

DEVELOPMENTS

From the University of Massachusetts Medical School and UMass Memorial Health Care
Produced by the UMass Medicine Development Office

Leadership Message

UMASS MEDICAL SCHOOL and UMass Memorial Health Care form a vibrant academic health sciences center that is deeply committed to serving the people of Central Massachusetts and beyond. The overarching goal of everything we do—from education and research to public service and providing affordable, high-quality patient care—is to positively impact health care delivery and patient health. Achieving this goal requires an unyielding commitment to our mission areas and an obligation to continually improve upon the ways in which we support the health and well-being of our local and global communities.

As the commonwealth's public medical school, our institution takes seriously its special responsibility to serve the public interest, as evidenced by our affordable tuition and leadership position in primary care training. We continue to strengthen our educational offerings, most recently through the launching of an innovative curriculum that emphasizes learner-centered experiences, competency-based skills and inter-professional teamwork.

Advances in scientific innovation come from groundbreaking and prize-winning research being conducted here by pioneering scientists. Their work takes a whole-body approach to understanding the root causes of disease and disease progression, and their findings are being applied to clinical research and used to develop and evaluate new medicines and treatments.

On the clinical side, we continue to focus our efforts on delivering quality care as affordably as possible. Construction of a new emergency department at Clinton Hospital has just begun; we are expanding our cancer care at our Marlborough and HealthAlliance Hospitals; and we have updated radiology services at our Medical Center. In July, we celebrated the arrival of a new Ronald McDonald Care Mobile, a traveling facility that provides medical and dental care for underserved children and families in the Worcester area.

Your partnership through philanthropy enriches and endorses the work we do in support of our shared mission, and we thank you for your commitment.

Michael F. Collins, MD
CHANCELLOR, UMASS MEDICAL SCHOOL
SENIOR VICE PRESIDENT FOR THE HEALTH SCIENCES
UNIVERSITY OF MASSACHUSETTS

John G. O'Brien
PRESIDENT AND CEO
UMASS MEMORIAL HEALTH CARE

Charles J. Pagnam
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To learn more about supporting medical research, patient care and medical education initiatives at UMass Memorial Health Care and UMass Medical School, please contact us at 508-856-5520 or e-mail giving@umassmed.edu.

To make a gift online, please go to w3.umassmed.edu/online donation



Biogen Idec CEO George Scangos speaks at the UMass ALS Champion Fund event press conference in March.

Biogen Idec makes major gift for ALS research

UMASS MEDICAL SCHOOL (UMMS) announced a \$500,000 gift from Biogen Idec to the UMass ALS Champion Fund, which supports critical research into ALS and other neurodegenerative diseases being conducted at UMMS. Biogen Idec CEO George Scangos, PhD, presented the gift to former Massachusetts Gov. Paul Cellucci just before a major fundraising event on March 15. Cellucci helped launch the Champion Fund last year, shortly after announcing that he had been diagnosed with ALS, also called Lou Gehrig's disease.

In recognition of the critical need for new treatments for ALS, the UMass ALS Champion Fund was created to drive awareness of and funding for the neuroscience breakthroughs happening at UMass Medical School, and in the laboratory of Robert H. Brown Jr., DPhil, MD, chair and professor of neurology and one of the

world's leading ALS researchers.

"I am so moved by the generosity of Biogen Idec—a great Massachusetts corporation," said Cellucci. "One of the greatest national resources we have is found in abundance right here in the commonwealth, in companies like Biogen Idec that are committed to developing cures and treatments that change millions of lives.

"I thank Dr. Scangos and his company. Their generous gift will directly help Dr. Brown and his colleagues," said Cellucci. "Dr. Brown will not rest; he wants to find a cure. I am so proud to be helping him, raising funds, so that he can continue his groundbreaking research that is giving hope—realistic hope—to people living with ALS."

"For those of us dedicated to the treatment of neurodegenerative diseases, this is a pivotal

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A new approach to treating primary liver cancer

UMASS MEMORIAL MEDICAL CENTER launched a new program in March to provide state-of-the-art treatment for patients with hepatocellular carcinoma (HCC), the most common form of liver cancer. The HCC Program, one of just a few such dedicated programs in the Northeast, is focused on treating patients with cancer while they wait for a transplant.

Historically, patients with HCC have been offered few options for treatment or cure, in part because their cancer is not often diagnosed until it has progressed considerably. Only

10 to 20 percent of tumors can be removed completely with surgery. In recent years, however, liver transplant has emerged as the best treatment option for appropriately selected patients with HCC.

Drawing on the expertise of the UMass Memorial Cancer Center of Excellence and UMass Memorial specialists, the HCC Program integrates medical oncology, transplant hepatology, surgical oncology, transplant surgery, interventional radiology, radiology, radiation oncology, psychiatry, social work and financial coordination.

HCC is most commonly encountered in patients with cirrhosis, which can result from Hepatitis B or C (patients with Hepatitis B or C are at higher risk for HCC, even if they have not developed cirrhosis), alcohol abuse, autoimmune diseases of the liver, chronic inflammation of the liver and hemochromatosis.

