

Vital Signs

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Patients Encouraged to Talk About Depression with Primary-Care Doctor

An estimated 10-to-15 percent of patients who visit their primary-care physician have a need for mental-health services, but many do not receive them. This is a particular concern given that nearly 15-million American adults suffer from depression in a given year.

“There is still a stigma, where some patients don’t feel like their depression is a ‘real’ illness,” says Dustin DeYoung, MD, a family-practice physician and psychiatrist with UCLA Behavioral Health Associates. “They might not realize that there are treatment options that can help them,

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Vote to Help Your Community

The public can vote in the “Helping U Help Your Community” contest to select four projects that aim to transform health in the Los Angeles region. Each winning project will receive \$20,000 in start-up funding to support its efforts. This online competition promotes projects that address the most critical health needs of Los Angeles residents in innovative and effective ways and showcases UCLA faculty and community partners who identify creative solutions to some of the most challenging barriers to good health.



To learn more about the projects and to cast your vote, go to: uclahealth.ideascale.com

Medical Practices Accredited as Patient-Centered Medical Homes



Twenty UCLA Health primary-care practices — 19 adult and one pediatric — have been recognized as a Patient Centered Medical Home by URAC, an independent nonprofit organization that promotes healthcare quality. UCLA Health is the only healthcare institution in the western United States, and one of only two in the country, to receive this accreditation. The URAC accreditation confirms that UCLA actively practices and promotes team-based, comprehensive, accessible and safe patient care and demonstrates the most advanced approach to primary-care delivery while establishing strong and trusting relationships among patients, providers and staff to achieve results that best meet the needs of patients.

Health Tips for Parents

Receive monthly, easy-to-read *Health Tips for Parents*, offered by the pediatricians at Mattel Children's Hospital UCLA. *Health Tips for Parents* tackles important issues for parents on a variety of mental and physical health-related topics and offers tips on how to keep children healthy.



To learn more about *Health Tips for Parents* and to sign up for monthly emails, go to: uclahealth.org/healthtips

How can I help my child live a heart-healthy life?

Most children are born with healthy hearts. By making small lifestyle choices to encourage healthier eating and daily physical activity, you can help your children maintain healthy hearts throughout their lives.

Physical activity improves mental and physical health. Children (ages 2+) should participate in at least 60 minutes (or two 30-minute periods or four 15-minute periods) of physical activity every day to improve cardiovascular fitness. Children with inactive lifestyles who spend too much time in front of a screen have an increased risk of heart disease.



Eating nutrient-rich foods and maintaining a healthy weight play an important role in heart health.

Low-calorie nutrient-rich foods with a variety of minerals, proteins, whole grains and other healthy nutrients will

The American Heart Association recommends:

- Be physically active, at least 60 minutes every day
- Eat a heart-healthy diet
- Maintain a healthy weight
- Maintain normal blood pressure

New Center Dedicated to Diabetes Care

More than 29-million Americans have some form of diabetes. Every year, that number continues to rise. To help meet the needs of this growing patient population, UCLA Health opened a new center solely dedicated to the care of patients with diabetes.

“This is the first UCLA Health office focused exclusively on diabetes treatment and disease management,” says Matthew Freeby, MD, an endocrinologist at the center and director of diabetes clinical programs at UCLA Health.

Diabetes increases the risk for health complications such as heart disease, stroke, kidney failure, blindness and poor circulation that can lead to limb amputations. “Research shows that a comprehensive team-based care approach improves health outcomes for people with diabetes,” Dr. Freeby says. “Our team works collaboratively with other UCLA physicians and allied health professionals from other specialties to address and treat all diabetes-related health issues.”

Specialists at the UCLA Diabetes Center in Santa Monica provide care for adults of all ages and with all types of diabetes — type 1, type 2, gestational (pregnancy-



Matthew Freeby, MD

related) diabetes and other less-common forms, such as diabetes after the pancreas is removed or maturity-onset diabetes of the young (MODY). MODY results from a single gene mutation and often is mistaken for type 1 or type 2 diabetes.

The center boasts a highly skilled team of diabetes experts, including endocrinologists, certified diabetes educators and registered dietitian nutritionists. In addition to Dr. Freeby, other UCLA Health endocrinologists on staff include Susan Davis, MD; Vikram Kamdar, MD; Janet Winikoff, MD; and David Ahn, MD. Certified diabetes educator and nurse practitioner Evelyne Fleury-Milfort, who is board certified in advanced diabetes management, oversees the center’s diabetes-education team.

The education team hosts an all-day workshop twice a month for all patients with type 2 diabetes. “We focus on everything a person needs to know about living with diabetes, from healthy eating and exercise to glucose monitoring and medication options,” says Mary Rose Deraco, RN, a certified diabetes educator at the center. Moms-to-be who have gestational diabetes can attend weekly educational sessions led by the center’s registered dietitian nutritionist, Shiri Morgan. One-on-one sessions with members of the diabetes education team also are available.

Because people living with diabetes are at risk for certain eye diseases, the center will partner with UCLA Stein Eye to provide retinal imaging. “UCLA ophthalmologists read the scans that we take here,” Dr. Davis says. “At this center, we can screen for a multitude of diabetes-related complications so that patients receive care at one convenient location.”



UCLA Diabetes Center in Santa Monica

1245 16th Street, Suite 307
 Santa Monica, CA 90404
 Phone: (310) 899-7633
 Monday – Friday, 8 am – 5 pm

For more information
uclahealth.org/endocrinology
 1-800-UCLA-MD1 (1-800-825-2631)

Protecting Pregnant Women from Zika Virus

Public-health officials are advising pregnant women and those planning a pregnancy to learn about the Zika virus, which is transmitted primarily through mosquito bites, and take precautions to protect themselves and their unborn babies from the disease. The virus raised alarm earlier this year when health officials in Brazil identified a cluster of neurological birth defects in newborns whose mothers contracted Zika virus during pregnancy.

