Shortage of Organs for Transplantation Requires that More Donors Step Forward

Organ donation has been described as one of medicine’s greatest modern miracles — in many cases resulting in a long and healthy life for individuals who were near death. Each day in the United States, an average of 79 people receive life-saving transplants, according to federal statistics, but 21 others die while waiting for transplants that can’t take place because of the shortage of donated organs.

Continued on page 7
With myUCLAhealth, UCLA Health’s online patient portal, patients can request appointments, view their medical history and most test results, request prescription refills and communicate electronically with their medical team. Patients may also designate a surrogate, such as an adult or child, to access their account. If you haven’t already signed up for myUCLAhealth, you will receive an access code during your next doctor’s or hospital visit. Help with setting up myUCLAhealth account is available 24/7; call (855) 364-7052.

For more information, go to: uclahealth.org/myuclahealth
Head and Neck Office Opens in Santa Monica

The new office combines state-of-the-art technology, world-class expertise and research-supported patient care with the convenience associated with community offices.

UCLA physicians see patients of all ages and with all types of disorders of the head and neck. These conditions involve a wide range of concerns — from ear and sinus infections to associated hearing problems, tonsil-related disorders, problems involving snoring, and thyroid disease. The medical team also treats trauma to the facial bones and voice disorders. Head and neck cancers are also evaluated and treated.

In addition to office visits at the new facility, head and neck physicians perform most procedures at the nearby UCLA outpatient surgery center. Same-day appointments are available for patients who need them.

“This office offers the best of both worlds for the Santa Monica community,” says Eddie Ramirez, MD, FACS, an otolaryngologist who sees children and adults with conditions of the head and neck.

“Patients are able to see the same faculty members who practice in Westwood, but with the convenience of being closer.”

The office, which includes pediatric otolaryngologist Alisha West, MD, and otolaryngologist Paul Kedeshian, MD, is part of the UCLA Head and Neck Cancer Program, which provides comprehensive, personalized care for benign and malignant tumors of the head and neck. The head and neck consultation clinic in Westwood sees more than 50,000 patient visits each year. The UCLA Voice Center for Medicine and the Arts, also in Westwood, sees patients with voice problems ranging from benign disorders, such as vocal nodules, polyps and papillomas, to more complex disorders, such as spasmodic dysphonia, airway stenosis and laryngeal cancer.
Women diagnosed with one of the most common types of breast cancer now have an additional medication to help fight the disease. The U.S. Food and Drug Administration (FDA) recently approved palbociclib (Ibrance) for postmenopausal patients with breast cancer that has spread to other areas of the body.

The medication is aimed at women with a type of breast cancer known as estrogen receptor-positive/HER2-negative (ER+/HER2-). The ER+/HER2- subgroup represents about 60 percent of breast-cancer cases, “so we believe this agent can have a great impact,” says Dennis Slamon, MD, PhD, director of the Revlon/UCLA Women’s Cancer Research Program and Clinical/Translational Research at UCLA’s Jonsson Comprehensive Cancer Center.

The medication represents a new strategy in treating breast cancer. It’s the first in a class of medications that target proteins called cyclin-dependent kinases 4 and 6 (CDK4/6). These proteins allow cancer cells to divide, but palbociclib disrupts them. Researchers have known about these proteins for many years, but it was unclear who might be helped by drugs that disrupted the proteins. In studies that began in 2007, UCLA scientists demonstrated that women with estrogen receptor-positive breast cancer could benefit from drugs that addressed CDK4/6.

“Cell division is not well controlled; that’s one of the hallmarks of cancer,” says Richard Finn, MD, of UCLA’s Jonsson Comprehensive Cancer Center. “For many years, people have been trying to target these CDK4/6 receptors. What we have been able to do is identify a type of cancer that might benefit from CDK4/6 inhibition.”

Palbociclib is used in combination with letrozole, a medication used to treat this type of breast cancer in postmenopausal women. In the clinical trial, participants treated with palbociclib plus letrozole lived about 20 months without their disease progressing, compared to about 10 months in participants receiving only letrozole. More than 80 percent of the patients in the study received some benefit from this treatment. In April 2013, the FDA granted the drug “breakthrough therapy” status, allowing it to be fast-tracked to early approval.