The HCC Program is located in the Transplant Clinic on the University Campus of UMass Memorial Medical Center. ■

UMass Medical School receives \$5.6 million rebate from National Grid for power plant

UMASS MEDICAL SCHOOL (UMMS) was awarded \$5.6 million in April from National Grid—the largest incentive of its kind ever given by the company in the commonwealth—for an energy-efficient 14,000-square-foot expansion of its power plant.

At the heart of the expansion is a high-efficiency, 7.5-megawatt, gas-fired combustion turbine and an associated heat recovery system. Since natural gas burns cleaner than oil, and the new jet turbine is highly efficient, the expanded power plant will actually have lower green-house gas emissions, despite its added energy capacity. The expansion, built to support the 500,000-square-foot Albert Sherman Center research and education facility currently under construction, will accommodate the increased demand for electricity, steam and chilled water expected when the state-of-the-art building is completed in December.

Once installed, the new gas turbine will replace one of the plant’s original gas and oil-fired steam boilers, which will be taken off-line and kept in reserve as an emergency backup. The Medical School will maintain a connection to the external utility grid to handle peak demand and for a backup resource.

“As a public institution, we believe it is incumbent on us to lead by example and manage our growth in ways that limit the impact on our environment,” said Chancellor Michael F. Collins. “It takes strong partnerships to meet these challenges. National Grid’s incentive program allows us to focus on making investments for the long-term by introducing cleaner technologies to our campus that will pay dividends for the people of the commonwealth for decades to come.”

The Medical School’s power plant also provides a source of energy and power for UMass Memorial Medical Center’s University Campus.

“UMass Memorial Medical Center is proud to be involved in this partnership,” said John G. O’Brien, president and CEO of UMass Memorial Health Care. “By becoming more efficient in the way we produce and consume power and energy, we can help to reduce expenses, which helps to ultimately reduce the overall cost of health care.”

John O’Brien to retire as president and CEO of UMass Memorial Health Care



UMASS MEMORIAL HEALTH CARE announced in mid March that John O’Brien, president and chief executive officer, intends to retire in January 2013.

“I am proud of all that we have accomplished

over the last decade, and I have tremendous confidence in the entire UMass Memorial organization as we move forward to the next stage in this new era for health care providers, patients and payers,” O’Brien said. “We have built a solid operational and financial foundation upon which my successor will certainly build as he or she continues the vital mission of UMass Memorial and the transformational change it already has begun.”

“The Board thanks John O’Brien for his ten years of exceptional and outstanding service as president and CEO,” said David Bennett, chair of UMass Memorial Health Care’s Board of Trustees. “He has ably led UMass Memorial through a period of tremendous and fundamental change, and his skills, experience and wisdom will be missed.

“Finding a replacement for John will not be easy, of course,” Bennett continued. “During his tenure, the organization has tackled and accomplished a number of important initiatives designed to transform our organization to become more affordable to the patients and families we serve, while delivering even better quality and safe care.”

Those accomplishments under O’Brien’s leadership include:

- *Becoming the first in Massachusetts to launch eICUs*, reducing mortality of the most critical patients, developing a Telestroke Program

allowing patients in community hospitals to have direct access to leading stroke practitioners, and introducing electronic health records across the UMass Memorial system.

- *Completion of major construction projects, including the Lakeside Wing* (Emergency Department, ICUs, operating rooms) and Ambulatory Care Center at UMass Memorial Medical Center; the Cancer Center at HealthAlliance Hospital; and a Wing Memorial Hospital addition with an ICU, medical/surgical unit, OR and main reception area.
- *Expanding services with new ambulatory facilities* in Milford and Southborough, and new physician practice sites in several communities including Harvard, Grafton and Sterling.
- *Increasing the medical staff by 25 percent* and, in partnership with UMass Medical School, developing systemwide Centers of Excellence in heart and vascular, musculoskeletal, diabetes and cancer care.
- *Leading community efforts to promote wellness*, including chairing the Worcester City Manager’s Advisory Committee on Youth, co-chairing Pioneering Healthier Communities and co-leading with St. Vincent’s Hospital the community task force that constructed the strategic plan for the City’s Department of Public Health, driving focused efforts to reduce hunger and, as recognized by earning the American Hospital Association’s Nova Award, directing the city’s Healthy Youth Development Initiative.

“John has been a dynamic and creative leader at a time when all health care organizations are being asked to do more with less,” said UMMS Chancellor Michael F. Collins. “I particularly commend him for his commitment to innovation and using the expertise we gain through our integrated teaching, research and clinical missions to better serve the patients we have the great privilege to care for across Central New England.”

Bennett said that the Board has formed a succession committee that will oversee a careful, comprehensive and thorough search for O’Brien’s successor. A leading national executive search firm, Korn/Ferry International, has been retained to undertake the search. ■

Longtime donors value and support medical education

FOR PATRICIA AND JOSEPH COTE, who grew up during the Great Depression and had to work to support their families, education is a must. In fact, their passion for education may only be exceeded by their commitment to fund it.

An early foray into establishing scholarships occurred approximately 10 years ago when they created a family scholarship fund to help

members of their extended family. “So far, we have three doctorates out of it,” Joseph said. More recently, the Cotes, who are also dedicated supporters of medical education, established two new scholarships at UMass Medical School (UMMS), totaling the number of their scholarships at four.

