

DEVELOPMENTS

From the University of Massachusetts Medical School and UMass Memorial Health Care
Produced by the UMass Medical School Office of Public Affairs and Publications for the UMass Medical School/UMass Memorial Development Office

Global Reach, Global Impact

WHEN UMASS MEDICAL SCHOOL and UMass Memorial Medical Center developed a joint strategic plan, one of the fundamental reasons for coming together to chart our course for the future was to have a significant impact in the world—locally, nationally and globally.

In the aftermath of the earthquake in Haiti, we are proud to have jointly sponsored a humanitarian mission that embodies the principles guiding us as a leading academic health sciences center.

Fifteen physicians and nurses from UMass Medical School and UMass Memorial Medical Center played a pivotal part in the heroic effort to aid earthquake victims.

The team was assembled in response to a call for help from the Good Samaritan Hospital of La Romana in the Dominican Republic, with which the Medical School has had a longstanding affiliation. Our colleagues conducted clinics at four tent camps, treating patients suffering from a range of conditions, including acute infections related to the overcrowding and poor sanitation in the camps, traumatic injuries, acute and chronic malnutrition, chronic illnesses left unaddressed as a result of the interruption of other health care resources, and post-traumatic stress. Additionally, a group of clinicians from the Disaster Medical Assistance Team (DMAT), supported by UMass Memorial, responded to the need for surgical help.

The Haiti mission is one of many examples of our global outreach as we share our knowledge and skills to improve health and enhance access to care for people within our community, the commonwealth and the world. Please know that your support provides the foundation upon which we build our achievements in discovery, knowledge and care.

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
VICE CHANCELLOR FOR DEVELOPMENT

UMass Medical School/UMass Memorial
Development Office
333 South Street
Shrewsbury, MA 01545
www.umassmed.edu/foundation

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 www.umassmed.edu/foundation/giving.



Marlborough Hospital President and CEO John Polanowicz (center) with the hospital's award-winning team



Stanley Tam, MD, (center) chief of cardiothoracic surgery, and colleagues accept their award.

Patient Safety Awards for UMass Memorial Hospitals

BOTH MARLBOROUGH HOSPITAL, a UMass Memorial community hospital, and UMass Memorial Medical Center, a regional center for tertiary care, have been honored with 2009 Betsy Lehman Patient Safety Recognition Awards. The prestigious awards were established in 2005 by the Betsy Lehman Center for Patient Safety and Medical Error Reduction to recognize leadership and

innovation in patient safety.

At Marlborough Hospital, a task force evaluated processes, policies and equipment to integrate a series of best practices that have achieved dramatic results: 13 consecutive months with no central line infections in hospitalized patients. "We are proud to have so many talented, highly skilled and

Continued on page 3

UMass Medical School Earns Praise for Affordability and Class Expansion



THE ASSOCIATION OF AMERICAN Medical Colleges (AAMC) has recognized that UMass Medical School is doing its part to address physician workforce shortages by expanding medical school enrollment and keeping tuition affordable.

Since 2008, UMass Medical School has increased the incoming class size for the School of Medicine from 100 to 125.

The increase is consistent with the recommendations of the AAMC that medical

Continued on page 2

Advancing Women in Leadership

A COMMITMENT TO INCREASE the number of women in academic leadership positions and management roles at UMass Medical School and UMass Memorial Medical Center was formalized in the UMass Medical School and UMass Memorial joint academic health sciences center strategic plan.

To help fulfill this commitment, in 2007, UMMS began sponsoring annual fellows for the Hedwig van Ameringen Executive Leadership in Academic Medicine (ELAM)

Program for Women at the Drexel University College of Medicine in Philadelphia, the nation's only in-depth program focused on preparing senior women faculty at schools of medicine and dentistry for strategic leadership roles. Fellows Deborah M. DeMarco, MD, and Gyongyi Szabo, MD, PhD, both professors of medicine and 2009 ELAM scholars, joined fellow UMMS "Elums" Michele P. Pugnaire, MD, professor of family medicine & community health, and Julia V. Johnson, MD,

chair and professor of obstetrics & gynecology.

Last November the UMass Medical School Faculty Conference Room was filled to capacity for a special luncheon, "Building an Inclusive and Engaged Faculty Community." Led by the founding and current directors of ELAM, the session was a harbinger of things to come, as UMass Medical School has recently welcomed two women and promoted another into leadership roles. ■



Luanne E. Thorndyke, MD, FACP
Vice Provost for Faculty Affairs

Luanne E. Thorndyke, MD, a medical college administrator with more than 15 years' experience in academic affairs, educational leadership and faculty development, has been named vice provost for faculty affairs. Previously associate dean for professional development at Penn State College of Medicine, her broad experience in college administration, including policy, programmatic and professional development, mentoring, academic affairs, educational leadership and financial oversight, and clinical administration, positions her well to manage UMass Medical School's diverse basic science and clinical faculty.