The virus is linked to cases of microcephaly, in which a baby's head is smaller than expected and the brain may not develop properly. "Unfortunately, we don't yet understand the frequency or full scope of harm to the unborn baby," says Lydia Lee, MD, PhD, a maternal-fetal medicine specialist. "Scientists in the United States and abroad are intensifying investigations to address the mysteries of the Zika infection, and recommendations are being updated almost daily."

Zika virus has spread throughout Latin America and the Caribbean. Experts have warned that Zika virus will continue to spread, and mosquito-borne illness may reach the United States. However, the biggest risk to U.S. women at the moment appears to be travel to highly affected areas, such as Brazil, says Zachary A. Rubin, MD, medical director of UCLA Clinical Epidemiology and Infection Prevention.

There is no vaccine or medication that can prevent Zika virus infection. The Centers for Disease Control and Prevention (CDC) recommends that pregnant women consider postponing travel to areas where the virus is

easily transmitted. Women of child-bearing age who must travel should "strictly follow steps to avoid mosquito bites," CDC officials say.

"There are still a lot of things we don't know about Zika," Dr. Rubin says. "But, right now, it's prudent to follow the CDC's recommendations and protect oneself from mosquitoes."

The type of mosquito that spreads Zika virus is active both indoors and outside, mostly during the daytime. Women of child-bearing age traveling to affected areas should wear long-sleeved shirts and long pants, use permethrin-treated clothing and gear and stay in screened-in or air-conditioned rooms. Insect repellents containing DEET, picaridin and IR3535 are safe for pregnant women, according to the CDC.

Nonpregnant women of reproductive age also should avoid mosquito bites while traveling to affected areas. "If they are traveling for extended periods of time, or if they are sexually active, then they should be careful and take precautions to avoid getting pregnant until more is known about the risks of Zika virus," Dr. Rubin says. Adds Dr. Lee, "Pregnant women concerned about exposure to the Zika virus should talk to a healthcare provider to assess the need for blood tests and detailed fetal ultrasounds."

Only a few cases of Zika infection have been reported in the United States, mostly in people who traveled to impacted areas and some from sexual contact with an infected person who had returned from South America. For the most part, people here need not be concerned

about the virus or about getting a mosquito bite, Dr. Rubin says, because the complications largely seem to be limited to pregnancy. Other mosquito-borne infectious diseases, such as malaria and dengue fever, are also a threat to parts of the United States, and are much more serious.

"We do have mosquitoes that can potentially transmit Zika virus, but I don't think people need to be concerned about it here," Dr. Rubin says. "Zika virus is a fairly mild illness compared to malaria, tuberculosis or dengue fever; those are infections that cause millions of deaths a year."

U.S. public-health officials are familiar with mosquito-borne disease threats and are prepared to deal with them. "We've had small dengue fever outbreaks in South Florida and Texas in the past. But those outbreaks were kept fairly isolated," Dr. Rubin says. Because the disease associated with Zika virus is mild in the vast majority of people, and the association with microcephaly is not yet well understood, many specialists in infectious diseases are cautious but generally less concerned than they are with some other potential infectious threats, such as influenza, tuberculosis and malaria, he says.

In men and nonreproductive-age women, the Zika virus is fairly harmless. About one-in-five people infected become ill with mild symptoms that include fever, rash, joint pain and conjunctivitis (red eyes). A more severe neurologic complication of infection called Guillain-Barre syndrome is possible, but very rare, Dr. Rubin says. Symptoms typically last about one week.

What is Zika?

Zika is a virus transmitted by the Aedes mosquito, which also transmits dengue and chikungunya.

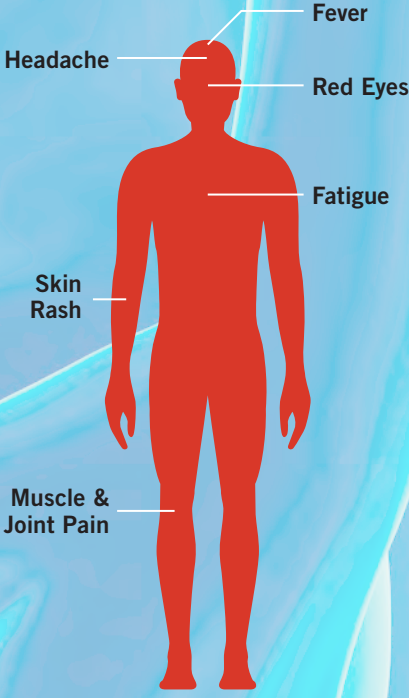


1-in-5 people infected with Zika will get sick.



A very **small number** of people can develop complications after becoming ill with the virus.

Symptoms Include





Many Options Available to Treat Female Bladder Problems

While as many as half of all women at some point in their lives experience what is known as pelvic-floor dysfunction, they often keep the problem hidden, even from their doctor.



“Many women are embarrassed to talk about bladder problems,” says Erin Mellano, MD, a UCLA urogynecologist in the South Bay. “But they should understand that this is a very common problem, with a variety of treatment options that can dramatically improve their quality of life.”

Pelvic-floor dysfunction can include such issues as diminished bladder or bowel control, as well as pelvic-organ prolapse — the descending of the bladder, uterus, vagina, small bowel or rectum as a result of weakening pelvic muscles. The most common symptoms relate to bladder control. This can include stress incontinence — the involuntary leakage of urine as a result of increased abdominal pressure (such as from coughing or sneezing) — or overactive bladder, defined as either the need to urinate frequently or the inability to hold urine long enough to reach the bathroom. Dr. Mellano notes that approximately one-in-four young women, at least half of postmenopausal middle-aged women and up to 75 percent of older women suffer from one of these symptoms.