The idea for these new scholarships developed in 2011 when the couple met several Medical School students who were already recipients of scholarship support. “We were very impressed,” said the Cotes. “They are very committed young people, and this is a wonderful school.”

One of the new scholarships honors Peter Paige, MD, clinical associate professor of emergency medicine at UMMS and vice chair of emergency medicine and associate chief operating officer at UMass Memorial Medical Center. The other honors Abigail Adams, MD, also a clinical associate professor of medicine at UMMS. Both scholarships reflect the family’s appreciation for high-quality medical care.

“We’ve had our share of medical challenges

in the family and we’re doing what we can to be sure there’s a reliable health system in place,” said Madeline Cote-Silvestris, the Cotes’ niece. “We’ve been fortunate that we’ve gotten help when we needed it, and we want to be sure that others in the future can have that help as well.”

These new scholarships, which will benefit current students, follow two bequests made by the Cotes several years ago to establish the Joseph and Patricia Cote Scholarship and the Sarah L. Stone, MD, Endowed Fellowship in Medical Education, which also honor Dr. Paige and Dr. Adams, respectively. “Dr. Adams saved my life when I flat-lined after a heart attack many years ago,” said Joseph. “She is an amazing doctor and person. I owe her my life.”

Longtime supporters of church and community efforts, the Cotes are humbled by the opportunity to fund education and other projects. “We have felt so fortunate to have worked hard and, thanks to good investments, be in a position where we can pay back the goodness that’s been shown to us,” Joseph said. ■



Patient-centered medical home initiative strives to transform patient care

CENTRAL MASSACHUSETTS patients are experiencing firsthand the benefits that a 21st-century model of care—the patient-centered medical home (PCMH)—can provide. Last year, the Center for the Advancement of Primary Care (CAPC), jointly supported by the University of Massachusetts Medical School and UMass Memorial Health Care, collaborated with the UMass Memorial Medical Management Department to kickoff the health care system’s PCMH initiative, launching practice transformation at UMass Memorial pilot practices throughout Central



At Hahnemann Internal Medicine Group, receptionist Lynn Whitten (left) and Janice Polletta, NP, begin to build information for the patient information board in the practice’s waiting room.

Massachusetts. Since then, various transformation activities, such as shared medical appointments (SMA), where multiple patients are seen as a group, have been conducted and are becoming part of many of UMass Memorial practices’ work with their patients. For example, Hahnemann Internal Medicine Group in

Worcester recently held its first SMA for patients with diabetes and other chronic conditions. The SMA brought together ten participants for six weeks, followed by weekly telephone calls, with the goal of monitoring and improving daily blood sugar levels, blood pressure and BMI. At the first SMA, each patient’s vital signs, weight, blood pressure, BMI and labs were reviewed within the group. Blood pressure cuffs were also provided to patients to use during the program if needed. The weekly meetings included information on self-monitoring, nutrition, physical activity and goal setting. A cooking demonstration and grocery shopping tour were also offered. At the three-month follow-up visit, progress was assessed by reviewing patients’ labs and self-monitoring sheets, and discussing their changes in behavior.

Patient satisfaction among the participants was high and Hahnemann Internal Medicine Group is planning for another session in the fall. Dave, a SMA participant, said: “The program got me motivated to be more serious

about taking my medications, watching what I eat and exercising. I learned some good recipes and how to cook healthier.”

The move to the medical home is focused on the creation of a model of care that provides enhanced access and continuity; identifies and manages patient populations; plans and manages care; provides self-care support and community resources (patient activation and engagement); tracks and coordinates care; and is data driven. Other UMass Memorial practices participating in the health care system’s PCMH initiative are Barre Family Health Center, Benedict Pediatric Primary Care in Worcester—both practices that are also participating in a statewide medical home initiative—Hahnemann Family Health Center and Plumley Village Health Services in Worcester, and Nashaway Pediatrics in Clinton. ■

UMass Pre-medical Scholars step onto the pathway

First Five-campus Bacc to MD Pathway Symposium held at Medical School

BARELY OUT OF HIGH SCHOOL but with their sights already set on medical school, several dozen University of Massachusetts freshmen began their journeys to become doctors when they came to UMass Medical School (UMMS) in mid April to participate in the first UMass Five-campus Bacc MD Pathway Symposium.

The students are all members of the inaugural class of the UMass Bacc MD Pathway Program, which comprises students from all four UMass undergraduate campuses. Accompanied by their campus’s pre-med and other academic advisors and deans, they came to learn what they need to accomplish, what they can expect and what to look forward to along the road to medical school and beyond.

Attendees delved into the essentials of successfully preparing for and getting into medical school. Students rotated among four roundtable discussions that were led by UMMS community members and addressed the questions:

- How do I decide if a career in medicine is right for me?
- How do I apply to medical school?
- What else is important besides academics?
- What is medical school like?

An opportunity fair hosted by UMMS faculty, staff and students introduced many of the resources and programs available at UMMS. Undergraduates also got a behind-the-scenes glimpse of the Medical School from current students who shared their experiences while leading

tours of the Simulation Center, Lamar Soutter Library, Integrated Teaching and Learning Center and the anatomy laboratory.

