

Newsletter

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Healing Mind, Brain, Body, and Spirit

By Helen Lavretsky, M.D., MS, ABIHM.

The UCLA Semel Institute's Late-life Mood, Stress, and Wellness Research Program and Integrative Mental Health Program has recently experienced an incredible surge in demand. Many healthcare providers, students, patients and families have been inquiring about access to integrative medicine as a part of their healthcare services. To address this need, we held the first Integrative Medicine and Mental Health conference in 2016 at UCLA. The second conference in 2017 focused on the "Healing Power of Breath in Clinical Practice and Mass Disasters," and featured Drs. Patricia Gerbarg and Richard Brown. We also participated in the training of 250 physicians located in Los Angeles County in different integrative medicine practices, such as deep breathing, acupressure, movement, art therapy and several other modalities. We have future plans to extend this to the wellness program for employees of the Los Angeles County Department of Health.

Today, increasing numbers of aging baby boomers and seniors are seeking holistic and natural therapies for healing. There's a growing interest in refashioning the traditional concept of healing the body into healing the whole person, including mind, body, and spirit. The brain is an important target for healing, as evidenced from our recently published study showing the effectiveness of yoga compared with memory training in older adults with mild cognitive impairment. We also demonstrated that brief (15 minutes per day) yogic meditation in dementia caregivers can help reduce stress, improve mental health and cognition, and reverse inflammation and

cellular aging related to chronic stress. I have been invited to present these results at the annual Mind & Life Institute at the residence of the HH Dalai Lama in Dharamsala, India in October 2017.

Integrative Medicine combines modern medical approaches to health with age-old therapies from around the world, such as acupuncture and naturopathic approaches; mind-body methods such as yoga, tai chi, meditation, biofeedback and relaxation therapies; and expressive art therapies. By using complementary practices, integrative medicine practitioners are better able to satisfy the increasing demand in a variety of healing techniques to relieve suffering, reduce stress, and maintain the well-being of patients and their families. Using these techniques also empowers those who seek to gain control over their lives and make their own conscious healthcare decisions. It's exciting to watch these changes in our current healthcare system unfold as patients and families choose to enhance their own healing through these powerful practices.

My current projects on mind-body therapies include "Tai chi for treatment of geriatric depression" and "Mindful-Calm meditation for fear-conditioning in undergraduate students." We are planning our 2018 Integrative Mental Health conference to focus on the "Healing Power of Sound," which will include music therapy, sound-bath, chanting, dance, and music-based practices from around the world. I am certainly enjoying this journey, and am grateful for the support from the UCLA Longevity Center and the UCLA Department of Psychiatry.





This spring, the UCLA Longevity Center and the Lifespan Learning Institute hosted more than 700 people on campus for a conference entitled, “Mind, Consciousness, and the Cultivation of Well-

Being: Transformation Through the Lifespan.” Many of us who attended learned about some of the science-based strategies for reducing stress.

The human brain has evolved to cope with stress. When a predator threatened our ancient ancestors, the ensuing acute stress elicited a fight-or-flight response, causing a spike of cortisol and other stress hormones to circulate throughout the body and the brain. The resulting increase in heart rate and mental acuity provided a survival advantage, and those ancient neural pathways are still programmed into our brains today. But those hardwired responses to acute stress are no longer necessary to survive on a daily basis. Today when we experience chronic elevations of stress hormones, it can actually damage brain cells, impair memory, worsen mood, and increase the risk for Alzheimer’s disease.

Acute stress also shifts brain activity from the frontal lobe (thinking brain) to the amygdala (emotional brain). This shift allows for quick responses to perceived threats and distracts us from any complex problem solving – a good reason why we shouldn’t make important decisions while under acute stress. When research scientists inject cortisol into human volunteers, they observe temporary declines in learning and memory. Stress also increases our risk for heart disease, high blood pressure, and diabetes, which can lead to impaired memory from small strokes in the brain.