“I believe palbociclib will now become a standard treatment approach for postmenopausal women with ER+/HER2-metastatic breast cancer,” Dr. Slamon says.

The drug did cause a decrease in infection-fighting white blood cells. But that side effect is manageable, Dr. Finn says. “So much cancer research is just hit and miss. You do a study and hope to get something,” he says. “This clinical study was based on a very strong scientific rationale. It wasn’t random. That is why we saw positive results. This type of result is not often seen in cancer medicine.”

CDK4/6 medications are under investigation for other types of cancers, Dr. Finn says.

To view a video about treatment options for women with breast cancer, go to: uclahealth.org/treatmentoptions
"If I find a lump in my breast, I have cancer."

80% of lumps in women's breasts are caused by benign changes, cysts or other conditions.

"I’m too young to get breast cancer."

25% of women with breast cancer are younger than 50 years old.

"Only women with a family history of breast cancer are at risk."

80% of women diagnosed with breast cancer have no identifiable risk factors for the disease.

"Men can’t get breast cancer."

Approximately 1,700 men will be diagnosed annually with breast cancer and 450 will die.

"A mammogram can cause breast cancer to spread."

Radiation doses are regulated by the FDA and are low — equivalent of the amount the average person receives from their surrounding environment over three months.

“This clinical study was based on a very strong scientific rationale. It wasn’t random. That is why we saw positive results. This type of result is not often seen in cancer medicine.”
Nonprescription Supplements and Pain Relievers Contribute to Liver Damage

The overuse of nutritional supplements and nonprescription pain relievers like acetaminophen is contributing to a growing incidence of serious liver damage caused by these chemical agents, a condition known as hepatotoxicity.

“A patient has a medical or dental procedure and afterward has a lot of pain, so he or she starts taking large numbers of acetaminophen and develops toxicity that is potentially fatal without a liver transplant,” says UCLA gastroenterologist Francisco Durazo, MD.

Nutritional supplements are cause for similar concern. More than half of Americans take supplements, Dr. Durazo notes, and consumption of herbal medications has increased fivefold in the last decade. “We’re now starting to see the effects,” he says. The most common supplement-induced liver injuries result from workout or bodybuilding supplements, with weight-loss supplements not far behind. Less common but still important to be aware of, he adds, are injuries from consuming large quantities of popular energy drinks.

It is important that patients talk with their physicians about any nonprescription products they are taking, and for physicians to offer counsel on the potential dangers of misuse, Dr. Durazo says. In the case of acetaminophen, patients also need to be aware that it can be present in other medications, from analgesics to cold remedies. Dr. Durazo cautions that certain factors can predispose someone to increased acetaminophen toxicity, including heavy alcohol use, fasting and medications that speed up the metabolism.

When it comes to nutritional supplements — be they workout-enhancing supplements, weight-loss pills or energy-boosting drinks — the problem is compounded by misleading advertising and labeling, contends Fady M. Kaldas, MD, director of the liver-transplant service at the Dumont-UCLA Transplant Center. “There is a big market for people who want to move away from Western medicine and buy something
that’s herbal or ‘natural,’” Dr. Kaldas says. “A lot of people think that it has to be good for them if it’s natural.”

However, the supplement industry is not regulated by the U.S. Food and Drug Administration, and products typically don’t need to show evidence of safety or efficacy to be sold. There have been cases in which popular weight-loss supplements have been removed from the market after reports of adverse events but return as rebranded products with similar ingredients.

Patients with hepatotoxicity from supplements typically experience nausea, vomiting, abdominal pain and fatigue, along with elevated liver-function tests, UCLA surgeon Keri E. Lunsford, MD, PhD, explains.

Patients may assume their physician wants to know only about the prescription medications they are taking and neglect to volunteer that they also are taking supplements, Dr. Lunsford says. And many doctors don’t ask, “assuming that a supplement is like a multivitamin and not a big deal.” She advises that patients tell their physicians about the use of any supplements, even if the doctor doesn’t ask.