“These challenges are common to many, many women but, once they are accurately diagnosed by a physician with specialty training in pelvic medicine and reconstructive surgery, they can successfully be treated with well-tolerated therapies tailored to the individual’s needs,” says Z. Chad Baxter, MD, a UCLA urologist in Santa Monica.

The urinary and bowel symptoms resulting from pelvic-organ prolapse can have similar quality-of-life impacts. Pelvic-organ prolapse is believed to affect 30 percent of women — with the most common risk factors being pregnancy, age and menopause. Women often believe that surgery or medications are their only treatment options. “That’s unfortunate because most pelvic-floor disorders are easily treatable, often without surgery,” says Christopher Tarnay, MD, chief of the Division of Female Pelvic Medicine and Reconstructive Surgery.

The doctors explain that there are many effective treatments for pelvic-floor dysfunction that don’t involve surgery.

Continued from cover

Patients Encouraged to Talk About Depression with Primary-Care Doctor

These strategies vary depending on the specific complaint. For women bothered by overactive bladder or urinary incontinence associated with urgency, treatments include lifestyle modifications, fluid management and even pelvic-floor-muscle exercises with specialized physical therapy. Medical management traditionally has relied on oral medications to relax the bladder. The demand for medications with fewer side effects to treat overactive bladder has led to new types of oral medication, and even Botox has been approved to help relax the bladder muscle. In addition, percutaneous posterior tibial nerve stimulation, a procedure similar to acupuncture, offers an alternative approach to treat overactive bladder symptoms. For patients with symptoms that do not respond to treatment, sacral nerve modulation allows for placement of a permanent implant to regulate bladder symptoms.

For women suffering from stress urinary incontinence, mainstays of nonsurgical treatment include pelvic-floor-muscle strengthening. A new urethra-support product similar to a tampon recently was approved to prevent stress urinary incontinence. “For women who do not respond to conservative treatment, there are excellent minimally invasive surgical treatments that can be done as outpatient surgery,” Dr. Tarnay says. “Procedures such as slings and urethral bulking can be done with same-day surgery that requires minimal recovery, and they are very effective and have an excellent safety record.”

For women suffering from prolapse, a nonsurgical management includes intravaginal support devices with a pessary. When a pessary does not work, there are durable surgical options.

“These pelvic-floor disorders are a major quality-of-life problem that keeps many women from traveling, working in certain occupations, exercising or going out socially,” Dr. Mellano says. “With all of the effective treatments now available, women who are experiencing these problems should not hesitate to seek care.”

and they might not feel comfortable discussing mental-health concerns — or they assume their doctor isn’t interested in those issues.”

But Dr. DeYoung points out that the burden doesn’t fall only on patients. Too often, he says, primary-care doctors don’t have the time to ask patients about their mental health, or they don’t know where to refer if they do ask. And given concerns about insurance and navigating the healthcare system, many patients suffering from depression have put off seeking a mental-health professional on their own, he adds.

“Depression is a very common and disabling problem that, for a variety of reasons, is often untreated,” Dr. DeYoung says. “Given that patients see their primary-care doctor more than any other health provider, it is very important for the patient and doctor to discuss these concerns, because there are many effective treatments available.”

UCLA has taken steps to improve patients’ access to behavioral-health services by embedding board-certified psychiatrists, licensed marriage and family therapists and licensed clinical social workers in primary-care offices. In addition, UCLA primary-care doctors are being encouraged to routinely screen their patients to ensure that mental-health concerns are not missed. “We want to help patients understand that they can feel comfortable going to their doctor if they are depressed,” says Lawrence Dardick, MD, a UCLA family-practice doctor in Santa Monica. “And as primary-care physicians, we are aware that even when patients aren’t bringing it up, depression is often either a cause or a significant contributor to the problem that brought them in.

“A minority of depressed patients directly state they are here because they are depressed,” he says. “Much more likely is that they will bring up other complaints, and then as you talk to them, it becomes clear they are depressed.” To assist in identifying those who are at risk, all primary-care patients ages 12 and older are annually asked to complete a simple health questionnaire.

“As a nation, people are not as aware as they should be about the signs of depression, whether it’s for themselves or for friends and family members,” Dr. Dardick says. “Our hope is that beyond what we do in our office, we can promote a better understanding so that those who have symptoms of depression will seek help sooner rather than later.”

Symptoms often associated with depression include:

- Chronic abdominal pain
- Chronic back pain
- Joint pain
- Neck pain
- Unexplained change in weight or appetite
- Constipation
- Fatigue
- Weakness
- Headaches
- Insomnia
- Hypersomnia (sleeping much more than usual)

Can Increasing Mental and Physical Activity Help to Stave Off Cognitive Decline?

The UCLA Alzheimer's Prevention Project is seeking to determine whether or not a 12-week program of stress reduction coupled with increasing mental and physical activity and dietary guidance can improve cognitive abilities. The study builds on previous research indicating that modifiable risk factors for Alzheimer's disease such as diabetes, obesity and physical inactivity are present in a large proportion of cases, along with evidence suggesting that consistently engaging in brain-healthy strategies could delay dementia symptoms. A research team led by Gary Small, MD, director of the UCLA Longevity Center, designed such a program for at-risk individuals between the ages of 60 and 78. A total of 200 participants will be recruited for a study of the program.

What is significant about this study?

For many years, I've researched, written and spoken about what we can do to keep our brains healthy, and now there is mounting scientific evidence that certain behaviors may actually stave off the symptoms of Alzheimer's disease. They might not cure it, but the evidence suggests that it is possible to forestall symptoms. And if we can do that, it can make a significant impact on public health.

We know about the physical benefits of healthy diet and exercise, but is the idea here to see if they also improve brain health?