Investigators at Rochester University recently reported on laboratory mice confined to small spaces for three weeks to create a temporarily stressful environment. They found that the stress altered brain anatomy in regions that control anxiety and depression. In particular, certain areas of the amygdala – the brain’s emotional control center – shrank, while other areas lost branches to distant brain regions, thus weakening connections and the brain’s ability to respond normally to stress.

Chronic stress can lead to anxiety and depression, and when serious, these and other mental disorders require medical treatment. However, many everyday strategies can help us to cope better with our daily stress so we can live better longer. Here are a few to keep in mind:

Laugh. Laughter offers both mental and physical benefits

by lifting mood and allowing us to gain distance and perspective on our troubles. Laughter also offers such physical benefits as increased oxygen to the heart, lungs, and muscles; reduced pain; and the release of mood-elevating endorphins in the brain. It also boosts the immune system, improving our ability to fight infections and some serious illnesses.

Meditate. The stress-busting and mood-enhancing benefits of different forms of meditation can protect the brain’s hippocampal memory centers from shrinking and strengthen neural connections between different memory areas throughout the brain. Whether you concentrate on a single word or mantra, or focus your attention on your breathing or other sensations, spending just ten minutes each day will provide noticeable benefits.

Try Tai Chi or Yoga. Research on yoga shows that it can relieve symptoms of depression, anxiety, and chronic pain. It can also boost brain health by lowering brain inflammation. Tai chi promotes relaxation and balance and has been shown to bolster immune function and improve energy levels, mood and symptoms of pain.

Exercise. You don’t have to become a professional athlete to improve your mental well-being – just 20 minutes of brisk walking each day can bring about significant stress-lowering benefits. Many people like to exercise with friends or get involved in competitive sports. The important thing is to find a convenient routine that works for you and that you enjoy so you keep it up for long-term health benefits.

Sleep Well. Picking a regular sleep time is important for setting your daily sleep rhythm and training your brain to know when it is time to sleep. Avoiding daytime naps and getting plenty of exercise during the day makes it easier to get to sleep and stay asleep throughout the night. Also, limiting evening liquids and caffeine will help you remain in bed through the night.

Stay Positive. Optimists report lower stress levels as well as fewer physical and emotional difficulties compared with pessimists. People with a positive outlook also manage stress better and are less likely to get depressed. The brain’s frontal and temporal lobes control many optimistic feelings, and MRI studies suggest that an optimistic person’s brain wiring helps them cope well with adversity.

A handwritten signature in dark ink that reads "Gary Small".

DR. GARY SMALL

Director, UCLA Longevity Center

Jackie Martinez

The Longevity Center welcomes Jackie Martinez to the team as the new Business Development Manager. Jackie previously served as the Research Lab Supervisor at the Longevity Center for the past three years. She has a background in biomedical engineering, having received a Master's in Science degree at UCLA. In 2016, she received her Master's in Business Administration from the prestigious UCLA Anderson School of Management, specializing in global management. We are pleased to have her blend her passions in the areas of healthcare, science, engineering, and business to help the Longevity Center grow its many programs and develop additional services.

During Jackie's three years as the Research Lab Supervisor, she managed several clinical trials examining the effects of nutritional supplements on age-related memory loss, as well as studies

of brain trauma following repeated concussions. She was a co-author of a highly cited peer-reviewed article addressing Chronic Traumatic Encephalopathy in retired athletes, and most recently served as a co-author of a publication on upregulation therapies for the treatment of neurodegenerative diseases. Prior to her work at the UCLA Longevity Center, Jackie worked at the NASA Ames Research Center psychophysiology lab and used biofeedback to train individuals to gain voluntary control of their autonomic responses to improve performance.

In her new role, Jackie will help us to strengthen our overall business practices. She will focus on Center promotion and marketing strategies to help advance the Center's mission and aim to increase the reach and impact of programs and services. You can reach Jackie at 310-825-8761 or at jacquelinemartinez@mednet.ucla.edu.