Deborah L. Plummer, PhD
Associate Vice Chancellor for Diversity and Equal Opportunity

Deborah L. Plummer, PhD, comes to UMass Medical School from the Cleveland Clinic to serve as associate vice chancellor for diversity and equal opportunity. A psychologist whose lifelong work has been focused on diversity management, Dr. Plummer brings her leadership and guidance to the Diversity and Equal Opportunity Office's mission to support an intellectual and work environment that values individuals with different ideas, experiences, beliefs and backgrounds.



Melissa A. Fischer, MD, MEd
Associate Dean, Undergraduate Medical Education

Associate Professor of Medicine Melissa A. Fischer, MD, has been appointed to the newly created position of associate dean of undergraduate medical education. A UMass Medical School faculty member since 2002, Dr. Fischer is an outstanding teacher, accomplished leader and nationally recognized scholar in medical education. In her new role, she is responsible for academic administration and leadership of the School of Medicine curriculum, including design, management and implementation; student performance assessment; and scholarship and research in medical education.

Medical School Earns Praise

Continued from page 1



schools should increase class sizes to avert an expected national shortage of as many as 159,000 physicians by 2025.

The AAMC has since recognized the School of Medicine as one of only 12 existing medical schools that expanded its 2009 class size by 7 percent or more. Its increase for the 2009-10 academic year of 9.6 percent ranks UMMS sixth out of the 12 schools achieving the benchmark. ■

The AAMC has further reported that UMass Medical School is in the top ten public medical schools in the country for tuition affordability for in-state residents. Annual tuition has remained at \$8,352 for the past ten years, compared to an average of \$18,000 per year for other public medical schools, thanks to revenue streams provided by Commonwealth Medicine and MassBiologics. UMass Medical School ranks in the top 25 percent of public medical school programs in the country for overall affordability when tuition, fees and health insurance costs are added together. ■



Angel Fund Donors Tour Lab

On Jan. 27, UMass Medical School held a dinner honoring The Angel Fund, a nonprofit organization dedicated to supporting research to find a cure for amyotrophic lateral sclerosis (ALS). The Angel Fund has been supporting the work of Robert H. Brown Jr., DPhil, MD, professor and chair of neurology at UMass Medical School and UMass Memorial Medical Center. The event was an opportunity for more than 65 donors to tour Dr. Brown's new laboratory and be welcomed by him and Chancellor Michael F. Collins to UMass Medical School. Brown left Massachusetts General Hospital to join UMMS because of the promise of RNAi as a possible cure for ALS.

From left, Richard Kennedy, president of The Angel Fund; Chancellor Collins; Dr. Brown; and Angel Fund Board of Directors members Janice Nigro, Eugene Nigro and Joseph Ruma

Honors Awarded to Dedicated Pediatrician

A COMPASSIONATE physician and advocate for children, Linda D. Sagor, MD, MPH, is widely regarded as one of the region's leading pediatricians. In recognition of more than three decades of service dedicated to the welfare of children on multiple levels, from promoting continuity of care to encouraging proper nutrition, she has been honored with two prestigious awards.

Dr. Sagor, associate professor of pediatrics and director of the Division of General Pediatrics for UMass Memorial Medical Center, was named the 2009 Community Clinician of the Year by the Worcester District Medical Society (WDMS), and the UMass Worcester recipient of the 2009 UMass President's Public Service Award. The WDMS award recognizes a practitioner from each district of the Massachusetts Medical Society who has made significant contributions to patients in his or her community. The award from the University of Massachusetts President's

Patient Safety Awards

Continued from page 1

compassionate clinical leaders who are committed to outstanding quality and safety for our community hospital patients," said Marlborough Hospital President and CEO John Polanowicz.

UMass Memorial Medical Center was recognized for the Division of Cardiac Surgery's accomplishments in building a culture of safety, reducing health care-associated infections, enhancing data monitoring resulting in implementation of evidence-based best practices, and focusing on innovative system-based solutions to support ongoing improvement in quality and patient safety. "Our cardiac surgery team is recognized as one of the best in the nation," said UMass Memorial Medical Center President Walter Ettinger, MD. "Our whole Medical Center continues to set the bar for excellence in quality outcomes and patient safety." ■

CORRECTIONS

The Annual Report of Donors 2009

The Development Office regrets the omission of Judith S. and William A. Yoffie from the list of donors in the giving category of \$10,000-\$99,999, whose gift from their estate benefits diabetes care at the new Ambulatory Care Center; and of Phyllis and Stuart Freilich from the list of the Society of Benefactors.