The symposium closed on a celebratory note with an informal reception for participants. “It was good to meet the students, and seeing the Medical School makes it tangible,” said UMass Amherst Pre-medical Scholar Karine Nakayassu. “I feel more inspired to do the things I’ve been planning to do all along.”

Designed to increase the early identification and recruitment of qualified pre-medical students from the University’s undergraduate campuses who represent the cultural and economic diversity of the state’s population, the UMass Bacc MD Pathway was collaboratively created by leadership of the system’s five campuses.

Becoming a Pre-medical Scholar is the first phase of the pathway program, which continues throughout the four-year undergraduate experience, preparing its participants for application and entrance to any medical school. Students can be considered for progression to the second component after two years as Pre-medical Scholars, at which time a selected number will be chosen as UMass Worcester Medical Scholars, eligible for conditional admission to the School of Medicine upon successful completion of all program components and all regular admission requirements.

For more information, visit www.umassmed.edu/som/admissions/baccmdmain.aspx. ■



Hudson Hoagland Society Annual Dinner

Longtime Worcester Foundation for Biomedical Research board member and benefactor **Prentiss C. Higgins** (center) received the Hudson Hoagland Award at the 27th annual meeting of the Hudson Hoagland Society in May. The award, given to someone who “has demonstrated an ongoing commitment to the advancement of basic science research,” was presented by UMMS Chancellor Michael F. Collins (right) and Associate Vice Chancellor for Research Thoru Pederson (left).

Radial artery access cardiac catheterization procedure proves faster, less invasive

PATIENTS WITH CARDIOVASCULAR DISEASE or who experience acute myocardial infarction (AMI) often require cardiac catheterization procedures for diagnosis and treatment. These procedures—which include angiogram, angioplasty and stenting, among others—involve the insertion a long narrow tube, called a catheter, into a blood vessel that is guided to the heart with the aid of a special machine.

One of the latest advances in cardiac catheterization for diagnostic and interventional procedures is radial artery access. Unlike the more common femoral approach, which gains access through the groin, access to the radial artery is gained through the wrist, made possible by the refinement of smaller catheters.

“The radial approach is proving to be safer, especially for AMI patients, because we see fewer bleeding complications than with the femoral approach,” said Jeffrey Rade, MD, FACC, medical director



of UMass Memorial Medical Center’s Cardiac Catheterization Lab. Dr. Rade noted that UMass Memorial has been using the technique for two years for both elective and emergent cases, putting it ahead of the curve of most of the nation’s hospitals. “Today,

we’re using it in more than two-thirds of cases,” he said, which he believes has contributed to UMass Memorial’s ranking by the Centers for Medicare and Medicaid Services as Massachusetts’ leading hospital for surviving a heart attack. “Patients love it too,” Rade

Jeffrey Rade, MD, FACC, performs the radial artery access technique.

added. “We can safely and effectively get patients in and out of the hospital the same day, they can sit up and move around sooner than with the femoral approach, and a small bruise in the wrist is nothing like a big bruise in the groin.”

Southborough resident George Mark Pedersen, 73, is in a unique position to compare femoral artery access to the radial approach. Two years ago, he had a stent placed using the former; last fall, he required a second stent placement, which was done through the radial artery.

“The first procedure definitely took longer,” Pedersen recalled. “And they had a problem getting the catheter into my femoral artery. I had a big red spot in my groin area for months.

“But when they went in through my wrist, they found the artery easier; I had no pain or side effects, and the spot went away within days,” Pedersen said. “If I had the option, I’d insist on the radial approach.”

For more information about interventional cardiology services at UMass Memorial Medical Center, visit www.umassmemorial.org/heart. ■

Family foundation continues and expands support of medical research

ACCORDING TO SCOTT GLASS, CPA, he and his late father, Robert, were different in many ways. “As an entrepreneur, my father could see the future, but I’m an accountant. I look at the past,” said Scott. But they also had some things in common: Both understood the importance of maintaining a healthy lifestyle, and both saw the value of supporting medical research.

After being diagnosed with diabetes when he was in his 60s, Robert, who had co-founded a successful company that developed hydroelectric power plants, began funding diabetes research. Scott has proudly continued that practice by directing donations from The

Glass Family Foundation to support the research of David M. Harlan, MD, the *William and Doris Krupp Professor of Medicine*, director of the UMass Memorial Health Care Diabetes Center of Excellence, and UMass Medical School (UMMS) professor of medicine, and his colleague Dale Greiner, PhD, professor of molecular medicine and a leading expert in the molecular biology of diabetes.

“I know my father could see what was needed, so now I’m funding people who I think are really looking toward future prevention and cures,” said Scott, a trustee of The Glass Family Foundation, which was established by Robert, who passed away in 2011. “That’s what I’m

interested in primarily—the prevention and development of particular diseases.”

Dr. Harlan’s and Dr. Greiner’s research is focused on identifying a “cause-effect” for diabetes by utilizing a humanized mouse model, which allows researchers to study insulin producing cells in a model that closely resembles a human immune system. This model can also be used to identify drugs that may prevent and perhaps reverse diabetes.

