the target information at a later time. We also teach a technique called the Story Method, where the individual learns to create an elaborate or silly story for specific data (such as a grocery list, or the title and author of a book), which in turn helps to jog the memory for the details at a later time. Another strategy is face-name association, in which we create a connection between a person's face and name to make it easier to remember later. We also focus on techniques to improve attention, combat word finding difficulties and exercise our visual spatial skills.

Beyond the cognitive training, what do the groups involve?

The second hour focuses on the mind-body connection to help lower stress levels, enhance creativity, stimulate the brain and encourage strategies for living better and longer. We have a professional fitness instructor who leads the group through a series of age-appropriate yoga. We also do a series of mindfulness exercises, because we know mindfulness improves attention and improved attention leads to better memory. Finally, at least once a month, we also include art and music to enhance brain functioning.

For the third hour, we have two groups — one for those with memory issues, and one for the family members and caregivers. The patient-oriented group meets with a group facilitator who focuses on socialization — a chance for the individuals with dementia to get to know one

another. We talk about things like pets, travel, favorite foods and, as it comes up, what it's like to have challenges in the area of memory.

Meanwhile, the family members (spouses, adult children, siblings) meet as a group with a member of the psychology team for caregiver support. In this group, the loved ones can speak of their challenges, including any anxiety or depression they're experiencing, ideas of how to provide more structure and support for both the patient and the family, and important resources. There is research showing that the caregiver of a person with dementia is also at higher risk for depression and cognitive decline, so one of our goals in Memory Care is to provide support in hopes of facilitating better coping for the family members.

So these groups are as much for the caregivers as they are for the people with dementia?

Yes, Memory Care is a shared experience between the family member and the person with dementia. It's a place they can both attend where they can be on the same page, and where they can receive both cognitive and social stimulation. They can talk about their stressors and their concerns, share resources, make new friends and discuss the very difficult topic of how to plan for the future.



For more information about Memory Care, go to:

www2.semel.ucla.edu/longevity/memory-care

Freezing eggs

an option for preserving fertility in young women undergoing cancer treatment

When adolescents or young adults receive a diagnosis of cancer, their immediate concern involves dealing with the disease, not thinking about whether or not they might want children in the future. But while cancer therapies have increased long-term survival rates for this population, they may also cause a loss of fertility by damaging the reproductive system.

Today, new reproductive technologies provide options for preserving fertility. A recent development for women involves freezing eggs. This option can enable women who are not yet sexually active or do not have partners to preserve their ability to start a family later in life. “Egg freezing is best for women who are past puberty,” says Daniel Dumesic, MD, professor of reproductive endocrinology and infertility. “It involves giving medication to stimulate ovary production and then retrieving the eggs. Rather than fertilizing them at that time, we can freeze them alone to save for future use.”

Dr. Dumesic notes that medical technology has been able to freeze embryos — eggs that have been fertilized by a sperm — for several years. But until relatively recently, it was not possible to effectively freeze individual eggs. “Embryos have enough cells to compensate

“A breakthrough in the freezing technology now allows us to freeze the eggs without damaging them.”

if some cells are damaged in the freezing process, but that’s not the case for eggs, which have only one cell,” he says. “A breakthrough in the freezing technology now allows us to freeze the eggs without damaging them.”

Egg freezing — as well as sperm banking and most other fertility preservation options — is best done prior to undergoing cancer treatment. However, if that is not possible, other strategies can be explored.

Having the option to address future fertility can impact psychological well-being, notes pediatric oncologist Jacqueline Casillas, MD, medical director of the UCLA Daltrey/Townshend Teen and Young Adult Cancer Program, which serves oncology patients between the ages of 13 and 25. “We know that cancer survivors place high importance on fertility and may feel a tremendous sense of loss if they did not have the opportunity to address this issue when they were treated,” she says. “Understanding how significant this issue will be to patients down the road, we’ve made it a priority to train our physicians,

nurses and social workers to discuss fertility preservation with our patients.”

While UCLA specialists work closely to expedite treatment, they understand that it may be difficult for patients and families still reeling from a cancer diagnosis to process information about reproductive technologies.

