

# giving matters



In the Spotlight  
p. 7



Investing in Investigators  
p. 8



Better Equipped  
p. 10



How Their Garden  
Does Grow  
p. 14



## RESEARCH DOES THE TRICK

### JOHN RINN, PH.D.

One of the first skateboarding tricks that pathologist John Rinn, Ph.D., learned is called the "Ollie." The impressive move, which appears flawless in execution but takes considerable practice, involves the rider pushing the tail end of the skateboard to the ground to pop the rider and board into the air. Long before his career as a Beth Israel Deaconess Medical Center scientist, Rinn perfected the fundamental move on which all other skateboarding tricks are based. A former competitive skate- and snow-boarder, Rinn had no idea how his tenacity for the sport would one day translate to his work in the lab.

"In research you are essentially doing the same experiment over and over again and tweaking it each time to make it better, just as you would when perfecting a trick," says Rinn. "One experiment always leads to another, but each one takes practice and reiteration. In a way, these activities taught me the rewards of persistence in science."

Persistence is paying off for Rinn, and the results are anything but boring. He and his lab, which he started in 2008, have been researching a controversial concept about the recently mapped human genome, the collection of genes that produce a human being. Specifically,

CONTINUED ON P. 2



# RESEARCH DOES THE TRICK

## JOHN RINN, PH.D.

### CONTINUED FROM P. 1

he is investigating “junk” or “filler” deoxyribonucleic acid (DNA)—what some consider useless pieces of genetic coding that make up 95 percent of the human genome.

But Rinn, the skateboarder-gone-scientist known for bucking convention, did not agree that the majority of the human genome is non-functional genetic waste. His lab embarked on an exploration into unknown territory to learn the purpose of non-coding ribonucleic acid, or lincRNA molecules, which are created from DNA and are typically present in protein creation. “Nobody had a way of testing a hypothesis about what these molecules were doing or which pathways they might be playing roles in,” says Rinn.

Using existing technologies in concert to look at the human genome on a molecular level,

Rinn and his colleagues pinpointed five to seven thousand different lincRNA pathways, which are not associated with protein creation but continue to be carried through evolution. Gifts from the Richard and Susan Smith Family Foundation, the Searle Scholars Program, and the Damon Runyon Cancer Research Foundation have funded this important preliminary research in identifying these pathways.

“We’ve opened the wardrobe into the mysterious world of non-code Narnia,” says Rinn, likening his research to the famous C.S. Lewis book, *The Lion, the Witch, and the Wardrobe*. “First we need to identify the lion. We’ll find a lot more creatures along the way, but we need to find the main characters first.”

His team may have recently discovered the “lion” they’ve been

looking for. The group uncovered a certain lincRNA involved in the pathway for P53, an important tumor suppressor protein crucial in fighting cancer. P53 either initiates cell death in a severely damaged cell or stops a damaged cell from multiplying until a repair pathway can fix it. Although it’s one of the most studied genetic pathways in scientific research, this connection had never been made until now.

“P53 is so critical in preventing cancer that any new component really sheds a lot of light,” says Rinn, who in 2009 was named to the “Brilliant 10” list of top young scientists by *Popular Science* magazine and received the National Institutes of Health Director’s New Innovator Award.

The discovery also led to an observation of unexpected behavior by lincRNA in the P53 pathway.

# “We are putting the **fun** or **funk** in functional.”

Typically, RNA molecules turn genes on in order to do something, but Rinn and his colleagues are seeing a trend of lincRNA also shutting genes off. “For example, if you’re listening to the Red Sox on the radio but the Celtics are on the TV, it would be handy if you had a remote control that turned on the TV and also turned off the radio simultaneously,” says Rinn. “Well, P53 does that.” When the P53 pathway is activated as a last resort cell-repair effort, it also activates lincRNA which turns off all functions to avoid interference with P53. Rinn says that a better understanding of how lincRNA modulates proteins will lead to the creation of therapeutics to aid in or reverse certain processes.

The Damon Runyon Cancer Research Foundation awarded Rinn the Damon Runyon-Rachleff Innovation Award, which directly supported his research that led to his P53 findings. The foundation more recently gave the same award to David Hendrickson, Ph.D., a principle investigator in

Rinn’s lab. “The Runyon Foundation has a great track record of picking up new areas of research that are going to have a profound impact on cancer,” says Rinn. “The fact that they continually give us support is a huge honor for us. The P53 project would not have been funded by normal granting methods, and their funding was sufficient to get our research to the point where it is now accepted.”

The P53 discovery, which has implications in cancer research and other diseases, has sparked several collaborations with Harvard, MIT, and the Broad Institute. “At BIDMC, we are leading the charge in unraveling the functions of these lincRNAs,” says Rinn. “People can now find lincRNAs that are involved in the processes they are interested in.” Rinn hopes his research will eventually lead to the engineering of specific cell states using patient stem cells in order to replace damaged cells and to improve P53 processes to repair broken genomes.



▲ Skateboarder–scientist John Rinn, Ph.D., says without risk there’s no reward.

“We’ve developed our niche in what I like to call functional genomics,” says Rinn. “We are putting the fun or funk in functional.”

There’s no question that Rinn, who describes his research as playing the “genomic piano,” is having a bit of fun with his work, and it’s unlikely that things will get boring any time

soon. While his recent discovery is certainly laudable, Rinn still has the thousands of discovered lincRNAs to explore. “In skateboarding it’s never cool to do just one new trick,” says Rinn. “You need to string several tricks together, and that’s the same for science. But once you string them together you get this beautiful new result.” ●



## TAKE SOME POSITIVE STEPS AGAINST OVARIAN CANCER

**Third Annual Step Up and Break the Silence  
Ovarian Cancer Walk  
In Memory of Marie Spinale**

**Saturday, September 11  
Start/Finish: Stone Zoo, Stoneham**

**Sponsored by Sisters Against Ovarian Cancer benefiting  
the ovarian cancer research program at BIDMC**

**More than \$115,000 raised and counting...**

**For more details, please visit  
[www.gratefulnation.org/saocwalk](http://www.gratefulnation.org/saocwalk).**



## COURTING A GOOD CAUSE

Get on the ball and join us for the  
**THIRD ANNUAL BOSTON REALTY ADVISORS  
TENNIS EVENT**

**Wednesday, September 29  
Longwood Cricket Club, Chestnut Hill**

All proceeds will benefit BIDMC’s Parkinson’s  
Disease Center.

For more information or to get involved, please visit  
[www.gratefulnation.org/tennisevent](http://www.gratefulnation.org/tennisevent).





*Giving Matters* is published by  
the Office of Development at BIDMC.

**Kristine Laping**  
Senior VP of Development  
(617) 667-7334  
klaping@bidmc.harvard.edu

**Deborah Curran**  
Senior Executive Director of Development  
(617) 667-7345  
dcurran1@bidmc.harvard.edu

**Samantha Sherman**  
Senior Executive Director of Development  
(617) 667-7351  
ssherma1@bidmc.harvard.edu

**Alexandra Molloy**  
Director of Development Communications  
(617) 667-7350  
amolloy@bidmc.harvard.edu

**Managing Editor:**  
Alexandra Molloy

**Writing:**  
David Connolly, Alexandra Molloy, Alyson  
St. Amand

**Event and Marketing Coverage:**  
Lisa Bloom, Jennifer Standley,  
Kelly Wallace, Erin Wholey

**Photography:**  
BIDMC Media Services, Braga Photography,  
John Deputy, Bill Gallery, Joel Haskell,  
Johnson Photography, J. Kiely, Jr., Justin  
Knight, Winslow Martin, Len Rubenstein

**Design:**  
kor group, Boston

© 2010 BIDMC  
Volume 1, Issue 3

PRINTED ON 100% PCW RECYCLED PAPER



BIOGAS



## LETTER FROM THE SENIOR VICE PRESIDENT OF DEVELOPMENT

Dear Readers,

Being grateful shouldn't just be limited to Thanksgiving. Even in the whirlwind of activity that has embraced our office this summer, I have had the opportunity to reflect on all the wonderful things here at BIDMC that inspire my gratitude. There's the altruism of our donors who enable our clinicians and researchers to accomplish their vital work and bring our patients renewed health and hope. There's the dynamism and unflagging energy of the patients, family members, staff, and friends who help plan or promote fundraisers to support BIDMC's mission—people like Fuddruckers owner Jim Boland, who has sponsored our *A Reason to Ride* cycling event now in its third year (see page 7), or the group of Emergency Department nurses who are collaborating to raise money for a scholarship in honor of a beloved colleague who recently died (see page 13). There's even the preponderance of happy and healthy babies born to my development coworkers in the last seven months, a grand total of five with one on the way as we go to press with this issue.

I know that I am not alone in the desire to give thanks for special things like these. The warm reception to our new fundraising program, Grateful Nation, is proof positive of that. If you are looking to be inspired by the creative ways people are expressing their appreciation for BIDMC's incredible work, you only have to look through the pages of this newsletter or visit [gratefulnation.org](http://gratefulnation.org). Next spring, we will also launch a new annual flagship event, An Evening of Gratitude, which in 2011 will focus on how grateful we are for the incredible care provided by our Cancer Center (see page 13).