To help address this shortage, it is important for individuals to indicate their willingness to be an organ donor upon their death, says Gabriel Danovitch, MD, medical director of UCLA’s Kidney and Pancreas Transplant Program. “It reduces the stress on surviving family members during that time of decision if they know what their loved one wanted,” Dr. Danovitch says. “And the knowledge that some good may come out of the situation can provide some solace during this time of loss.”

Dr. Danovitch says there continue to be misconceptions around organ donation, although he believes they are less widely held than in the past. One is that less of an effort will be made to save the lives of those who have signed an organ-donor card. “That is absolutely not true,” Dr. Danovitch says. “The medical team’s job is to keep you alive, and that is separate from those whose job it is to fulfill the family’s wishes after death.” There are well-defined criteria for determining death, he adds, and organ donation cannot occur until those criteria have been met.

Some people also hold the mistaken belief that society’s most privileged members will be more likely to receive their organs, but Dr. Danovitch, who has been active nationally on organ-allocation issues, says that there are strict criteria in this regard as well, and the process is designed to be blind to socioeconomic or race. “For organ donation to be successful in any society, there needs to be a trusting relationship between the medical community involved in transplantation and the public at large, and we have shown ourselves to be trustworthy, as illustrated by the rising authorization rates,” he says.

Although most organs come from deceased donors, transplantation can also be performed using living donors — particularly involving the kidney. At UCLA, nearly half of all kidney transplants are from living donors. “In people who have passed a careful series of tests and evaluations, it is perfectly safe to have one kidney removed, and these living donors can go on to lead a full, active and unrestricted life,” Dr. Danovitch says. “It can be extremely gratifying not just for the recipients, but for donors who experience the blessing of seeing someone they care about get their health back. We all know it’s often even more satisfying to give the perfect gift than to get the perfect gift.”

Although living donors are usually close relatives, increasingly transplants are performed involving friends, distant relatives and strangers or anonymous donors, particularly as issues of compatibility are more easily overcome. UCLA’s kidney transplant program has been among the most active in the country in carrying out kidney exchanges, which increase the donor pool by matching patients who have an incompatible donor with other incompatible donor-recipient pairs.
Dr. John Mazziotta Assumes Leadership of UCLA Health

John Mazziotta, MD, PhD, is the new CEO of UCLA Health and dean of the David Geffen School of Medicine at UCLA. A neurologist, he is the founder of UCLA’s Ahmanson-Lovelace Brain Mapping Center and former chair of the Department of Neurology. His perspective after some 30 years at UCLA gives Dr. Mazziotta a clear view of the institution and the direction in which he would like to lead.
What are the opportunities that lie ahead?

When there is a significant change in leadership, there is the opportunity to examine the governance and structure of the organization. It is like starting with a clean slate and makes it possible to ask questions such as, “How do we change the structure to become more effective, efficient and responsive?” It is good to have a chance to engage in self-examination. Today’s healthcare environment is undergoing dramatic change, and we need to be prepared to adapt to that without changing the beliefs that are embedded in our core mission.

What are your priorities as you take on your new roles?

We should strive to be the best in the world at the things we choose to do. We can’t be the best in the world at everything, but, when we pick a subset of those things, we should pick the ones in which we can be the very best. It means taking the steps to make UCLA the role model nationally for enabling an academic medical center to truly deliver patient-centered and integrated care. Instead of being compartmentalized into the “department of the eyeball” and the “department of the nervous system,” where the patient must go from one center to another to receive care, we want to create a system where whatever is needed for the patient surrounds him or her in a cost-effective way. No one has done this in academic medicine. The first one to do it will be the role model for the rest of the country, perhaps for the rest of the world. I want UCLA to be that role model. In the areas of research, we have identified six themes in which we want to particularly invest and excel: cancer; immunology; cardiovascular medicine; neuroscience; metabolism; and degeneration, regeneration and repair.

What are some examples of how we already excel in the research areas you have identified?