In addition to this research, The Glass Family Foundation has also been funding promising Alzheimer’s research being conducted at UMMS by David A. Drachman, MD, professor of neurology and physiology. Beginning with an initial donation in 2009, the Foundation is supporting a new approach that may prove a deterrent to Alzheimer’s.

Dr. Drachman and colleagues have hypothesized that small blood vessels secrete substances that maintain the integrity of the brain and may prevent loss of nerve cells, which can lead to Alzheimer’s disease. Working with patients who have mild Alzheimer’s, Drachman is conducting a clinical trial to study the effect a combination of drugs has on blood flow in the brain. Each drug can help to open the blood vessels in the brain, but together they may be more effective than each drug alone in increasing blood flow and improving blood vessel and brain function.

“This strategy may enable us to prevent, or slow the progress, of Alzheimer’s disease,” said Drachman. ■



Scott Glass (center) with his family and father, Robert Glass (far right), in a July 2001 photo.

Medical Center’s Facebook page brings home gold award

UMASS MEMORIAL MEDICAL CENTER’s social media efforts have quickly soared among patients, the local health care community and beyond. Less than one year after launching its Facebook page, the Medical Center earned a Gold Lamplighter Award in the Social/New Media Campaign category from the New England Society for Healthcare Communications, a longstanding professional development organization for health care communication professionals.

Launched in October 2011, this now award-winning Facebook page boasts more than 4,100 “likes” and offers visitors opportunities to catch up on the latest health news, sign up for health programs and events, connect with other patients and post their own care stories and experiences. While weekly contests and health quizzes keep the page entertaining and interactive, the main focus is on keeping the UMass Memorial community healthy and well informed.

When planning this Facebook page, UMass Memorial’s Marketing and Communications Department partnered with the Medical Center’s Patient and Family Advisory Council (PFAC).

“The Patient and Family Advisory Council made a huge difference from the start,” said Rob Brogna, manager, Media and Public Relations at UMass Memorial. “They really shaped our whole thought process by telling us clearly what patients want. Our goal is to engage individuals and open the dialogue with them online to get their questions and provide feedback from our experts.”

This online interaction has been effective in many ways. For example, “Facebook drove donors to our blood bank when there was a desperate shortage of one blood type,” said Brogna. “Within 48 hours, with one message

and 29 reposts, we reached more than 10,000 people. As a result, the blood bank received more than 50 phone calls from donors.”

Additionally, the Neonatal Intensive Care Unit (NICU) saw immediate results from a Facebook post asking people to help parents of NICU patients by donating scrapbooking supplies in support of a new scrapbooking program. One post generated more than 20 phone calls and plenty of donated materials for parents to begin documenting their babies’ earliest days.

The Medical Center also engages its Facebook followers through regular “Ask the Expert” question-and-answer sessions and a weekly feature called “Five Questions With...” that introduces team members in a variety of roles across the organization.

The Medical Center’s social media activities, which include a robust Twitter feed and an active presence on YouTube and FourSquare, have also garnered national attention, including mentions at the Health Care Social Media Summit at Mayo Clinic, in Ragan’s Health Care Communication News and by health care social media “guru” Ed Bennett. ■



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Teddy Bear Clinic

Central Massachusetts children got to play doctor for a day at the Children’s Medical Center annual Teddy Bear Clinic, located at the Solomon Pond Mall. Volunteers taught the children how to “perform” surgery, eat healthy and stay safe in the sun. A favorite booth was Dr. Dress Up, where kids could don physician apparel.

Biogen Idec gives major gift...

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moment,” said Scangos. “In the past several years, there have been tremendous advances in ALS research, which have helped us better understand the disease and seek new treatments. Massachusetts is fortunate to have in our midst a world-class neuroscience research and patient-care center led by a world-renowned physician and scientist—as well as a medical school with

the vision and dedication to nurture it. We are proud to support the Champion Fund.”

Biogen Idec presented its gift ahead of a fundraiser at the Seaport Hotel to benefit the Champion Fund. All of the living former governors of Massachusetts, along with Gov. Deval Patrick, Lt. Gov. Timothy Murray and former White House Chief of Staff Andrew Card, are honorary co-chairs of the fundraising efforts. Gov. Bill Weld served as the chairman of the evening’s event.

The Biogen Idec donation is the largest single contribution to the campaign since it began in May 2011. To date, the fund has raised \$1.3 million in cash and pledges to support basic and clinical science research into potential treatments for ALS and other neurodegenerative diseases.

For more information about the UMass ALS Champion Fund, visit www.UMassALS.com, or join the fight on Facebook ([Facebook.com/UMassALS](https://www.facebook.com/UMassALS)) and Twitter (@UMassALS). ■



Boston Marathon runners raise \$80,000 for UMass ALS Champion Fund

NINE ALTRUISTIC ATHLETES truly went the distance for the UMass ALS Champion Fund this spring, running the 26.2 grueling miles of hilly Boston Marathon terrain to raise precious research dollars for UMass Medical School. Collectively, the 2012 UMass ALS Champion Fund team raised more than \$80,000 to support ALS research at UMass Medical School (UMMS). At a reception on campus held in mid June, former Gov. Paul Cellucci met with six members of the team to thank them for their efforts.