My advice is don't wait for Thanksgiving; start thinking about thanking today.

Sincerely,

Kristine C. Laping



### Grateful Nation Makes It Easy for People to Share and Express Their Gratitude.

While this expression can take many forms, one of our favorites is receiving grateful letters from the Nation. We are pleased to share some of these letters with you in the hope that one thanks will lead to another and we'll create an unending cycle of gratitude.

*Want to share your gratitude too?*

*E-mail us at [gratefulnation@bidmc.harvard.edu](mailto:gratefulnation@bidmc.harvard.edu) or visit [www.gratefulnation.org/lettersfromthenation](http://www.gratefulnation.org/lettersfromthenation).*

My grandpa gives me and my cousins and my brother money to donate to a charity. I decided to bring music for kids to your hospital. I like making kids happy and laugh.

*Gillian*

I would like to make a contribution in honor of Dr. Adam Landsman. My husband broke his foot and eventually developed a bone infection. His condition deteriorated, and he was close to requiring an amputation. Dr. Landsman promised he would do everything to save his leg. After multiple procedures, he successfully treated his infection, and his leg is now completely healed. Thank you to Dr. Landsman for his patience and dedication.

With many thanks and my deepest appreciation,

*Toni K.*



Evan and his family made a donation to the N.I.C.U. C.A.R.E.S. in honor of the staff who cared for him during his 141-day stay at BIDMC in 1997. They included a current photo with a note on the back saying that Evan, who will be entering the 7th grade this fall, was born at 24 weeks weighing just 550 grams.

This donation is being sent in thanksgiving for the fine care given to me by everyone involved in my care. I am so glad that Mark Callery, M.D., is dedicated to not only being such a fine physician and surgeon but also being involved in research and improved care. My thoughts and prayers will be with all the wonderful people at BIDMC who are fighting to eradicate the horrific disease of pancreatic cancer.

*Erna N.*

Our deepest gratitude to everyone on Farr 10 who took care of my husband, Charlie, during his time at Beth Israel Deaconess. My family and I appreciate the tremendous concern you showed to Charlie and us. This was obviously a difficult time for all of us, but having such wonderful support made a trying time easier to endure.

Charlie said often how grateful he was to have such caring people around him. As Charlie would say, "Thank you, my friends."

*Charlotte C. and family*

I suffered a stroke in Boston in July 2008. I received superb and the most caring treatment at Beth Israel Deaconess. I have made a good recovery which I attribute to the care I received. I shall be forever grateful.

*Abby*



LEADERSHIP SPOTLIGHT

# Jonathan Samen: Exceptional Exception

**Heavily engaged in the Boston area’s lay leadership and philanthropic activities for years, attorney Jonathan Samen recalls his wife, Cynthia Samuelson, placing a moratorium on any additional involvement for either of them.**

“She said, ‘No more boards! We’re done,’” he softly laughs, noting that giving back to the community is a core belief of their family. “But in the end when BIDMC came along, we decided to make an exception.” Ultimately, with not only his wife’s blessing but encouragement, Samen joined the Board of Overseers at Beth Israel Deaconess Medical Center in 2007, little knowing he would be chairing this group of more than 150 volunteer leaders in just three short years.

Today, Samen reflects that he owes the quick progression of his engagement with the medical center to the institution itself. “BIDMC is really different from any of the other hospitals in Boston because of the way they deal with the person in addition to the medical condition,” he says. “And when you see that in action, you know that this is something you want to support.” Having never been involved behind the scenes at a hospital before, this distinction was something of a revelation to Samen, who previously thought one major hospital was the same as any other. “In many respects to a lot of us who are not in the medical ‘biz’, the whole thing is a mystery,” he notes. “I really did not understand that there is a culture to each of these places, and as I got involved and learned more about BIDMC, I really saw how that culture came through.”

As chair of the Board of Overseers, Samen has been fascinated with how the medical center’s inclusive, patient-centric ethos inspires similar passions in such a large assortment of people with a marked diversity of backgrounds, interests, and ages. He says that the genuine interest of this group—charged ostensibly with being goodwill ambassadors for BIDMC—in learning about, promoting, and funding the clinical and research

successes of the medical center has been inspiring. Samen believes, however, that there is still a lot of untapped potential on the board, particularly in the area of both giving and garnering financial support for BIDMC. “Philanthropy at the medical center is critical and valued at all levels,” he says. “In order to move the needle does not mean you have to be in the top financial bracket. There is a space for everybody to help make this all happen and to feel good about it.”

According to Samen, the challenge of making the overseers feel valued is the flip side of this group’s large and diverse makeup and one of his overriding concerns as chair. “Our goal is to work to understand the wants and needs of all of the overseers,” he says, “and as best we can try to get them involved with something at the medical center that they find meaningful and rewarding and at the same time fills a critical need for BIDMC.” To do this, Samen and other lay leaders and administrators have been looking at the board’s role with fresh eyes and instituting new programs and approaches designed to broaden engagement and impact. “It’s not that what was done in the past wasn’t terrific and essential, but we’re just bringing a different view and emphasis,” he says. “And that’s where I think my talents are helpful.”

Samen, however, stresses that no single person has all the attributes to really make the role of chair a success, and as a result he relies on the compensatory strengths of those around him, particularly his three vice chairs on the board: Lisa Franks, Steven Levin, and Sidney Queler. “I am blessed with three wonderful vice chairs who make me look good,” he says, noting their extraordinary value in effecting the positive change he believes is necessary for the board’s future success. “I tend to really challenge the organizations I am involved with to become great and that usually requires some change,” he says. “Although most of these institutions are very good already, you should still shoot for the moon because if you land short, you still wind up in the stars—and that’s not a bad place to be.”



“I am blessed with three wonderful vice chairs who make me look good,” says Samen of Sidney Queler, Lisa Franks, and Steven Levin, his colleagues on the Board of Overseers (pictured above).

# Engineering Surgical Excellence

## BIDMC Names New Chair of Roberta and Stephen R. Weiner Department of Surgery



In August, Beth Israel Deaconess Medical Center welcomed Elliot L. Chaikof, M.D., Ph.D., as its new surgeon-in-chief and the next chair of the Roberta and Stephen R. Weiner Department of Surgery. A leader in the development of minimally invasive treatments for cardiac and vascular diseases, Chaikof joins BIDMC from Emory University in Atlanta, where he was chief of the Division of Vascular Surgery and Endovascular Therapy. He succeeds James Hurst, M.D., who has been acting chief of the department since December 2007.

“Elliot Chaikof is a gifted surgeon and scientist who brings great leadership skills to BIDMC’s already renowned surgery department,” says Paul Levy, BIDMC’s president and CEO. “He has a track record of bringing together the engineering and medical communities, enabling the development of clinically beneficial, cost-effective therapies that use evidence-based guidelines and practice standards in his field.”

Chaikof spent nearly 20 years at Emory, and he also held secondary academic appointments in the School of Chemical and Biomolecular Engineering at the Georgia Institute of Technology. He has been active in the development of minimally invasive endovascular therapies for treatment of aortic aneurysms, carotid disease, and peripheral arterial disease, as well as novel biologics and tissue-engineered products for the cure of venous and arterial disease.

Leading collaborative efforts with clinicians, engineers, and biologists, Chaikof has molecularly engineered materials that have advanced the development of cell-based therapies, artificial organs, and engineered living tissues, helping to define the evolving field of regenerative medicine. His laboratory has received more than \$20 million in federal funding from the National Institutes of Health and the National Science Foundation and additional support from the American Heart Association and the Juvenile Diabetes Research Foundation.

“Through his leadership as a clinician, researcher, and teacher, Dr. Chaikof has been unwaveringly dedicated to improving the quality of care of surgical patients,” says Stephen R. Weiner. Adds his wife, Roberta Weiner, member of the Board of Trustees at the medical center, “The BIDMC community is thrilled to welcome him into the fold, and Stephen and I are truly privileged

to have him take the helm of the department that bears our name.”

Though a Toronto native, Chaikof is no stranger to Boston, completing his residency at the Massachusetts General Hospital after earning his B.A. and M.D. at the Johns Hopkins University in Baltimore. While a resident, he also pursued his Ph.D. in chemical engineering at the Massachusetts Institute of Technology, where he focused on artificial organs and the design of biomaterials for reconstructive surgery.

“I am proud to assume a leadership role in a hospital that has long been at the forefront of high-quality surgical care and research,” says Chaikof. “When I look at the history of contributions made by members of this department, past and current, and the legacy of compassionate care at BIDMC, I feel very honored to become part of it.”