“People can kind of shut off when they’re bombarded with information. Working together, we try to give patients and families the time they need to make decisions,” says Dr. Dumesic. “The oncology physicians determine whether they can safely delay treatment while our team has worked to safely speed up the egg harvesting process. It used to take three or four weeks, but we can now do it in about 10 days.”

Freezing eggs and other fertility preservation procedures can be costly and may not be covered by insurance. However, UCLA can help patients identify resources such as Fertile Action, a nonprofit organization that helps individuals find ways to pay for such treatment.

Revascularization procedure offers option for high-risk cardiac patients

Patients with heart disease may benefit from procedures such as cardiac bypass surgery to open blocked arteries and improve blood flow through the heart. However, some patients are considered too “high risk” for such measures, and there are few alternatives to alleviate their symptoms. But cardiac revascularization now offers hope for many of these patients.

At UCLA, the Complete Revascularization in High Risk Indicated Patients (CHIP) program specializes in caring for the growing number of patients who have complex coronary artery disease and heart failure along with other factors that put them at high risk for surgery. The other factors may include advanced age, diabetes, previous cardiac surgeries and peripheral vascular disease, putting them at increased risk for having a heart attack, stroke or dying during a surgical procedure.

“This is a one-stop, multidisciplinary program for patients who would not be candidates for bypass surgery due to the complexity of their disease and their other ailments,” says cardiologist Ali Nsair, MD, director of the CHIP program. “Traditionally, these patients may not receive any treatment. With our aging population, the number of complex heart failure patients is only going to increase.”

While many centers may turn down such patients, UCLA’s CHIP program offers a team approach that includes experts in cardiothoracic surgery, interventional cardiology, electrophysiology, heart failure and mechanical circulatory support to evaluate and treat selected high-risk patients.

Treatment of these high-risk patients is now possible due to several medical advances and treatments, Dr. Nsair says. These well-established procedures include medical therapies, surgery and percutaneous coronary revascularization, a minimally invasive procedure to open arteries by threading a catheter through the leg and into the heart

At UCLA, the Complete Revascularization in High Risk Indicated Patients (CHIP) program specializes in caring for the growing number of patients who have complex coronary artery disease and heart failure along with other factors that put them at high risk for surgery.

to open blockage with a balloon-like device or by deploying a stent in the artery. In patients with the most severe conditions, heart transplantation is recommended or patients may be put on left-ventricular assist devices. These pumps are implanted in the chests of patients to help their hearts function. Patients also are treated for other cardiac conditions, such as arrhythmias and valvular diseases.

During the evaluation, a team of experts will explore the safest and most effective

options with the patient and his or her family, Dr. Nsair says. “Our objective is to make sure we offer these patients the best therapy we can,” he says. “These patients often experience intractable chest pain and are incapacitated by their symptoms. Our objective is to offer the best treatment to improve the quality of life of these patients, so they can live longer and healthier lives.”



For more information about CHIP, go to: heart.ucla.edu/interventional-cardiology/chip



Community Health Programs

APRIL, MAY, JUNE 2018 COMMUNITY HEALTH PROGRAMS

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.

BACK PAIN

Lower Back Pain

Lower back pain is a common condition that affects people during their lives and daily activities. Carmen Yu, RPT, UCLA physical therapist, will offer tips on how to maintain and support a healthy back, from sitting and sleeping posture to proper lifting mechanics that prevent lower back pain.

When: Thursday, Jun 28 / 1 – 2:30 pm

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

RSVP: 800-516-5323

CANCER

Nutrition for Cancer Patients

Carolyn Katzin, MS, CNS, will discuss nutrition for patients with cancer during and after treatment. Simple tools to help identify which types of foods to eat and dietary supplements to take based on the patient's current health status and family history will also be discussed.

When: Tuesday, Apr 10 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr,
757 Westwood Bl, Tamkin Auditorium, Rm B130

Info: 310-794-6644

Cancer Prevention

Stewart Reed, MD, UCLA internist, will discuss factors that may influence the risk of cancer, plus ways to prevent cancer and maintain a healthy lifestyle.