Dr. Sagor examines a young patient.

Office recognizes individuals from each of the five campuses for exemplary public service to the commonwealth.

Concerned that medical care for foster children was fragmented, inconsistent and incomplete, Sagor created and directs the Foster Children Evaluation Services

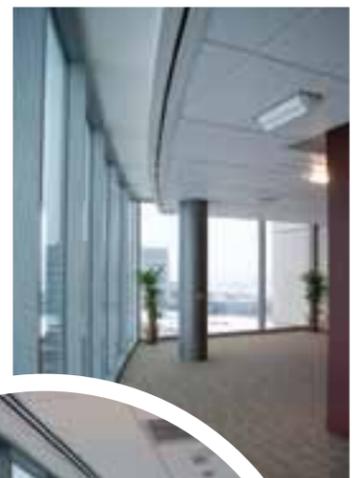
(FaCES) program, which provides health screenings, comprehensive evaluations and a unique medical information system containing all health data for foster children. More than 80 percent of children in foster care in Worcester and surrounding areas are seen by FaCES and then referred to a

primary care provider, along with their complete records, for ongoing care. Sagor has further contributed to the health and well-being of thousands of Worcester school children as a medical consultant for the Worcester Public Schools Nutrition Program.

"I am grateful that UMass Medical School and UMass Memorial provide great opportunities to get involved in community service and advocacy," said Sagor. "It is gratifying to be recognized by my peers for work that I'm passionate about." ■

"I am grateful that UMass Medical School and UMass Memorial provide great opportunities to get involved in community service and advocacy."

—LINDA D. SAGOR, MD, MPH



Renaming the Future of Ambulatory Care

WITH JUST A FEW MONTHS left before the opening of the newest building on the University Campus, UMass Medical School and UMass Memorial Medical Center announce a new name that reflects the role it will play in delivering care to the residents of central New England. Previously the Advanced Center for Clinical Care, Education and Sciences, the building is now called the Ambulatory Care Center (ACC), reflecting a vision for bringing cutting-edge science and state-of-

the-art clinical care to the community. The building is unique in blending clinical care, research and education on every floor.

The ACC will house some outpatient services of the Heart and Vascular, Musculoskeletal, Cancer, and Diabetes and Endocrinology patient care Centers of Excellence, as well as diagnostic imaging and radiology services. The building will provide integrated, patient-centered care supported by a full array of

Inside and out, the Ambulatory Care Center offers a view to the future of patient care in Central Massachusetts.

diagnostic tests in a comfortable and accessible environment. In addition to patient areas, the Clinical Facility for Innovative Research and Education and the UMass Medical School Department of Quantitative Health Sciences will be housed in the ACC. ■

Annual Fund Chair Recognizes the Importance of Giving Back

THROUGHOUT HER JOURNEY from childhood in a politically unstable Dominican Republic to her fulfilled dream of becoming an ophthalmologist, **Caroline Marten-Ellis, MD '86**, has lived the values of perseverance, tolerance and gratitude. As UMass Medical School's recently appointed Alumni Fund chair, Dr. Marten-Ellis brings her deeply held beliefs to the annual appeal.

"This is America, where we can follow our dreams," she said. "I could not have followed my dreams without UMass Medical School, where I got a top-notch education for a very reasonable price.

"When I started my internship at Beth Israel, I found out quickly that I didn't have to be intimidated by the interns who came from Ivy League medical schools. Sure, they were smart, but when we started our internship, I was better



Caroline Marten-Ellis, MD '86

prepared than they were to work with patients. UMass Medical School pioneered training methods [using standardized patients], providing us with an amazing experience that was invaluable in preparing us to examine patients correctly and effectively."

Now the director of the New England Eye Center in Brookline and assistant professor of ophthalmology at Tufts University School of Medicine, Marten-Ellis focuses on alumni giving as an obligation for physicians who have benefited from their world-class education. She emphasizes the continuing significance and purpose of sustaining UMass Medical School as a top-ranked institution. "We owe it to the school—it's our responsibility to keep it going strong," she explained. "I feel that we need to be grateful for the opportunities we get in life and to provide opportunities to other people so they can follow their own dreams."