## Foundation supports illuminating research in hereditary breast cancer genes



When it comes to cancer research, Nadine Tung, M.D., director of the cancer risk and prevention program at Beth Israel Deaconess Medical Center, knows that a lot can be learned from a little. She and her colleague, Stuart J. Schnitt, M.D., director of anatomic pathology, are studying a type of breast cancer that accounts for only five percent of breast cancer patients. What they learn, however, may have therapeutic implications for all breast cancers.

Thanks to several gifts since 2007 from the Breast Cancer Research Foundation totaling \$675,000, the two are researching a type of breast cancer that develops in women



who have inherited mutated forms of the BRCA1 and BRCA2 genes. The BRCA genes are tumor suppressor genes but when mutated increase cancer risk and impair important pathways necessary for cell repair. The majority of women with breast cancer have not inherited the mutated BRCA genes; however, they are the most common of genetic mutations in breast cancer. “Often in science when you study one smaller population, you are going to learn something that could apply to the whole population,” says Tung.

Specifically their research explores estrogen receptor–positive and –negative breast cancers in patients who also have BRCA1

and BRCA2 mutations. Estrogen receptor–negative breast cancers, which do not need estrogen to grow, account for about 80 percent of the breast cancers in women with BRCA1 mutations. However, about 20 percent of breast cancers that develop in these women require estrogen to grow (estrogen receptor–positive breast cancers). So, “contrary to popular belief a functioning BRCA1 gene is not necessarily required for estrogen receptor positivity in a breast cancer,” says Schnitt.

The gift from the Breast Cancer Research Foundation allows Tung and Schnitt to explore other aspects of these BRCA1 and BRCA2 cancers as well, including looking at how repair pathways for these cancers are hindered—an exploration that may provide insight into how to better treat breast cancer. “The Breast Cancer Research Foundation is proud to support the work of Stuart Schnitt and Nadine Tung. Their research commitment and dedicated

perseverance to our goal of prevention, and a cure for breast cancer in our lifetime, exemplifies the standard of excellence we aim to be identified with,” says Myra J. Biblowit, foundation president.

Tung, who is also a breast cancer medical oncologist and runs several clinical trials, is hopeful that a new drug called a PARP-inhibitor, which was specifically designed to treat women with BRCA-related breast cancers, will also benefit women without inherited BRCA mutations. “Sometimes if cancers share the same repair defects or kind of genetic profile they will benefit from the same treatments,” says Tung who, with Schnitt, is researching ways to look at the individual breast cancer itself.

“I think the Breast Cancer Research Foundation is really funding the researchers as much as the project,” says Tung. “They trust us to be creative and take what we learn in new directions. That’s what I love about this foundation.”

# GRATEFUL NATION PUTS ITS STARS IN THE SPOTLIGHT

In Grateful Nation's Spotlight Series, well-known people from all walks of life discuss the idea of gratitude—what it means to them and the role it plays in their lives.



OWNER AND OPERATOR OF NEW ENGLAND-BASED  
FUDDRUCKERS RESTAURANTS

## JIM BOLAND

*“Being grateful is about taking action, being of service, getting out of your skin, and helping others.”*

For Jim Boland, owner and operator of four New England-based Fuddruckers restaurants, BIDMC's *A Reason to Ride* bike-a-thon was the perfect opportunity to honor his friend Howie Rich and support a good cause. Boland was first introduced to the ride while escorting Rich, his close friend and pastor who had been diagnosed with a stage four brain tumor, to chemotherapy treatments at BIDMC. He discovered an *A Reason to Ride* brochure and wondered if the Eric Wong, M.D., it referenced was the same doctor treating his friend. Rich introduced Boland to Wong, who, recognizing Boland's interest, took him on a tour of his research lab. Boland was touched. Not only did the tour make things more real for him but grateful for the research being done behind the scenes in hopes of finding a cure.

Jim Boland is a man of action, especially when it comes to a good cause. He met with Tom DesFosses, *A Reason to Ride* founder and brain cancer survivor, to discuss how he might get involved. The two instantly hit it off. The 2010 *A Reason to Ride* bike-a-thon marks Fuddruckers' second year as a presenting sponsor. Both Boland's financial contributions and personal enthusiasm and support have had a tremendous impact on the ride's continued success and the advancement of BIDMC's brain cancer research. In memory of his dear friend Rich, who passed away in November 2009, Boland, his wife, and his two teenage daughters have formed a team and will join the ride on September 12. Go to [www.gratefulnation.org/areasontoride](http://www.gratefulnation.org/areasontoride) today to sign up to ride, donate, or volunteer!



To hear more of Jim Boland's story on video,  
please visit [www.gratefulnation.org/boland](http://www.gratefulnation.org/boland).

## EXTRA WINNINGS



Become a member of Grateful Nation, and you could be like Abby Schlom, recent winner of our Red Sox ticket sweepstakes.

Thanks to a ticket donation from our partner in gratitude, Fuddruckers, Abby and family enjoyed an outing to Fenway Park this spring.

Sign up at [www.gratefulnation.org](http://www.gratefulnation.org) and receive updates about upcoming sweepstakes. It might be you who wins an extra reason to be grateful.

◀ From left to right: Abby Schlom, Dr. Jeffrey Schlom, and Steven Schlom



# Investing in Investigators

## Longstanding Pfizer- and Merck-Funded Fellowship Boosts Clinical Scientists' Careers



▲ Akash Patnaik, M.D., Ph.D., and Anthony Hollenberg, M.D.

As conflict of interest becomes of increasing concern in funding biomedical research, a 17-year-old fellowship program founded at Beth Israel Deaconess Medical Center stands as a shining example of how collaborations between pharmaceutical companies and academic medical centers can, and should, be built. Funded by Pfizer, Inc. from its inception in 1993 and by Merck & Co. since 2004, the Clinical Investigators Training Program (CITP) provides a specialized two-year fellowship experience to young physicians who wish to focus their energies on clinical and translational research—the field of scientific

investigation that makes the link between basic work in the laboratory and effecting treatments in human patients. It is an area where industry can offer much to budding scientists in terms of experience and resources. “At a time when relationships between academic medicine and industry have come under intense scrutiny, it’s important to remember how significant these partnerships can be,” says Anthony Hollenberg, M.D., the co-director of CITP at BIDMC.

This significance is spelled out by the underlying goal of CITP, which is to train investigators who will develop new treatments

for human disease. With the unprecedented scientific advances in genomics and bioinformatics over the last decade has come a wealth of information that can be applied to this task, but talented physician-scientists with focused expertise in this area are still few and far between.

“It’s really important to train physicians in how to develop new therapies and move them into patients,” says Hollenberg. “In this country, we have really great basic science and really great clinical care, but the ability to know how to take an idea and get it into humans to fulfill an unmet medical need is really lacking.” One of the few specialized clinical research training programs nationwide, CITP was created to fill this void. Jointly administered by the Harvard–MIT Division of Science and Technology, the program thus far has helped launch the careers of more than 150 clinical and translational researchers from both BIDMC and other Harvard-affiliated institutions.

They are researchers like Akash Patnaik, M.D., Ph.D., a medical oncologist and second-year CITP fellow whose work on developing novel targets for treating advanced stage prostate cancer recently won him a prestigious Young Investigator Award from The Prostate Cancer Foundation. “CITP is an excellent

platform for a bench-to-bedside investigator,” says Patnaik, “providing broad exposure to all aspects of drug development, clinical pharmacology, biostatistics, bioethics, and clinical trial design. Through this coursework you are introduced not only to these important disciplines of clinical investigation but also to the translational research performed in industry, which is complementary to but fundamentally different from the bench-to-bedside research performed in academia.” In addition, Patnaik and the ten to 12 fellows who go through the program each year receive a stipend to cover their salary, which gives them protected time to focus on their mentored research pursuits.

Hollenberg notes that with this limited number of slots in CITP, they are always turning wonderful candidates away and that providing funding and mentoring support to maintain and expand this special program would be a unique opportunity for any industry partner to make a mark on a young researcher’s life. “It’s just a great program to be involved with,” he says. “The fellows are outstanding, and it’s a privilege to try and take it to the next level.”



**Web extra:** Read an in-depth article on the program along with current bios of CITP grads at [www.gratefulnation.org/citp](http://www.gratefulnation.org/citp).

## The Perfect Match

With a match through your workplace, you can make your gift twice as nice for patients and staff at BIDMC.

*“Beth Israel Deaconess, like all the not-for-profit organizations I support, is very meaningful to me, and when I add a matching gift, it doubles the value—and the impact—of my donation.”*

—Julia Rabkin

Julia Rabkin’s employer, Bank of America, has a very generous matching gift program, and she likes to take full advantage of it. “The economic downturn has affected BIDMC like so many other charities,” she says, “so if I can double the size of my gift by requesting a match, so much the better.” Rabkin knows from experience that it takes very little time or effort to receive a match for a charitable donation, whether by filling out a matching gift form or requesting a match online. Make a single call to your Human Resources Department and our patients and staff will be thanking you twofold.

To make your gift to BIDMC or for more information about matching gifts, visit [www.gratefulnation.org/annualgiving](http://www.gratefulnation.org/annualgiving) or call (617) 667-7330.