There are many, but let’s highlight one: cancer. Within this past year, three new cancer therapies developed at UCLA have been approved by the U.S. Food and Drug Administration. These therapies are the results of years of investigation led by UCLA researchers, and they offer new alternatives for patients with such cancers as melanoma, non-small-cell lung cancer and estrogen-receptor-positive breast cancer. I will highlight one other. In the area of cardiovascular research, our scientists have developed an entirely novel therapeutic approach to fighting vascular plaques — a synthetic protein that is designed to mimic HDL, or “good cholesterol.” This therapy was brought to clinical trial, which resulted in a licensing agreement. These are just a couple of examples of the incredible work that is being done at UCLA, the kind of work we want to support and advance even further.

Your office is in the Center for the Health Sciences building, on the UCLA campus, which is undergoing a significant transformation. What is happening here?

This has been the single-largest renovation project in the history of the University of California, to transform this building into a space for high-intensity research laboratories. The building has been seismically retrofitted, and now it is being reassembled into clean, open spaces with a all-new infrastructure. There will be a floor devoted to each of the six research themes that I mentioned. Other areas will be used to facilitate different kinds of public-private partnerships. We will partner with established organizations and businesses in the private sector to do joint research projects, possibly startup companies. As a university, we’re not a bottom-line organization that focuses only on the money that can be made from these opportunities. Rather, we will pursue intellectual property that can lead to societal benefit, even if it isn’t necessarily a financial winner. That’s going to be a very exciting activity.
Coordinated Care Improves Outlook for Children with Facial Deformities

For children born with facial abnormalities, treatment often involves multiple surgeries and other consultations from a wide variety of medical and dental specialists, in some cases stretching from infancy to early adulthood. For these young patients and their families, the coordinated effort of a team of experts is essential for both convenience and optimal care, says Wayne Ozaki, MD, DDS, a pediatric plastic surgeon and director of UCLA Craniofacial Surgery.

“Most of these patients need more than just a single operation from a plastic surgeon,” Dr. Ozaki says. “If they are going to many different specialists who aren’t working together, they’re getting disjointed care.”

The UCLA Craniofacial Clinic team includes experts from more than a dozen specialties, including pediatrics, plastic surgery, oral surgery, orthodontics, pediatric dentistry, neurosurgery, ophthalmology, head and neck surgery, audiology, maxillofacial prosthetics, speech pathology, social work and genetics.

The team meets regularly to discuss cases, and patients and their families typically are able to have all of their consultation needs met in a single day. The clinic is one of the largest of its kind in the United States, and has pioneered new treatments to improve outcomes for the most challenging patients.

Approximately 200,000 children are born each year with facial deformities. The most common is cleft lip or palate, which occurs when the baby’s lip or mouth fails to form properly during gestation. Other congenital
A Cup of Joe for More Get Up and Go

Everyone knows that the prescription for weight loss relies heavily on proper diet and exercise, but could an optimal and well-timed dose of caffeine confer an additional benefit? “There has been a great deal of interest in the effects of caffeine on exercise and weight loss, and for the most part it appears that in moderation, caffeine can contribute in a positive way,” says Daniel Vigil, MD, a UCLA sports-medicine physician.

The latest evidence comes from a recent study finding that among athletes, exercising after consuming a moderate amount of coffee resulted in their burning 15 percent more calories for three hours post-workout than non-coffee drinkers. Dr. Vigil explains that the positive effect relates to faster and deeper breathing in the hours following the exercise, which results in more calories burned. He notes that other studies have found that caffeine can promote the preferential burning of fat over carbohydrates, which could also be beneficial to weight-loss efforts.

Jason Hove, MD, a UCLA family medicine physician with an expertise in exercise physiology, points out that one well-known benefit of consuming caffeine prior to exercise is its ability to boost endurance. “What it comes down to is perceived exertion — how hard you think you’re working,” Dr. Hove says. “There is some evidence that caffeine makes it easier for people to exercise longer and harder, which is going to burn more calories.” Dr. Hove adds that if the caffeine makes the physical activity seem less grueling and thus more enjoyable, it might increase the frequency of workouts — another potential benefit.

One of the concerns some people have about caffeine prior to exercise is that it will make them dehydrated. “We now know that caffeine doesn’t cause dehydration, especially if you start out well hydrated,” Dr. Hove says.

