University of Massachusetts MEDICAL SCHOOL
UMassMemorial HEALTH CARE

SUMMER 2010

DEVELOPMENTS

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

Embracing change

THERE HAS NEVER BEEN a more challenging nor transformative time for health care than now.

On the clinical side of our academic health sciences center, UMass Memorial Health Care is adapting to challenges precipitated by both national health care reform and an economy in recession. We are reacting proactively to changes such as deep cuts to Medicare and Medicaid; risk shifts to providers; and a growing number of uninsured as well as those whose insurance has high deductibles or is provided by public plans. Our strategic plan positions us well with a focus on quality, patient-centered care integrated across our entire system; a robust, sustainable financial model of cost control, productivity and value-based processes; and targeted growth in the number of patients we serve.

At UMass Medical School, our relative independence from the state budget—which represents only 3.3 percent of our projected FY2011 revenues—has insulated us from some of the economic shocks of the last few years. At the same time, we have remained focused on cost containment while benefitting from our vigorous research program—one of the fastest growing in the nation, MassBiologics and our Commonwealth Medicine consulting operation. The new Albert Sherman Center currently under construction will double our research space and meet the educational needs of the School of Medicine as we address the critical demand for primary care physicians.

As we plan for the future, there is no question that philanthropy must play a significant role in helping us to advance the health and well-being of our communities. We welcome your partnership.

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.

Ambulatory Care Center now open!

The newly opened ACC anchors the southern side of the University Campus quadrangle.

UMass Memorial Health Care and UMass Medical School form an academic health sciences center that provides expert patient care and research innovation. The opening of the Ambulatory Care Center (ACC) this summer accelerates the transfer of scientific breakthroughs made by our researchers into new and more effective treatments for our patients.

The facility is designed to bring together a number of key components necessary to conduct clinical outcomes research in concert with caring for patients. The new Clinical Research Center on the first floor serves as a port of entry to engage the community in health education activities, clinical trials enrollment and other outreach efforts by both the Medical Center and the Medical School. The facility will be welcoming and easy for patients and visitors

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UMass Medical School wins transformative grant to move laboratory discoveries into clinical treatment

The University of Massachusetts Medical School (UMMS) has been awarded a $20 million grant that has the power to transform the institution, the community and the region. With its prestigious Clinical and Translational Science Award (CTSA), the National Institutes of Health (NIH) welcomes UMMS into an elite consortium of 55 nationally prominent research institutions that is working to move laboratory discoveries into treatments for patients, engage communities in clinical research and train a new generation of researchers.

Launched in 2006, the CTSA program creates academic homes for clinical and translational science at research institutions across the country. "With this extraordinary grant, the National Institutes of Health has recognized the outstanding research taking place here," said UMMS Chancellor Michael F. Collins.

"The CTSA award catapults UMass Medical School into the upper ranks of research institutions, positioning us alongside institutions like Harvard, Johns Hopkins and UCSF," said John Sullivan, MD, vice chancellor for research and professor of pediatrics and molecular genetics & microbiology. "The funds will allow us to take the fantastic knowledge

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Research nurse coordinator Carol Ciccarelli, RN, watches as 14-year-old Peter Lavallee, recently diagnosed with type 1 diabetes, prepares for a clinical trial.

New MassBiologics facility advances pharmaceutical discovery

MassBiologics at the University of Massachusetts Medical School has opened a new $70 million research center on its Mattapan campus in Boston. The 90,000-square-foot facility will centralize MassBiologics' research and development team into state-of-the-art laboratories designed to foster collaboration and speed the pace of discovery, launching the next phase of its century-old mission, congruous with that of the Medical School, to improve public health through applied research, development and production of biologic products.

MassBiologics is the only non-profit, FDA-licensed manufacturer of vaccines and other biologic products in the United States. Tracing its roots to 1894, when it was created by the Massachusetts State Board of Health to produce diphtheria antitoxin, MassBiologics became part of UMass Medical School in 1997. Over the years it has introduced into general use vaccines to prevent pertussis, tetanus, diphtheria and other diseases. The lab's scientists also pioneered plasma products to protect infants and toddlers from serious infectious diseases, and produced monoclonal antibodies (MABs) for a number of infectious diseases, including a new MAB for rabies that is currently in clinical trials in India.

"This is the beginning of a new era in research and discovery for MassBiologics," said Donna Ambrosino, MD, executive director of MassBiologics and professor of pediatrics at UMass Medical School. "This new facility will allow us to enhance and expand our research and bring new products to the public to address important, unmet medical needs." ■

UMass Medical School wins transformative grant

Continued from page 1

base here and apply it to clinical applications that have direct impact on human diseases, such as diabetes and cancer."