The four runners with direct ties to UMass Medical School collectively raised more than \$20,000:

Pictured with Gov. Paul Cellucci are six of the nine members of the 2012 UMass ALS Champion Fund Boston Marathon Team. Front, from left: Anna Serquina, Gov. Cellucci, Matthew Sbrogna. Back, from left: Michael Traverse, Charlie Desourdy, Philip Frattaroli and Rob Carlin.

Graduate School of Biomedical Sciences student Anna Serquina; Charles Desourdy, UMMS associate CIO of enterprise networks; Cindy Palmer, a registered nurse in the UMass Memorial Medical Center Pediatric ICU; and photographer Rob Carlin, a former employee who works frequently for the Medical School as a freelancer.



NOTABLE GRANT IN...



HELPING ELDERSBETTER MANAGECHRONIC DISEASES



Jane Saczynski, PhD

MANY MIDDLE-AGED AND OLDER PATIENTS with cardiovascular diseases, such as heart failure, are cognitively impaired. Patients with cognitive impairment have poorer clinical outcomes, including increased rates of hospitalization, but why is not well understood. With a one-year, \$287,875 grant from the National Heart, Lung and Blood Institute, **Jane Saczynski, PhD**, assistant professor of medicine in the Division of Geriatric Medicine, is examining how cognitive impairment impacts a patient’s ability to engage in effective self-management, such as adhering to a special diet or complex medication regimen. She also studies the role caregivers play in self-management of disease in cognitively impaired patients.

The grant, Psychosocial Factors and Rehospitalization after Acute Myocardial Infarction, is an ancillary study to TRACE-CORE (Transitions, Risks and Actions in Coronary Events-Center for Outcomes Research and Education), a large, ongoing cohort study being conducted at UMass Medical School under principal investigator Catarina Kiefe, MD, PhD, chair and professor of quantitative health sciences. This ancillary study has two main goals: to examine changes in cognitive status within one month following hospital discharge, and to describe the amount and type of care-giving assistance patients receive after discharge.

Although many patients are cognitively impaired during a hospital stay, many “recover” their cognitive abilities soon after returning home, although the proportion who recover and when they recover are not well understood. Dr. Saczynski and her team are assessing cognitive function during hospitalization at one week and one month after discharge in order to gain an understanding of how many people improve, the extent to which they improve and when the improvements occur. Interviews with informal (i.e., family) caregivers a month after discharge that ask questions about the specific activities they are helping with are also part of the study. These include household activities such as cleaning, shopping and money management, or disease-specific activities such as medication management or support of behavioral changes necessary after a coronary event, and how this role has impacted them with respect to stress, depression and burden. Although well described and understood in other diseases, such as dementia and cancer, the role of the caregiver is not well understood in coronary disease.

“The results of this study will help us design discharge education programs that may need to be tailored to the cognitive status of the patient, including when and how to include informal (family) caregivers in these programs, or may need to be reinforced soon after discharge in patients who were cognitively impaired at discharge but have since recovered normal cognitive functions,” said Saczynski. “It will also provide important information about training and support most needed by family caregivers in order to maximize patient clinical outcomes and caregiver health and well-being.”

Overall, Saczynski and her team hope to lay the groundwork for self-management educational interventions tailored to the cognitive status of the patient, which will also help to identify patients at high risk for poor self-management who may require closer monitoring after discharge.

Minimally invasive abdominal surgery technique benefits patients

“THAT’S IT? THAT’S ALL THERE IS?” This is often the reaction of many patients at UMass Memorial Medical Center upon seeing the size of the incision made for abdominal surgery using single-port laparoscopy. “My reaction to my scar was kind of funny because I couldn’t find it,” said one 86-year-old patient who also described her surgical experience as being much better than a common dental procedure. “I’ve just had root canal, and root canal is horrible, but this experience was so good,” she said.

Single-port laparoscopy is an innovative, minimally invasive surgical procedure used for a range of abdominal surgeries, including those that treat colon and rectal polyps, diverticulitis, Crohn’s disease and inflammatory bowel disease, and colon and rectal cancer. Using a

“The innovation lies in being able to bring all of those previously needed incisions into just one.” —JUSTIN MAYKEL, MD

gel-based product that acts as a cushion between the abdomen and the instruments, surgeons can utilize and navigate several instruments, including cameras, simultaneously through one very small point of incision made near the patient’s belly button.

“The innovation lies in being able to bring all of those previously needed incisions into just one,” said Justin Maykel, MD, chief of colon and



Justin Maykel, MD

rectal surgery at UMass Memorial and assistant professor of surgery at UMass Medical School. “Our goal is to basically minimize the length of the incision and the number of incisions.”

In addition to having a single, very small incision, patients generally also experience faster recoveries. At their first post-operative visits, many are already able to wear jeans, haven’t needed to take all of their pain medications and joke about being able to get back into their bathing suits quickly because no one can even see they have had surgery.

“We hope this procedure translates into less pain for the patients, faster recovery and fewer wound-related complications like bleeding, infection or hernia formation,” said Dr. Maykel.