When: Wednesday, Apr 18 / 1 – 2 pm

Where: Joslyn Adult Ctr, 1301 W Olive Av, Burbank

RSVP: 818-238-5353

Ovarian Cancer: Standard of Care and Beyond

Sanaz Memarzadeh, MD, PhD, UCLA OB/GYN, will discuss surgical and chemotherapy management options for ovarian cancer and outline the latest innovative research in the ovarian cancer field aimed at improving existing standards of care.

When: Monday, Apr 23 / 6:30 – 8 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: 800-516-5323

CANCER (CONTINUED)

Immunotherapy and Lung Cancer

Aaron Lisberg, MD, UCLA oncologist, will discuss the epidemiology of lung cancer, risk factors, general treatment approach and the emerging field of immunotherapy.

When: Monday, May 14 / 3:30 – 5 pm

Where: Cancer Support Community Redondo Beach, 109 W Torrance Bl

RSVP: 800-516-5323

The Personalized Treatment of Breast Cancer

Merry L. Tetef, MD, oncologist and UCLA associate clinical professor, will discuss risk factors and prevention of breast cancer, recent advances in treatment and how to personalize breast cancer care.

When: Tuesday, May 15 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr,
757 Westwood Bl, Tamkin Auditorium, Rm B130

Info: 310-794-6644

Cancer: Journey or Pilgrimage?

Michael Eselun, BCC, chaplain at the Simms/Mann UCLA Center for Integrative Oncology, will discuss how a cancer diagnosis is often described as the beginning of a journey no one would ever choose to take. Similarly, life itself is often described as a journey. This lecture will use patient experiences and personal travel stories as metaphors for our internal and external pilgrimages through life.

When: Tuesday, Jun 12 / 7 – 9 pm

Where: Ronald Reagan UCLA Medical Ctr,
757 Westwood Bl, Tamkin Auditorium, Rm B130

Info: 310-794-6644

CARDIOVASCULAR HEALTH

Using Technology to Enhance Heart Health

Gopi Manthripragada, MD, UCLA cardiologist, will review technological advances in heart treatment for coronary artery disease and cardiac arrhythmias, with a focus on novel minimally invasive techniques, stent designs and devices that prevent blood clots in those who cannot take blood thinners. He will also discuss smartphone features and apps that help monitor blood pressure and heart rate.

When: Tuesday, May 22 / 10 – 11:30 am

Where: Christian Life Church, 3400 Pacific Av,
Long Beach

RSVP: 800-516-5323

DEMENTIA

Middle-Aged Dementia Groups (Ongoing)

Memory Care is a weekly, three-hour program for middle-aged dementia patients (age 65 and younger) and their loved ones. It teaches memory techniques and strategies to lower stress and stimulate the mind and the body and offers support for people with memory challenges and their caregivers.

When: Thursdays / 1 – 4 pm

Where: UCLA Longevity Ctr, 10945 Le Conte Av

Info: 310-794-0680

DIABETES

Lifestyle and Diet Management of Prediabetes

Wendy Gu, MD, UCLA internist, will focus on prediabetes and how to maintain control and prevent the development of diabetes. The theory of intermittent fasting and practical ways on how to approach this dietary change will be discussed.

When: Thursday, May 17 / Noon – 1:30 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: 800-516-5323



SUPPORT GROUPS UCLA Health and its community partners offer a number of support groups, available in person and by telephone, designed to support and inform patients, families and caregivers coping with a variety of diagnoses. For more information, visit: uclahealth.org/support-groups

ENDOCRINOLOGY

What is an Endocrinologist and When Do I Need One?

Seniors are often referred to an endocrinologist for a wide range of medical conditions, including prediabetes, osteoporosis and thyroid issues.

Amy Chow, MD, UCLA endocrinologist, will discuss endocrine medicine and why every senior should know about it.

When: Wednesday, May 16 / 3 – 4:30 pm

Where: Founders Hall, 100 Civic Ctr Way, Calabasas

RSVP: 818-224-1777 or
apm.activecommunities.com/cityofcalabasasrec

GASTROINTESTINAL PROBLEMS

Common GI Ailments

Michael Quon, MD, UCLA gastroenterologist, will discuss common GI ailments, including heartburn, stomachaches, diarrhea and constipation, and will focus on symptom relief, latest treatments and prevention.

