

# Vital Signs

WINTER 2019 | VOLUME 81

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## Sports cardiology program tends to athletes' hearts

UCLA Health has launched the first dedicated sports cardiology program in Southern California to deliver personalized care to highly active adults with cardiovascular conditions or concerns and professional athletes seeking clearance to play. The UCLA Sports Cardiology Program reflects a growing need for personalized advice and care for athletes and highly active people, says Ali Nsair, MD, codirector of UCLA Sports Cardiology and director of the Heart Transplantation and Mechanical Circulatory Support Program at UCLA.

“A very physically active person who has known cardiovascular disease or any other cardiac condition is at a different kind of risk than a nonactive person,” says Ravi Dave, MD,

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## New UCLA Health pediatric locations

UCLA Health is expanding with expert pediatricians now accepting patients at newly opened locations in Pasadena and Westlake Village. These practices join the UCLA Health network of more than 170 primary and specialty clinics in convenient locations throughout Los Angeles, Orange and Ventura counties, including in the Conejo Valley, San Fernando Valley, Santa Clarita Valley, San Gabriel Valley, Simi Valley, South Bay, Ventura and Westside areas.



**For information about UCLA offices in your area, go to:**  
[uclahealth.org/locations](http://uclahealth.org/locations)

## Body donations contribute to health care

A donation to the UCLA Donated Body Program provides important benefits to improve 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](http://uclahealth.org/donatedbody)



## Connect with UCLA Health

UCLA Health Connect is a virtual community for patients and families to connect, share their experiences and improve UCLA Health through participation.

Get started by browsing some of the patient stories, photos and videos featured on our website. Then share your own story.

We'd love to hear from you.

Connect. Share. Improve.



**To learn more about UCLA Health Connect, go to:**  
[connect.uclahealth.org](http://connect.uclahealth.org)

# Screening remains best defense against colon cancer

Most colorectal cancers occur in people age 50 and older. While colonoscopies are the gold standard for preventing and detecting this disease, one-third of Americans put off getting the test. To improve screening rates, UCLA Health is increasing efforts to educate patients about their options, including colonoscopy and take-home, mail-in fecal immunochemical tests (FIT). Whether you select colonoscopy or a FIT, the most important choice is to be screened. Priyam Tripathi, MD, MPH, a UCLA gastroenterologist in Beverly Hills, shares some important facts.

## You have screening options.

The U.S. Preventive Services Task Force recommends that people at average risk of colon cancer begin regular screening at age 50. For those with risk factors associated with colon cancer, screening may need to begin earlier. Colonoscopy remains the screening gold standard to both detect cancer and prevent it by allowing doctors to identify and remove abnormal intestinal polyps before they become cancerous. "Colonoscopy reduces the incidence of colorectal cancer by up to 90 percent," Dr. Tripathi says. FIT, which checks for blood in stool, is a less invasive stool test alternative to colonoscopy. If a FIT is positive, a follow-up colonoscopy is needed to confirm or rule out a diagnosis



Priyam Tripathi, MD, MPH

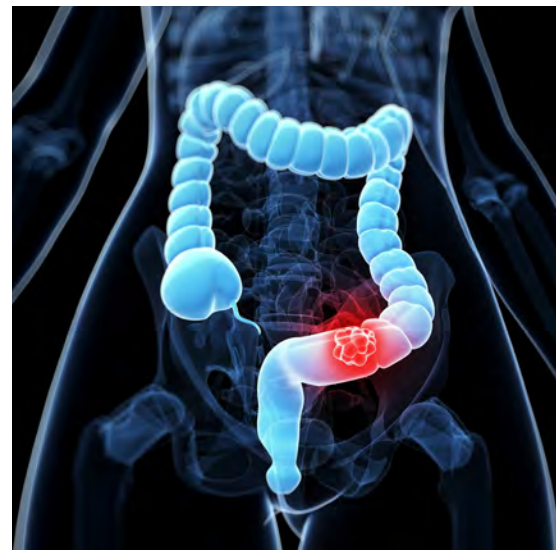
of polyps or cancer. While insurance covers colorectal cancer screening including colonoscopies, some patients may opt for short-term anesthesia for colonoscopy, which may result in additional charges. Cologuard is a newer DNA stool test that still is being evaluated as another alternative stool test.

## Preparation is key.

It is very important to follow instructions carefully; colonoscopy is much less effective if the preparation is not complete and may need to be rescheduled if the prep is poor. You will receive detailed instructions for the preparation, along with a checklist to ensure that everything is ready for the procedure.

## The procedure is not as bad as you imagine.

A colonoscopy typically takes less than 20 minutes. While you are under light sedation, the doctor inserts a flexible tube with a light and small video camera into the colon. If the doctor sees a polyp or other suspicious-looking area, he or she can remove it for further study. "Many patients I talk to after the procedure often say, 'That's it?' They're in disbelief that it's over so fast," Dr. Tripathi says. Following the test, someone should be available to drive you home and stay with you for a few hours afterward until you recover fully from the sedation.



## Screening recommendations may vary.

While the U.S. Preventive Services Task Force recommends regular screening starting at age 50, those at higher risk may need to begin earlier. Higher-risk patients include those with a first-degree relative with colon cancer or precancerous colon polyps, a history of inflammatory bowel disease or a genetic condition that is associated with colon cancer. African Americans also are at higher risk and should be screened starting at age 45. It is important to talk about potential risk factors with your physician. For average-risk patients with normal prior tests, a screening colonoscopy is recommended every 10 years. More frequent screening is recommended for patients who have had multiple polyps or other suspicious findings. FIT testing should be repeated annually.



**For information about upcoming colon cancer screening events, go to:**  
[uclahealth.org/gastro/community-education](http://uclahealth.org/gastro/community-education)



**To see what UCLA Health services, including gastroenterology, are offered in your neighborhood, go to:**  
[uclahealth.org/gastro](http://uclahealth.org/gastro)

# Rx to parents:

Encourage children to play more



“For parents to enter their child’s world and directly interact with that child is more valuable than going through flash cards or investing in educational software or TV programs.”