For more information about colon and rectal surgery services at UMass Memorial, visit <http://www.umassmemorial.org/colorectal>. ■



Commencement 2012

On June 3, UMass Worcester awarded degrees to the largest class in its history: 248 graduates. Of those, the School of Medicine awarded 111 MDs. The Graduate School of Nursing awarded 50 master’s degrees, six post-master’s certificates, four doctor of nursing practice degrees and six PhDs. The Graduate School of Biomedical Sciences awarded three master’s degrees and 64 PhDs. Four MD/PhDs were also awarded. Liberian President Ellen Johnson Sirleaf gave the keynote address and received an honorary degree along with Boston businessman and philanthropist Joseph O’Donnell, founder of the Joey Fund, and U.S. Surgeon General Regina M. Benjamin, MD, MBA.

HEALTH ADVICE

Summer skin care

SUMMER MAY BE winding down, but proper skin care should be a year-round practice. Whether skies are clear or cloudy, any time outside means increased sun exposure—and the need for adequate sun protection. “All skin types are susceptible to skin cancer,” said Dori Goldberg, MD, dermatologist. “Even though light-skinned and fair-haired individuals have an inherently increased risk to skin cancers, all individuals should practice sun precautions.”

Dermatologists at UMass Memorial make it a top priority to remind patients of the importance of protecting your skin. The Division of Dermatology provides comprehensive diagnosis and treatment of all skin disorders for adults and children on an outpatient basis on the Hahnemann Campus. Special services including phototherapy, laser treatments and surgical treatments. Microscopically controlled surgical excision of skin cancer using the Mohs surgical technique is also available.

For information, call 508-334-5979. ■



Important facts about sunbathing and skin cancer:

- Tanning is your skin’s response to sun damage. There is no such thing as a “healthy tan.”
- Medical experts now believe that protecting the skin as a child and teenager can significantly reduce the risk of skin cancer and premature skin aging as an adult.
- Research shows a link between blistering sunburns in children and an increased risk of melanoma (the deadliest form of skin cancer) and other skin cancers.
- Sun-induced skin cancers are the most common cancers of Caucasian adults.
- The risk of developing a melanoma, a deadly skin cancer, doubles every 10 years.
- Protecting skin from the sun’s rays could prevent about 80 percent of skin cancers.
- Harmful ultraviolet (UV) rays reflect off water and light-colored surfaces, such as concrete, water, sand and snow. UV rays also reach below the surface of water.
- Generously apply a water-resistant sunscreen with a Sun Protection Factor (SPF) of at least 30 that provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) rays to all exposed skin. Re-apply every two hours, even on cloudy days, and after swimming or sweating.
- Check your birthday suit on your birthday and once a month. If you notice anything changing, growing or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.
- Warning signs include a sudden change in a mole you already have, a growth that appears almost out of nowhere or one that bleeds, hurts or itches. Also if you notice changes in the shape or size of a mole, you should contact your doctor immediately.

It isn’t too early to think about winter...
MARK YOUR CALENDAR



FRIDAY, DECEMBER 7, 2012

For more information, visit www.umassmed.edu/development/winterball.aspx.

Calendar of Events

2nd Annual PMP/Appendiceal Cancer Symposium

Wednesday, September 12, 8:30 a.m. to 1 p.m.

LAZARE RESEARCH BUILDING, UMASS MEMORIAL MEDICAL CENTER
UNIVERSITY CAMPUS, Worcester

Attendees will learn more about pseudomyxoma peritonei and non-carcinoid appendiceal tumors and will hear from a variety of experts about the prevalence, the signs and symptoms, treatment options and latest research. Topics presented include surgical and medical oncology perspectives, imaging for appendiceal cancer, insurance issues, nutrition, exercise and wellness, and patient and family perspectives. The keynote presentation, “PMP/Appendiceal Cancer: State of the Art Surgical Management,” will be given by James Pingpank Jr., MD, associate professor of surgery, University of Pittsburgh School of Medicine. This free program includes continental breakfast, lunch and parking.

Register online at www.umassmemorial.org/CancerPrograms or by calling 508-334-5165.

Convocation

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Convocation is an annual celebration that symbolically marks the opening of a new academic year and is a tradition at many college campuses across the country. Chancellor Michael F. Collins will address the UMMS community—faculty, students and staff—and will announce the recipients of the Chancellor’s Medals.

Investiture

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Two distinguished faculty members will become named professors at the annual Investiture ceremony, a celebration of philanthropic partnerships that provide essential funding for research and education.

White Coat Ceremony

Friday, September 14, 3:30 p.m.

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

In the presence of family, guests and faculty members, incoming School of Medicine students will be welcomed into the medical community by campus leaders and ceremonially presented with their white coats. The white coats are gifts from members of the Class of 2012 to the Class of 2016.

For more information, contact Lanny Hilgar at lanny.hilgar@umassmed.edu or 508-856-2680.

Annual Alumni Scholarship Dinner

Wednesday, September 19

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Alumni will gather with students and friends of UMass Medical School to celebrate student achievement and alumni and donor support.