When: Tuesday, May 15 / 2 – 3:30 pm

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

RSVP: 800-516-5323

KIDNEY DISEASE

Kidney Smart Classes

This two-hour class provides information on kidney function, kidney disease and managing a diet that promotes healthy kidneys.

When: Thursdays, Apr 12 & 26, May 10 & 24, Jun 14 & 28 / 2 – 4 pm

Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Rm 4

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

UCLA Kidney Education Enhancement Program (UKEEP): Kidney Disease — What You Should Know

UCLA nephrologists Anjay Rastogi, MD, PhD, Niloofar Nobakht, MD, and Mohammad Kamgar, MD, conduct free educational programs about kidney health, high blood pressure and kidney-disease management. Interactive sessions will include free blood-pressure tests and educational resources.

When: Sunday, May 6 / 1:30 – 4 pm

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

RSVP: 800-516-5323

FEATURED EVENT

2018 KIDNEY FAIR AT THE BEACH!

Enjoy a fun and educational day at the beach with family, friends and kids. Meet health care experts at different stations to learn information about hypertension, kidney disease, diabetes, nutrition and more. An optional run/walk will also be offered for participants.

When: Sunday, June 3 / 10 am – 2 pm

Where: Santa Monica Beach Park #1, Ocean Park Bl and Barnard Way

RSVP: 310-954-2692

KNEE REPLACEMENT

Hip and Knee Replacements — What Every Senior Needs to Know

Erik Zeegen, MD, UCLA orthopaedic surgeon, will discuss the latest groundbreaking surgical techniques for aching hips and knees. Reservations are required.

When: Thursday, Apr 26 / 3 – 4:30 pm

Where: Founders Hall, 100 Civic Ctr Way, Calabasas

RSVP: 818-224-1777 or
apm.activecommunities.com/cityofcalabasasrec

MIDWIFE SERVICES

UCLA Midwives

Come and meet UCLA midwives, discuss UCLA services and ask questions.

When: Tuesdays, Apr 3 & 17, May 1 & 15, Jun 5 & 19 / 1:15 – 2 pm

Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Tamkin Auditorium, Rm 7234

RSVP: 310-794-7274

MULTIPLE SCLEROSIS (MS)

REACH to Achieve Program (Ongoing)

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

PODIATRY

Bunions and Bunion Surgery

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

When: Tuesday, Apr 17 / 5:45 – 6:45 pm (date subject to change)

Where: 2121 Wilshire Bl, 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 15 / 5:45 – 6:45 pm (date subject to change)

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, Jun 19 / 5:45 – 6:45 pm (date subject to change)

Where: 2121 Wilshire Bl, Santa Monica, Ste 101
RSVP: 310-828-0011

PLASTIC SURGERY

The Art of Rhinoplasty: A Safe, Systematic Approach is Nasal Surgery

Vishad Nabili, MD, UCLA plastic and reconstructive surgeon, will discuss rhinoplasty procedures and how to balance form, function and beauty.

When: Wednesday, Apr 25 / 7 – 8:30 pm

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

RSVP: 800-516-5323

Fillers and Botox

Irene Kim, MD, UCLA plastic and reconstructive surgeon, will discuss nonsurgical facial rejuvenation using botox and fillers to quickly and effectively improve the telltale signs of aging (wrinkles at rest, wrinkles with motion, hollowed undereye areas, deflated cheeks and thin lips).

When: Wednesday, May 2 / 7 – 8:30 pm

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

RSVP: 800-516-5323

FEATURED EVENT

**CLOSER TO A CURE:
SOMEDAY IS TODAY**

UCLA Health and the Leukemia & Lymphoma Society invite you to hear from UCLA Health physicians and researchers on the front line of recent FDA-approved CAR T-cell therapy and follow the journey of a patient with renewed hope from this medical breakthrough. Light appetizers will be served. Garden reception will precede presentation.