Pediatricians can provide a simple prescription to parents to increase their child’s social-emotional, cognitive, language and self-regulation skills: interactive play. In a report issued last summer, the American Academy of Pediatrics pointed to mounting evidence of the importance of developmentally appropriate play in early childhood development. It notes that the benefits of interactive play include boosts in creativity and critical thinking, as well as increased

resilience resulting from the nurturing relationships that play fosters.

“With so much emphasis on how important the early years are to child development, many parents assume that they need to start emphasizing academics during that time. But in reality, it’s free or guided play that is potentially the most beneficial,” says UCLA pediatrician Carlos F. Lerner, MD. “For parents to enter their child’s world and directly interact with that child is more valuable than going through flash cards or investing in educational software or TV programs.”

Dr. Lerner says the push by pediatricians to promote the benefits of play is akin to longer-standing efforts to encourage parents to spend more time reading aloud to their children as a key component of their language development.

The “prescription” recommended by the American Academy of Pediatrics endorses play that is “intrinsically motivated, entails active engagement and results in joyful discovery.” Object play, physical play, outdoor play and social or pretend play, alone or with others, all are described as beneficial, whereas excessive screen time is discouraged.

“Play teaches children how to think and make decisions that will allow them to participate effectively in society, as well as helping them form social relationships with their peers and nurturing relationships with their parents,” says Gregory C. Dann, MD, a UCLA pediatrician in Manhattan Beach. Ideally, Dr. Dann explains, children’s exploration should be fueled by both self-guided play and adult-guided activities in which they are assisted toward a desired goal.

Filling the play prescription has taken on greater urgency in light of several societal trends, Dr. Lerner says. These include the growing concern about childhood obesity as many children lead more sedentary lifestyles. Also worrying, he says, is the explosion in the role of screens — computers, smart pads, phones, televisions — in the lives of young children, particularly as substitutes for face-to-face interactions and time that could be spent in free or structured play activities. As more parents work full time and many neighborhoods offer fewer safe places to play, the amount of playtime is further reduced.

Finally, there is the growing emphasis on early literacy and math skills, with the push for academic achievement starting as early as preschool, often at the expense of playful learning. “While increasing focus is given to structured academic learning to promote future success,” Dr. Dann concludes, “it’s the socio-emotional development that children receive from play that will allow them to become happy, well-balanced adults.”



# Specialized program available for women at high risk for breast cancer

Just over 12 percent of American women — one-in-eight — will be diagnosed with breast cancer in her lifetime. But because of family history or an inherited genetic mutation, some women are at a much higher risk than others for getting breast cancer.

The UCLA High Risk Breast Clinic in Santa Monica provides eligible women, referred by a primary care physician or other specialist, access to a multidisciplinary team that includes a medical oncologist, genetic counselor, clinical nutritionist and breast surgeon. The team designs a personalized screening and risk-reduction strategy, with the goal of preventing breast cancer or detecting cancer as early as possible so that it can be aggressively treated.

“Breast cancer is a highly curable cancer,” says Aashini Master, DO, the center’s lead physician. “But that’s only true if we catch it before it has spread and reached a metastatic stage.”

Most women who are seen at the center either have the BRCA1 or BRCA2 gene



Continued from cover

mutation, which brings one's lifetime risk for developing breast cancer up to 70-to-80 percent; are of Ashkenazi Jewish descent with a family history of breast cancer; or have a first- or second-degree relative — meaning a mother, sister, aunt or grandmother — who was diagnosed with breast cancer before they turned 50. “The younger a family member was at the time of diagnosis,” Dr. Master says, “the more it's going to impact a patient's risk.”

Women with a lifetime risk greater than 20 percent are considered to be at high risk and are eligible to enroll in the program. While most of the program's patients are in their 30s or 40s, Dr. Master has some patients in their 20s.

After age 30, high-risk women often start receiving regular mammograms. This is significant, because an average-risk woman doesn't typically get her first mammogram until sometime between 40 and 50 years old — which may be too late if she has any significant family history, Dr. Master says.

In addition to more rigorous screening, Dr. Master and her team work with high-risk women to put them on an anticancer nutrition program, and they discuss other lifestyle changes, such as limiting alcohol intake to three glasses per week and exercising three hours a week. They also review complementary therapies and other preventive steps, such as going on an anticancer medication like tamoxifen if they have a high five-year risk or having a surgery to remove the breasts before cancer forms, known as a prophylactic mastectomy.

“Many of the patients we see already are anxious about their risk of developing breast cancer and are worried they're not receiving the correct screenings based on their risk,” Dr. Master says. “Having a program like this captures this population in which we can detect the cancer at a much earlier stage than what would be possible with a typical screening protocol, and it really can make a difference.”



For more information about the UCLA High Risk Breast Clinic, go to:

[breastcenter.ucla.edu/high-risk-clinic](http://breastcenter.ucla.edu/high-risk-clinic)

## Sports cardiology program tends to athletes' hearts

codirector of UCLA Sports Cardiology and director of interventional cardiology. “In the UCLA Sports Cardiology Program, we can address their physical limitations and deliver multidisciplinary care and advice. We work with patients to determine the next steps to ensure their safety and determine how they can exercise and exert themselves. A ‘cardiology sports prescription’ is key for these patients.”

Experts provide care to athletes and active adults with new or known pre-existing cardiac abnormalities or those who have risk factors for heart disease or cardiac abnormalities, such as a family history of sudden death or heart attack, high blood pressure, diabetes, cardiomyopathy, and congenital or arrhythmic heart disease.

The diagnosis of acquired or inherited cardiovascular conditions in athletes is not uncommon, Dr. Nsair says. “There are inherited cardiac abnormalities that may go undetected for years,” he says. “Being able to identify those athletes or active people who have such conditions and guide them is very important.”

The program is staffed with a multidisciplinary group of cardiologists — including specialists in women's cardiology health and other cardiac specialties such as arrhythmias and congenital heart disease — who are specially trained to screen for and manage cardiovascular conditions in athletes. “Athletes have very special needs when it comes to cardiac care,” Dr. Nsair says. “There are nuances in the diagnostics and care of an athlete. For example, healthy athletes may have normal electrocardiogram or echocardiogram variations that, while normal for an athlete, may be misconstrued as abnormal. Expertise is required to decipher the normal from the pathologic and avoid unnecessary treatments or interventions.”