The grant will support the recently established University of Massachusetts Center for Clinical and Translational Science (UMCCTS). The primary goals of the UMCCTS are to accelerate early phase clinical trials, integrate unique networks of clinical research and health care delivery in New England, and build collaboration among the three schools at UMMS and across all five UMass campuses.

The impact of the CTSA is already apparent at UMMS. The creation of clinical data warehouses, a new biorepository, a strategically redesigned Clinical Research Center and new academic programs all speak to the change in resources, infrastructure and organization coming to UMMS.

For additional details about the NIH CTSA initiative, including a full list of CTSA centers, visit www.ctsaweb.org/. ■

Neurodevelopmental research offers hope for families

Jean Frazier, MD, (center) with members of the Child and Adolescent Neurodevelopment Initiative research team.

Imagine a child with changeable moods that range from silly to irritable, or who seems very sad for long periods of time. Imagine one who seems to be out of sync with what is going on around him or who acts as if she does not understand things obvious to others the same age. Children and families going through life with these and other puzzling behaviors caused by neurodevelopmental disorders face tremendous challenges in both diagnosis and treatment.

A group of researchers at UMass Medical School is offering hope to those dealing with neurodevelopmental disorders that affect brain function, learning, emotion, memory and more. "We are studying three particular conditions—early onset bipolar disorder, schizophrenia and autism," said Jean Frazier, MD, *the Robert M. and Shirley S. Siff Chair in Autism*, professor of psychiatry and pediatrics, and vice chair and director of child and adolescent psychiatry, who along with David Kennedy, PhD, professor of psychiatry and director of the Division of Neuroinformatics in the Department of Psychiatry, co-directs the Child and Adolescent Neurodevelopment Initiative (CANDI).

CANDI researchers use MRI scans to assess brain structure and function, DNA analysis to understand genetic traits, and assessments to evaluate cognition and behavior, in order to better understand how the three groups overlap and differ in symptoms, genetics and neuroimaging findings. "By studying all three groups, we hope to discover biomarkers, or biological marks, brain structure differences and other physiological indicators that might be specific to each diagnosis," explained Dr. Frazier. "In partnership with those who participate in our studies, we can advance our knowledge, improve care and offer new hope to families."

For more information about CANDI, call 508-856-5896 or visit www.umassmed.edu/psychiatry/candi. ■

Tweets, anyone?

UMass Memorial Health Care is now on Twitter! Keep up with the latest information, news and events from the largest health care system in Central Massachusetts with live tweets by following us at **http://twitter.com/umassmemorial**.

twitter

Ambulatory Care Center now open

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to navigate with a staffed information desk, a directional signage station and interpreter services. In addition, the building has valet parking, financial counseling offices, a café kiosk and conference space.

The ACC is expected to accommodate 183,000 patient visits a year with these convenient features:

- spacious treatment and exam rooms, and waiting areas;
- radiology services close to clinics, eliminating additional travel for patients;
- nearby parking in our adjacent garage, as well as valet parking service; and
- easy access to participation in clinical research trials that will help bring the latest medical breakthroughs to UMass Memorial Medical Center patients.

Learn more about the ACC at www.umassmemorial.org. ■

Services by floor

Level A
Radiology

Level 1
Main lobby, café, Clinical Research Center

Level 2
Diabetes Center of Excellence (pediatric and adult diabetes and endocrinology services) and Musculoskeletal Center of Excellence (pediatric orthopedic services)

Level 3
Heart and Vascular Center of Excellence (vascular services) and Musculoskeletal Center of Excellence (adult orthopedic and podiatry services)

Level 4
Heart and Vascular Center of Excellence (cardiology services)

Level 5
Cancer Center of Excellence (cancer services)

Level 6
Cancer Center of Excellence (infusion services)

Level 7
Department of Quantitative Health Sciences

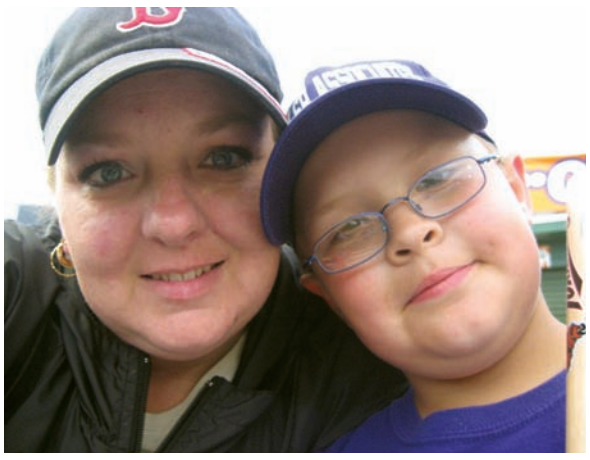
Faces of the Walk to Cure Cancer

A personal story lies behind every dollar raised in the annual Walk to Cure Cancer. For participants who are cancer survivors, theirs are stories of courage and commitment, like the two that follow.