When: April 10 / 5:30 – 7:30 pm

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

RSVP: clostocures.org

PULMONARY HEALTH

**Breathe Easier with the
Medical Experts at UCLA Health**

Boris Arbit, MD, UCLA cardiologist, and Stella Cohen, MD, UCLA pulmonary and critical care medicine specialist, will provide insight into the diagnosis and latest treatments for pulmonary health. Reservations required.

When: Tuesday, Apr 17 / 10:30 am – Noon

Where: Founders Hall, 100 Civic Ctr Way, Calabasas

RSVP: 818-224-1777 or apm.activecommunities.com/cityofcalabasarec

Coughs Update

Gerard Frank, MD, UCLA pulmonologist, will discuss serious and chronic cough problems and treatment options.

When: Thursday, May 24 / 1 – 2:30 pm

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

RSVP: 800-516-5323

TREMORS

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.

When: Saturday, May 12 / 9 am – Noon (9 am registration, 9:30 am – Noon lectures and Q&A)

Where: Bakersfield Memorial Hospital Founders Hall, 420 34th St, Bakersfield

RSVP: 310-571-5741 or ucla.tremor@gmail.com

VARICOSE VEINS

**Varicose Veins, Varicocele and
Pelvic Venous Congestion**

Cheryl Hoffman, MD, UCLA interventional radiologist, will discuss minimally invasive procedures to treat abnormal leg veins, scrotal veins and pelvic veins.

When: Tuesday, Apr 24 / 7 – 8:30 pm

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

RSVP: 800-516-5323

VOLUNTEER SERVICES

Volunteer Open House

Meet current volunteers and learn about UCLA Health volunteer opportunities. Valet parking and refreshments will be provided.

When: Friday, May 11 / 10 – 11 am

Where: Ronald Reagan UCLA Medical Ctr, 757 Westwood Bl, Tamkin Auditorium, Rm B120

RSVP: 310-267-8182 or smolina@mednet.ucla.edu

WELLNESS

The Healing Power of Sound

Helen Lavretsky, MD, MS, UCLA geriatric psychiatrist, will discuss the health effects of sound and music therapy in a two-day lecture workshop. A multidisciplinary group of music therapists, sound healers, clinicians, and other invited scientists from UCLA and USC will provide lectures and experiential workshops. Everyone is welcome to attend. Discounts are available for trainees and paraprofessionals. CMEs and CEUs will be provided. Continental breakfast and light beverages will be served throughout the day.

When: April 7 & 8 / 8 am – 5 pm

Where: UCLA Semel Institute in the C-Floor Auditorium, Rm C8-183

Cost: \$50 per day or \$100 for 2 days; 50% discount for trainees and paraprofessionals

Info & RSVP: www2.semel.ucla.edu/integrative-mentalhealth, latelifewellness@mednet.ucla.edu or 310-825-1333

A Good Night's Sleep

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

When: Tuesday, May 8 / 3:30 – 5 pm

Where: Belmont Village, 10475 Wilshire Bl

RSVP: 800-516-5323

WELLNESS (CONTINUED)

Managing Stress

Mufaddal Dahodwala, MD, MS, UCLA internist, will discuss how stress affects the body and how to use nonpharmacologic and medical ways to help manage stress.

When: Friday, May 11 / 11:30 am – 1 pm

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

RSVP: 800-516-5323

Use of Common Supplements

Roseann Chu, MD, UCLA family medicine physician, will explore the use of common supplements, including vitamins, cranberry extract and tumeric, to prevent disease and promote healing. She will also discuss important side effects.

When: Monday, Jun 11 / 10 – 11:30 am

Where: Annex at Westchester Family YMCA, 8020 Alverstone Av

RSVP: 800-516-5323

Brain Boot Camp (Ongoing)

This intensive course teaches healthy lifestyle tips to enhance memory ability for people with age-related memory concerns.

Where: UCLA Longevity Ctr, 10945 Le Conte Av, Ste 3119

Info: 310-794-6314 or mmoreno@mednet.ucla.edu

Cost: \$300



RESEARCH AND TRIALS UCLA conducts research on a wide range of medical disorders. Go online to learn more information about opportunities to participate in research and clinical trials: uclahealth.org/clinical-trials

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 other special events. Call 800-516-5323 or go to uclahealth.org/50plus to sign up.