When I see patients who are at risk, I always ask them, are you exercising? Are you eating right? Often the response is to ask if we have



Gary Small, MD



a pill. So the question is how do we motivate people to change their behavior? We've developed a curriculum that is not expensive and can extend beyond the study. It involves exercise for older adults that includes balance training and aerobic conditioning, our memory-training class and a combination of nutrition education, stress management and group support. We'd like to first see if we can improve cognition in the initial 12-week period. But what really excites me about this project is what happens beyond that period. We anticipate that if the volunteers who are at risk for Alzheimer's disease continue these kinds of lifestyle strategies, they will be able to stave off symptoms.

Ultimately, would the goal be to follow up with the same people over many years?

Yes, and we also are interested in seeing if this brain-health program has an effect on their utilization of health services. We believe this will be a cost-effective intervention. An economist and I did a study in which we reported that healthcare costs rise substantially as Alzheimer's dementia progresses. We anticipate the same occurs if you compare the progress of mild

cognitive impairment, which is the prelude to Alzheimer's dementia, to mild dementia. If we can show the cost-effectiveness of this program, other health systems will be interested, and we can export these strategies to encourage people to engage in healthy behaviors.

What do we know about the relationship between showing improved cognition on, for example, a memory test, and forestalling Alzheimer's disease?

It's going to take longer than 12 weeks to know whether or not there is any effect on delaying onset of dementia symptoms. As far as improving cognition, the program that we're introducing does two things. It helps to strengthen brain-cell health — which one would anticipate would forestall Alzheimer's disease — through physical exercise and nutrition. The memory-training component will help improve cognitive abilities and provide mental stimulation, which is associated with a lower risk for Alzheimer's disease, although the evidence there is not quite as strong as it is for physical exercise. Our memory training is designed to compensate for age-related decline. Other

research has shown that people with mild cognitive impairment function better during that pre-dementia period if they are using similar techniques that compensate for cognitive decline.

You alluded to the importance of a study like this from the standpoint of public health. With the aging population, is this a growing concern?

It's a huge concern. Currently, we have 5.3-million cases of Alzheimer's disease in the U.S., and that's expected to triple by 2050. We know that the annual cost of dementia care is in the hundreds of billions of dollars — including the direct costs of medication and medical evaluation, as well as the indirect costs due to caregivers unable to pursue their livelihoods and other burdens of informal caregiving. We don't have a disease-modifying treatment, but we do have compelling evidence now about the brain benefits of a healthier lifestyle. If we can find a simple way to get this integrated into our UCLA Health system, and then export it to other health systems, we could have a meaningful impact.

Specialized Center Offers Best Hope for Patients with Intractable Epilepsy

For patients with epilepsy whose seizures cannot be controlled with medication, a specialized center that offers multiple options can be the best hope for treatment. Leading epilepsy centers such as UCLA's now offer multiple treatment options that include nonsurgical approaches as well as traditional surgery and newer minimally invasive procedures.

"People with uncontrolled seizures have a five-to-10 times greater risk of dying than the general population, as well as a higher incidence of depression and suicide," says Jerome Engel, Jr., MD, PhD, director of the UCLA Seizure Disorder Center. "It is a serious condition that doesn't get as much attention as it should, and only a small percentage of people are referred to appropriate centers that can help them."

A primary reason many patients aren't referred, Dr. Engel says, is the misconception that epilepsy centers only perform surgery. He says that many physicians assume that their patient won't want surgery or isn't a candidate. In fact, a complete evaluation by

a multidisciplinary team of experts using state-of-the-art technology often leads to other conclusions.

In about one-third of the cases seen at the center, the patient is found not to have epilepsy at all, pointing to a different type of treatment that can be successful. In some cases, the wrong medication was prescribed for the type of epilepsy the patient has, and another one can be tried. Still other patients are candidates for experimental drug trials conducted at epilepsy centers.

When surgery is an appropriate option, the UCLA Seizure Disorder Center is able to stop the disabling seizures in a high percentage of cases with minimal or no side effects. If the intervention is performed early enough, it can allow patients to lead normal lives, Dr. Engel notes. He explains that because of the significant advances that have been made in surgical approaches in recent years, many more patients are candidates for surgery than in the past.

Beyond the traditional epilepsy surgery, two new approaches are both expanding the number of candidates and providing less-invasive options for patients who qualify. In responsive neurostimulation, a device analogous to a heart defibrillator is implanted into the brain area where the seizures originate. While it doesn't completely eliminate the seizures in most patients, it greatly reduces their frequency. "This device is able to detect the changes that occur when a seizure is about to begin and trigger electrical pulses that can stop the seizure from occurring," explains Dawn Eliashiv, MD, co-director of the UCLA Seizure Disorder Center. "It allows us to successfully treat patients who have seizures coming from both sides of their brain, or patients who have seizures that are close to critical areas of motor and language that we would not want to surgically remove."

For patients in whom the area of the brain generating the seizures is small but difficult to reach through traditional surgery, laser thermal ablation is a new minimally invasive technique. "If we don't need to remove the tissue, we can eliminate the electrical abnormality simply by heating it to the point that it's no longer capable of producing the seizures," says John Stern, MD, co-director of the UCLA Seizure Disorder Center. "In addition to being less invasive, this has allowed patients to benefit from surgery who never would have been candidates in the past."



To view a video about epilepsy treatment, go to: uclahealth.org/epilepsy-treatment

ACL Injuries on the Rise, but Proper Follow-Up After Repair Can Help Prevent Recurrence

Teens who participate in sports involving jumping and sudden changes in direction — including football, basketball, soccer and gymnastics — are most vulnerable.