Virginia Parker

Incredibly, by trying to create a life, Virginia Parker would save her own. A precautionary biopsy ordered by her fertility specialist revealed that she had atypical hyperplasia of the uterus and had to have both a hysterectomy and her cervix removed. She was told that if her physician hadn't promptly ordered a biopsy, she would have been dead within six months.

Fueled with resolve as well as relief, Parker joined with actress Fran Drescher to pass a bill making uterine biopsies, which are the only way to diagnose uterine cancer, mandatory. "My life was saved by this test. It is so important for women to know about it and make sure they have it," emphasized Parker. In addition to contributing every penny she raises from her own year-round grassroots fundraising efforts to the Walk to Cure Cancer, she is now a team leader. Her indefatigable efforts have raised $1,200 to date.



Virginia Parker and her son Tyler

Bob Perella

Carcinoid cancer is one of the rarest forms of cancer in the world, affecting only 33 people in one million. But, with the help of UMass Memorial Medical Center's dedicated oncology team, Robert Perella has survived three bouts of the disease. Through two liver resections and multiple complications, Perella received hope and compassion, as well as cutting-edge medical care to regain his health.

Now Perella is giving back to the institution that saved his life. As a Walk to Cure Cancer consultant focused on corporate sponsorship development, Perella has brought in Panera Bread, Bartholomew & Company, Inc. and W. B. Mason as new sponsors. "Not only does the Walk to Cure Cancer raise significant funds, it gives us the opportunity to showcase the Cancer Center of Excellence and the world-class medical talent, care and research efforts within," he said.

Walk to Cure Cancer supports cancer research and care at the UMass Memorial Cancer Center of Excellence and will be held on Sunday, Sept. 26 at noon. For more information, please call 508-856-2589, e-mail walktocurecancer@umassmed.edu or log on to www.walktocurecancer.org.

"Cornerstone" will support quality care systemwide

UMass Memorial Health Care is undertaking an electronic medical record (EMR) project of enormous scope. Named **Cornerstone**, the project will benefit patients by making all of their health information instantly available to any provider throughout the system. Having complete patient information, including prescription information and lab or imaging test results, at providers' fingertips will help eliminate medication errors and duplicate tests. Overall quality of care will be improved, with diagnoses and treatment decisions made based on accurate, complete information.

Currently in full design and implementation mode continuing over the next four years, Cornerstone will dramatically improve the way in which UMass Memorial Health Care collects, views, shares, manages and interacts with all patient information. "Cornerstone integrates all of the clinical and financial patient information from the various electronic systems throughout the five-hospital UMass Memorial system," said Karen Marhefka, associate chief information officer for UMass Memorial Health Care and executive leader of the project. "With our patients at the epicenter, we are building this solution with the emphasis on creating user friendly clinical data and efficiency for our patients, providers and administrative functions."

"The American Recovery and Reinvestment Act and the Health Information Technology for Economic and Clinical Health Act mandate that hospitals nationwide institute EMRs," said George Brenckle, PhD, senior vice president and chief information officer for UMass Memorial Health Care. "Cornerstone will take UMass Memorial well beyond the minimum requirements, providing better coordination between providers, increased ability to prevent medical and medication errors, and more consistency in the delivery of care."

The project will also allow community physicians to use the EMR system, regardless of their relationship with UMass Memorial. "UMass Memorial can help make electronic medical record software available to physicians and small physician groups throughout the commonwealth," said Willis Chandler, senior vice president of business development. "Cornerstone will allow for patient data sharing both from within and outside of the system." ■

Clinical trial explores new eye therapies

The newly opened UMass Memorial Eye Center is at the cutting edge of research into complex eye diseases, including one that results in central vision loss. Participants with neovascular age-related macular degeneration (AMD), sometimes called "wet" AMD, are currently being recruited for a Phase I clinical trial to investigate a promising new gene therapy treatment.

Sponsored by Genzyme Corporation and conducted by gene therapy pioneer Shalesh Kaushal, MD, PhD, the study examines the safety and tolerability of a virus that acts as a transfer agent to introduce a potentially therapeutic gene directly into cells within the eye. Once transferred, the gene expresses a protein intended to lessen the growth of abnormal blood vessels under the retina that leads to neovascular AMD. "This trial will extend our leadership in novel eye therapy approaches for retinal diseases," said Dr. Kaushal, director of the Eye Center, and chair and associate professor of ophthalmology at UMass Medical School.