Pictured in his laboratory, UMass Medical School cancer researcher **Dario Altieri, MD**, has made a promising discovery for advanced prostate cancer patients.

Protein Discovery Offers Promise for Treating Prostate Cancer

PROSTATE CANCER CELLS are hard to kill, making drug resistance the most common reason that treatment fails in patients with advanced prostate cancer. Seeking insights into this problem, a UMass Medical School research team led by **Dario C. Altieri, MD**, the *Eleanor Eustis Farrington Chair in Cancer Research* and chair and professor of cancer biology, studied the role of TRAP-1, a protein thought to regulate cell death, in prostate cancer survival. The promising results of the team's study, "Cytoprotective Mitochondrial Chaperone TRAP-1 as a Novel Molecular Target in Localized and Metastatic Prostate Cancer," were published in the January 2010 issue of *The American Journal of Pathology*.

The study showed that TRAP-1 is found in prostate

cancer lesions, but not in normal prostate tissue. In turn, high levels of TRAP-1 made the tumor cells resistant to killing by standard chemotherapy used to treat advanced prostate cancer. To overcome this problem, the authors used Gamitrinib, a

targeting TRAP-1 via Gamitrinib treatment may be a viable therapeutic strategy for patients with advanced prostate cancer.

Dr. Altieri and colleagues will next test whether disabling TRAP-1 function may overcome drug resistance. A similar

In these studies, Gamitrinib potentially killed prostate cancer cells while leaving non-cancerous cells intact. Therefore, targeting TRAP-1 via Gamitrinib treatment may be a viable therapeutic strategy for patients with advanced prostate cancer.

novel drug currently under development that specifically inhibits TRAP-1. In these studies, Gamitrinib potentially killed prostate cancer cells while leaving non-cancerous cells intact. Therefore,

approach may also be suitable for other types of cancer, as TRAP-1 is commonly found in many different malignancies. ■



Martin Luther King Day Observed

Members of the UMass Medical School and UMass Memorial Medical Center community came together in January to celebrate the life and legacy of the Rev. Dr. Martin Luther King Jr. at the 22nd Annual Tribute, sponsored by the UMMS Diversity and Equal Opportunity Office. **Darnell L. William**, president and CEO of the Urban League of Eastern Massachusetts (inset), was the keynote speaker. School of Medicine Dean **Terence R. Flotte** and UMass Memorial Medical Center President **Walter H. Ettinger** also spoke, both reflecting on the importance of this annual celebration and the necessity of continuing the work of Dr. King. As in years past, music was an integral part of the event. Among the highlights was a moving performance by the Burncoat High School Chorus (pictured above).



Performing Less-Invasive Surgery On the Tiniest Patients



“VROOM! VROOM!” These are the words commonly spoken by one-year-old John. Today he is learning to walk and enjoys playing with cars and trucks but, at just three weeks old, he underwent advanced surgery performed by an expert pediatric surgical team.

During a routine ultrasound during pregnancy, John’s mother not only found out she was having twins, but that one of them had an extralobar pulmonary sequestration. This is a condition where a piece of lung tissue is not connected to the airway but has a blood supply coming from the central arteries and veins. The tissue had the potential to cause serious problems, including heart failure, respiratory distress and recurring lung infections. Once the

baby was born, pediatric surgeon Anthony DeRoss, MD, was called on to perform the delicate surgery.

“I had the twins at 33 weeks gestation so they were in the Newborn Intensive Care Unit, where Dr. DeRoss was keeping a watchful eye on John’s mass,” explained John’s mother. Although he hoped to wait to perform surgery until the baby was a little bit older and stronger, DeRoss saw that the mass had grown and recommended it be removed sooner rather than later.

“We were able to use less-invasive surgery to remove the mass, requiring only two tiny incisions and a larger one measuring about two centimeters that needed to be that size so that we could remove the specimen,”

Born with a lung disorder, today one-year-old John is a healthy and happy baby following advanced neonatal surgery.
Edward Ginns, MD, PhD

said DeRoss, assistant professor of surgery and pediatrics. “Minimally invasive techniques like this one are helping us treat even the tiniest surgical patients, resulting in smaller scars, less pain and shorter hospital stays.” John was able to go home one week after surgery and is continuing to recover without any problems.

John’s mother has much praise for the team. “Dr. DeRoss looked after my son just like I did as his mother. That’s the kind of person you want operating on your child.” ■

Pilot Program Empowers Patients

RESPECT FOR PATIENT autonomy and self-determination will be reinforced this spring when the commonwealth pilots the MOLST program in Central Massachusetts.