Each year in the United States, approximately 200,000 operations are done to repair a torn anterior cruciate ligament (ACL), the main ligament in the knee, and that number has been on the rise. “We have seen an increase in ACL tears in the adolescent years,” says Ronald Tsao, MD, a sports-medicine physician. “This can possibly be attributed to their skeletal immaturity, decreased strength when compared to adult athletes, overall lower skill level in their sport and the fact that they are starting to participate in competitive athletics, which in and of itself is a risk factor for getting ACL tears.”

Teens who participate in sports involving jumping and sudden changes in direction — including football, basketball, soccer and gymnastics — are most vulnerable, Dr. Tsao says. Girls are at least twice as likely as boys to sustain an ACL tear, with some estimates placing their relative risk even higher.

At UCLA, after adolescent athletes undergo ACL reconstruction surgery, they are offered extensive evaluations during the recovery period, both to determine when they are ready to return to their sport and to ensure that they do not place themselves at undue risk,

explains Richard Bowen, MD, a pediatric orthopaedic surgeon with special training in sports injuries. Physical therapists work with the patients to test how they jump, their balance and their leg strength. “For example, if the testing shows that the injured leg is weaker, we delay their return to the sport,” says Dr. Bowen, who notes that athletes who have torn their ACL once have a much higher risk of a recurrence.

Dr. Bowen explains that efforts to prevent ACL injury focus on ensuring equal strength in the quadriceps and hamstring muscles (the front and back of the thigh), maintaining proper technique when landing after a jump and practicing one-legged balance. Athletes are also cautioned about the risk of playing when they are particularly fatigued. “When kids get to that point, they tend to put their knees in more dangerous positions,” he notes. The growing number of children who play the same sport year-round, without significant breaks to give the body time to recover, may also be contributing to the increase in ACL tears, Dr. Bowen says.

One reason girls may be more susceptible has to do with different biomechanics. “Most ACL injuries occur when the knee drops inward into the ‘knock-knee’ position with the thigh internally rotated, the knee in or near full extension and the foot planted,” explains Dr. Tsao. “Research has shown that females are more likely to get into this vulnerable position when they jump or land.”

A person with weak hip muscles could be at greater risk for an ACL injury, since those muscles help to prevent the knee from dipping inward into the “knock-knee” position, Dr. Tsao says. Weak hamstrings

can also be a red flag, given that those muscles can act as a secondary ACL stabilizer. He notes that individual or team ACL-injury-prevention programs should include core, hip and thigh strengthening; agility training; and training in sport-specific skills designed to build up strength, stamina and balance to protect the knee, as well as focusing on biomechanics and neuromuscular training to ensure proper technique in jumping, landing and cutting to change direction.

“No one wants to have to go through the surgery and long recovery period associated with an ACL tear,” says Dr. Bowen. “An appropriate evaluation and following simple prevention strategies can go a long way toward reducing the risk.”



To view a video about ACL injuries, go to:
uclahealth.org/aclinjury

Community Health Programs

APRIL, MAY, JUNE 2016 COMMUNITY HEALTH PROGRAMS

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

AGING

21st Annual UCLA Research Conference on Aging

The conference will highlight UCLA's diverse research efforts to enhance and extend productive and healthy lifestyles for older adults. The event serves as a networking opportunity to connect with others interested in aging research and will feature presentations ranging from basic biology to public policy.

When: May 10 / 8 am – Noon

Where: Ackerman Grand Ballroom, 308 Westwood Plaza

Info: geronet.ucla.edu/rcoa

Aging Eyelids

Mehryar Taban, MD, UCLA oculofacial plastic surgeon, will discuss various eyelid conditions related to aging.

When: Tuesday, May 17 / 7 – 8:30 pm

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

RSVP: (800) 516-5323

BRAIN ANEURYSM

Brain Aneurysm Support Group

This support group provides information on diagnosis, research, treatment options and recovery for patients diagnosed with an unruptured brain aneurysm, those who survived a ruptured aneurysm and patient caregivers.

When: 3rd Saturday, every other month starting May 21 / 9:30 – 10:30 am

Where: Ronald Reagan UCLA Medical Ctr, 6th Fl, Conference Rm 6236

Info: mrdemer@mednet.ucla.edu

DID YOU MISS A LECTURE YOU WANTED TO ATTEND?

You can find videos of some of our past lectures and learn about hyperbaric medicine, urinary incontinence, mindful awareness or sleep disorders.

Info: uclahealth.org/programvideos

CANCER

Ovarian and Gynecologic Cancers

Joshua Cohen, MD, UCLA OB/GYN and Gottfried E. Konecny, MD, UCLA OB/GYN, will discuss ovarian, uterine, cervical and vulvar cancers and treatment options, with an emphasis on recent advances.

When: Tuesday, April 12 / 7 – 9 pm

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

Info: (310) 794-6644

Prostate Cancer Update

David Khan, MD, UCLA radiation oncologist, will discuss the latest radiation therapies for treating prostate cancer.

When: Tuesday, May 3 / 6:30 – 8 pm

Where: Torrance-South Bay Family YMCA, 2900 W. Sepulveda Bl, Torrance

RSVP: (800) 516-5323

Physical Therapy After Cancer

Frances Ente, DPT, CLT, and Termeh Toufanian, OPT, CLT, will discuss a variety of treatment options and how an individualized physical therapy program will help you recover after cancer treatment.

When: Tuesday, May 10 / 7 – 9 pm

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

Info: (310) 794-6644

Skin Cancer Update

Afshin Safa, MD, UCLA radiation oncologist, will discuss prevention, risk factors and treatment options for different types of skin cancer.

When: Wednesday, June 1 / 2 – 3:30 pm

Where: Atria Tarzana, 5235 Etiwanda Av, Tarzana

RSVP: (800) 516-5323

Cancer: Restraining the Beads of Life

Michael Eselun, BCC, certified interfaith chaplain, will discuss how a cancer diagnosis leads some patients to re-examine their life stories as they seek to understand the role cancer plays in their lives.