Ophthalmologists Shalesh Kaushal, MD, PhD, (left) and UMMS Professor of Surgery George Asdourian, MD, discuss a patient chart in the new Eye Center at UMass Memorial Medical Center's Hahnemann Campus.

In the first, non-randomized part of the trial, four groups of patients receive one of four different doses of the study drug. In the second, randomized part of the study, the two of these doses deemed safest and best tolerated by patients in the first phase will be studied in additional patients.

The Eye Center provides the most advanced care through the latest technology and equipment, and is one of a select few in the country offering novel treatment through clinical trials. The center is located on the Medical Center's Hahnemann Campus.

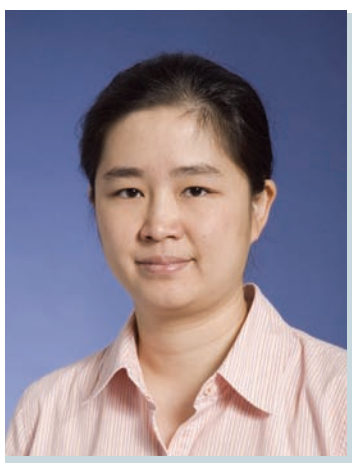
Call 508-334-6855 or visit www.umassmemorial.org/eyecare to learn more. ■

Community-based practice expands system of care

As part of a strategic initiative to bring care to more patients, UMass Memorial Medical Center and Marlborough Hospital, a community hospital of UMass Memorial, are collaborating with Southboro Medical Group (SMG) to staff a new community-based medical specialties facility in Southborough. Named UMass Memorial at Southborough/ Marlborough Hospital Specialty Care, the newly built facility is in space adjacent to SMG, just outside of downtown Southborough.

A Multispecialty Physician Services suite opening at the site this summer offers cancer care, gastroenterology, nephrology, orthopedics, pulmonology, rheumatology and urology, as well as breast surgery, colon and rectal surgery, general surgery, plastic surgery, thoracic surgery and vascular surgery.

Care in Southborough will soon expand further when Marlborough Hospital moves its Endoscopy Suite and its Women's Imaging Services to the new facility. In addition, the Marlborough Hospital MedWorks occupational health service is relocating to the Southborough site. ■



Jie Song, PhD

A breakthrough discovery for orthopedic implants

Researchers at UMass Medical School have fashioned a new synthetic tissue and bone scaffolding material for complex bone injuries resulting from trauma, aging or cancer, that holds promise as an alternative to traditional orthopedic graft materials. Developed by Jie Song, PhD, assistant professor of orthopedics & physical rehabilitation and cell biology, and postdoctoral fellow Jianwen Xu, PhD, the new "smart" shape memory polymer is designed to conform to complex shapes of an injury site, provide weight-bearing support, require less invasive surgical delivery and ultimately disappear when no longer needed, addressing a number of the long-standing limitations of conventional synthetic bone grafts.

In addition to providing mechanical stabilization to the skeletal structure, because the biodegradable material is similar to those used in dissolvable sutures, it can be safely reabsorbed by the body as it breaks down over time, eliminating the need for a second surgery to remove the implant. The polymer is also designed to deliver drugs that accelerate new bone growth and integration.

Following the recent publication of their discovery in the *Proceedings of the National Academy of Sciences*, Dr. Song and colleagues are testing the material in laboratory models to pave the way for future clinical trials. "Strong and resorbable smart implants could have paradigm-changing impact on a number of orthopedic surgeries that currently rely on the use of more invasive and less effective metallic cages, fixators and stents," said Song. "From spinal fusion to alleviate chronic lower back pain, to vertebroplasty for treating vertebral fractures, to angioplasty for widening narrowed or obstructed blood vessels, there are tremendous clinical applications for smart polymers." ■

Shoulder surgeon Mark Price, MD, PhD, examines a patient.

Shoulder surgeon takes program to next level

For complex shoulder problems, patients want an orthopedic surgeon who brings a depth of knowledge in science as well as clinical care—one like Mark Price, MD, PhD.

Dr. Price joined UMass Memorial Medical Center in September 2009 following an orthopedics sports medicine fellowship at Massachusetts General Hospital, where he also completed his residency in orthopedic surgery. In addition to an MD from Harvard Medical School, he earned a PhD in medical physics from the Massachusetts Institute of Technology, and completed a postdoctoral fellowship in biomedical imaging research at Beth Israel Deaconess Medical Center.