MOLST—Medical Orders for Life-Sustaining Treatment—is designed for seriously ill patients nearing the end of life. After discussions with their doctors, patients document choices about certain health treatments that may be used to prolong life by completing the MOLST form. For example, a patient can express preferences for cardiopulmonary resuscitation, intubation and ventilation, and hospitalization. The MOLST form gives instructions to other health care workers regarding patient treatment in the home, at a hospital or any other location.

Completion of the MOLST form is an adjunct to a health care proxy in that the latter only becomes active when the patient is unable to express health care wishes. The MOLST form is a valid and standing medical order, signed by both the provider and patient, and kept by the patient, to be honored across the health care continuum.

Coordinated by the Center for Health Policy Research at UMass Medical School/Commonwealth Medicine, the MOLST pilot is being championed locally by Assistant Professor of Medicine Mary Valliere, MD. “MOLST is all about patient empowerment,” noted Dr. Valliere, a UMass Memorial palliative care physician. “More than a form, it is a process that helps patients think through their options before being faced with urgent decisions about life-sustaining treatment.” ■



Edward Ginns, MD, PhD

Canine Gene Holds Clues for Obsessive Compulsive Disorder

IN COLLABORATION WITH the Animal Behavior Department of the Cummings School of Veterinary Medicine at Tufts University and investigators at the Broad Institute at the Massachusetts Institute of Technology, researchers led by Edward Ginns, MD, PhD, professor of psychiatry, neurology and pathology, have identified a gene in dogs, neural cadherin (cadherin 2), which coincides with an increased risk of the canine presentation of obsessive compulsive disorder (OCD). Published in the January 2010 edition of *Nature Molecular Psychiatry*, the findings suggest that particular genes influencing central nervous system development could increase the risk of OCD.

Characterized by time-consuming, repetitive behaviors, OCD occurs in 2 percent of humans. The discovery of a canine gene involved in anchoring communication between nerve cells in the brain could help scientists identify the molecular pathways involved in human compulsive disorders. Colleagues at the National Institute of Mental Health are already studying the gene in people with OCD. The findings could also help pave the way to new treatments.

“The occurrence of repetitive behaviors and similarities in response to drug treatments in both canine and human compulsive disorders suggest that

common pathways are involved,” said Dr. Ginns, who directs the Program in Medical Genetics at UMass Medical School, and is medical director of the Molecular Diagnostic Laboratory at UMass Memorial Children’s Medical Center. “We are hopeful that this finding will lead to a better understanding of the biology of compulsive disorders and facilitate development of genetic tests, enabling earlier interventions and even treatment or prevention of compulsive disorders in at-risk humans and canines.” ■

NOTABLE GRANTS IN...

ARTHRITIS



Ellen Gravallese, MD

WHEN SHE WAS HONORED with an invitation to deliver the scientific year in review opening lecture to more than 6,000 colleagues at the 2009 American College of Rheumatology national meeting, **Ellen Gravallese, MD**, highlighted a new line of inquiry into the development of bone damage in rheumatoid arthritis (RA). With a new five-year, \$1.4 million RO1 grant from the National Institute of Arthritis and Musculoskeletal and Skin Diseases to investigate "Inhibition of Osteoblast Function in Bone Erosion in Rheumatoid Arthritis," Dr. Gravallese, chief of rheumatology for UMass Memorial Medical Center and professor of medicine at UMass Medical School, is seeking insights into how inflammation of the synovium, the soft tissue lining joints, can lead to the destruction of hard bone tissue.

A disabling disease that affects millions worldwide, RA is characterized by joint inflammation and bone erosion within joints. While bone cells called osteoclasts are primarily responsible for the loss of bone at sites of erosion, osteoblasts—cells that are typically associated with bone formation—may also play a role in the process of bone erosion. Early investigations suggest that osteoblasts within sites of erosion are affected by inflammation of the synovium, and inhibited from forming bone to help heal the erosions.

"Our preliminary data, recently obtained in part with the support of a Worcester Foundation Annual Research Grant, suggest that inflammation inhibits osteoblast function and bone formation," said Gravallese. "The hypothesis of the new study, our first RO1 grant in this area, is that inflammation induces the production of factors that can affect osteoblasts and interfere with their function. The study may also yield insights into other diseases of bone loss, including osteoporosis, as well as inflammatory diseases like ankylosing spondylitis that cause excess bone formation."