Dr. Vigil warns against taking the evidence too far. The optimal intake of coffee for an average-weight person seeking to achieve the exercise-related benefit is about two-to-three cups roughly one-to-two hours before the workout. “Someone who is already drinking four or five cups a day isn’t likely to get a benefit from drinking more,” he notes. Similarly, people who aren’t coffee drinkers shouldn’t feel the need to start, since the benefits are only marginal.

“We need to keep in mind that diet makes up about 80 percent of the weight-loss equation,” Dr. Hove says. “Of course, exercise is certainly important for fitness as well as for losing weight, and if caffeine can be used to enhance that effect, that is going to be beneficial.”

For more information about the UCLA Pediatric Craniofacial Program, go to: uclahealth.org/pediatriccraniofacial

To view a video about coffee and exercise, go to: uclahealth.org/coffeeandexercise
Community Health Programs

July, August, September 2015 Community Health Programs
UCLA Health offers community programs and events to help our neighbors lead healthier lives through wellness education and the prevention of illness and injury. Scan the QR code on the left with your smartphone or go to uclahealth.org/calendar for more information.

Aging and Memory Care

Brain Boot Camp
This intensive course teaches healthy lifestyles and enhances memory ability for people with age-related memory concerns.
When: Sessions scheduled on individual basis
Where: UCLA Longevity Center, 10945 Le Conte Ave, Ste 3119
Info: (310) 794-4055
Cost: $300 for 3 hours

Alzheimer’s Disease

Beyond Alzheimer’s Support Group
Do you have a loved one with a memory problem or dementia? Is the stress of being a caregiver overwhelming to you? A support group may be your answer.
When: Tuesday and Thursdays (except holidays) / 6:30 – 8 pm
Where: UCLA Medical Center, Santa Monica, 1250 16th St, Board Rm G210
Info: (310) 319-3222

Asthma

Asthma Update
Gerard Frank, MD, UCLA pulmonologist, will discuss the differences between allergic and nonallergic asthma and how to treat them.
When: Thursday, August 6 / Noon – 1:30 pm
Where: OASIS, Macy’s 3rd Level, 10730 W Pico Bl
RSVP: (800) 516-5323

BRAIN ANEURYSM

Brain Aneurysm Support Group
The Brain Aneurysm Support Group is for patients diagnosed with an unruptured brain aneurysm, those having survived a ruptured aneurysm and all caregivers, providing them information and education relating to the diagnosis, research, treatment options and recovery process.
When: Third Saturday, every other month, starting May 16 / 9:30 – 10:30 am
Where: Ronald Reagan UCLA Medical Ctr, 6th Fl, Conf Rm 6236
Info: mrdemer@mednet.ucla.edu

Cancer

Colorectal Cancer: Recent Advances in Detection and Treatment
Zev Wainberg, MD, UCLA GI Oncology program, will discuss care of colorectal cancer patients from initial diagnosis through treatment of early disease, management of metastatic cancer, traditional treatments (chemotherapy and biological therapy) and targeted biological agents being tested in clinical trials and emerging in the clinic.
When: Tuesday, July 14 / 7 – 9 pm
Where: Ronald Reagan UCLA Medical Ctr, Rm B130
Info: (310) 794-6644

Novel Therapies in Cancer Treatment — Myths and Facts about Clinical Trials
Lee Rosen, MD, UCLA Drug Development Program, will present how new drugs are developed, how clinical trials are conducted and when they can/should be used in cancer treatment. Classes of drugs just entering the clinical arena and UCLA’s extensive list of clinical trials for a wide variety of cancer types will be discussed.
When: Tuesday, August 11 / 7 – 9 pm
Where: Ronald Reagan UCLA Medical Ctr, Rm B130
Info: (310) 794-6644

Complementary Therapies for Cancer Patients
Lisa Kring, LCSW, Eileen Zegar, LAS, Dipl O.M., Sibel Kantarci and Michael Sieverts will provide information in the areas of meditation, acupressure, Qi Gong and Reiki, and give demonstrations on integrative therapeutic options to help improve the quality of life, health, and wellness of cancer patients.
When: Tuesday, September 29 / 7 – 9 pm
Where: Ronald Reagan UCLA Medical Ctr, Rm B130
Info: (310) 794-6644

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

Did you miss a lecture you wanted to attend?