"The UMass Memorial Musculoskeletal Center of Excellence offers me a fantastic opportunity to do good work around great people," said Price, who is also assistant professor of orthopedics & physical rehabilitation at UMass Medical School. "Together, we are advancing to the forefront of treatment for shoulder and sports injuries."

Perhaps surprisingly, Price entered medical school wanting to be a cardiac surgeon. "But when I took an orthopedics elective I was blown away by how patients went from being wheelchair-bound to walking 18 holes of golf," he recalled. "It was awe inspiring how patients got their quality of life back and were so appreciative. I fell in love with the specialty."

His commitment translates into well-honed surgical expertise. "While there was a well-established shoulder program before I arrived, I am taking on some next-level procedures," he explained. "These include advanced techniques to stabilize shoulders that continue to pop out after multiple arthroscopic procedures, as well as procedures to resolve massive rotator cuff tears not helped by arthroscopic surgery. I am also performing newer surgical techniques for dealing with severe shoulder arthritis with rotator cuff tears."

To learn more, call 508-793-5327. ■

UMass Medical School lauded for primary care

UMass Medical School has earned not just one, but three notable external validations of its success in fulfilling its founding mission and commitment to primary care education. The School of Medicine has once again been ranked in the top 10 for primary care education among the nation's 131 accredited medical schools and 25 schools of osteopathic medicine by *U.S.News & World Report* in its annual ranking of "America's Best Graduate Schools." Listed near the top of the category since 1994, when the magazine began publishing the much-anticipated rankings, UMMS also ranked 20th in the recently added family medicine specialty category.

The Association of American Medical Colleges (AAMC) also cites UMass Medical School as one of the few in the nation with a firm, longstanding commitment to raising interest in primary care. In a feature article in the March issue of the magazine *AAMC Reporter*, "Primary Care in Medical Education: The Problems, The Solutions," extensive quotes from School of Medicine Dean Terence R. Flotte, MD, highlight specific strategies. "It starts with me and the chancellor embracing the primary care mission, and pointing out how central it is," said Dr. Flotte, who further pointed out that UMMS makes deliberate efforts to provide primary care clinical training sites equipped with cutting-edge technologies, including real-time videoconferencing and electronic medical records. The article also mentions the school's Learning Contract, which provides tuition remission for medical school graduates who practice primary care in Massachusetts, as a major financial incentive.

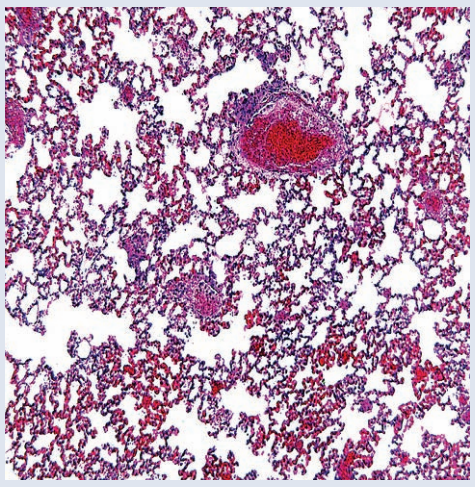
And, in a new study examining how well medical schools across the country serve their social mission and produce primary care doctors, the George Washington University School of Public Health and Health Services ranked UMMS 17th in the nation. The first-of-its-kind study, published in the June 15 *Annals of Internal Medicine*, surveyed more than 60,000 physicians who graduated medical school between 1999 and 2001 and measured schools' success in producing doctors who practice primary care, work in underserved areas and are minorities. UMMS was the only school in the Northeast to make the top 20. ■

O'Brien honored by American Hospital Association

The American Hospital Association (AHA) presented John O'Brien, president and CEO of UMass Memorial Health Care, with its 2010 Board of Trustees Award for his substantial and noteworthy contributions to the work of the AHA.

"As an AHA board member, Mr. O'Brien has served as a passionate leader for ensuring access to care for all," said AHA President and CEO Rich Umbdenstock. "His dedication to collaboration among community organizations and improved health care delivery has helped ensure access to care for those who need it most. This award recognizes the impact his advocacy efforts have made on strengthening health and health care in America."

NOTABLE GRANTS IN... INFECTIOUS DISEASE



Tuberculosis-infected lung tissue
Source: www.microbiologybytes.com

THANKS TO A $5.2 MILLION FACILITY GRANT from the National Institutes of Health (NIH), UMass Medical School is amplifying its renowned research efforts in infectious disease and tuberculosis research. The expansion and renovation of the infectious disease core laboratory will bolster the school's growing number of infectious disease investigators who are studying the prevention, treatment and cure of public health threats ranging from potentially deadly influenza viruses to the alarming resurgence of tuberculosis.