While current drugs for RA can prevent bone loss, the ultimate goal is the maintenance of normal bone and joint architecture. "With this grant we are studying several factors produced in inflamed joints that could be therapeutic targets," said Gravallese. "These studies represent a novel approach to the problem of bone loss in RA and hold promise for translation into new therapeutic interventions." ■

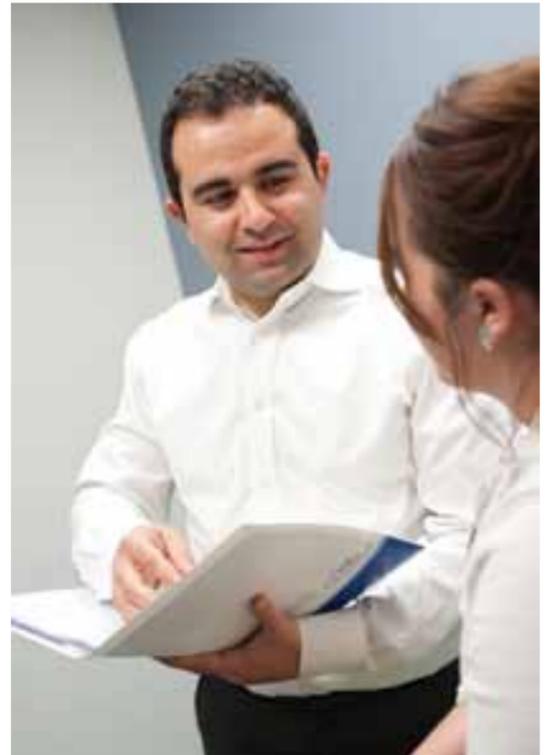
Cosmetic Surgery Center Offers Migraine Relief

SURGEONS AT THE UMass Memorial Medical Group Cosmetic Surgery Center perform the most sought-after procedures to help reveal patients' inner beauty and increase their confidence. With the knowledge that plastic surgery can also enhance health, UMass Memorial cosmetic surgeons further strive to bring patients the latest medical innovations. One of the newest procedures offered is Botox® treatments for migraine headaches.

Botox injection is widely used to temporarily smooth frown lines and other facial wrinkles. Yet, the protein has been used for medical purposes longer than for cosmetic ones. Accompanied by few or no side effects, it was first approved by the U.S. Food and Drug Administration in 1989 to treat eye muscle disorders.

How does Botox affect migraine headaches? "An injection of Botox results in temporary paralysis of the muscle that impinges on the nerves that, when stimulated, trigger migraine headaches," explained Fadi Nukta, MD, assistant professor of surgery at UMass Medical School and a plastic surgeon at UMass Memorial Medical Center. "In essence, Botox allows us to discover the trigger site for migraines if they do not occur after injection." Surgery can subsequently remove the affected muscle for longer-lasting and, in some cases, permanent relief.

"In a recent study, 80 percent of patients who have undergone injection with Botox



Fadi Nukta, MD, discusses options with a patient at the Cosmetic Surgery Center.

experienced elimination or significant improvement of their migraine headaches," added Dr. Nukta. "And more than 90 percent of the patients who respond favorably to the Botox injection benefit from migraine surgery." The surgical procedure can vary depending on the trigger site and is generally performed as an outpatient procedure under sedation or general anesthesia. ■

To learn more, call 508-334-8520 or visit the new Cosmetic Surgery Center Web site at www.cosmeticsurgicenter.com

New UMass Memorial Health Care Ad Campaign



Cancer uses every edge.
So do we.

YourHopeLine.org

UMassMemorial
HEALTH CARE

UMass Memorial Health Care recently launched a systemwide advertising campaign to promote the cancer and surgery services at all of the UMass Memorial hospitals. This comprehensive campaign includes television and radio commercials, as well as billboards, print and Internet advertisements. Be on the lookout for the ads, which will run through August 2010.



For big advances in surgery,
think small.

Less invasive procedures for less pain and recovery time
More surgical experience than any area provider

The hospitals of UMass Memorial Health Care offer the latest minimally invasive technologies and procedures, bringing you maximum benefits when you need surgery. Like less pain. Less chance of complications. And less recovery time. But it's not all about less...we also offer more surgical experience than other area hospitals. To learn more, call 888-358-6277.

888-358-6277
SurgeryRightHere.org

UMassMemorial
HEALTH CARE

UMass Memorial Medical Center — Clinton Hospital — HealthAlliance Hospital
Marlborough Hospital — Wing Memorial Hospital and Medical Centers

HEALTH ADVICE

Healthy Heart, Happy Woman

HEART DISEASE CAN STRIKE AT ANY AGE, but you can take steps now to prevent it. It is important for women to set realistic heart health goals with the help of their doctors, and to be aware of the lifestyle choices that can decrease their risk of heart disease. Following Women's Healthy Heart Month in February, spring is a great time to take action.