Events in gold are offered near our UCLA offices in Malibu, Palos Verdes, Porter Ranch, Redondo Beach, Santa Clarita, Simi Valley, Thousand Oaks, Torrance and Westlake Village.
FEATURED EVENT

20TH ANNUAL UCLA RESEARCH CONFERENCE ON AGING

The 2015 Research Conference on Aging, cosponsored by the UCLA Multicampus Program in Geriatric Medicine and Gerontology and the UCLA Longevity Center, will demonstrate UCLA’s diverse research efforts to enhance productive and healthy lifestyles for older adults. Research topics ranging from basic biology to public policy will be presented. The event provides the opportunity to network with others conducting and interested in aging research and will feature presentations from a diverse group of researchers in aging.

When: July 9 / 8 am – Noon
Where: Ackerman Grand Ballroom, 208 Westwood Plaza
Info: geronet.ucla.edu/rcoa
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 info visit: uclahealth.org/uclamdchat

CANCER (CONTINUED)

Colon Cancer Screening

Michael Jean, MD, UCLA gastroenterologist, will discuss the risks, benefits and alternatives of different screening options for colon cancer.

When: Monday, August 10 / 3:30 – 5 pm
Where: Summerhill Villa, 24431 Lyons Av, Santa Clarita
RSVP: (800) 516-5323

What Role Does Stress Play in Cancer Therapy?

Shahryar A. Ashouri, MD, UCLA oncologist, will discuss how stress and your immune system play a role in cancer management.

When: Thursday, September 24 / 6:30 – 8 pm
Where: Cancer Support Community Valley/Ventura/Santa Barbara, 530 Hampshire Rd, Westlake Village
RSVP: (800) 516-5323

DIABETES

Living with Type 2 Diabetes

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

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

Learning to Manage Gestational Diabetes (ONGOING)

This specialized 90-minute diabetes education class is designed for expectant mothers who have been diagnosed with gestational diabetes, and it offers information on meal planning, blood sugar monitoring and long term health planning. This class is covered by most medical insurance policies. A physician referral is required.

When/Where: Class is available weekly in Santa Monica, Westwood and Torrance
RSVP: (310) 794-1299 or diabeteseducation@mednet.ucla.edu

DIGESTIVE DISORDERS

Nutrition for Common Digestive Disorders

Nancee Jaffe, RD, UCLA dietitian, will provide simple dietary and lifestyle tips to help manage common digestive conditions, such as diarrhea, constipation, gas/bloating and acid reflux.

When: Thursdays, 10:30 – 11:30 am
1st Thursday – Diarrhea
2nd Thursday – Constipation
3rd Thursday – Gas/bloating
4th Thursday – Acid Reflux (GERD)

Where: Peter V Ueberroth Bldg, Conference Rm 1420, 10945 Le Conte Av
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 will provide peer support, advocacy and education by leading professionals in the field.

When: Monday, July 13 & September 14 / 7 pm
Where: UCLA Cardiac Rehab Center, 200 UCLA Medical Plaza, Ste 206C
Info: (310) 825-0014

Kidney Smart Classes

This two-hour class focuses on how your kidneys function, ways to manage your diet and health to promote healthy kidneys, and information about kidney disease.

When: July 16, July 30, August 13, August 27, September 10 and September 24 / 2 – 4 pm
Where: 1821 Wilshire Bl, Suite 200, Santa Monica
Info & RSVP: (888) 695-4363 or kidneysmart.org

MEMORY

Brain PETS: Scans for Early Diagnosis and Treatment

Daniel Silverman, MD, PhD, UCLA nuclear medicine physician, will talk about the loss many underlying causes for people with memory and other thinking disabilities, and how and when to use medical imaging of the brain to make the earliest, most accurate diagnosis possible.