When: Tuesday, June 14 / 7 – 9 pm

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

Info: (310) 794-6644

CORONARY ARTERY DISEASE

Coronary Artery Disease

Olca Aksoy, MD, UCLA interventional cardiologist, will discuss coronary artery disease prevention, myths and treatment options.

When: Thursday, April 28 / 5 – 6 pm

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

RSVP: (800) 516-5323

COUGHS

Coughs

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

When: Thursday, June 9 / 2 – 3:30 pm

Where: OASIS, 10730 W. Pico Bl, Macy's 3rd Fl

RSVP: (800) 516-5323

DIABETES

Living with Type 2 Diabetes (ONGOING)

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

Where: Santa Monica, Torrance and Porter Ranch

Info: (310) 794-1299 or

diabeteseducation@mednet.ucla.edu

UCLA Insulin Connection (IConnect) Support Groups

Join a support group for people with diabetes who use insulin through multiple daily injections or insulin pumps. Learn and be supported in a fun and relaxed atmosphere.

When/Where: 2nd Tuesday every other month in Westwood / 2nd Thursday every other month in Thousand Oaks

Info: (310) 794-1299 or

diabeteseducation@mednet.ucla.edu

Events in gold are offered near our UCLA community offices.

Circle of Caring Renewal Program

This advanced-level workshop for healthcare professionals teaches skills in renewal, stress management and burnout prevention.

When: April 15-17

Where: UCLA Lake Arrowhead Conference Center, 850 Willow Creek Rd, Lake Arrowhead

Info: uclahealth.org/Ethics-Center/Pages/circle-of-caring.aspx

Cost: \$290 registration rates for UCLA affiliates. \$650 for non UCLA staff. Accommodation and meals included.

GLAUCOMA

Glaucoma Update

Alex Huang, MD, PhD, UCLA ophthalmologist, will discuss glaucoma prevention, diagnosis, treatment and how to optimize a doctor's visit.

When: Tuesday, May 10 / 2 – 3:30 pm

Where: The Fair Oaks, 951 S. Fair Oaks Av, Pasadena

RSVP: (800) 516-5323

HEART DISEASE

WomenHeart West Los Angeles

This peer-led support group is part of WomenHeart, a national coalition for women with heart disease. Sessions include peer support, advocacy and education.

When: Mondays, April 11, May 9 & June 13 / 7 pm

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

Info: (310) 825-0014

INTEGRATIVE MEDICINE

Integrative Medicine and Mental Health Conference

UCLA faculty and invited experts will focus on the use of integrative medicine for the treatment and prevention of physical and mental disorders. 14 CME/CEU/CEP hours of continuing education will be provided.

When: Saturday, April 30 & Sunday, May 1 / 9 am – 5 pm

Where: UCLA Carnesale Commons, 251 Charles E Young Dr West, Los Angeles

RSVP: www.semel.ucla.edu/integrativementalhealth

Info: latelifewellness@mednet.ucla.edu or (310) 794-4619

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: April 14, April 26, May 12, May 26, June 9 & June 30 / 2 – 4 pm

Where: 1821 Wilshire Bl, Ste 200, Santa Monica

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

MIDWIFE SERVICES

UCLA Midwives

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

When: Tuesdays, April 5 & 19, May 3 & 17, June 7 & 21 / 1:15 – 2 pm

Where: 200 UCLA Medical Plaza, Rm 447

RSVP: (310) 794-7274

MULTIPLE SCLEROSIS (MS)

REACH to Achieve Program (ONGOING)

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

Where: Marilyn Hilton MS Achievement Center, 1000 Veteran Av, Los Angeles

Info & Application: (310) 267-4071

OBESITY

Achieving a Healthy Weight

Lillian Chen, MD, UCLA internal medicine physician, will discuss practical and effective tips to improve your diet to achieve a healthy weight.

When: Monday, June 20 / 1 – 2:30 pm

Where: Torrance-South Bay Family YMCA, 2900 W. Sepulveda Bl, Torrance

RSVP: (800) 516-5323

Minimally Invasive Treatments for Obesity

Rabindra Watson, MD, UCLA bariatric endoscopist, will discuss a new procedure that can help jump-start the weight loss process for patients who do not qualify for traditional bariatric surgery.

When: Saturday, June 25 / 10 – 11:30 am

Where: Ronald Reagan UCLA Medical Ctr, Rm B-124 A & B

RSVP: (800) 516-5323

OPIOID ADDICTION

Chronic Pain, Heroin and the U.S. Epidemic of Opioid Abuse

Keith Heinzerling, MD, UCLA addiction medicine specialist, will discuss how patients are turning to heroin after becoming addicted to prescription opioids. Available treatments and prevention in chronic pain patients will also be discussed.

When: Tuesday, May 24 / 7 – 8:30 pm

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

RSVP: (800) 516-5323

FEATURED EVENT

MINI MED SCHOOL

UCLA Health Mini Med School is a lecture series for the general public, featuring distinguished professors from the David Geffen School of Medicine at UCLA. Participants receive an introduction to basic science as it relates to innovative changes in how we confront medicine, disease, health and aging.

Monday, May 2: Spinal Disorder: From Young to the Well-Aged

Luke Macyszyn, MD, assistant professor, Neurosurgery

Monday, May 9: Biological Bases of Creativity

Robert M. Bilder, PhD, ABPP-CN, professor, Psychiatry and Biobehavioral Sciences

Monday, May 16: Unraveling the Complexities of Type 2 Diabetes Mellitus

Matthew Freeby, MD, associate director, Diabetes Clinical Programs

When: 6:30 – 8 pm

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

Info: uclahealth.org/minimedsschool

Cost: \$35

PAIN MANAGEMENT

Pain Management with Acupressure

Sallie H. Hong, LAc, UCLA Center for East-West Medicine, will discuss self-care through acupressure pain management.