Here are 10 ways to take charge of your heart health:

- 1 **Make a date and keep it.** Each year on your birthday, schedule a check up with your doctor.
- 2 **Tone up.** You should be getting at least 30 minutes of physical activity on most days of the week.
- 3 **Grab some water when you go.** Take a water bottle with you wherever you go.
- 4 **Out of sight, out of mouth.** Keep unhealthy foods hidden to reduce temptation but always have raw veggies and fruits on hand for snacking.
- 5 **Eat lean to be lean.** Foods high in saturated fat can lead to high cholesterol. Help keep your cholesterol down by eating lean beef, chicken, turkey, and fruits and vegetables.
- 6 **Shake the salt habit.** Help lower high blood pressure by watching your salt intake.
- 7 **Kick butts.** If you smoke, quit.
- 8 **Be a good loser.** Excess weight increases your risk of heart disease, stroke and diabetes.
- 9 **Do not let a slip keep you down.** If you get off your exercise schedule, have a cigarette, or mess up on a meal, just get back on track immediately.
- 10 **Say "Yay for me!"** Keep track of your achievements and when you reach a goal, reward yourself with something you enjoy.



The more thoughtfully you protect your heart, the less likely you will face the life-threatening challenges posed by cardiovascular

disease. No matter what your age, the best time to take action and get healthy is always right now.

UMass Memorial provides the region's most comprehensive heart and vascular services. The general cardiology services at the Medical Center and its community hospitals include preventive cardiology, sophisticated diagnostic and treatment services, and referral, as needed, to specialized cardiology programs available at the Heart and Vascular Center of Excellence at UMass Memorial. ■

Stroke Care Anytime, Anywhere



Telestroke Program Director
Wiley Hall, MD

and Wing Memorial—immediate access to Medical Center neurologists with expertise in stroke care to assess and diagnose a stroke patient upon arrival at an emergency room.

By combining the latest in video, networking and software technology, neurologists examine and talk to a patient or family members as well as the emergency room physician in real time through videoconferencing. The neurologist can also view CT scans with the emergency medicine physician and work collaboratively throughout the patient care process.

"Once a diagnosis is made, we can decide on the most effective treatment plan to quickly lessen the symptoms and outcomes of the stroke," said Wiley Hall, MD, assistant professor of neurology and surgery and Telestroke Program director. "Our experts are examining patients via audio and video, eliminating the need to spend precious time transferring them to the Medical Center."

TIME IS CRITICAL when someone is experiencing a stroke. To help save precious time, UMass Memorial Medical Center is working with its community hospitals to get treatment to stroke victims faster. The Telestroke Program gives three UMass Memorial community hospitals—Clinton, HealthAlliance

Calendar of Events

Second Year Oath Ceremony

Thursday, April 8, 6 p.m.

MECHANICS HALL

321 Main Street, Worcester

The School of Medicine Class of 2012 will reflect on the ethical and professional responsibilities of becoming a physician. The ceremony includes an address by a speaker invited by the class, followed by students' recitation of the oath that they have written.

For more information, contact Lanny Hilgar in the Office of Public Affairs at lanny.hilgar@umassmed.edu or 508-856-2000

The 17th Annual Teddy Bear Clinic

Saturday, April 10, 10 a.m. to 3 p.m.

GREENDALE MALL

7 Neponset Street, Worcester

Families can enjoy games and entertainment at 30 interactive booths. Kids can dress up like a surgeon, have a stuffed toy examined or hop aboard an ambulance.

To learn more about this fun, educational event, visit www.umassmemorial.org

Be Well: A Lecture Series to Promote Your Health and Wellness

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Aaron Lazare Medical Research Building

Straight Talk about Skin Cancer

Tuesday, April 27, 6 p.m.

Optimizing Women's Health in the Prime of Life

Thursday, May 20, 6 p.m.

Cutting-edge Joint Replacement Technologies and Advancements in Post-surgical Outcomes for Patients

Wednesday, June 16, 6 p.m.

Experts from UMass Medical School and UMass Memorial Medical Center share information that can be used to improve health and help those caring for others. Free and open to the public, each one-hour lecture is followed by a reception.

For more information about BE WELL lectures, call 508-856-5520 or e-mail events@umassmed.edu

School of Medicine Alumni Reunion

Saturday, May 1

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Celebrating School of Medicine Classes '75, '80, '85, '90, '95, '00 and '05

Alumni are encouraged to visit the alumni online community at www.NetworkUMass.com/Medical to reconnect with classmates and friends and begin plans to celebrate together at Reunion.