For more information contact the Office of Alumni and Parent Relations at alumni@umassmed.edu or 508-856-8300.

UMass Medicine Cancer Walk

Sunday, September 23, 8 a.m. Resistration; 10 a.m Walk.

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Join others in raising critical funds that support the lifesaving work of the UMass Medicine Cancer Center of Excellence, which takes a multidisciplinary approach to cancer care, prevention, early diagnosis and innovative treatment.

For more information, contact cancerwalk@umassmed.edu, call 508-856-2589 or visit www.umassmed.edu/cancerwalk.

Pink—Lighting the Way to a Cure

Wednesday, October 10, 6 p.m.

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Benefiting breast cancer research and patient care at the UMass Memorial Health Care Cancer Center of Excellence, this annual event features a community forum of physicians and survivors discussing the latest advances in treatment and care.

For more information, contact Audrey Kurlan-Marcy at pinkalliance@aol.com.

UMass Medicine Development Council Fall Meeting

Tuesday, November 13, 4 p.m.

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Thursday, September 13



 **University of Massachusetts**
MEDICAL SCHOOL

 **UMassMemorial**
HEALTH CARE

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NEWS BRIEFS

■ **Medical School scientist receives prestigious Janssen Award for Biomedical Research.** Victor R. Ambros, PhD, the *Silverman Chair in Natural Sciences* and professor of molecular medicine at UMass Medical School, and his longtime collaborator Gary B. Ruvkun, PhD, of Massachusetts General Hospital and Harvard Medical School, were awarded the 2012 Dr. Paul Janssen Award for Biomedical Research for their co-discovery of microRNA (also known as miRNA), tiny molecules that are now understood to play a powerful role in gene expression and regulation. This is the second time in six years that a UMass Medical School scientist has been recognized by the Janssen Award selection committee. Dr. Ambros has received numerous honors for his scientific achievements, including the Benjamin Franklin Medal in Life Science, the Canada Gairdner Award and the Lasker Award for Medical Research.

■ **UMass Memorial Medical Center laboratories earn accreditation from the College of American Pathologists (CAP),** a national designation that recognizes labs that have met the highest standards of excellence. CAP inspectors examine

laboratory records and quality control procedures for the preceding two years, as well as laboratory staff qualifications, equipment, facilities safety program and records, and overall management.

■ **UMass Medical School maintains its top-10 rank in primary care education.** Consistently hailed as one of the top medical schools in America, UMMS ranked seventh in primary care education among the nation's 126 medical schools and 23 schools of osteopathic medicine in *U.S. News & World Report's* 2013 rankings. UMMS has landed near the top of the category since these rankings were first published in 1994. *U.S. News* also ranked UMMS 48th among top research schools, 79th in nursing and 46th in the biological sciences.

■ **Patient and all visitor parking rate increases at UMass Memorial Medical Center's University, Hahnemann and Memorial campuses became effective July 1.** The first increase in 15 years, patient and all visitor parking rates are now the same across all campuses. All types of discounted and free parking programs have been discontinued; however, patients and patient visitors can purchase discounted extended stay parking booklets. These booklets are available only to patients and patient

visitors and are available in one-week increments for \$15 at the valet parking kiosks. All other visitors or visiting staff pay the new parking rates.

■ **UMass Medical School was recognized by Northeast Energy Efficiency Partnerships as a Northeast Business Leader for Energy Efficiency at the Northeast Energy Efficiency Summit in June.** Nominated by National Grid, UMMS was honored for outstanding achievements in energy efficiency. The Northeast Business Leaders for Energy Efficiency recognition program highlights the accomplishments of organizations that are participating in energy efficiency programs across the region.

■ **UMass Memorial Medical Center celebrated the arrival of a new Ronald McDonald Care Mobile in July.** The Care Mobile provides medical and dental care for underserved children and families in the Worcester area. The new travelling facility replaces the very first Care Mobile in the country, which was instituted here in 2000 and served more than 74,000 Worcester-area patients. The new Ronald McDonald Care Mobile brings upgraded medical, dental and educational equipment to local patients.

■ **American Academy of Microbiology recognizes three UMMS scientists.** Roger J. Davis, PhD, Howard Hughes Medical Institute Investigator, the *H. Arthur Smith Chair in Cancer Research* and professor of molecular medicine and biochemistry & molecular pharmacology; Douglas T. Golenbock, MD, professor of medicine and microbiology & physiological systems; and James Reid Gilmore, PhD, professor of biochemistry & molecular pharmacology, are among 80 microbiologists elected in 2012 to fellowship in the American Academy of Microbiology, the honorific leadership group within the American Society for Microbiology (ASM). They were elected through a highly selective peer-review process based on scientific achievement and original contributions to the field of microbiology.

■ **UMMS Graduate School of Nursing Dean Paulette Seymour-Route, PhD, RN, received the Mary B. Conceison Award for Excellence in Nursing Leadership,** presented by the Organization of Nurse Leaders Massachusetts & Rhode Island at its annual meeting in June. The award is presented annually to a nursing leader who exemplifies the ideals of Mary B. Conceison, who was known for her advocacy in promoting nursing as a profession and her role in forming the Organization of Nurse Leaders.