"As I try to expand the Longevity Center's footprint, I am driven by care and compassion to provide community access to our memory programs with our Brain Trainer Certification Program. Our mission of living better longer is applicable on a global scale, and we aim to penetrate these domestic and international markets."



"I am thrilled to work with the Senior Scholars Program. It is a tremendous opportunity to assist our Scholars in this unique, life-enhancing program where they are able to expand their minds in an intergenerational setting."

Melissa Groller

We are pleased to introduce a new staff member, Melissa Groller, to the UCLA Longevity Center. Melissa will be serving as the new program coordinator for the Senior Scholar's program. She has a background in higher education recruitment and previously served as a college admissions counselor and academic advisor at Palm Beach Atlantic University. Melissa brings three years of experience assisting students through the college enrollment

process. She continues to serve her east coast alma mater as a part-time recruiter, representing the institution at various college fairs and community events in the Los Angeles area. She is passionate about sharing her joy for education, supporting students and providing academic tools. We look forward to working with Melissa and appreciate her enthusiasm for education. We believe Melissa's background and talents will help the Senior Scholars Program continue to grow.

Cognitive Decline after Cancer

By Kathleen Van Dyk, Ph.D.

Tom was a 71 year-old man who had been diagnosed with lung cancer last year. He had surgery to remove the tumor, followed by chemotherapy, which he found very draining. Fortunately, Tom was told that the cancer was in remission, and he was looking forward to getting on with his life and retirement. However, he noticed in the months after chemotherapy had ended that he wasn't feeling as "sharp" mentally and was having difficulty remembering things. Tom even started to worry that he was getting Alzheimer's disease.

Developing cognitive problems after cancer and cancer treatment, as Tom did, is not uncommon – a recent survey reported that almost half of cancer survivors experienced some kind of cognitive change after treatment.

Many people experience fatigue or feel less "sharp" during treatments, but sometimes these problems stick around in the months and years after treatment is over, and many are not aware that this could happen. For older adults like Tom, who may already be at greater risk for cognitive decline due to the effects of normal aging, medical conditions, and other risk factors, the possible cognitive effects of cancer treatments may be particularly worrisome. While research is still emerging on this important topic, it seems that some, but not all, older cancer survivors experience mild to moderate cognitive decline after treatment for cancer, and it's not entirely clear why some may be at greater risk than others. Some of the most common difficulties include memory problems, feeling "slower" mentally, having trouble coming up with the right word, remembering names,

and maintaining focus or feeling "scattered." These problems can be frightening, and it is important to know that if a cancer survivor does develop cognitive problems, it does not necessarily mean that the person is developing Alzheimer's disease or another type of neurodegenerative disease.



If you are experiencing problems with your memory or other abilities after cancer treatment, the first step is to let your doctor know. Sometimes, it's just a matter of time and allowing yourself to recover from these treatments before the cognitive problems improve. We also know that there are issues that can be treated that may help improve cognition, such as sleep problems and depression or anxiety, and talking to your doctor about

treating these issues can help. Your doctor may also recommend neuropsychological testing to get a clearer understanding of the nature and severity of any cognitive symptoms. Lifestyle choices may also be helpful in improving mild cognitive difficulties. These may include getting regular exercise and good nutrition, as well as simplifying or better organizing days and chores to avoid "overload." Cognitive rehabilitation treatment, which teaches specific methods to compensate for memory and other cognitive difficulties, also has been shown to benefit cancer survivors with these issues.

Some of the information in this article was adapted from the Cognitive Rehabilitation Committee through the ACRM Cancer Rehabilitation Task Force publication, Cancer-Related Cognitive Changes, in press.