When: Wednesday, June 8 / 7 – 8:30 pm

Where: Santa Monica Bay Woman's Club, 1210 4th St, Santa Monica

RSVP: (800) 516-5323

PARKINSONIAN DISORDERS

Parkinsonian Disorders Support Group

Loretta Mazorra, nurse practitioner, will facilitate this support group for families dealing with PD, PSP, CBD, or MSD.

When: 1st Friday of each month / 2 – 4 pm

Where: 300 UCLA Medical Plaza, 3rd Fl, Marisa Leif Conf Rm

Info: Dolly West at (310) 206-2154 or dwest@mednet.ucla.edu

PERIPHERAL VASCULAR DISEASE

Peripheral Vascular Disease Update

Donald Baril, MD, UCLA vascular surgeon, will review peripheral vascular disease, risk factors, signs, symptoms and treatment options.

When: Thursday, May 19 / Noon – 1:30 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (800) 516-5323

PODIATRY

Bunion and Bunion Surgery

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

When: Tuesday, April 19 / 5:45 – 6:45 pm
(date subject to change)

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

RSVP: (310) 828-0011

Heel and Ankle Pain

Gary Briskin, DPM, will discuss common causes of ankle and heel pain (plantar fasciitis, arthritis, tendonitis and tendon tears) as well as surgical and nonsurgical therapies.

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

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

RSVP: (310) 828-0011

Foot and Ankle Pain

Doctors from the Santa Monica Podiatry Group will present the latest techniques in the treatment of heel pain, nerve pain, arthritis, tendonitis, ankle injuries and peripheral neuropathies and new treatment options using Class 4 Multiwave Locked System therapy lasers.

When: Monday, June 20 / 5 – 6 pm

Where: 1260 15th St, Ste 1014, Santa Monica

RSVP: (310) 451-1618

Ankle Arthritis and Ankle Replacement

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

When: Tuesday, June 21 / 5:45 – 6:45 pm
(date subject to change)

Where: 2121 Wilshire Bl, Ste 101, Santa Monica

RSVP: (310) 828-0011

RESEARCH STUDIES

Participate in Clinical Research

Laurie Shaker-Irwin, PhD, UCLA research-subject advocate, will discuss the issues involved with taking part in clinical research studies, including risks, benefits and informed consent.

When: Friday, June 24 / Noon – 1:30 pm

Where: Cancer Support Community-Benjamin Center, 1990 S. Bundy Dr, Ste 100, Los Angeles

RSVP: (800) 516-5323

SPINE DISORDERS

Nonsurgical Treatment of Spine Disorders

Don Y. Park, MD, UCLA orthopaedic surgeon, will discuss research on the efficacy of nonsurgical treatment for spine-related issues.

When: Wednesday, May 11 / 7 – 8:30 pm

Where: Santa Monica Bay Woman's Club, 1210 4th St

RSVP: (800) 516-5323

THYROID DISEASE

Thyroid Disease Update

Angela Leung, MD, UCLA endocrinologist, will discuss diagnosis and treatments for hypothyroidism, hyperthyroidism, thyroid nodules and thyroid cancer.

When: Friday, May 6 / 10 – 11:30 am

Where: Belmont Village, 10475 Wilshire Bl, Los Angeles

RSVP: (800) 516-5323

TREMORS

Tremor: Shake the Shakes Event

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

When: Saturday, May 7 / 9 am – Noon

Where: 1250 16th St, Conf. Rm 1, Santa Monica

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

TRIGEMINAL NEURALGIA

Trigeminal Neuralgia (TN) Support Group

This group helps patients diagnosed with TN and other facial pain syndromes and their families learn about diagnosis, research and treatment options.

When: 3rd Saturday of every other month starting May 21 / 10:45 – 11:45 am

Where: Ronald Reagan UCLA Medical Ctr, 6th Fl, Conference Rm 6236

RSVP: mrdemer@mednet.ucla.edu

UROLOGY

Urinary Incontinence Update

UCLA urologist, Gladys Ng, MD, will discuss the signs, symptoms, types, diagnostics and treatments for urinary incontinence.

When: Wednesday, June 29 / 2- 3:30 pm

Where: Atria Tarzana, 5235 Etiwanda Av, Tarzana

RSVP: (800) 516-5323

VOLUNTEER

Volunteer at UCLA Health

UCLA Health Volunteer Services will be hosting an open house. Please join us for light refreshments as we present our latest opportunities for our volunteers. Parking will be provided.

When: Friday, April 22 / 10 – 11:30 am

Where: Ronald Reagan UCLA Medical Ctr, Rm 3102

RSVP: (310) 267-8182

WEIGHT MANAGEMENT

UCLA Healthier Weight Management Program

This 8-week program will discuss the effects of protein, fat and carbohydrates on the body and how to make and maintain dietary and lifestyle changes that reduce stress.

When: Wednesdays / 6 – 7 pm

Where: UCLA Center for Human Nutrition, Warren Hall, Room 14-171, 900 Weyburn Place

Info: (310) 825-8173 or clinicalnutrition.ucla.edu

Cost: \$160 for 8-week program / \$80 when referred by UCLA physician for UCLA Medical Group HMO/POS enrollees

WELLNESS

Healthy Kids Day

Visit UCLA Health booths at the Santa Monica YMCA Healthy Kids Day. This free event is dedicated to promoting healthy choices and lifestyles for children and families.

When: Saturday, April 30 / 10 am – 1 pm

Where: Santa Monica Family YMCA, 1332 6th St

RSVP: (310) 393-2721, Ext 123

Cholesterol and Your Health

UCLA internal medicine physician Evelyn Curls, MD, will discuss the effects of high cholesterol on your health and how to decrease cholesterol in your diet through lifestyle changes and medications.