# ASK THE EXPERT

with Ciarán P. Kelly, M.D.

**Q.** What is celiac disease, and why am I hearing more about it? What does a “gluten-free” diet mean?

**A.** You are hearing more about the autoimmune disorder celiac disease for a few reasons. First, simple and accurate blood tests to diagnose or exclude celiac disease have become widely available. Also, recent research suggests that more people in the United States are developing this digestive disease. Why? One theory is that everything is too clean and our immune system is “bored” and as a result it’s becoming mischievous. In celiac disease, the immune system acts up when gluten, which is found in a wide variety of foods, is ingested. The gluten damages the small intestine and interferes with the absorption of nutrients in the food. Celiac disease is also linked to Type 1 diabetes mellitus and thyroid disease, both immune-mediated disorders.

Traditionally, awareness of celiac disease as a medical entity has been weak in the United States. Physicians

were taught to think of the disease in terms of drastic symptoms, but patients commonly present symptoms that are easily mistaken for other problems like irritable bowel syndrome. Thanks to a \$110,000 gift from the Sidney E. Frank Foundation, we have developed a self-sustaining national online educational program for primary care physicians to help raise awareness about the disease. Primary care doctors are usually the first to see the patient, and if they can recognize common symptoms like weight loss, gastrointestinal issues, or iron deficiency anemia, patients can be diagnosed sooner. We are also emphasizing that it’s usually easy to diagnose celiac disease with a simple blood test.

Still, when a diagnosis is made, and patients are told to go on a gluten-free diet—currently the only treatment available for the

disease—the instructions pose a problem. It’s challenging to maintain a gluten-free diet for the rest of your life. First, you need to understand what gluten-free means and what you can and can’t eat. Gluten is a protein originating in grains like wheat, barley, and rye but is used as an additive in sauces, mixes, and flavorings. Gluten can also hide in the most unexpected places like in lipstick, toothpaste, medications, and in the glue of lick-seal envelopes, and even these minute exposures can affect the most acutely sensitive patients.

Second, after people overcome the initial adjustment, they discover how restrictive the diet is in social settings, like at a birthday party or a wedding where food is a central part of the interaction. We have celiac dietitians at the medical center, but we also want to give our patients easy and immediate access to accurate and up-to-date information while



CIARÁN P. KELLY, M.D.,

is the medical director of the Celiac Center at Beth Israel Deaconess Medical Center.

they wait to see an expert dietician. And even if a patient follows all of the rules, there’s still the issue of cross contamination—the ways in which gluten-containing foods contaminate non-gluten-containing foods. The classic source is the toaster. If someone with celiac disease picks up a crumb or two from gluten-containing toast, it’s often enough to perpetuate the disease. So, the goal of our initiatives at the Celiac Center is to improve our patients’ quality of life while living with celiac disease through the powerful combination of personal care, education, and research. ●



For more information on the Celiac Center, visit [www.gratefulnation.org/celiaccenter](http://www.gratefulnation.org/celiaccenter).

## Follow the Leaders

A group of young professionals helps usher BIDMC toward a bright future



▲ Future Leadership Group members (from left to right) Gary Tulman, Josh Dunsky, Nora Riley, and Amye Kurson (at far right) join BIDMC president and CEO Paul Levy (second from right) for a photo at the recent Critical Voices event.

Always looking ahead, Beth Israel Deaconess Medical Center is cultivating an assemblage of young professionals known as the Future Leadership Group. Tasked with the mission of furthering awareness about the medical center within the Boston community, members have

a genuine interest in health care, are engaged in their social networks, and are committed to coming up with inventive ways to raise funds for the medical center.

For chair and founding member Amye Kurson, the group offers the perfect opportunity to engage others in supporting BIDMC’s mission to deliver excellence in patient care. “BIDMC has been my family’s hospital for years,” says Kurson. “As chair of the Future Leadership Group, I am able to engage my network of friends and share with them just how special BIDMC is in hopes of it becoming their families’ hospital of choice.”

As ambassadors of the medical center, members of the Future Leadership Group are organizing, hosting, and promoting creative fundraising events meant to engage other young professionals. Past

events have included a kick-off party at the Liberty Hotel last July and a shopping event at the Boston Tennis and Racquet Club. The group is also committed to focusing some of its efforts on BIDMC’s new fundraising program, Grateful Nation.

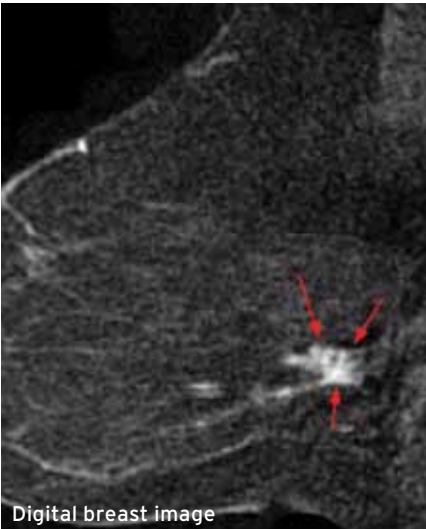
On October 30, the group will unveil the Halloween event of the season with “A Night of Mischief” at the W Hotel in Boston’s theater district. “It’s going to be an amazing party, one we hope Bostonians will look forward to attending for years to come,” says Kurson. “It presents a tremendous opportunity to raise money for the hospital with sponsorship opportunities ranging from \$1,000 to \$50,000.”

For more information on Future Leadership Group events, please contact Kirsten Doyle at (617) 667-7331 or [kdoyle@bidmc.harvard.edu](mailto:kdoyle@bidmc.harvard.edu). ●

# Better EQUIPPED

As the saying goes, there's a right tool for every job—including the wide array of jobs in the medical field. From clinical care to patient safety to biomedical research, advances in equipment are changing the way the faculty and staff at Beth Israel Deaconess Medical Center perform their lifesaving work.

However, technological progress comes at a cost; many of the latest tools of the medical trade have a high price tag. Fortunately, at BIDMC, we have foresighted donors who have supported everything from state-of-the-art imaging systems to high-tech baby beds. Below we highlight some gifts for innovative medical equipment; check out how they work and the difference they are making in our employees' and patients' lives.



Digital breast image

## GOING DIGITAL

Austin L. Cable first became interested in the field of radiology on visits to see his favorite uncle, Samuel Robbins, M.D., the first chief of radiology at what was then Beth Israel Hospital. Years later, he came to understand how vital it was for physicians to have access to good imaging resources in order to make more accurate diagnoses and improve patient outcomes. So when Cable and his now late wife, Marcia, wanted to give back to the hospital that they loved, it was no surprise that they chose to make a gift to the

radiology department. The couple gave \$400,000 to purchase digital mammography equipment for the breast imaging center. "This gift helped us in our goal to deliver state-of-the-art care at the highest level and made a very important technical advance available to our patients at a time when the medical center was having financial challenges," says Herbert Y. Kressel, M.D., a BIDMC radiologist and the former radiologist-in-chief. "Mr. Cable is really just a nice guy. He literally just wanted to help, and he gives with

a very generous tone." This gift was one of several made to the department over the years by Cable. The digital mammography equipment provides faster results with clearer, more precise images and a lower average dose of radiation. The equipment was the last piece needed to have an all-digital breast imaging center at the hospital.



**Web extra:** Learn how digital mammography equipment works at [www.gratefulnation.org/digital](http://www.gratefulnation.org/digital).



NICU giraffe isolettes

## HUSH LITTLE BABIES

When babies come into the world before their time, state-of-the-art equipment is critical to giving them the best hope for an optimal outcome. So when Anita and Joshua Bekenstein decided to generously support the Klarman Family Neonatal Intensive Care Unit (NICU) at BIDMC, they knew that in addition to family-friendly renovations and support services, part of their gift would go toward some of the latest advances in neonatal technology. With an average of about 40 high-risk newborns in the NICU at any given time, clinicians rely on a veritable menagerie of new tools provided by the Bekenstein gift, from kangaroo chairs, which allow parental bonding with babies hooked up to ventilators, to giraffe isolettes, which can convert instantly from secure enclosed baby beds to open warming tables for procedures. "It makes my job easier, and most importantly it's what's best for the baby," says NICU nurse, Linda Mahoney, R.N., of the giraffe isolette. "It really is better for them to be able to have that access so quickly at a touch of a button." Other equipment supported by the Bekensteins includes advanced phototherapy lights, new ventilators, and oversized cribs for more developmentally mature infants. "A gift like this is a win for everybody involved," says Mahoney, because when these tiniest of patients are resting comfortably and safely, family members and NICU staff can't help but sleep easier at night too.



**Web extra:** Learn how a giraffe isolette works at [www.gratefulnation.org/babybed](http://www.gratefulnation.org/babybed).