Interview Series:

Dynia & Vicente Honrubia

Interview conducted by Erin Der-McLeod & Michelle Moreno

Written by Erin Der-McLeod

Longevity Center Participant Spotlight: The Educated Pair - A Doctor and a Scholar

In the early 1960s, a doctor from Spain and a graduate student of history from Puerto Rico met at the University of Chicago. Their life together has taken them from Chicago to New York, to Puerto Rico, to Spain, back to New York, to Tennessee, and finally Los Angeles. Throughout their journey, education has been a common thread.

Dr. Vicente Honrubia grew up in Valencia, Spain. He studied medicine at a university in Valencia and at the University of Madrid. Dynia was born in Puerto Rico and spent part of her childhood in New York City. She attended college at the University of Puerto Rico. Bright scholars, they both received fellowships to study at the University of Chicago, where Vicente wanted to learn about the history of Spain because when he was growing up during the Franco dictatorship, information was censored. A mutual friend at the university introduced him to Dynia. Busy with her own graduate studies, Dynia recalls, “I was really not interested in teaching anyone because I had my own things to do... I still haven’t taught him about the history of Spain.” Nevertheless, after their introduction Vicente reflects, “thankfully, I met this lady, and was hooked.”

Life in Los Angeles

The couple moved to Los Angeles in 1969, when Dr. Honrubia took a job at UCLA. As a leading otolaryngologist (ear, nose and throat specialist), he took care of patients, conducted research, and served as a faculty member at the medical school. He focused his career on research, and he received numerous grants



from the National Institutes of Health. Among his many accomplishments, he served as the Director of the Victor Goodhill Ear Center at UCLA School of Medicine. He also co-wrote the seminal book, *Clinical Neurophysiology of the Vestibular System*, which is now in its 4th Edition. Renowned for his work, there is a plaza named after him in the municipality of Yatova, Valencia, Spain, called Plaza Doctor Vicente Honrubia.

While Vicente worked at UCLA, Dynia reared their two boys. Both sons followed in their father’s footsteps and attended UCLA School of Medicine. When their sons were grown, Dynia decided to pursue a teaching credential at Cal State Los Angeles. During her first year, she taught high school Spanish, but she discovered her true passion was teaching kindergarten. She says she loved teaching the small children because of their enthusiasm for learning.

Now, both in retirement, the Honrubias continue to seek new learning opportunities. With a weekly water aerobics class, balance class and tai chi in the park, the couple stay physically active. They often attend special lectures throughout the UCLA campus and are taking piano lessons. Dynia took classes as a child, noting “I was better when I was seven.” For Vicente, it is a new opportunity that allows him to fulfill a childhood desire to play an instrument. He recalls that as a child, he spent summers in his mother’s hometown, where there was a band class for local children. Many of his friends were in the band, but because he did not live there year-round, the teacher would not let him join the music classes. As a result, he very much enjoys the piano lessons that he gets to take now.

Continued Learning at the Longevity Center

In addition to their fitness and piano classes, the Honrubias have participated in many of the programs that the Longevity Center offers. They were introduced to the Longevity Center by their doctor, who told them about *Brain Boot Camp*, the Center’s three-hour session that provides an overview on how memory changes, strategies to improve everyday memory challenges, methods for remembering names and faces, and take-homes for continuing to reinforce memory strategies. After completing their Brain Boot Camp session and all the take-home exercises, they wanted to learn more.

The Longevity Center’s Dr. Karen Miller suggested that they attend *Memory Care*, an on-going weekly program that helps families with memory challenges. As a participant, Vicente enjoys the diversity of activities that occur and the social interaction with psychology graduate students who help lead the program. “You have on one side the students who

are learning to deal with patients...for patients, the therapy is fun because the students are genuinely interested in what you do,” he said. He also notes that the on-going basis of the program is important. “It’s not the merit of one class. It’s the sequence. The whole experience is what really counts.” Dynia likes the group of people in the program, getting to meet with other families with similar challenges, and learning about the brain because it is a subject she did not know much about before.