When: Saturday, September 26 / 10 – 11:30 am
Where: Aegis of Granada Hills, 10801 Lindley Av
RSVP: (800) 516-5323

MULTIPLE SCLEROSIS

REACH to Achieve Program (ONGOING)

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

Where: Marilyn Hilton MS Achievement Center
Info & Application: (310) 267-4071

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COPD

Living With COPD

COPD affects an estimated 24 million people in the U.S. and over half have symptoms and don’t know it. Maryum Merchant, MD, UCLA pulmonologist, will cover the basics of COPD, including causes, risk factors, symptoms, treatment options and how to manage an exacerbation of COPD.

When: Wednesday, July 29 / 6 – 7:30 pm
Where: Camarillo Health Care District, 3639 E Las Posas Rd, Bldg. E, Ste 117
RSVP: (800) 516-5323

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Info & Application: (310) 267-4071
MULTIPLE SCLEROSIS (CONTINUED)

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

Where: Marilyn Hilton MS Achievement Center
Info & Application: (310) 481-1130

Free From Falls
This eight-week program is designed for people with multiple sclerosis who walk and may be at risk for falling. Learn how to reduce fall risks, and exercises to improve balance and mobility.

Where: Marilyn Hilton MS Achievement Center
Info & Application: (310) 481-1130

PODIATRY (CONTINUED)

Heel and Ankle Pain
Gary Briskin, DPM, will discuss the common causes of ankle and heel pain, including plantar fasciitis, arthritis, tendonitis and tendon tears. Surgical and nonsurgical therapies, including arthroscopy and shockwave, will be explored.

When: Tuesday, August 18 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Ste 101, Santa Monica
RSVP: (310) 828-0011 (date subject to change)

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

When: Tuesday, September 15 / 5:45 – 6:45 pm
Where: 2121 Wilshire Bl, Ste 101, Santa Monica
RSVP: (310) 828-0011 (date subject to change)

VISION CARE

Your Eyes — A User’s Manual
Gavin Bahadur, MD, UCLA ophthalmologist, will give an interactive and informative session about the treatment of common eye conditions, including cataracts, glaucoma, macular degeneration, dry eyes and others.

When: Thursday, September 17 / Noon – 1:30 pm
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: (800) 516-5323

WEIGHT LOSS

Obesity and Weight Loss
Jennifer Chew, MD, UCLA internal medicine physician, will address the growing epidemic of obesity in the US, as well as the health ramifications directly related to obesity seen in the primary-care setting. She will look at the challenges of weight loss and offer healthy approaches.

When: Tuesday, September 29 / 1 – 2:30 pm
Where: Torrance-South Bay Family YMCA, 2900 W Sepulveda Blvd
RSVP: (800) 516-5323

WELLNESS

East-West Primary Care
Felicia Yu, MD, UCLA internal medicine clinical instructor, will give an introduction to the primary-care model offered at the UCLA Center of East-West Medicine, which combines Western medicine and traditional Chinese medicine.

When: Wednesday, September 2 / 7 – 8:30 pm
Where: The Santa Monica Synagogue, 1448 18th St
RSVP: (800) 516-5323

FEATURED EVENT

WALK WITH A DOC
Join UCLA Health and walk toward a healthier lifestyle. Enjoy the opportunity to walk and chat with friends, neighbors and local UCLA Health physicians. Move at your own pace (even if you need a walker or wheelchair), and take an opportunity to chat with local UCLA Health physicians and others from the community. You don’t need any special gear and there are no special rules. Put on a pair of comfortable shoes, head towards the beach and make strides to better health!

When: Saturday, July 4, August 1 and September 5 / 10 am
Where: Miramar Park, 201 Paseo De La Playa, Redondo Beach (Meet at the dolphin statue in the center of the park.)
Info: walkwithadocsouthbay@mednet.ucla.edu
**Senior Scholars (ONGOING)**
UCLA Longevity Center’s program for adults over 50 to audit undergraduate courses. Attend courses taught by UCLA’s distinguished professors and enjoy intergenerational learning.

When: Sign up for Fall Quarter classes in August
Where: Locations vary on UCLA Campus
Info: www.semel.ucla.edu/longevity/srscholars or srscholars@mednet.ucla.edu or (310) 794-0679
Cost: $150 for one course

**Memory Training Course (QUARTERLY)**
Learn practical memory-enhancing techniques in a course designed for people with mild memory concerns; not for those with dementia.