Among the services provided are comprehensive assessment and examination; monitoring and clearance for professional athletes to return to sports activity; second opinions for patients with pre-existing heart disease wishing to participate in competitive sports; advanced imaging tests; and consultation with a cardiovascular genetic cardiologist and counselor.

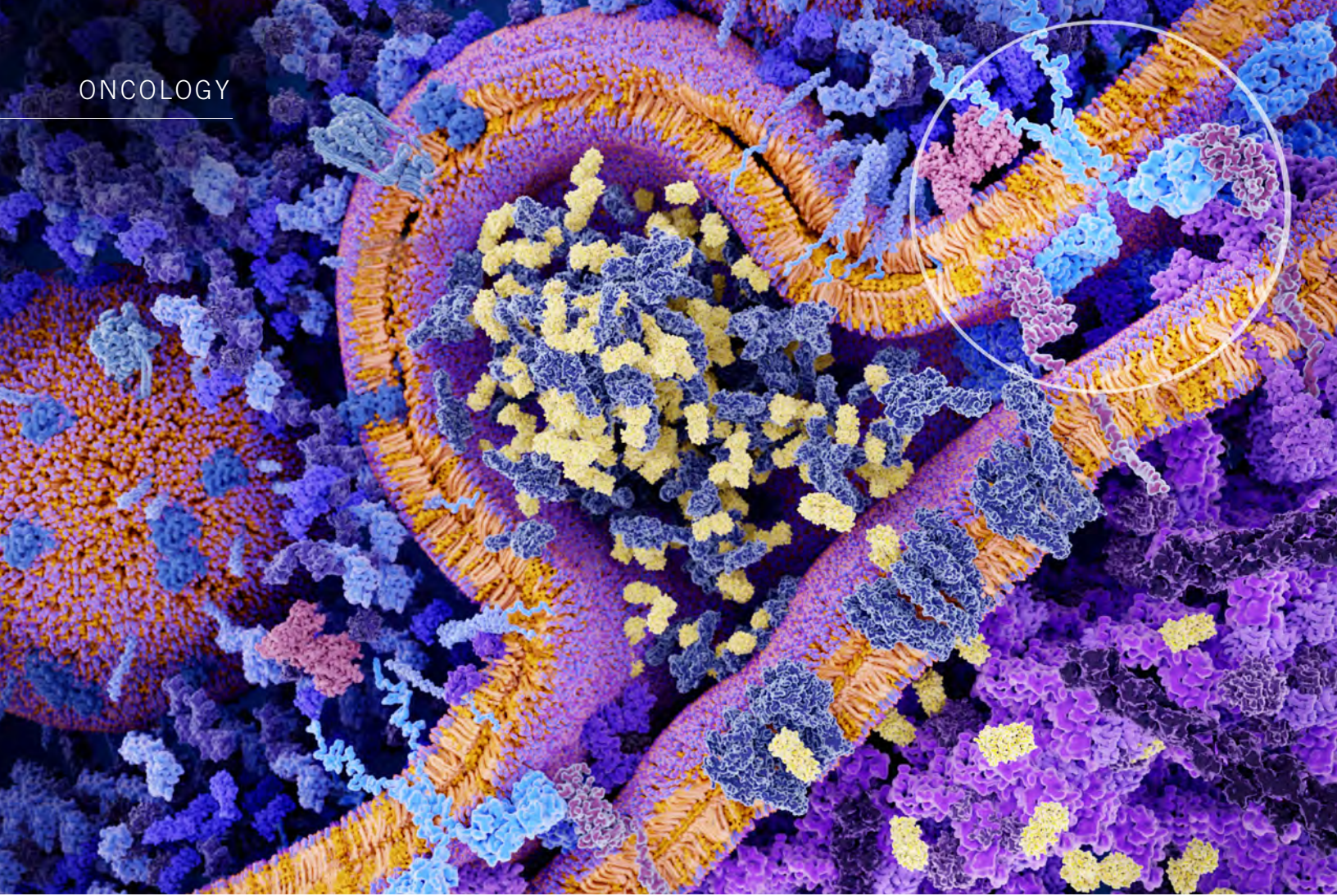
While many people with cardiovascular conditions wish to remain physically active, the UCLA Sports Cardiology Program differs from a typical cardiac rehabilitation program. “With a typical cardiac patient, we try to encourage exercise and an active lifestyle,” Dr. Dave says. “But that is very different from a person who is involved in competitive sports. It's important to guide these patients on what they are able to do and how much they can push themselves.”

Specialized care and assessment often provides enormous psychological relief to athletes and active adults with cardiac conditions, he adds. “Occasionally, we hear of very unfortunate cases of a young athlete who suffers sudden cardiac death,” Dr. Nsair says. “We want to engage the sports cardiology field in how to screen athletes to detect potential abnormalities so they can be addressed. This is a service that has been underrepresented in Southern California and throughout the United States.”

He also notes that the program is engaged in clinical research in the emerging field of cardiovascular wearable and screening technologies for athletic and cardiac patients.



For more information about the UCLA Sports Cardiology Program, go to: [uclahealth.org/heart/sports-cardiology](http://uclahealth.org/heart/sports-cardiology)



# CAR T-cell therapy

## changes dynamic in fight against some cancers

UCLA Health has received certification from the U.S. Food and Drug Administration (FDA) to be among a select group of health systems across the nation to administer a new treatment for certain types of lymphoma and leukemia that genetically modifies a patient's own cells to attack the cancer. Chimeric antigen receptor (CAR) T-cell therapy fights the cancer by redirecting T cells, which play a central role in the immune response, to enhance the body's natural defenses. Two CAR T-cell treatments have been approved by the FDA, and UCLA Health is among the few institutions providing such therapy outside of clinical trials — a setting in which UCLA has offered the treatment for several years. Josh Sasine, MD, PhD, director of UCLA Health's new CAR T-cell program, talks about the promising results the therapy has produced and the larger significance of the approach.