During one of their visits to the Longevity Center, Dynia also noticed a flyer for *Senior Scholars*, the Center’s program for people fifty and over to audit undergraduate classes at UCLA. It was a happy coincidence because she had learned about the program a few years prior from a UCLA student. At the time, she was interested in the program, but she was still working. After she saw the flyer, she signed up for her first class, Language and Music. Over the past two years, she has taken several courses, many in the anthropology department. She says her favorite class was in social anthropology, Society and Culture.

Taking classes in anthropology has allowed her to study a subject she had not studied previously. She also enjoys meeting the undergraduate students in her classes. “It’s fun. One kid told me last week that I was very cool,” she reflected fondly.

The Honrubias have traveled and lived in many places, but they say they feel fortunate to live near UCLA. The opportunity to come to campus for Longevity Center programs and other activities like fitness classes and special lectures, helps them maintain the active lifestyle they enjoy and contributes to their longevity.

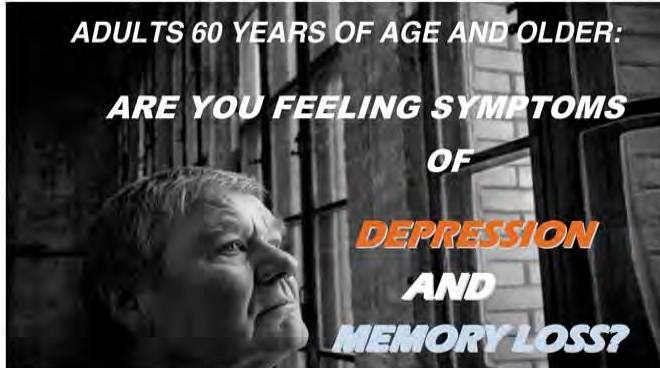
The Honrubias would like to thank Dr. Small, Dr. Miller, and the staff for making their path easier.



Research Studies

UCLA Psychiatry and Biobehavioral Sciences

LATE-LIFE DEPRESSION AND MEMORY RESEARCH STUDY



ARE YOU ALSO SUFFERING FROM:

- ✓ **SADNESS?**
- ✓ **HOPELESSNESS?**
- ✓ **PROBLEMS WITH MEMORY AND CONCENTRATION?**
- ✓ **A LACK OF ENERGY AND LOW APPETITE?**

YOU MAY BE ELIGIBLE FOR OUR RESEARCH STUDY

The UCLA Geriatric Psychiatry Program is conducting a 12-month research study on the experimental drug combination for the treatment of depression. All participants will be given the study drug Lexapro® (escitalopram) and Namenda® (memantine) together or will be given Lexapro® with a placebo (an inactive substance). A complete psychiatric evaluation, a PET scan, and two MRI scans will be provided. Subjects will not be charged for participation and will be paid. You must be at least 60 years old. If you or anyone you know is interested in participating, call for an appointment to see if you qualify or for more information at: (310) 983-3375 or (310) 794-4619.

The study will be conducted by Helen Lavretsky, M.D.



Protocol ID:IRB#12-001714 UCLA IRB Approved Approval Date: 10/13/2016 Through: 10/12/2017 Committee: Medical IRB 3

Comparison of Levomilnacipran to Placebo in Older Adults with Depression



The UCLA Geriatric Psychiatry Program is conducting a 12-week study to compare the effects of levomilnacipran (FETZIMA) to placebo for the treatment of depression for adults over the age of 60 years. All participants will be given either levomilnacipran (FETZIMA) or a placebo (an inactive substance). A complete psychiatric evaluation will be provided and you will undergo one MRI scan. You will be compensated up to \$200 and parking will be reimbursed.

If you are interested in participating, please contact us to schedule an appointment or to find out more information.

