CNN

*When Depression Affects Your Family*

When we lose a beloved superstar like Robin Williams to an apparent suicide and learn he had been battling severe depression before his death, it’s natural to think about our own loved ones. We might look around at our adult family members and friends who are suffering and try to get them the help they need, but what we might not see is children and adolescents can get depressed and anxious, too.

*By Charles Raison, MD, Department of Psychiatry, UA College of Medicine – Tucson.*

[Read more](https://www.cnn.com/2014/08/26/health/headlines/) 

Scientific American

*Mindfulness Training May Assuage Early-Life Trauma*

Studies show contemplative practices, such as mindfulness meditation, compassion training and yoga, can reduce harmful impacts of stress, and they can be helpful in building resilience.

We recently launched a Cognitively Based Compassion Training program in Arizona. The next horizon for research is determining whether kids in such programs perform better in school and generally thrive.

*By Thaddeus Pace, PhD, is assistant professor in the College of Nursing at the University of Arizona.*

[Read more](https://www.scientificamerican.com/article/mindfulness-training-may-assuage-early-life-trauma/)
Arizona Daily Wildcat

**College of Medicine Welcomes Class of 2018 with White Coat Ceremony**

The UA College of Medicine — Tucson held its 21st annual White Coat Ceremony to celebrate the 115 members of the class of 2018 at Centennial Hall Aug. 8. The ceremony is a symbolic induction for medical students, marking their entrance into the field of medicine. [Read more](#)

KVOA-TV (NBC – Tucson)

**UA Asthma Study Helping Kids Breathe Easier**

According to local experts, the medical costs of children with asthma is double, compared to those without it. But thanks to a new study, children not only are getting treated for free but also are helping to improve the quality of life for others. Incredibly, one in 10 kids in Arizona suffers from some form of asthma. Lynn Gerald, PhD, professor at the UA Mel and Enid Zuckerman College of Public Health, said that’s why the SAMS (Supervised Medicine in Schools) is so important. More than 20 Tucson Unified School District elementary schools are participating in the SAMS study. For the complete list click [here](#). [Read more](#)

PR Web

**International Society for Cardiovascular Translational Research Announces Scholarship Awardee**

The International Society for Cardiovascular Translational Research, “ISCTR,” has announced that Zain Khalpey, MD, PhD, was selected to receive the 2014 ISCTR Cardiovascular Translational Research Scholarship. Dr. Khalpey, associate professor, University of Arizona Division of Cardiothoracic Surgery, is surgical director of the Heart Transplant and Mechanical Circulatory Support Program at the University of Arizona College of Medicine – Tucson. [Read more](#)