When: Thursday, May 5 / 10 – 11:30 am

Where: The Canterbury, 5801 Crestridge Rd, Rancho Palos Verdes

RSVP: (800) 516-5323

Como impacta el estrés sobre la salud mental en mi familia (in Spanish)

Xavier E. Cagigas, PhD, UCLA psychologist, will focus on mental health and how stress can contribute to the development of anxiety and depression disorders.

When: Saturday, June 18 / Noon – 1:30 pm

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

RSVP: (800) 516-5323



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/calendar

UCLA HEALTH 50 PLUS IS A PROGRAM offering educational lectures, a walking program, information on community and health resources, membership amenities, a free community flu shot clinic and special events. To sign up, call (800) 516-5323.

50+ Senior Scholars (ONGOING)

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

Where: Locations vary on UCLA campus

Cost: \$150 for one course

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

50+ Memory Training Course

Learn practical memory-enhancing techniques in a course designed for people with mild memory concerns. Not for those with dementia.

When: Quarterly; 2 hours per week for 4 weeks

Where: Locations vary

Info: (310) 794-0680 or

sgoldfarb@mednet.ucla.edu or longevity.ucla.edu

50+ Westside Walkers: Free Mall Walking Program

Walk indoors in the safety and security of Westside Pavilion. Sign in at Macy's storefront on level 2.5, on Pico Blvd between Overland Av and Westwood Bl, West Los Angeles.

When: Tuesdays and Thursdays / 8 – 10 am

Info: (800) 516-5323

50+ Fitness U

Join the UCLA Stay Active and Independent for Life (S.A.I.L.) fitness and education program led by UCLA physical therapists, designed for healthy seniors. First-time participants should arrive at 1:30 pm for a physical therapy screening.

When: Mondays and Wednesdays / 2 – 3 pm

Where: YWCA Santa Monica/Westside Auditorium, 2019 14th St

Cost: \$40 per month for unlimited participation

Info & Enrollment: (424) 259-7140

50+ Active Living

Learn what you can do to prevent and manage chronic health conditions as you age.

When: Tuesday, April 12 / 2 – 3:30 pm

Where: Westside Family YMCA, 11311 La Grange Av, West Los Angeles

RSVP: (800) 516-5323

50+ Stay Connected: Smartphone 101

Learn the basics of how to use your smartphone, and receive individual assistance on how to learn about resources that can keep you well-connected, even beyond your phone!

When: Monday, April 25 and Wednesday, April 27

Where: Santa Monica

RSVP: Call (800) 516-5323 to schedule your session

50+ Finding a Happier U

Learn how to focus on self-improvement and growth through goal setting, keeping motivated and staying passionate in life.

When: Thursday, April 28 / 10 – 11:30 am

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

RSVP: (800) 516-5323

50+ Introduction to Zumba

Zumba is a Latin-dance-inspired workout that is good for all fitness levels. It mixes low-intensity and high-intensity dance moves for an interval-style, calorie-burning fitness party!

When: Tuesday, May 3 / 12:30 – 1:30 pm

Where: YWCA Santa Monica/Westside 2019 14th St, Santa Monica

RSVP: (800) 516-5323

50+ Aging and Cancer

Learn about prevention, risk factors, diagnosis and treatments of cancers as we age.

When: Tuesday, May 10 / 2 – 3:30 pm

Where: Westside Family YMCA 11311 La Grange Av, West Los Angeles

RSVP: (800) 516-5323

50+ Understanding Medicare

Learn what Medicare does and doesn't cover and how to fill in the gaps.

When: Thursday, May 12 / 7 – 8:30 pm

Where: Annex at Westchester Family YMCA, 8020 Alverstone Av, Los Angeles

RSVP: (800) 516-5323

50+ Balance, Exercise and Lifestyle Recommendations for Optimal Aging

Matthew Konersman, DPT, UCLA physical therapist, will review current guidelines and recommendations for fall prevention and improvement of balance, strength and endurance. Habit formation and how the brain adapts to exercise and practice will also be discussed.

When: Thursday, May 26 / 2 – 3:30 pm

Where: OASIS, 10730 W Pico Bl, Macy's 3rd Fl

RSVP: (800) 516-5323

50+ End of Life Planning

Learn about advance healthcare directives, palliative care and hospice care.

When: Tuesday, June 14 / 2 – 3:30 pm

Where: Westside Family YMCA, 11311 La Grange Av, West Los Angeles

RSVP: (800) 516-5323

50+ Medication Overview: Managing the Risks

Manuel Eskildsen, MD, UCLA geriatrician, will discuss the effects that medications can have on older adults and how different medications, including over-the-counter drugs and herbal remedies, may not be safe for seniors.

When: Thursday, June 16 / Noon – 1:30 pm

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

RSVP: (800) 516-5323

50+ Pain Management Update

Simon Dardashti, MD, UCLA pain management specialist, will discuss recent advancements in pain management as well as common diagnoses and treatments for older adults.

When: Friday, June 17 / 10 – 11:30 am

Where: Sunrise of Westlake Village, 3101 Townsgate Rd, Westlake Village

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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Or contact Jason Gross, director of gift planning, (310) 267-1832 or jgross@support.ucla.edu.

UCLA Health Connect

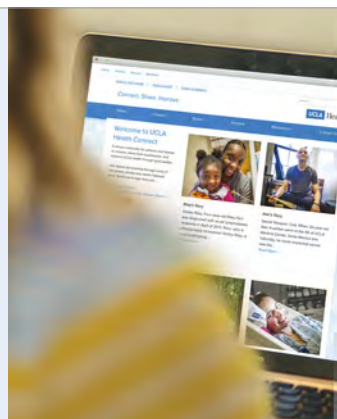
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