Karl Gladstone

## AN IMPROVED IMAGE

Karl Gladstone happily counts himself among the thousands of men over the last decade to benefit from brachytherapy, a technique that uses targeted, directly applied radiation to eradicate cancerous cells in the prostate—and a welcome alternative to complete removal of the walnut-sized gland. Following his successful treatment by BIDMC oncologist Irving Kaplan, M.D., Gladstone and his wife, Joyce, honorary doctoral degree recipients from Merrimack College, made a generous gift to the medical center to make this therapeutic option even better. Their \$75,000 donation enabled BIDMC to purchase state-of-the-art ultrasound equipment, including an ultrasound scanner, transrectal ultrasound probe, urology software, and other beneficial accessories. "If you can save one person's life or 100 peoples' lives, this technology is clearly worth the investment," says Gladstone. The new equipment significantly improves real-time imaging during the procedure, empowering oncologists to both measure the prostate and place tiny radioactive seeds directly into the tumor with greater precision. The seeds then deliver a constant dose of radiation to the specific location where treatment is required. "I am so grateful to Joyce and Karl Gladstone for their generous gift which allows our clinicians to give prostate cancer patients better quality implants with the exact dose prescribed by their radiation oncologist," says Kaplan. For patients who qualify, the 90-minute brachytherapy procedure offers significant benefits compared to several weeks of external radiation or invasive surgery.



**Web extra:** Learn how the transrectal ultrasound probe works at [www.gratefulnation.org/probe](http://www.gratefulnation.org/probe).



The mini C-arm equipment

## SURGICAL PRECISION

Excellence in geriatric care in the Carl J. Shapiro Department of Orthopaedics is not surprising given that joint replacement and reconstruction, orthopaedic trauma, and musculoskeletal issues seem to affect elderly patients disproportionately. When Nancy Simches was considering a gift to improve care of the elderly at the medical center to honor her late mother, Emma Black, she welcomed the opportunity to make orthopaedic surgery easier on both elderly patients and operating room staff. “I gave this in honor of the very fine care my mother received for many years at Beth Israel Deaconess Medical Center,” says Simches. “The dedicated doctors and nurses helped her so much during difficult times.” Her contribution of \$100,000 enabled the orthopaedics department to purchase a mini C-arm fluoroscopy X-ray unit—the medical center’s third and most advanced. In addition her gift was used to purchase Jackson table fracture attachments for use during lower extremity fracture and oncology procedures. Boasting great mobility, the mini C-arm can be easily positioned to image patients’ extremities, and the fluoroscopy unit offers real-time images while exposing patients to lower doses of radiation. The device also significantly reduces the amount of time patients spend in surgery, and its images immediately become available to the rest of a patient’s care team throughout BIDMC via the Radiology PACS, or picture archiving and communication system. “Having this equipment available to our surgery teams allows multiple surgeons to take care of patients at the same time with excellent imaging quality and without delay,” says Mark C. Gebhardt, M.D., chief of orthopaedic surgery.



**Web extra:** Learn how a mini C-arm works at [www.gratefulnation.org/miniC](http://www.gratefulnation.org/miniC).



John V. Frangioni, M.D., Ph.D., with a mass spectrometer

## THE PURE THING

When it comes to cancer, John V. Frangioni, M.D., Ph.D., thinks small. Co-director of BIDMC’s Center for Molecular Imaging, Frangioni has made it his mission to find innovative ways to detect malignancies when they are at their tiniest so as to diagnose and treat them before they can wreak havoc on the body. At the heart of his efforts is the use of specialized “targeting” molecules that chemically interact with cancer cells in discernable ways. Correctly identifying, visualizing, and creating these molecules requires some of the most advanced equipment in medicine today, much of which is not funded through typical federal grants. This is where generous donors like Michael Cronin come in. Cronin recently gave a generous major gift to help purchase the highly sophisticated tools that the molecular imaging field requires—tools like a new mass spectrometer, which allows Frangioni’s team to know the precise composition of the targeting molecule they are working with. This specificity becomes particularly important in terms of safety and efficacy when moving these substances from the lab to the clinic. “At BIDMC, we’re not interested in curing mice of cancer; we’re interested in curing patients,” says Frangioni. “And to do that we need to create molecules of extremely high purity.” Cronin has also been trying to garner more philanthropic support so that Frangioni can build a high-tech facility for producing more of the very limited number of viable agents he works with. “Since the invention of the telescope, instruments have played a key role in leveraging scientific discovery,” notes Cronin. “A facility like this within a hospital setting may provide future patients with improved short-lived radioactive tracers for cancer treatments that would otherwise be unavailable.”



**Web extra:** Learn how the a mass spectrometer works at [www.gratefulnation.org/massspec](http://www.gratefulnation.org/massspec).

## GIVING PATIENTS A LIFT



Safe patient handling equipment in action

When John Carroll was tasked with distributing funds from his father’s foundation, he chose to give to Beth Israel Deaconess Medical Center, the hospital that had cared so well for his father until he passed away two years ago. Through the Hyman B. and Estelle Carroll Foundation, he gave \$100,000 to support both the Dr. Michael Ronthal Neurology Education Fund and to purchase safe patient handling equipment. The electronic lifting equipment, suspended from the ceiling above patient beds, assists care providers in helping all patients safely change position in bed, move into a chair or stretcher, or go

to the bathroom. “Part of the reason I was interested in the lift equipment was that it had to do with safety,” says Carroll, a professor at the Massachusetts Institute of Technology who specializes in the promotion of safety in high-hazard industries. “As a family we thought that this equipment would be important to both patients and staff and would have immediate impact on the hospital.” Carroll says health care was also important to his father. “My father was a very strong believer in charity as both a personal and a religious matter,” he says. “We knew he would have wanted to support this hospital.”

The Liberty Mutual Foundation also made a gift of \$75,000 to purchase safe patient handling equipment. The equipment, which increases patient safety and quality of care, prevents falls and allows for patients to be more mobile in the hospital. The lifts also make caring for patients safer for medical staff who can be injured when trying to move patients without assistance.



**Web extra:** Learn how safe patient handling equipment works at [www.gratefulnation.org/nolift](http://www.gratefulnation.org/nolift).

# GRATEFUL NATION EVENTS

Since the launch of Grateful Nation, BIDMC's new fundraising program centered around gratitude, we have brought more than 2,500 people together through various events, raising close to \$400,000. Sponsored by grateful patients and their friends and family members, all of our fundraisers support the great work of BIDMC.

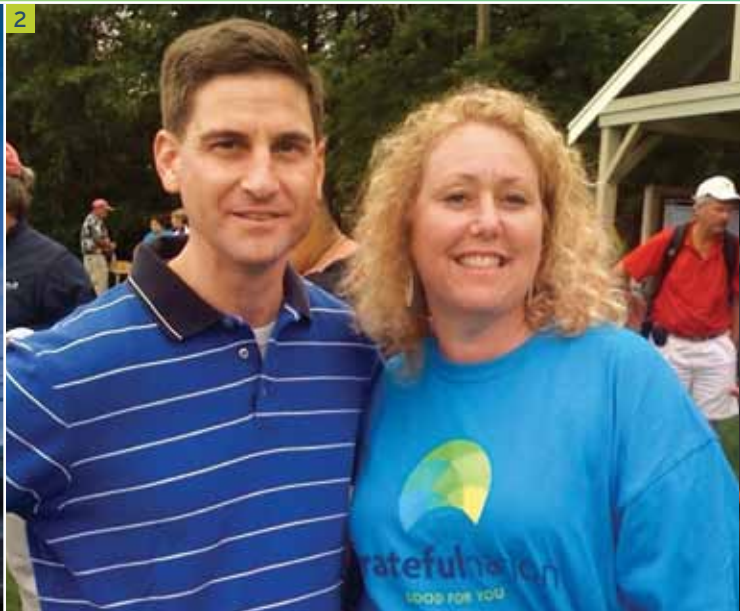
To learn more about attending our upcoming events or even starting one of your own, visit [www.gratefulnation.org/events](http://www.gratefulnation.org/events), where you can also view more photos under "Past Events."

## BAILEY'S SURF N TURF CHARITABLE GOLF TOURNAMENT

JUNE 14, 2010

Sponsored by Diana and Richard O'Melia, owners of Bailey's Surf N Turf restaurant, this eighth annual golf tournament took place at Little Harbor Country Club in Wareham. The event attracted more than 120 attendees, including BIDMC physicians Mark Callery, M.D., and Charles Vollmer, M.D., and raised more than \$8,000 to benefit the Pancreatic Cancer Research Fund at BIDMC.

- 1 Bailey's Surf N Turf's readerboard on the day of the event
- 2 Charles Vollmer, M.D., Diana O'Melia



## BIDMC 2010 BOSTON MARATHON CELEBRATION AND CHECK PRESENTATION

JUNE 16, 2010

In celebration of the fundraising efforts of Grateful Nation's first marathon team, runner Julia Lindenberg, M.D., John Hancock's Yasmin Cruz, and BIDMC Trustee for Life Foster Aborn presented Executive Director Adela Margules and the staff of the Bowdoin Street Health Center with a check for more than \$37,000 in support of their mission to teach children about important health and wellness issues such as nutrition and violence prevention (see story on page 14). This year, John Hancock Financial Services gave BIDMC five marathon numbers, which resulted in the creation of the Grateful Nation Marathon Team.