(310) 794-9523 or (310) 794-4619

Participants must be **60 years** or older and experiencing symptoms of depression



UCLA Psychiatry and Biobehavioral Sciences

Protocol ID:IRB#14-001827 UCLA IRB Approved Approval Date: 10/13/2016 Through: 10/12/2017 Committee: Medical IRB 3

UCLA Psychiatry and Biobehavioral Sciences



TAI CHI CHIH OR HEALTH EDUCATION AND WELLNESS FOR OLDER ADULTS



**ARE YOU SUFFERING
FROM DEPRESSION?**

ARE YOU OVER THE AGE OF 60?

The UCLA Late-Life Mood, Stress and Wellness Program in the Geriatric Psychiatry Division is conducting a 6-month research study involving 12 weekly 60 minute sessions of either a health and education wellness class or a Tai Chi class. Participants will undergo two functional magnetic resonance imaging (fMRI) scans. A complete psychiatric evaluation will be provided. Subjects will not be charged for participation and will be compensated.

You must be at least 60 years old. If you or anyone you know is interested in participating, call for an appointment to see if you qualify or for more information at: (310) 794-9523.

The study will be conducted by Helen Lavretsky, M.D.

Protocol ID:IRB#15-000184 UCLA IRB Approved Approval Date: 1/18/2017 Through: 1/11/2018 Committee: Medical IRB 3



2017 Interpersonal Neurobiology Conference

From March 17, 2017 through March 19, 2017, nearly 800 people gathered at UCLA for a three-day conference entitled, “Mind, Consciousness, and the Cultivation of Well-Being: Transformation Through the Lifespan.” The co-hosts of the event, Lifespan Learning Institute and the UCLA Longevity Center, invited 20 speakers to present on various topics focused on cultivating a healthy mind. Neuroscience research presentations showcased the efficacy of mind-body integrative techniques, and experts provided experiential immersions for the audience. Some of the important topics discussed included stress and depression; self-compassion and self-esteem; clinical applications of mindfulness; brain training; and how to make healthy choices.

The Longevity Center would like to thank all of the outstanding presenters for making this educational event truly memorable. We would also like to extend our deepest gratitude to our partners at Lifespan Learning Institute – Marion Solomon, Matthew Solomon, Bonnie Goldstein, and Dr. Dan Siegel – for inviting us to collaborate with this esteemed group.

Amishi Jha

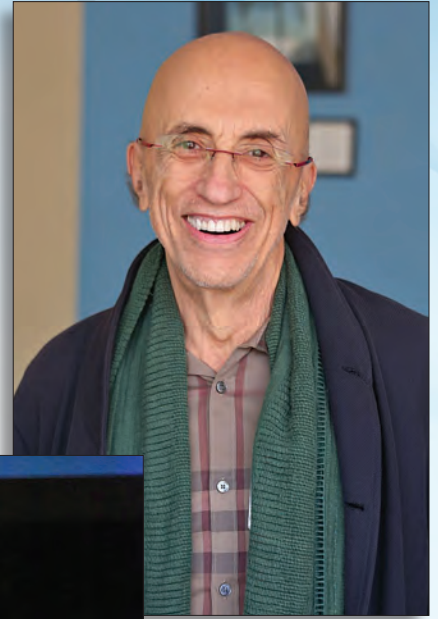
Daniel Siegel

Deepak Chopra



Pat Ogden

Mari Geller



Kristin Neff

Judson Brewer



Shapiro

Aenas Kafatos

Goldstein

Gary Small

Elisha Goldstein

Elissa Epel

Helen Lavretsky

Jack Kornfield



Tanzi

Marion Solomon

Trudy Goodman Kornfield

Strenuous Exercise May Dampen Libido in Men

Previous research has shown that women who exercise too much may experience hormone imbalances that can impair menstruation and sex drive. A new study indicates that too much exercise in men may affect their sex drive. Investigators at the University of North Carolina in Chapel Hill studied approximately 1,100 active adult men, and those who reported moderate or high sex drives also reported exercise routines that were moderate or light. The findings did not confirm whether exercise caused sex drive to diminish or whether low libido or low sexual activity lead to greater intensity of exercise.