Funded through the American Recovery and Reinvestment Act to further biomedical research while creating new jobs, the grant will more than triple the size of the existing laboratory. Unaltered since it was built in 1972, the refurbished facility will feature state-of-the-art equipment and technology, all meeting the highest standards for safety and security. Specialized equipment will include advanced tissue processors and fluorescence microscopes, a dedicated ventilation system and impermeable work areas.

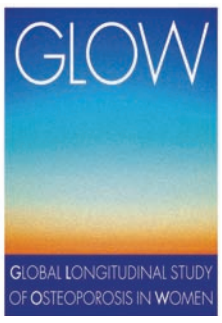
"A great advantage of this grant is that it provides for both renovating and equipping the space, which is very costly given the nature and requirements of infectious disease research," explained Vice Provost for Research John Sullivan, MD, principal investigator for the UMass BSL-3 Renovation. "We realized we needed more appropriate and flexible space to conduct this research, particularly since we are recruiting new investigators interested in studying important infectious diseases affecting our society."

One scientist who will make extensive use of the new lab is Professor of Medicine Hardy Kornfeld, MD, who led the grant team's design for the layout and outfitting of the lab's interior space, and who will direct the core laboratory. "Overall, it will broaden the scope of experimental approaches we can take, and increase the number of pathogens we can study," said Dr. Kornfeld, whose research program focusing on tuberculosis runs the gamut from very basic to translational studies.

"We're incredibly excited that the NIH thinks so highly of our institution's investigators and the science that's being conducted here to award this grant" said Dr. Sullivan.

"It is because of our research enterprise's long history of unique strengths in infectious diseases and host defense that we competed successfully for this grant that will advance our established excellence," said Kornfeld.

Women unaware of osteoporosis risks



WOMEN WHO HAVE AN ELEVATED LEVEL OF RISK for fractures related to osteoporosis do not appreciate the implications of these risk factors, according to a landmark study conducted by the Center for Outcomes Research (COR) at UMass Medical School. Underscoring what researchers call a serious international public health concern, the study highlights the need for more public education about osteoporosis risk factors and treatment. Published in the journal *Osteoporosis International*, the Global Longitudinal Study of Osteoporosis in Women (GLOW) includes more than 60,000 postmenopausal women in 10 countries.

Begun in 2006, GLOW is gathering information on osteoporosis risk factors, treatments, patient behaviors and fracture outcomes over a five-year period. Among participants already diagnosed with osteoporosis, only 43 percent think that their risk of a fracture is higher than that of other women their age. Additionally, only one-third of women who report two or more major risk factors for fracture perceive themselves as being at higher risk for fracture than their age-matched peers. Without a clear understanding of their risks, women cannot begin to protect themselves from the serious consequences of fracture through prevention and safe and effective treatments.

Since 1994, COR has served as the scientific coordinating center for a growing number of national and international outcomes registries. With GLOW and other large-scale studies of its kind, COR fulfills its mission to improve patient care by collecting and evaluating data that reflect real-world practices and outcomes. ■

Facts about osteoporosis

Osteoporosis is a systemic skeletal disease in which bones become fragile, making them more likely to break. It is often characterized as a silent disease because bone strength can diminish slowly, over time, without any outward symptoms. Left untreated, osteoporosis often first manifests itself when a normal activity results in a broken bone. By the time of the fracture, the disease is advanced.

UMass Memorial Health Care provides diagnosis and treatment for osteoporosis. Experts educate patients about prevention, as well as nutrition and lifestyle changes that can affect bone loss. For more information about the comprehensive osteoporosis services available at the UMass Memorial hospital in your community, visit **www.umassmemorial.org.**

Honorary degree recognizes longtime commitment of Mary DeFeudis

Hailed by Chancellor Michael F. Collins as a "respected leader of our community and ardent advocate for our fellow citizens," honorary degree recipient Mary C. DeFeudis was awarded the degree of Doctor of Humane Letters at UMass Medical School's 2010 Commencement in recognition of her diverse charitable and volunteer endeavors. In particular, her "considerable philanthropy and steadfast service to UMass Worcester and UMass Memorial Health Care have established a lasting legacy of improved health and well-being for the residents of [her] beloved city." Ms. DeFeudis was previously the chair of the UMass Memorial Foundation, and is now chair of the newly formed UMass Medical School/UMass Memorial Development Council. Pictured, DeFeudis receives her honorary degree hood from Dr. Collins (right) and Terence R. Flotte, MD, (left) dean of the School of Medicine and *the Celia and Isaac Haidak Professor of Medical Education*.