- 3 Foster Aborn, Adela Margules



## MODEL M.D.

JUNE 17, 2010

In support of BIDMC, Bloomingdale's of Chestnut Hill and Grateful Nation presented Model M.D., in which physicians and other leaders at the medical center strolled down the Bloomingdale's runway modeling spring/summer 2010 fashions by top designers such as Armani, Chanel, and Versace. More than 100 guests participated in a private sale with ten percent of all purchases donated to BIDMC. The evening also included fun food and raffle prizes.

- 4 Eugene Vaninov, M.D., Arun Ramappa, M.D., Alvaro Pascual-Leone, M.D., Ph.D., Sara Fazio, M.D., Monique Nestor, R.N., Mark Gebhardt, M.D., Kristine Laping, Harold Solomon, M.D., Valerie Staradub, M.D., Mark Josephson, M.D.
- 5 Sara Fazio, M.D.
- 6 Eugene Vaninov, M.D., Monique Nestor, R.N.
- 7 Mark Josephson, M.D.





8

## EIGHTH ANNUAL ROBERT MURPHY MEMORIAL GOLF TOURNAMENT

JUNE 19, 2010

At the Heather Hill Golf Club in Plainville, more than 125 golfers attended the eighth annual Robert Murphy Memorial Golf Tournament, which was founded by family members to honor Murphy, a former firefighter in Brookline. Over the last eight years, the tournament has raised more than \$100,000 to support Mark Huberman, M.D., and thoracic oncology research and care at BIDMC.

8 Brian and Jenn Murphy, Barbara Foley, Marge Murphy, Mark Huberman, M.D., Bob and Lisa Murphy



9

## THE JANE BATTAGLIA FIGHT FOR BREAST CANCER FOUNDATION SILENT AUCTION AND FUNDRAISER

JUNE 26, 2010

The Jane Battaglia Fight for Breast Cancer Foundation held its first dinner-dance fundraiser featuring a silent auction at Café Escadrille in Burlington. The event was attended by almost 100 family members and friends whose participation helped raise \$10,000 in support of Michael Goldstein, M.D., and breast cancer research at BIDMC. The foundation was started by the family of Jane Battaglia, who died of breast cancer at the age of 58.

9 Dan Tecce, Nick Tecce, Ryan Tecce

THE FIRST ANNUAL

## EVENING OF GRATITUDE

**APRIL 27, 2011**

A celebration of the Cancer Center at Beth Israel Deaconess Medical Center

Ring in spring with this special night to celebrate what makes BIDMC's Cancer Center so exceptional. With this unique event, opportunities abound for the entire BIDMC community to express their appreciation for this team of outstanding caregivers, from sharing a personal story to paying tribute to a favorite clinician. Be a part of an evening you'll always be grateful for.

For more information or to join the Event Committee, become a sponsor, share your story, or nominate a caregiver for recognition, please contact Mary Hull at (617) 667-3384 or [mhull@bidmc.harvard.edu](mailto:mhull@bidmc.harvard.edu).

Sponsored by the Women's Cancers Advisory Committee

## MAKE RECOGNIZING A COLLEAGUE OR CAUSE AN EVENT

At BIDMC, our employees are just as grateful for the medical center's life-changing efforts as our patients—and they're not afraid to express their gratitude in a way that moves those efforts along.

This fall, the nurses of BIDMC's Emergency Department are honoring the memory of their colleague Shean Marley with a fundraiser that benefits a scholarship fund in his name.

**You, too, can make recognizing a special colleague or cause an event—with Grateful Nation's help.**

To learn more, please visit

[www.gratefulnation.org/events](http://www.gratefulnation.org/events)

or contact Erin Wholey at

[ewholey@bidmc.harvard.edu](mailto:ewholey@bidmc.harvard.edu)

or (617) 667-7426.



**gratefulnation**

[www.gratefulnation.org](http://www.gratefulnation.org)



## How Their Garden Does Grow

Bowdoin Street Health Center sows the seeds of safety and vitality in communities at risk

**To the passerby or the frequent speeding car, the community garden, tucked behind iron gates on a busy street corner, goes almost unnoticed. From the street, an eclectic mix of music, yelling, and laughter is heard but inside the Dorchester garden, there is tranquility. The flowers, fruits, and vegetables grow untouched, an urban refuge in the middle of Boston's largest, most diverse, and often violent communities.**

The Norton and Stonehurst Streets community garden is maintained in part by children from Bowdoin Street Health Center, a medical facility that provides a range of health services—everything from general medicine for all ages to obstetric services and psychiatric care. Since the health center partnered with Beth Israel Deaconess Medical Center in 1995, it expanded to a new location, increased its medical services, and developed projects to address the public health and societal needs of the underserved Bowdoin/Geneva neighborhood.

"We decided years ago that our commitment was not to just take care of individual patients, but the health of the community as a whole," says Adela Margules, executive director of Bowdoin Street Health Center for more than 30 years. "Our partnership

with community residents on the issues that matter most to them and the support of Beth Israel Deaconess and several philanthropic gifts are enabling us to do that."

Helping residents get better access to healthy food is one way Bowdoin Street is going beyond its direct clinical services. This past spring, eight local children began cultivating a variety of crops on a small plot of land owned by the Boston Natural Area's Network, through the health center's Community Gardening initiative. The children were chosen as ambassadors of the Healthy Champions program, which aims to engage youth in spreading the word about health, including fitness and nutrition, to families and friends.

"All of us have been working on the garden for months, and we get to show people all of our hard work,"

says nine-year-old Adan Fuentes, who lives in Dorchester and was chosen, along with his five-year-old brother, to be a part of the program. "It makes me feel really happy."

The group dedicated a garden row to Haiti, and a local church is working to send the harvested vegetables to the disaster-torn country, where some members of the community are from or have family. In addition, Cape Verdean Creole is one of the most widely spoken languages in the area, and more than 40 percent of patients at the health center need interpreters to manage the basic ins and outs of a doctor's visit. Luckily, almost half the staff speaks another language and three full-time interpreters work at the center.

In addition to health care services, the extras like having interpreters to help provide medical care are all a valuable part of creating a source of stability in peoples' lives according to Anthony Bonacci, M.D., a pediatrician at Bowdoin Street since 1973. "It is the continuity of care that the center provides that is so valuable to the people," he says. "We are a constant for them."

For children within the community, many living in unstable conditions,

Bowdoin Street provides safe, productive, and fun programming throughout the year. "The kids have been incredibly dedicated," says Jenn French, community resources specialist who is in charge of the community gardening program. "They've done everything from turning over the plants, to composting, to watering them at all times of the day. We've really developed as a team, and now we are going to transition to the business side of it at the farmer's market."

The remaining harvested vegetables from the garden will be sold at Bowdoin Street's weekly farmer's market, which offers subsidized fruits, vegetables, eggs, and spices to its residents thanks to collaborations with several local Massachusetts farms and BIDMC employees whose purchases of food co-op shares allow the farmer's market to offer discounted shares for residents.

"A lot of people say we don't live near a big supermarket so how can we get the foods we need to eat," says Rose O'Brien, R.N., a clinical nurse specialist at Bowdoin Street. "The farmer's market is one way we are trying to solve that problem."



2



3



4



5

- 1 Children's hard work makes a community garden blossom.
- 2 Five-year-old José Konz Solis gets his ears checked by Hernan Delgado, M.D., M.P.H., whose patients often refer to him by just his last name.
- 3 Joseph A. Ingelfinger, M.D., chats with Beryl Flemming of Dorchester at the diabetes support group.
- 4 Nutritionist Melissa Moore-Boyle helps children identify fruits and vegetables as part of Bowdoin Street's youth food education and cooking classes.
- 5 Some of the community's youngest residents, like Isaiah Miranda, receive care at the health center.

O'Brien, along with four physicians and a group of nurses, runs the diabetes program at the health center. With more than 600 of the 11,000 patients at the health center diagnosed with diabetes, clinicians have developed regular group diabetes care sessions to care for, educate, and monitor patients managing the disease.

Patients and community residents need a safe place to exercise, learn how to prepare healthy meals, and heal. The health center plans to build a Wellness Center that will help all patients, not just diabetes patients, and members of the community manage their health. This expansion will provide an exercise studio, a weight and fitness room, and a demonstration kitchen where classes in healthy cooking will be taught. It will also allow the health center to expand mental health services to support the significant psycho-social needs of patients.

Services at the Bowdoin Street Health Center not only help individual patients but also allow patients to build healthy relationships. "Our patients help each other," says O'Brien, of the diabetes program. "They are learning as they go,

and our group sessions keep people engaged in their own care." Patients who participate in the group sessions, she says, also tend to have lower levels of glucose or sugar in the blood and are more likely to complete their regular eye exams.