### How does CAR T-cell therapy work?

CAR T-cell therapy combines several approaches to cancer treatment: cell therapy (such as a bone marrow transplant), immune therapy and gene therapy. Healthy immune cells — specifically, T cells — are separated from a patient's blood. Then, in the laboratory, manufacturers insert a chimeric antigen receptor, which is a synthetic gene that can recognize certain types of cancer cells. These genetically altered immune cells are grown in the lab to clinically relevant numbers and we reinfuse them into the patient. These T cells now have the ability to recognize and eradicate the cancer cells, much as they would in the case of an infection.

### So, in a nutshell, it is an approach to strengthen the immune system's ability to fight off the cancer?

Exactly. In this case, it's a genetic modification doing the work that would normally be done naturally by the immune system. We have known the immune system is involved in protection from cancer for a long time. For example, if the immune system is suppressed, either after an organ transplant or because of a virus such as HIV, patients are at higher risk for developing cancers. So, we know that the immune system does clear out cancer naturally; this is the revved-up version of that.

### Who is the therapy for?

For now, this is only for patients with blood cancers that arise out of B cells, which are the cells that naturally produce antibodies. Most lymphomas in adults and leukemias in children arise from this population of cells. CAR T-cell therapy is only offered to patients with these cancers who have not benefited from two standard treatments. That's because CAR T cells can overstimulate the immune system and cause inflammation, which can lead to significant side effects. However, the vast majority of patients with these cancers who have not benefited from at least two standard therapies will die within a year without CAR T cells. With them, their survival is above 50 percent.

### Beyond those numbers, what is significant about this treatment?

The significance is twofold. One is that the degree to which some patients benefit is remarkable. Most successful therapies for advanced cancers increase overall survival by a few months but almost never cause long-term remissions. With CAR T cells, we're seeing durations of benefit that are very long lasting — many years of cancer-free periods. About one-third to half of the patients who receive this therapy are having durable remissions. But the treatment is so new that we don't yet know who has experienced a true cure.

It also is significant that this treatment platform is very different from what we have done in oncology in the past, and, in principle, it is broadly applicable. Until ongoing and future clinical trials are complete, we won't know whether or not we can make CAR T cells recognize other forms of cancer. If we can, this could benefit many more patients.

### Do you expect to see this approach tested in many other cancers?

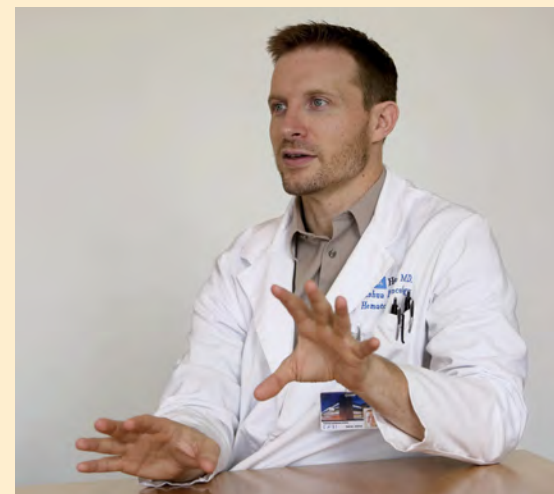
Testing for other cancers is currently ongoing. It is one thing to have success in the lab, but the fact that we are seeing so much success with CAR T cells validates the idea that we can genetically engineer the immune system to fight cancer. This is likely to encourage investigators to examine other strategies to genetically engineer immune cells for cancer therapy. It opens up an exciting new direction. I have not seen any other approach demonstrate this much success so quickly.



For more information about CAR T-cell therapy at UCLA, go to: [uclahealth.org/car-t-cell-therapy](http://uclahealth.org/car-t-cell-therapy)



Josh Sasine, MD, PhD



# Chronic sinusitis has impacts beyond a runny nose

“In these patients [with chronic sinusitis], we tend to see depression, loss of productivity, problems concentrating and sleeping, and the sense that you’re constantly living in a brain fog.”

The onset of symptoms of sinusitis are all too familiar to sufferers: postnasal drip, nasal mucous, congestion and loss of smell and taste. But for some individuals, these are not short-term bouts of a troublesome condition, nor are they confined to the nose. Patients with chronic sinusitis experience symptoms that are more systemic, with effects that are more profound.

“In these patients, we tend to see depression, loss of productivity, problems concentrating and sleeping, and the sense that you’re constantly living in a brain fog,” says Jeffrey Suh, MD, a rhinologist in the UCLA Nasal and Sinus Disease Program. “It’s these intangible effects — not just the runny nose — that tend to bring patients to us for surgery.”



The UCLA Nasal and Sinus Disease Program offers medical and surgical management of complex nasal and sinus problems, including chronic sinusitis, allergic rhinitis and nasal-breathing problems associated with allergic and structural problems of the nose. For patients with chronic sinusitis, the impact of their condition can be far greater than might be appreciated. Research indicates that chronic sinusitis sufferers report lower scores on measures of bodily pain and social functioning than patients with congestive heart failure, chronic obstructive pulmonary disease and back pain, for example, Dr. Suh notes.

These patients can improve significantly from endoscopic sinus surgery, a minimally invasive approach to opening up and cleaning out the sinuses. The program’s endoscopic techniques avoid the facial incisions and numbness that are associated with other forms of sinus surgery, Dr. Suh says. The vast majority of patients can be treated on an outpatient basis and are nearly or completely symptom-free within weeks. “Many patients feel better than they have for decades — if not their entire lives — after sinus surgery,” Dr. Suh says.

Care of the patient doesn’t end after the surgery. “It is just as important that we identify the cause of the sinus problem and make sure it’s treated postoperatively,” Dr. Suh says. Unlike acute sinusitis, which is almost always caused by a viral or bacterial infection, chronic sinusitis usually is multifactorial, with infections, genetic conditions, immune deficiencies and long-standing, untreated

allergies all serving as potential culprits, Dr. Suh explains. The sinus program’s physicians work closely with allergists and other specialists to ensure that patients receive proper postoperative medical management.

In addition to chronic sinusitis, other types of cases treated by the sinus program include rhinitis, a potentially debilitating condition characterized by a stuffy or runny nose; allergic or structural problems such as a deviated or crooked septum that can interfere with nasal breathing; and more complicated cases, including revision surgeries, sinus tumors and cerebrospinal fluid leaks. Many of these conditions can be resolved endoscopically, often in conjunction with other specialists at UCLA, Dr. Suh says. “Most patients who walk in to an ENT doctor don’t need a super-specialist,” he notes. “Our goal is to be a resource for the more complicated or unusual problems.”