Depression is Leading Cause of Disability at Any Age

Depression is a major public health challenge throughout the world. Women, young people and the elderly may be at particular risk. The World Health Organization recently reported that depression affects four percent of the population or an estimated 322 million people, which is close to a 20 percent rise compared to the numbers a decade ago. This increase may be due in part to our aging population. The apathy and low energy associated with depression accounts for more than \$1 trillion in global economic losses due to sufferers' inability to work and cope with life. According to Dr. Dan Chisholm of WHO's Department of Mental Health and Substance Abuse, "Depression is the single largest contributor to years lived with disability. So it's the top cause of disability in the world today."

Probiotics Benefit Alzheimer's Symptoms

Probiotics are microorganisms or bacteria that are ingested to promote health. Yogurt, pickles, and many other popular foods have probiotic properties that promote digestion. Recent research has been exploring other potential benefits of probiotics. In February 2017, an article appeared

in the journal *Frontiers in Aging Neuroscience* showing that Alzheimer's patients who consumed a probiotic milk for 12 weeks improved their cognitive abilities compared with a control group that consumed milk without probiotics. The group receiving the probiotic also had improved measures of inflammation and fat levels in the blood. These findings suggest that improvements in metabolic function from probiotics could influence memory abilities. Although only 52 patients completed the study, the results are promising and deserve further exploration.

Obesity Linked to Stress Hormone

New research suggests that lowering your stress may help you to lose weight. Scientists at the University College London reported on levels of stress and body weight in a sample of more than 2,500 research volunteers age 55 and older who were enrolled in the English Longitudinal Study of Ageing. They found that levels of the stress hormone cortisol were significantly associated with increased waist circumference and higher body mass index, a ratio of height to weight that indicates presence of obesity or overweight. The authors concluded that their results provide support the idea that chronic stress leads to a greater risk for obesity.

Weekend Workouts Associated with Greater Life Expectancy

Some of us are too busy during the week to get enough exercise so we focus our workouts on the weekend. A new study suggests that people who compress their exercise into regular but extensive weekend sessions enjoy the same longevity benefits as those who do briefer shorter workouts throughout their week. Scientists at Loughborough University in the UK and other collaborators reported on workout patterns of more than 60,000 middle-aged volunteers. Both those who exercised throughout the week and the weekend warriors enjoyed similar longevity advantages compared to volunteers who did not engage in the recommended level of exercise.

Donors & Tributes

DONATIONS

Director's Circle Level (\$2,000+)

Addison Kermath
Dr. Alan Weinberger
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Beverly Tiffany
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Katherine Murray-Morse
Leslie Mitchner
Dr. Louise Horvitz
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Friend Level (\$100-249)

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Eric Shapiro
June Kim
Sylvia Gelber

Supporter Level (\$50-99)

Richard Malueg

TRIBUTES

In Memory of Ruth Martin

Joel Saltzburg & Donna Roth

In Memory of Sonia Lipsic

Sylvia Gelber

In Memory of Claudia Parsons

Richard & Judith Malueg

In Memory of Basil De Saxe

Karen Lynn & Bob Cypers

In Memory of Ruth Linnick

UCLA Longevity Center staff

In Memory of Mike Chesler

UCLA Longevity Center staff

Happy Birthday to Alan Pepper

Joel Saltzburg & Donna Roth

The Longevity Center would like to thank everyone who generously donated on behalf of Marcus Sitrin. Mr. Sitrin is an investment advisor and founding partner of Sitrin Capital Portfolio Management, based in Century City, CA.

Media Highlights

• March 23, 2017

The Revolutionary "Mind, Consciousness, and the Cultivation of Wellbeing: Transformation through the Lifespan" Conference at UCLA
The UCLA Longevity Center and the Lifespan Learning Institute's 2017 Conference on Interpersonal Neurobiology Conference was featured in the *Huffington Post*.