"I like to come here to find out how I'm doing," says Oliver Flemming of Dorchester, who has been coming to diabetes group sessions for at least seven years and now attends meetings with his wife, who is also diabetic. "I used to drink sodas. A lot of things I used to do I'm not doing anymore. I'm here to learn because I really don't want to kick the bucket right away."

Many of the patients who participate in the sessions say they have developed friendships in their groups and that the sessions not only help them manage their health but also allow them to spend time with others who share in their struggle. In one particular session, for example, three women are not only fighting their disease but are also mourning the loss of each of their sons — all of whom were victims of violence.

At a time when violence, particularly gang-related youth violence, plagues the community now more than ever

before, the health center offers a safe haven for children and families. Bowdoin Street takes a lead role in several programs aimed around violence prevention and also partners with the Boston Health Commission and the Boston Police Department. "The violence here means that many of the children and members of our community live in a state of constant trauma," says Margules. "We are the anchor in this neighborhood. We are an oasis of hope."

While there is no tangible way to measure the hope that the Bowdoin Street Health Center gives to its patients and families, the smiles of the children as they pick their first ripe cherry tomatoes from the community garden, speak for themselves. "To start our garden we each chose a seed and we planted our seeds in just tiny Styrofoam cups," says 11-year-old Daizy Andrade. "Now our plants are in the garden, and they have grown." ●



**Web extra:** To watch a video of Bowdoin Street children working in their urban garden, visit [www.bidmc.org/News/AroundBIDMC/2010/July/HealthyChampions.aspx](http://www.bidmc.org/News/AroundBIDMC/2010/July/HealthyChampions.aspx).

## Many Thanks to Our Leading Bowdoin Street Donors

### \$100,000 +

The Boston Foundation  
Boston Red Sox  
The Paul and Phyllis Fireman Charitable Foundation  
John W. Henry Family Foundation  
Sarita Kenedy East Foundation

### \$50,001–\$99,999

Anonymous  
Children's Hospital Boston  
Neighborhood Health Plan

### \$25,001–\$50,000

BIDMC Raffle Proceeds  
Bowdoin Street Health Center, Inc.  
Board of Directors  
CAVU Foundation  
Kohl's Department Stores

### \$10,001–\$25,000

Boston Scientific Corporation  
Ann Bookman Buehrens and Eric P. Buehrens  
Cabot Family Charitable Trust  
ConAgra Foods Foundation  
Fidelity Charitable Gift Fund  
Irving W. Rabb  
Kerry Ann and Jeremy M. Sclar  
Leslie B. and Robert D. Stacks, M.D.  
Verizon Foundation

### \$5,000–\$10,000

Justine M. Carr, M.D., and Daniel B. Carr, M.D.  
Dennis Cataldo  
Ediss Gandelman and Richard Bristol  
Myrna K. and Roger Landay  
E. Louise Mackisack  
McKesson Corporation  
G. Gorham Peters Trust  
Helen Chin Schlichte  
Welch & Forbes, L.L.C.

# RUNNING A HOSPITAL

THIS IS A BLOG STARTED BY A CEO OF A LARGE BOSTON HOSPITAL TO SHARE THOUGHTS ABOUT HOSPITALS, MEDICINE, AND HEALTH CARE ISSUES.

**BIDMC President and CEO Paul Levy recently posted on his blog about his primary care physician's work on bringing the dangers of talking or texting while driving to patients' attention. His comments are reprinted here. Lest we think that this problem only applies to teenagers, Levy in a later post cites a recent Pew Research Center study that shows that one in four adults have admitted texting while driving. For more, visit [runningahospital.blogspot.com](http://runningahospital.blogspot.com).**

My BIDMC doctor, Amy Ship, offers a Perspective article in the *New England Journal of Medicine* entitled, "The Most Primary of Care—Talking about Driving and Distraction."

Amy notes:

*At the medical school and academic practice where I teach, students and residents routinely query patients about habits associated with harm, asking about the use of helmets, seat belts, condoms, cigarettes, alcohol, and drugs. There is little solid*

*evidence that asking these screening questions has any benefit. But we continue to ask them—as I believe we should. And as technology evolves, our questions must be updated in keeping with the risks: it's time for us to ask patients about driving and distraction.*

*... Recently, I have added a question about driving and distraction to my annual patient review of health and safety. I begin with the customary seat-belt question. Then I ask, "Do you text while you drive?"*


*Although I'm concerned about both texting and talking, most people are aware of the risks associated with texting, and many judge it more harshly. If a patient admits to texting while driving, I share my knowledge and concerns. Many patients who do not text while driving voice opinions about its dangers, giving me an opening to note that talking on the phone while driving actually causes more accidents than texting. Although I can share published data..., I find it more powerful simply to say that driving while distracted is roughly equivalent to driving drunk—a statement that captures both the inherent risks and the implied immorality.*

Amy did this with me during my most recent physical exam, ending the discussion with, "How will you

feel if you injured someone because you were answering a phone call?" That was pretty powerful.

Now, the truth. Even though I know this to be the case and have written about it before, I find that it is all too easy to be a recidivist, to rationalize answering that phone because "it is something important" or "it will just take a few seconds." Well, at 30 miles per hour, you go 44 feet per second. That's more than enough distance to destroy someone's life before you focus back on the road.

My new approach is to turn off the phone when I am on the road. That's the only sure way to comply with my doctor's orders.

Please leave a message ... 



## A Gift to Patients



**Over a six-decade career as a physician-scientist, much of it at BIDMC, Benedict Massell, M.D., was devoted to the care of others, both young and old. A renowned specialist in rheumatic fever and rheumatic heart disease, he sought, with unwavering intensity and optimism, to unravel the mysteries of these dread conditions to ease patients' pain and suffering.**

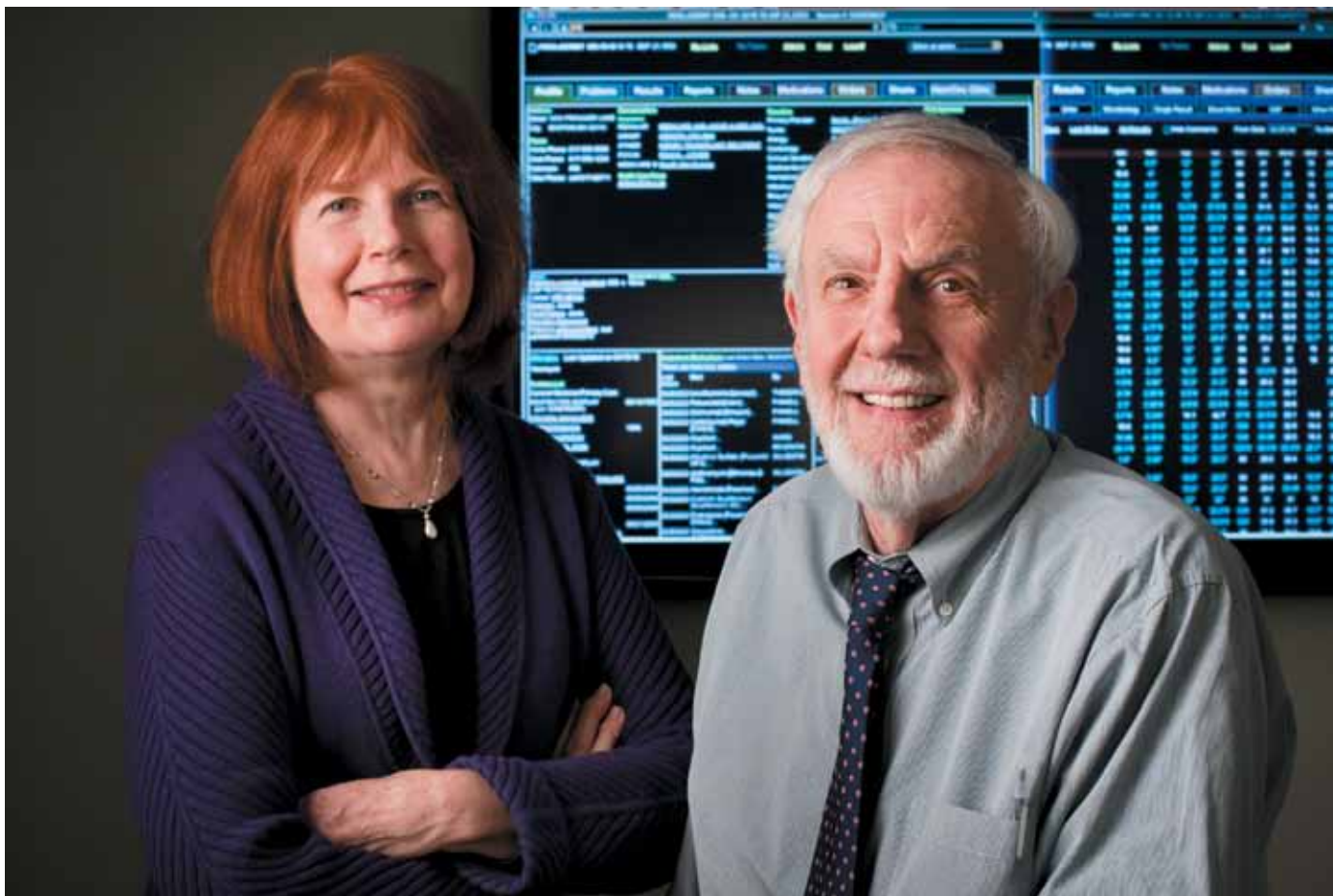
Through careful estate planning, Massell and his ever-supportive wife, Josephine, ensured that a lifelong passion for the welfare of patients will continue for generations to come. Upon their deaths, the couple bequeathed a \$2 million gift to BIDMC's cardiology division, which will perpetuate the care and research that meant so much to them both.