For more information, contact Diana Tsotsis in the Office of Alumni Relations at diana.tsotsis@umassmed.edu or 508-856-1593

Hudson Hoagland Society Annual Meeting

Thursday, May 13, 6 p.m.

HOAGLAND PINCUS CONFERENCE CENTER

222 Maple Avenue, Shrewsbury

Hudson Hoagland Society members are invited to a cocktail reception in recognition of their commitment to advancing biomedical research at UMass Medical School. Professor of Medicine Shalesh Kaushal, MD, PhD, an international expert in vitreoretinal disorders, will deliver the keynote presentation. Society members will receive invitations with further details.

For more information, call Kate Gomes at the UMass Medical School/UMass Memorial Development Office at 508-856-1994 or e-mail kate.gomes@umassmed.edu

Commencement

Sunday, June 6, Noon

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

For more information, contact Lanny Hilgar in the Office of Public Affairs at lanny.hilgar@umassmed.edu or 508-856-2000

Non-profit Org
US Postage
PAID
Worcester, MA
Permit No. 176

NEWS BRIEFS

■ **UMass Memorial is the first academic medical center in New England to offer robotic surgical services across four cancer specialties.** In rectal cancer resection cases and as an abdominal approach to rectal prolapse repair, the da Vinci Surgical System provides enhanced visualization of the pelvic floor for more precise dissection. The robotic technology is also beneficial for urologic, gynecologic and thoracic surgery.

■ **The American College of Surgeons reaccredited the UMass Memorial Bariatric Surgery Program and Weight Center,** confirming that the program provides the highest quality care, support and resources for morbidly obese patients. The Medical Center was also approved as an Accredited Outpatient Bariatric Surgery Center.

■ **The Cancer Center received three-year accreditation by the American College of Surgeons Commission on Cancer,** which commended UMass Memorial for

clinical trial participation, prevention and early detection programs, and quality improvements.

■ **Robert Phillips, MD, PhD, received the American Heart Association's annual Heart of Gold Award.** The honor recognizes a member of Central Massachusetts' health care community who has enhanced patients' quality of life and played a significant role in advancing the mission of the AHA. Dr. Phillips is professor of medicine at UMass Medical School and director of the UMass Memorial Heart and Vascular Center of Excellence.

■ **The Massachusetts Department of Public Health and the Massachusetts Tobacco Cessation and Prevention Program have honored UMass Memorial Medical Center** for its commitment to tobacco cessation. Medical Center clinicians have referred more than 1,600 patients to the free QuitWorks program since 2003.

■ **The Goods for Guns program has taken another 240 firearms off the streets of Worcester.** Co-sponsored by the Worcester Police Department and the UMass Memorial Children's

Medical Center to help keep guns away from kids by allowing participants to exchange guns for gift certificates from local merchants, the buyback program has taken in and destroyed more than 1,700 firearms in eight years.

■ **Scientific honors continue to accrue for Victor R. Ambros, PhD,** the *Silverman Chair in Natural Sciences* and professor of molecular medicine. Dr. Ambros was awarded the 2009 Louisa Gross Horwitz Prize and named the recipient of the 2009 Meira and Shaul G. Massry Prize for his discoveries related to microRNA and gene regulation. Nine former Massry prize recipients have subsequently received the Nobel Prize.

■ **The new Geriatric Fellowship received accreditation from the American College of Graduate Medical Education.** With joint support from the Departments of Medicine and Family Medicine & Community Health, fellows will develop clinical skills to care for elderly patients with complex medical, psychiatric and social problems, and conduct geriatric medicine research.

■ **Award-winning television journalist Edward Keohane was named Vice Chancellor for Communications** for UMass Medical School. Keohane was a managing producer for the Cable News Network (CNN) flagship morning show "American Morning." As a member of the chancellor's senior staff, he will develop communications and branding strategies for the Medical School and its related entities.

■ **UMass Memorial's eICU[®] was recently featured in the Yawkey Foundations 2009 Grant Report.** Titled "Transforming Patient Care," the photo spread showcases the success of the eICU[®] system as it provides "an extra level of care to those who need it most." The eICU[®] received a \$1 million grant from the Yawkey Foundations in 2007 as part of the Emergency Care Campaign.

Contact Information:
UMass Memorial Medical Center
508-334-1000
www.umassmemorial.org

UMass Medical School
508-856-8989
www.umassmed.edu