UCLA Health 50 Plus is launching an e-newsletter that will include information on health topics, a doctor-written column on specific health issues, a calendar highlighting upcoming community events and more.

It begins with U: What topics would you like to see in the newsletter? To provide suggestions or subscribe, email fiftyplus@mednet.ucla.edu

5+ Memory Training Course (Quarterly)

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. Call for next session dates

Where: Locations vary

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

5+ 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 / 10 – 11 am

Where: St. Monica Catholic Church, 725 California Av

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

Cost: \$40 per month (unlimited participation)

5+ Walk With a Doc

Join UCLA Health physicians for a healthy stroll.

Topanga

When: The first Saturday of each month / 7:30 – 8:30 am

Where: The Village at Westfield Topanga, 6344 Topanga Canyon Bl, Ste 2040

Westlake Village

When: The third Saturday of each month / 7:30 – 8:30 am

Where: Triunfo Community Park, 950 Aranmoor Av, Westlake Village. Meet by the kids' play structure.

Century City

When: The third Thursday of each month / 7:30 – 8:30 am

Where: UCLA Health, Westfield Century City, 10250 Santa Monica Bl, St 2440

Info: uclahealth.org/walkwithadoc

5+ 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 A classes begin June 25 / application deadline: April 30. Summer session C classes begin Aug 6 / application deadline: July 6

Where: Locations vary by UCLA campus

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

Cost: \$150 per course

5+ Brain Booster

Brain Booster will provide information on healthy aging research and exercises to enhance overall cognitive function. Limited seating available. Sessions are 90 minutes.

Where: UCLA campus

Info & Cost: Sherrie Goldfarb at 310-794-0680 or sgoldfarb@mednet.ucla.edu

5+ 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, Apr 17 / 2 – 3:30 pm

Where: Belmont Village, 10475 Wilshire Bl

RSVP: 800-516-5323

5+ Healthy Eating

Aimee Ostick, MD, UCLA family medicine physician, will discuss how balance and consistency are key to a healthy diet.

When: Wednesday, Apr 18 / 11:30 am to 12:30 pm

Where: Malibu Senior Ctr, 23825 Stuart Ranch Rd

RSVP: 800-516-5323

5+ Heart Disease Prevention (in Farsi)

Ramin Assadi, MD, FACC, UCLA cardiologist, will discuss how to prevent cardiovascular disease and the latest advanced treatments.

When: Thursday, Apr 26 / 10:30 am – Noon

Where: ONEgeneration, 18255 Victory Bl, Reseda

RSVP: 800-516-5323

5+ FEATURED EVENT

TECH FAIR FOR OLDER ADULTS

This free event includes one-on-one coaching (bring your own device) for individual help, tips and tricks for iPhones and Androids, computer workshops and interactive tech exhibitors.

When: Saturday, Apr 28 / 11 am to 3 pm

Where: Santa Monica Public Library, 601 Santa Monica Bl

Info: 800-516-5323

5+ Hip and Knee Replacement Update

Erik Zeegen, MD, UCLA orthopaedic surgeon, will discuss treatment of hip and knee arthritis and the latest advances in hip and knee replacement surgery.

When: Thursday, May 3 / 7 – 8:30 pm

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

RSVP: 800-516-5323

5+ Exercise Recommendations for Adults

Philip Cohen, MD, UCLA internist and sports medicine physician, will review exercise recommendations, discuss the health benefits of exercise, and ways to adapt these recommendations to fit your lifestyle and address specific needs. Q&A to follow.

When: Saturday, May 19 / 9:30 am – Noon

Where: ONEgeneration, 18255 Victory Bl, Reseda

Info: 800-516-5323

5+ 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: Wednesday, Jun 20 / 6:30 – 8 pm

Where: UCLA Medical Ctr, Santa Monica, 1250 16th St, Conference Rm 3

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 information, visit: uclahealth.org/uclamdchat

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Vital Signs

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