Dr. Suh notes that sinus surgery has changed substantially over the last decade, particularly with the advent of high-definition audiovisual technology and intraoperative navigation. Also, use of nasal packing that has to be removed after surgery is uncommon. “There is a misconception that sinus surgery is ineffective, and that patients who go through it are likely to have recurrent disease and require multiple operations,” Dr. Suh notes. “Sinus surgery does work, and our goal, by managing these cases from beginning to end, is to make sure it is the patient’s only operation.”



For more information about the UCLA Nasal and Sinus Disease Program, go to: [uclahealth.org/head-neck-surgery/nasal-sinus-disease-program](http://uclahealth.org/head-neck-surgery/nasal-sinus-disease-program)



# Specialized epilepsy centers

can offer significant benefits to patients

A specialized epilepsy center can offer potential remedies to most patients who are experiencing uncontrolled seizures, UCLA epilepsy experts say. Through accurate diagnosis and a range of effective treatments, UCLA's specialized epilepsy centers for adults and adolescents can dramatically improve patients' quality of life while substantially reducing their risk for premature death.

The UCLA Seizure Disorder Center works in collaboration with referring physicians to formulate an effective plan that can involve nonsurgical approaches, new minimally invasive procedures or, when appropriate, surgery. The new Adolescent Epilepsy Center at UCLA brings together a team of health care providers to focus on all aspects of health for adolescents with epilepsy while helping adolescent patients make a smooth transition from pediatric to adult epilepsy physicians.

Of the 3.4 million people in the U.S. who have epilepsy, 1 million continue to experience seizures even on medication. These individuals are at a five-to-10 times greater risk of dying suddenly, as well as being at a higher risk of depression and suicide. "Every patient who has tried one or two medications and

is not seizure-free should be referred to a specialized epilepsy center for an evaluation," says Dawn Eliashiv, MD, codirector of the UCLA Seizure Disorder Center.

As many as one-third of patients who undergo a comprehensive epilepsy evaluation at UCLA are found to have a condition other than epilepsy that can produce seizures — a discovery that can lead to other, more effective treatments. For patients with a confirmed epilepsy diagnosis, a better characterization of the condition can point the way toward a different medication with the potential to be more successful. There are approximately 20 approved epilepsy medications, as well as experimental drugs available through clinical trials.

For patients unable to benefit from any medication, surgery may be an appropriate option. Because of the significant advances in surgical approaches, more patients are candidates for surgery than in the past, Dr. Eliashiv says. Beyond traditional epilepsy surgery, the UCLA Seizure Disorder Center offers more minimally invasive options. Vagus nerve stimulation, sometimes referred to as a "pacemaker for the brain," sends mild pulses

of electrical energy to the brain through a nerve in the neck to prevent seizures. Responsive neurostimulation, in which an implanted device analogous to a heart defibrillator detects the onset of a seizure and sends an electrical pulse to stop it, also can be beneficial. Laser thermal ablation, another relatively new minimally invasive technique, is ideal for patients in whom the area of the brain generating the seizures is small but difficult to reach through traditional surgery.

In addition to offering state-of-the-art treatments, the Adolescent Epilepsy Center at UCLA addresses other conditions that affect many teens with epilepsy, including depression, anxiety, attention deficit hyperactivity disorder, learning disabilities and autism spectrum disorder.

Treating conditions such as depression and anxiety in patients with epilepsy requires special expertise to ensure, for example, that medications don't adversely interact with antiseizure drugs, notes pediatric neurologist Jason T. Lerner, MD, director of the adolescent center. The Adolescent Epilepsy Center at UCLA includes pediatric neurologists and epileptologists, nurse practitioners, a psychiatrist, a psychologist, a dietitian, an occupational therapist and a social worker, all under the same roof and working as a team.

The center treats patients ages 12 to 20 who have epilepsy. In addition, monthly support groups are offered to both adolescent epilepsy patients and their caregivers. The center also focuses on community education. "More than most chronic diseases, there is a stigma associated with epilepsy," Dr. Lerner says. "Part of improving our patients' quality of life is educating the community to begin to remove that stigma."



**For more information about the UCLA Seizure Disorders Center, go to:**

[uclahealth.org/mattel/pediatric-neurology/infantile-spasms-program](http://uclahealth.org/mattel/pediatric-neurology/infantile-spasms-program)



**For more information about the Adolescent Epilepsy Center at UCLA, go to:**

[uclahealth.org/mattel/adolescent-epilepsy](http://uclahealth.org/mattel/adolescent-epilepsy)

# Community Health Programs

## JANUARY, FEBRUARY, MARCH 2019 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](http://connect.uclahealth.org/calendar) for more information.

### BRAIN

#### Metastases to the Brain

Join UCLA neurosurgeon Won Kim, MD, for an overview about assessing and diagnosing brain metastases and advancements in the field helping to treat patients today.

**When:** Tuesday, Feb 12 / 7 – 9pm

**Where:** Ronald Reagan Medical Ctr, 757 Westwood Plaza, B130

**Info:** 310-794-6644

#### Cancer, Aging and Brain Health

Kathleen Van Dyk, PhD, UCLA geriatric psychiatrist, and Alexia Holovatyk, MS, will discuss brain function in older adults living with cancer and strategies for improving cognitive function and health.

**When:** Friday, Mar 29 / Noon – 1:30 pm

**Where:** Benjamin Ctr, 1990 S Bundy Dr, Ste 100

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### CANCER

#### How Cancer Impacts Women

Sandy T. Liu, MD, UCLA oncologist, will discuss how cancer impacts women and what women should know about cancer treatments and breakthrough therapies.

**When:** Tuesday, Feb 12 / Noon – 1:30 pm

**Where:** El Caballero Country Club, 18300 Tarzana Dr, Tarzana

**RSVP:** [theexecutives.org/womensgroup](http://theexecutives.org/womensgroup)

### COSMETIC SURGERY

#### Cosmetic Treatments of the Aging Face

Jason Roostaeian, MD, UCLA plastic surgeon, will discuss surgical procedures for natural looking facial rejuvenation, including the facelift, brow lift and blepharoplasties.