• February 28, 2017

Risks of Undertreating Early Alzheimer's
A CBS report about under-treatment of early stage Alzheimer's disease featured Dr. Gary Small, director of the UCLA Longevity Center. The report aired on CBS affiliates in Anchorage, Alaska; Green Bay, Wisconsin; and Marquette, Michigan.

• February 15, 2017

How to Hack Your Telomeres to Slow Aging and Live Longer
Research by Dr. Helen Lavretsky, UCLA Professor of Psychiatry and Biobehavioral Sciences and member of the Division of Geriatric Psychiatry, on a meditative yoga practice called Kirtan Kriya, was discussed in a *Shape* magazine article about slowing down aging.

• February 13, 2017

Music for Patients with Anxiety or Depression
Dr. Helen Lavretsky commented in an LA Yoga article about the group White Sun's Grammy award for best New Age album. Lavretsky said that the album "White Sun II" is her

favorite CD to prescribe to patients with anxiety or depression.

• February 9, 2017

Reduce Risk of Alzheimer's Later by Making These Changes
Dr. David Merrill, an assistant clinical professor of geriatric psychiatry who directs UCLA's Cognitive Health Clinic, was featured in a *Men's Health* article about reducing the risk of Alzheimer's with exercise and healthy eating.

• December 5, 2016

Did You Just Forget, or Is It Something More Serious
Dr. Gary Small was featured in a *New York Times* article on forgetfulness, more serious forms of memory loss, and distinguishing between the two.

• September 30, 2016

Drug-Resistant Depression a Growing Problem in Elderly
A *CNN.com* article on the difficulties in treating depression in the elderly featured Dr. Helen Lavretsky, as well as a patient she is treating who is currently enrolled in a UCLA Study examining how aging affects the risk and benefits of different types of antidepressants.

• September 21, 2016

11 Memory Hacks to Remember the Names of Everyone You Meet
Dr. Gary Small commented in a *CNBC* story on tips to boost your memory of the names of people you meet.

Dr. Fernando Torres-Gil Receives Distinguished Award

Dr. Fernando Torres-Gil, Associate Director of the UCLA Longevity Center, Professor of Social Welfare and Public Policy at UCLA, Adjunct Professor of Gerontology at USC, and Director of the UCLA Center for Policy Research on Aging, was awarded the Paul Nathanson Distinguished Advocate Award. Dr.

Torres-Gil's research on health, long-term care, disability, and the politics of aging, combined with years of public service, has impacted the lives of millions of older adults nationwide. The Longevity Center is honored to have such an esteemed colleague as a member of its leadership team. Congratulations, Dr. Torres-Gil.

Brain Boot Camp

An intensive, three-hour course that includes individualized healthy lifestyle programs, tips for a healthy heart and brain diet, and advanced memory techniques for learning and recalling names and faces.

Cost: \$300. To register, call (310) 794-4055

Memory Care

A weekly program for both caregivers and people experiencing memory loss (e.g., mild cognitive impairment, mild Alzheimer's dementia). Memory Care teaches memory techniques as well as strategies to lower stress and stimulate the mind and the body. The program takes an innovative approach to memory loss by working directly with people with memory challenges and those involved in their care.

Contact (310) 794-0680 for additional information.

Memory Training

A course for people with mild memory concerns. Memory Training presents effective memory-

enhancing techniques and is taught by certified volunteer trainers.

For more information, contact (310) 794-0680.

Senior Scholars

A program for adults age 50 and older who wish to attend UCLA undergraduate courses on campus.

Cost: \$150 per class.

Summer Session A quarter begins June 26, 2017.

The registration deadline is May 26, 2017.

Summer Session C quarter begins August 1, 2017.

The registration deadline is July, 7 2017.

For more information, contact (310) 794-0679.

Please follow us on Facebook
(www.facebook.com/UCLALongevityCenter)
or Twitter @LongevityCtr.

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