When: Two hours per week for four weeks
Where: Locations vary
Info & Cost: (310) 794-0680 or sgoldfarb@mednet.ucla.edu or longevity.ucla.edu

**Westside Walkers: Free Mall Walking Program**
Sign in at Macy’s storefront on level 2.5, Westside Pavilion on Pico Blvd between Overland Ave and Westwood Blvd, West Los Angeles.

When: Tuesdays and Thursdays / 8 – 10 am
Info: (800) 516-5323

**Fitness U**
UCLA S.A.I.L. (Stay Active and Independent for Life), a fitness and education program led by UCLA physical therapists, is designed for healthy seniors.

When: Mondays and Wednesdays / 2 – 3 pm
Where: YMCA Santa Monica/Westside Auditorium, 2019 14th St, Santa Monica
Info & Enrollment: (424) 259-7140
Cost: $40 per month for unlimited participation. First-time participants should arrive at 1:30 pm for physical therapy screening.

**Understanding Medicare**
Learn what Medicare covers, what it doesn’t and how to fill in the gaps.

When: Wednesday, August 5 / 7 – 8:30 pm
Where: The Santa Monica Synagogue, 1448 18th St
RSVP: (800) 516-5323

**Bone Health**
Bone Health is a key component for remaining functional and independent as we age. Erin Atkinson Cook, MD, UCLA geriatrician, will talk about the diagnosis, prevention, and treatment of osteoporosis.

When: Wednesday, August 12 / 7 – 8:30 pm
Where: Santa Monica Bay Woman’s Club, 1210 4th St
RSVP: (800) 516-5323

**Ups and Downs of Blood Pressure**
Gopi Manthripragada, MD, UCLA cardiologist, will explore what blood pressure means for your health, including causes, symptoms, diagnosis and guidelines to treat high blood pressure.

When: Thursday, August 20 / 10 – 11:30 am
Where: The Canterbury, 5801 Crestridge Rd, Rancho Palos Verdes
RSVP: (800) 516-5323

**Introduction to Qi Gong**
Qi Gong is an ancient Chinese system of exercise that is used to awaken the body’s innate healing powers by combining movement, massage, meditation and breathing to improve strength, balance and posture.

When: Tuesday, August 25 / 1 – 2 pm
Where: YWCA Santa Monica/Westside, 2019 14th St
RSVP: (800) 516-5323

**Fit Feet After 50**
Learn foot care tips and how to keep your feet healthy after 50.

When: Wednesday, September 9 / 7 – 8:30 pm
Where: Santa Monica Bay Woman’s Club, 1210 4th St
RSVP: (800) 516-5323

**Posture and Ergonomics**
Carolyn Oudiz, PT, UCLA physical therapist, will discuss optimal posture in standing, sitting and lying down, and setting up a home computer area and general stretches to do at a computer.

When: Thursday, September 17 / 10 – 11:30 am
Where: Santa Monica Family YMCA, 1332 6th St
RSVP: (800) 516-5323

**Osteoporosis — Strengthening Bones**
Milica Simpson, MD, UCLA family medicine, will address how to keep your bones healthy as you age, treatments for osteoporosis and how to reduce falls and fractures.

When: Monday, September 28 / Noon – 1 pm
Where: Malibu Senior Center, 23825 Stuart Ranch Rd
RSVP: (800) 516-5323
You have the power to make a difference! By making a gift to Partners for Care, you help us fulfill our mission to deliver outstanding, compassionate care to every patient who comes through our doors. Share your power by becoming a member of UCLA Health’s Partners for Care today.

For more information about Partners for Care, or to make a gift, go to: uclahealth.org/pfc or contact Brian Loew, director of development, Patient Programs, at (310) 794-7620

U.S. News & World Report’s Best Hospital Survey ranks UCLA the No. 5 hospital in the country and the Best in the West.

UCLA Medical Group awarded Gold Level Achievement for clinical quality by the California Department of Managed Health Care.