**When:** Thursday, Jan 17 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

### COSMETIC SURGERY (CONTINUED)

#### Body Contouring: Abdominoplasty and Liposuction

Jaco Festekjian, MD, UCLA plastic surgeon, will discuss the contemporary approaches to body contouring, including liposuction and the tummy tuck (abdominoplasty).

**When:** Thursday, Jan 31 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

#### Facial Rejuvenation

Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the surgical and nonsurgical options for cosmetic and facial rejuvenation, including Botox, fillers, chemical peels and laser skin resurfacing.

**When:** Thursday, Feb 7 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

#### The Facelift

Andrew Da Lio, MD, UCLA plastic surgeon, will discuss facelift as a surgical option for facial rejuvenation.

**When:** Thursday, Feb 21 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Suite 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

#### Lunchtime Liposuction and Other In-Office Procedures

Andrew Vardanian, MD, UCLA plastic surgeon, will discuss the latest approaches to body contouring and facial rejuvenation, including lunchtime liposuction, chemical peels, Botox and more.

**When:** Thursday, Mar 7 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

#### The Mommy Makeover

Jaco Festekjian, MD, UCLA plastic surgeon, will discuss procedures women choose after child bearing, including breast lift, breast augmentation, abdominoplasty and liposuction.

**When:** Thursday, Mar 21 / 6 – 7:30 pm

**Where:** 200 UCLA Medical Plaza, Ste 206

**RSVP:** [plasticsurgery@mednet.ucla.edu](mailto:plasticsurgery@mednet.ucla.edu)

### DIET & NUTRITION

#### Is Your Food Gluten-Free?

Janelle Smith, RD, UCLA dietitian, will discuss the latest information you need to know to follow a safe and healthy gluten-free diet.

**When:** Saturday, Feb 2 / 10 – 11:30 am

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

#### Nutrition from The Plantrician Project

Learn about nutrition from The Plantrician Project, an organization dedicated to whole-food, plant-based living and global sustainability.

**When:** Tuesday, Mar 5 / 1:30 – 3 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

### GASTROINTESTINAL PROBLEMS

#### Preventing Colon Cancer

Michal G. Quon, MD, UCLA gastroenterologist, will give a comprehensive and practical talk on colon cancer awareness, colonoscopies and other screening methods, as well as lifestyle changes to help prevent disease.

**When:** Tuesday, Mar 5, 2 – 3:30 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

#### Take Action: Prevent Colon Cancer

Join us at this free event to learn what you can do to prevent colon cancer with exhibits, information, resources, giveaways and a walk through an inflatable colon.

**When:** Thursday, Mar 7 / 11 am – 2 pm

**Where:** UCLA Medical Ctr, Santa Monica, 1250 16th St, Harman Garden

**Info:** 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](http://uclahealth.org/support-groups)

## FEATURED EVENT

**HEALTHY LIVING WITH DIABETES**

UCLA specialists will discuss the latest in Type 1 and Type 2 diabetes care, including research and technology in this free half-day event.

**When:** Saturday, Mar 2 / 8 am – 12:30 pm

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

**RSVP:** 800-516-5323

**GASTROINTESTINAL PROBLEMS**  
(CONTINUED)**Colon Cancer Screening**

Robert M. Mocharla, MD, UCLA gastroenterologist, will discuss colon polyps, colon cancer and the importance of colonoscopy screenings.

**When:** Friday, Mar 15 / Noon – 1:30 pm

**Where:** Benjamin Ctr, 1990 S Bundy Dr, Ste 100

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**Colonoscopy: What U Should Know**

Priyam Tripathi, MD, UCLA gastroenterologist, will discuss the colonoscopy procedure; what to expect before, during and after the procedure; and other measures to help prevent colon cancer.

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

**Where:** Collins & Katz Family YMCA, 1466 S Westgate Av

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**GYNECOLOGY****Fibroids Update**

Cheryl Hoffman, MD, UCLA interventional radiologist, will discuss new treatment options for fibroids, such as uterine fibroid embolization, which is performed through a small entry in the wrist.

**When:** Tuesday, Feb 5 / 1 – 2:30 pm

**Where:** OASIS Baldwin Hills, 4005 Crenshaw Bl (Macy's 3rd floor)

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**HEART****Heart Health: Body and Mind**

Staff from UCLA's Cardiac and Pulmonary Rehabilitation Program will present strategies to minimize your risk for heart disease, to help you stay fit and to manage stress.

**When:** Wednesday, Feb 20 / Noon – 1:30 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 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:** Jan 24, Feb 13, Feb 28 & Mar 13, 2 – 4 pm

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

**Info & RSVP:** 888-695-4363 or [kidneysmart.org](http://kidneysmart.org)

**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 include free blood-pressure tests and educational resources.

**When:** Sunday, Feb 24 / 1 – 4 pm

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

**RSVP:** 800-516-5323

**MENTAL HEALTH****Finding Humor in Mental Health**

Ze'ev Korn, LCSW, UCLA psychotherapist, will explore ways to maintain, regain and keep your sense of humor to help your mental health.

**When:** Tuesday, Mar 19 / 2 – 3:30 pm

**Where:** Belmont Village, 15451 Ventura Bl, Sherman Oaks

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**MEMORY CARE****Stress and Mental Health** (In Spanish)

Join a discussion about the mental and physical toll of stress in our daily lives, tools to cope with it, and community resources available to help.

**When:** Monday, Mar 4 / 6:30 – 8 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**Brain Booster** (quarterly)

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

**When:** Please call for next session date.

**Where:** UCLA Longevity Ctr, 10945 Le Conte Av

**Info & Cost:** 310-794-0680 or [sgoldfarb@mednet.ucla.edu](mailto:sgoldfarb@mednet.ucla.edu)

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

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

**Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

**Info & Application:** 310-267-4071

**Beyond Diagnosis: Moving Forward with MS**

An evening program for those newly diagnosed with MS. Join MS professionals from the MS Achievement Center and the National MS Society in a conversation about the disease and wellness practices to live your best life with MS.

**Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

**Info & Application:** 310-481-1107

**CogniFitness**

A four-week program for those with MS who are experiencing mild cognitive problems. Learn strategies to improve concentration, memory, organization, problem solving and critical-thinking skills.

**Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

**Info & Application:** 310-481-1107

**Living Well**

This 12-week program helps those newly diagnosed with MS better understand MS and develop fitness and lifestyle practices to manage symptoms and enhance well-being.

**Where:** Marilyn Hilton MS Achievement Ctr, 1000 Veteran Av

**Info & Application:** 310-481-1107

## FEATURED EVENT

**PLAY 4 KAY BREAST CANCER AWARENESS GAME**

UCLA Women's Basketball hosts its 13th annual Play 4 Kay Breast Cancer Awareness game versus Stanford University. Funds raised at the event will support UCLA breast cancer research and services and the Kay Yow Cancer Fund, established in honor of the former North Carolina State University women's basketball coach, who died of breast cancer after 22 years as a breast cancer survivor.

**When:** Friday, Feb 15 / 6 pm

**Where:** UCLA Pauley Pavilion, 301 Westwood Plaza

**Cost:** Tickets are \$2 with the promo code PLAY4KAY and on sale now through the UCLA Central Ticket Office.

**RSVP:** <http://bit.ly/ucla-play-4-kay>

**PAIN**

**Back, Hip, Arm and Leg Pain**

UCLA neuroradiologists Juan Pablo Villablanca, MD, FACR, and Satoshi Tateshima, MD, will explore common causes of back, hip, arm and leg pain and available treatment options.

**When:** Wednesday, Mar 20 / 7 – 8:30 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**Medicinal Cannabis and Cancer**

Dr. Jeffrey Chen, MD/MBA, Director of the UCLA Cannabis Research Initiative, discusses the current research into the therapeutic use of cannabis for cancer patients with Lee Rosen, MD, FACP, UCLA hematologist/oncologist.

**When:** Tuesday, Mar 12 / 7 – 9pm

**Where:** Ronald Reagan Medical Ctr, 757 Westwood Plaza, B130

**Info:** 310-794-6644

**PODIATRY**

**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, Feb 5 / 5:45 – 6:45 pm (date subject to change)

**Where:** 2121 Wilshire Bl, Santa Monica, Ste 101

**RSVP:** 310-828-0011

**Ankle Arthritis and Treatments**

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

**Where:** 2121 Wilshire Bl, Santa Monica, Ste 101

**RSVP:** 310-828-0011

**SENIORS**

**Vaccinations for Seniors**

Jarod DuVall, MD, UCLA internist, provides insights into the latest recommendations for seniors on vaccinations for pneumonia, shingles, flu and more.

**When:** Friday, Jan 18 / 1 – 2:30 pm

**Where:** Founders Hall, 100 Civic Ctr Way, Calabasas

**Info:** 818-224-1777 or

[apm.activecommunities.com/cityofcalabasasrec](http://apm.activecommunities.com/cityofcalabasasrec)

**SENIORS (CONTINUED)**

**Seniors and Sports Medicine**

Philip Cohen MD, UCLA sports medicine expert, discusses the many ways seniors can walk, swim, and exercise to stay in shape, as well as why sports medicine is important for seniors.

**When:** Thursday, February 21 / 10 – 11:30 am

**Where:** Founders Hall, 100 Civic Ctr Way, Calabasas

**Info:** 818-224-1777 or

[apm.activecommunities.com/cityofcalabasasrec](http://apm.activecommunities.com/cityofcalabasasrec)

**WELLNESS**

**Walk With a Doc**

Join UCLA Health physicians for a healthy stroll.

**Woodland Hills**

**When:** Saturdays, Jan 5, Feb 2 & Mar 2 / 8 – 9 am

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

**Van Nuys**

**When:** Sundays, Jan 13, Feb 10 & Mar 10 / 9 – 10 am

**Where:** Lake Balboa, 6300 Balboa Blvd (near the entrance to the parking lot)

**Century City**

**When:** Thursdays, Jan 17, Feb 21 & Mar 21 / 8 – 9 am

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

**Info:** [uclahealth.org/walkwithadoc](http://uclahealth.org/walkwithadoc)

**Yoga as Medicine**

Elizabeth Ko, MD, UCLA internist and certified yoga instructor, will speak on the benefits of yoga and lead a yoga practice session. Bring a mat if you have one. Attendees receive a pass good for one day at the Santa Monica Family YMCA.

**When:** Saturday, Jan 26 / 10 am – Noon

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**Prediabetes: Your Chance to Prevent Type 2 Diabetes**

Alison Kalani, MD, UCLA family medicine, will discuss how lifestyle changes can reduce your risk of developing prediabetes, a serious medical condition affecting one in three U.S. adults.

**When:** Wednesday, Jan 30 / 2 – 3:30 pm

**Where:** Kehillat Israel, 16019 W Sunset Bl, Pacific Palisades

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**WELLNESS (CONTINUED)**

**U Can Prevent Cancer**

Jarod DuVall, MD, UCLA internist, will discuss cancer screening options, lifestyle changes and other choices you can make to help prevent cancer.

**When:** Tuesday, Feb 19 / 2 – 3:30 pm

**Where:** Belmont Village, 15451 Ventura Bl, Sherman Oaks

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**Exercise, Diet and Your Health**

Tina Kapadia, DO, MPH, UCLA hospitalist, will discuss how exercising regularly and eating smart combats diabetes and cholesterol and leads to improved cardiovascular health.

**When:** Tuesday, Mar 19 / 6:30 – 8 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**Brain Boot Camp**

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

**When:** Classes held monthly

**Where:** UCLA Longevity Ctr, 10945 Le Conte Av

**Info:** 310-794-6314 or [cfnanous@mednet.ucla.edu](mailto:cfnanous@mednet.ucla.edu)

**Memory Training Course (Quarterly)**

This innovative, four-week educational program teaches people with mild memory concerns (not dementia) how to develop good memory habits and techniques to improve their memory.

**When:** Two hours per week, once a week, for 1 month. Call for next session dates.

**Where:** Locations vary

**Info & Cost:** 310-794-0680 or [sgoldfarb@mednet.ucla.edu](mailto:sgoldfarb@mednet.ucla.edu)

**WOMEN'S HEALTH**

**Women and Healthy Aging**

Gary W. Small, MD, Director, UCLA Longevity Center, will discuss healthy aging in women, including lifestyle strategies for staying active and tools for combating memory loss.