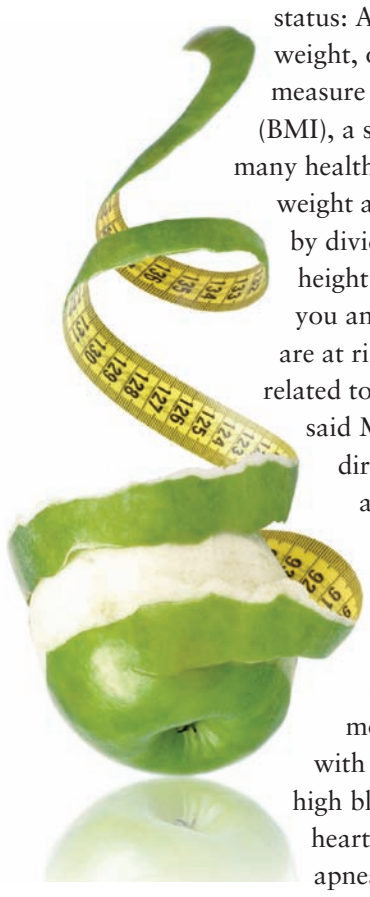
HEALTH ADVICE

Lose weight for good

YOU MAY HAVE HEARD that losing weight is as easy as eating less and exercising more. It is true—eating fewer calories than you use each day is the simplest way to lose weight. Never mind the fad diets, weight-loss pills and zany herbal remedies—it all comes down to a balanced diet and a regular exercise program.

Using the body mass index

The first step is determining your current weight status: Are you underweight, normal weight, overweight or obese? A good measure for this is the body mass index (BMI), a standardized method used by many health professionals to evaluate weight and body fat. "BMI is calculated by dividing weight in kilograms by height in meters squared. It gives you an indication of whether you are at risk of health problems that are related to being overweight or obese," said Mitchell Gitkind, MD, medical director of the Weight Center at UMass Memorial Medical Center and clinical associate professor of medicine at UMass Medical School. "If your BMI is 25 to 29, you are considered overweight. BMIs of more than 30 can be associated with medical problems including high blood pressure, high cholesterol, heart disease, diabetes and sleep apnea. These problems usually become more frequent and serious at higher BMI levels."



You can find a convenient BMI calculator at www.umassmemorial.org/weightcenter.

Eating right and exercising

To lose weight, you need to take in fewer calories than you use. Try not to think of your new eating habits as "going on a diet." Instead, think of it as a lifestyle change. Adding more fruits, vegetables and whole grains to your diet, and cutting back on animal protein, saturated fat and cholesterol, are good for you no matter what your age.

Regular exercise not only helps you achieve a healthier weight, it can also help you maintain it. A good exercise goal for many people to work up to is exercising four to six times a week for 30 to 60 minutes at a time. Talk with your doctor before beginning an exercise program.

The UMass Memorial Weight Center offers a well-established, lifestyle-based intervention for adults with BMIs in the 30 to 50 range called the Behavioral Track.

For information, call 774-443-3886, or visit www.umassmemorial.org/weightcenter. ■

Calendar of Events

Investiture and Convocation

Wednesday, September 15 and Thursday, September 16

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

Two days of events mark the beginning of the new academic year. At Investiture on Sept. 15, six faculty members will be honored with the formal bestowing of named professorships by the donors who established the endowments. Convocation, a campus-wide celebration beginning at 10 a.m. on Sept. 16, will feature a panel discussion led by Charles Kenney, journalist and author of the book "The Best Practice: How the New Quality Movement is Transforming Medicine." A barbeque for all members of the UMass Worcester community will follow at noon on the Campus Green, and the annual White Coat Ceremony for first-year medical students will take place at 4 p.m.

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

The Walk to Cure Cancer

Sunday, September 26, noon

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

The Walk to Cure Cancer is the largest single-day fundraising event in Central Massachusetts. Funds raised benefit cancer research, equipment, facilities and world-renowned medical professionals at the UMass Memorial Cancer Center of Excellence.

For more information, visit www.walktocurecancer.org

Alumni Scholarship Dinner

Wednesday, September 29, 6 p.m.

Faculty Conference Room

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

Pink—Lighting the Way to a Cure

Thursday, October 21, 6 p.m.

Aaron Lazare Medical Research Building

UNIVERSITY OF MASSACHUSETTS MEDICAL SCHOOL, Worcester

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

For more details, call 508-856-5520 or e-mail events@umassmed.edu

UMass Memorial Children's Medical Center Starlight Celebration

Saturday, October 23, 6:30 p.m.