**When:** Tuesday, Jan 15 / Noon – 1:30 pm

**Where:** El Caballero Country Club, 18300 Tarzana Dr, Tarzana

**RSVP:** [theexecutives.org/womensgroup](http://theexecutives.org/womensgroup)

**Bone Up on Bone Health**

Deepashree Gupta, MD, UCLA endocrinologist, will discuss the strategies women can employ for maintaining strong bone health.

**When:** Tuesday, Mar 5 / Noon – 1:30 pm

**Where:** El Caballero Country Club, 18300 Tarzana Dr, Tarzana

**RSVP:** [theexecutives.org/womensgroup](http://theexecutives.org/womensgroup)



**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](http://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](http://uclahealth.org/50plus) to sign up.

Focus: 50 Plus, UCLA Health 50 Plus e-newsletter includes 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, e-mail [fiftyplus@mednet.ucla.edu](mailto:fiftyplus@mednet.ucla.edu)*

**5+** Stay Active and Independent for Life (SAIL)

Join the SAIL fitness and education program led by UCLA physical therapists, 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 Rehab at 1131 Wilshire Bl, Ste 200, between 8 am and 5 pm for a screening.

**Cost:** \$40 per month (unlimited participation).

**5+** Incontinence Update

Learn about symptoms, treatments and prevention for incontinence.

**When:** Tuesday, Jan 15 / 3 – 4:30 pm

**Where:** Belmont Village, 10475 Wilshire Bl

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**5+** The Role of Nutrition in Healthy Aging

Jasmine Lee, MD, MS, UCLA family medicine physician, will discuss the role of nutrition in healthy aging and speak on the foods and nutrients that can boost memory and brain function and preserve eye health.

**When:** Thursday, Jan 31 / 1 – 2:30 pm

**Where:** Culver City Senior Ctr, 4095 Overland Av

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**5+** Keeping Your Joints Healthy

Theresa A. Poulos, MD, UCLA family medicine physician, will discuss common muscular strains — such as sore neck, achy shoulders, pinched lower back and heel pain — and the exercises you can perform to prevent and treat your pain.

**When:** Thursday, Feb 7, 2 – 3:30 pm

**Where:** Belmont Village, 10475 Wilshire Bl

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**5+** Tech Help for U

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

**When:** Saturdays, Feb 9 & Mar 9 / 9 am – Noon

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

**RSVP:** 800-516-5323

**5+** Insomnia Update

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

**When:** Tuesday, Feb 12 / 2 – 3:30 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**5+** Balance and Falls

Amy S. Wang, MD, UCLA internist, will discuss common risk factors for falls, plus strategies to prevent falls and stay safe and steady as you age.

**When:** Thursday, Feb 21 / 1:30 – 3 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**5+** Osteopenia: Importance of Diagnosis

Pauline Limchaiyawat, MD, MS, UCLA endocrinologist, will discuss the symptoms of osteopenia, treatments to combat the disease and strategies to prevent osteoporosis.

**When:** Tuesday, Feb 26 / 7 – 8:30 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 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, Feb 27 / 1 – 2:30 pm

**Where:** OASIS Baldwin Hills, 4005 Crenshaw Bl (Macy's 3rd floor)

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**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:** Spring quarter classes begin April 1. Application closes Mar 1.

**Where:** Locations vary by UCLA campus

**Info & Cost:** [www.semel.ucla.edu/longevity/senior-scholars-program-longevity-center](http://www.semel.ucla.edu/longevity/senior-scholars-program-longevity-center) or [srscholars@mednet.ucla.edu](mailto:srscholars@mednet.ucla.edu) or 310-794-0679

**5+** Human Optimization

Learn the strategies to help optimize an active lifestyle, including improved balance, strength, endurance, fall prevention and sleep hygiene.

**When:** Wednesday, Mar 6 / Noon – 1:30 pm

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

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 800-516-5323

**5+** Osteoporosis Update

Learn how to maximize bone health to prevent osteoporosis and fractures and what can be done once osteoporosis is diagnosed.

**When:** Tuesday, Mar 12 / 2 – 3:30 pm

**Where:** Collins & Katz Family YMCA, 1466 S Westgate Av

**RSVP:** [uclahealth.org/50PlusSeminar](http://uclahealth.org/50PlusSeminar) or 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](http://uclahealth.org/uclamdchat)

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U.S. News & World Report's  
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and No. 7 in the nation.

# UCLA People-Animal Connection

UCLA People-Animal Connection (PAC) is one of the most comprehensive animal-assisted therapy and activity programs in the nation. PAC volunteer teams offer companionship and warmth to more than 1,000 critically ill children and adults per month at the Ronald Reagan UCLA Medical Center and UCLA Medical Center, Santa

Monica. PAC is a 100 percent donation and volunteer-based program that supports patients, families and staff with the unconditional love of animal therapy.

For more information or to make a gift to support UCLA People-Animal Connection, go to: [uclahealth.org/PAC](http://uclahealth.org/PAC) or contact us at 310-206-6484, [hdsannualgiving@support.ucla.edu](mailto:hdsannualgiving@support.ucla.edu)



## Vital Signs

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INTERIM CHIEF COMMUNICATIONS  
AND MARKETING OFFICER

Joseph S. Earnest III

EDITOR

David Greenwald

CALENDAR EDITOR

Michael Pollock

MEDICAL EDITOR

Robert Oye, MD

CONTRIBUTORS

Dan Gordon

Anne Machalinski

Jeannette Moninger (Aha Media)

Shari Roan

ADVISORY BOARD

Matteo Dinolfo, MD

Bernard Katz, MD

Carlos Lerner, MD

Janet Pregler, MD

Gary Small, MD

DESIGN

Donenfeld & Associates

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For inquiries about *Vital Signs*, contact  
UCLA Health  
Marketing Communications, Box 956923  
Los Angeles, CA 90095-6923  
[uclahealth.org](http://uclahealth.org)  
e-mail: [VitalSigns@mednet.ucla.edu](mailto:VitalSigns@mednet.ucla.edu)

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