WAGNER MOTORS OF SHREWSBURY

752 Boston Turnpike, Shrewsbury

The annual gala benefiting health care and research for children features emcees and auctioneers Jen Carter and Steve Donovan (hosts of WXLO-FM radio's "Jen and Steve in the Morning" show), celebrity guest Jose Rivera, jazz vocalist Tom Ballard, a cocktail reception, dinner stations, and live and silent auctions. Sponsorship opportunities are available.

For more information, contact the Development Office at 508-856-5520 or e-mail events@umassmed.edu

Learn more about your health

This fall, UMass Memorial Medical Center presents several free health education programs for the community.

Find the details, including times and locations, at www.umassmemorial.org

Prostate Cancer Symposium

September 10

Men at risk, diagnosed men, survivors and family members learn about recent breakthroughs in prostate cancer treatment.

Family Diabetes Day

October 2

Children and parents are invited to attend "Balancing a Healthy Lifestyle for Children and Adolescents with Diabetes."

Informed Women, Healthy Women Series

Dates in October TBA

Women's Cancers covers risk factors, diagnosis and treatment for breast and gynecologic cancers.

Preparing for Pregnancy introduces everything women need to know before, during and after pregnancy.

Pancreatic Cancer Symposium

November 9

Learn about pancreatic cancer risk factors and screening, plus the latest on treatments and advances.

Lung Cancer Forum

November 18

This evening event will update patients, survivors and those at risk on the latest care innovations.

DEVELOPMENTS
From the University of Massachusetts Medical School and UMass Memorial Health Care

University of Massachusetts MEDICAL SCHOOL
UMassMemorial HEALTH CARE

UMass Medical School/UMass Memorial Development Office
333 South Street
Shrewsbury, MA 01545

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NEWS BRIEFS

■ **The recently launched Pediatric Hospitalist Program at HealthAlliance Hospital, a community hospital of UMass Memorial, gives families the comfort of knowing that a pediatrician is on-site 24 hours a day, seven days a week** to direct and coordinate all aspects of their child's care. Because a patient's primary care physician (PCP) is not always immediately available to tend to the needs of his/her hospitalized patient, the PCP assigns a hospitalist physician to manage the patient's care, including care planning, ordering tests and writing prescriptions. The program is a joint venture with UMass Memorial Children's Medical Center. Milford Regional Medical Center also collaborates with UMass Memorial on its pediatric hospitalist program, PediTeam.

■ **The live-donor liver transplant program at UMass Memorial Medical Center was granted approval** by the Organ Procurement Transplantation Network/United Network for Organ Sharing. The UMass Memorial Division of Organ Transplantation is one of the few transplant centers in the country that will perform live donor liver transplants. The new program, which will be available beginning this fall, offers advanced, comprehensive care and the ability for patients to undergo transplants in a timely manner. Patients and families can learn more by calling 508-334-1269.

■ **The American Urological Association presented its Distinguished Contribution Award to Michael Blute, MD,** director of the Cancer Center of Excellence and professor of surgery. The award honors individuals who have made outstanding contributions to the science and practice of urology, including but not limited to, those made in a sub-specialty area, for military career service or for humanitarian efforts. Dr. Blute was specifically recognized for outstanding contributions in the understanding, diagnosis and treatment of urologic malignancies.

■ **UMass Medical School celebrated its 37th annual Commencement Ceremony** on Sunday, June 6. Thirty-seven Master of Science degrees, four Doctor of Nursing Practice degrees and two PhDs were awarded by the Graduate School of Nursing; the Graduate School of Biomedical Sciences conferred 55 PhDs, as well as six Master of Science degrees in its new clinical investigation program; and the School of Medicine awarded six MD/PhDs and 95 MDs.

■ The Commencement address was delivered by **Harold E. Varmus, MD, Nobel Prize in Medicine recipient, former director of the National Institutes of Health, and newly appointed director of the National Cancer Institute.** Also receiving honorary degrees were Michael Horgan, former CEO and registrar of the Royal College of Surgeons in Ireland, and longtime local philanthropist Mary C. DeFeudis (see photo, page 6).

■ **The University of Massachusetts Medical School's Regional Science Resource Center (RSRC) is sharing a three-year, $1.5 million Summer of Innovation Pilot Program grant from the National Aeronautics and Space Administration** to support summer learning for students who are typically underrepresented or underperforming in science, technology, engineering and math (STEM) education. Named "Goddard Girls" in recognition of Worcester native Robert Goddard, the father of modern rocketry, the RSRC program provides two weeks of STEM-related activities for 40 middle school girls.

Contact Information:
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