**You, too, can join the Massells in having an enduring impact on patients' lives and the future of medical care by naming BIDMC in your estate plans.**

For more information, please contact Greta Morgan at (617) 667-7395 or [gmorgan@bidmc.harvard.edu](mailto:gmorgan@bidmc.harvard.edu) or visit [www.gratefulnation.org/plannedgiving](http://www.gratefulnation.org/plannedgiving).

# Computing Power

Rx Foundation supports study of computer's use in optimizing doctor-patient interactions



▲ Hollis Kowaloff (left) and Warner Slack, M.D.

Warner Slack, M.D., co-president of the Center for Clinical Computing at Beth Israel Deaconess Medical Center, has dedicated his career trying to prove that the computer can have a productive place in medicine. A neurologist who led the “Patient Power” movement back in the 1960s, Slack long argued that the largest and least utilized health care resource worldwide is the patient and became intrigued with how to use the computer to tap into this valuable information cache. “My colleagues and I had the then-radical idea that we could program a computer to interact directly with the patient, to take a medical history, to explore medical problems in detail, and to engage in meaningful dialogue,” he recalls, “and do so in a personalized, dignified, and considerate manner.”

Slack’s team has spent more than 40 years bringing this now-mainstream idea to fruition. With a recent \$250,000 grant from the Rx Foundation, he and his colleague Hollis Kowaloff are currently conducting a clinical study of the computer’s utility in taking a comprehensive medical history over the Internet prior to the first meeting with a new primary care

physician. The result of several years of painstaking design and testing funded by the National Library of Medicine, the computer program was built to be both as inclusive and user-friendly as possible. Now, with 215 questions asked of all patients and a subset of 6,000 follow-up questions asked based on the patient’s medical history, the online interview takes place via PatientSite, BIDMC’s password-protected portal, at the patient’s convenience and provides a detailed summary in the online medical record for the doctor and patient to use at the time of their office visit.

The team’s premise is that this computer-based approach will create an optimal foundation upon which a good doctor-patient relationship can grow and thrive, by allowing patients to be more thoughtful and accurate in compiling relevant background information and allowing doctors in turn to utilize that information more efficiently and effectively to improve health. “It’s not clear that asking if anyone in your family had diabetes is all that helpful with rapport,” says Slack. “While you might want that information as a doctor, it would be better if you could spend more time with the patient discussing issues

that are really relevant to a patient’s problems at the moment.”

Determining if the computer can ensure that office-visit time is spent most wisely is what Slack and Kowaloff—with the help of the Rx Foundation funding—aim to find out. In the interest of making their results as comprehensive as possible, they are now planning to expand their study to include patients who are already scheduled for routine or semi-annual visits with BIDMC-affiliated doctors.

While he knows from experience that this work is just the tip of the iceberg, Slack is encouraged by the recent trend of physicians finally starting to embrace the use of the computer in the clinical setting. The key, he says, is not fearing new technology and using it appropriately. “So many times I’ve been asked if the computer will replace the doctor, and I’ve always responded that any doctor who can be replaced by a computer deserves to be,” quips Slack. “Of course, we’re interested in preserving our profession, but it’s more important that we implement the goals of our profession—and that’s where I believe the computer can help.”

# NEWS OF NOTE

Visit [www.gratefulnation.org/newsofnote](http://www.gratefulnation.org/newsofnote) for more.

## ERRING ON THE SIDE OF OPENNESS

As part of a \$25 million effort funded by the U.S. Department of Health and Human Services’ Agency for Healthcare Research and Quality, Kenneth Sands, M.D., M.P.H., BIDMC’s senior vice president of health care quality, recently received a \$300,000 award to develop a plan for a liability system to disclose medical errors promptly and offer compensation by improving communication between patients and providers.

## QUALITY THREE-PEAT

For the third consecutive year, BIDMC has been recognized by the Premier healthcare alliance as a winner of the Premier Award for Quality, one of 21 hospital winners and three health care systems nationwide ranked in the top one percent in the nation for patient care.

## A GRANT FOR THE SAGES

BIDMC is part of a team that was recently awarded a five-year \$11 million grant from the National Institute on Aging for a major study called Successful Aging after Elective Surgery (SAGES) to better understand and prevent delirium, an acute confusional state that often affects older adults following surgery or serious illness.

## PATHOLOGY PRESIDENT

BIDMC pathologist Stuart Schnitt, M.D., an internationally recognized expert in breast cancer pathology, was inducted as president of the United States & Canadian Academy of Pathology (USCAP) on April 1.

## CANCER CARE IN THE COMMUNITY

BIDMC’s Cancer Center has joined forces with Commonwealth Hematology-Oncology, the largest community-based private cancer practice in New England, to create a new model for cancer care in eastern Massachusetts, which combines convenient regional care with access to the leading-edge oncology resources of a world-class academic medical center.

# ON THE SCENE

## A CELEBRATION OF THE LIFE AND WORKS OF FRANKLIN H. EPSTEIN, M.D.

MAY 5, 2010

To celebrate the life of Franklin H. Epstein, M.D., who died in 2008 after more than 35 years as a faculty member at BIDMC and Harvard Medical School, the medical center's Department of Medicine hosted a day-long symposium and Medical Grand Rounds lecture. Past and present staff and students from the BIDMC, Yale, Mount Desert, and Harvard communities gathered for the inaugural Franklin H. Epstein, M.D., Memorial Lectureship in Mechanisms of Disease. Epstein's son, Jonathan Epstein, M.D., Ph.D., scientific director of the Cardiovascular Institute at the University of Pennsylvania School of Medicine, delivered this first lecture in which he described his own work and his father's legacy as a doctor and scientist.

- 1 Terry Bard, Lewis Landsberg, M.D., and Jill Landsberg, Paul Axelrod, M.D.
- 2 Margaret Myers, Catherine Forrest, Jonathan Epstein, M.D., Ph.D., Sherrie Epstein
- 3 Richard Hays, M.D., John Forrest, M.D.
- 4 Mark Zeidel, M.D., Jonathan Epstein, M.D., Ph.D., Sherrie Epstein, Ann Epstein, Will Epstein, Sara Epstein, Ph.D.

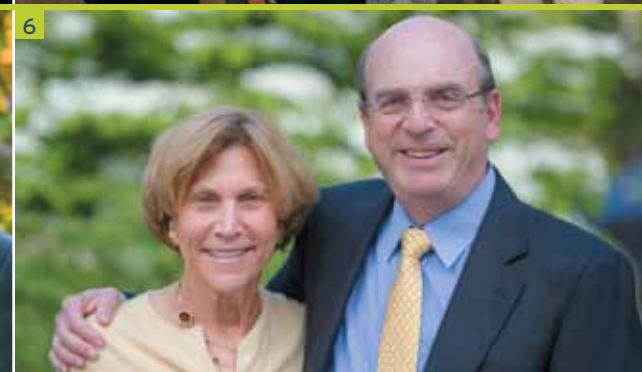


## AN INTIMATE EVENING OF CHAMBER MUSIC

MAY 7, 2010

Bringing together several organizations close to their hearts, Steve Kay, chair of the BIDMC Board of Directors, and his wife, Lisbeth Tarlow, welcomed 60 guests from the BIDMC and Dana-Farber Cancer Institute communities to their home for an evening of chamber music featuring members of the Boston Symphony Orchestra and the Muir String Quartet. All funds raised from this intimate concert supported the Bowdoin Street Health Center Fund at BIDMC and the Patient Navigator Program at the Dana-Farber Cancer Institute.

- 5 Lisbeth Tarlow and Steve Kay
- 6 Sandy and Don Kurson
- 7 Paul Levy, Lisbeth Tarlow, Steve Kay, Edward Benz, Jr., M.D.
- 8 Ruth and Eliot Snider



## LUNN SOCIETY LUNCHEON

JUNE 4, 2010

More than 30 donors attended the annual Lunn Society luncheon, which this year featured Joseph P. Kannam, M.D., chief of cardiology at BID-Needham. Kannam was recently named one of the top cardiologists in the region by *Boston* magazine. The Lunn Society recognizes donors who are helping to ensure a future of lasting excellence for BIDMC by including the medical center in their estate plans.

- 9 Jay and Jane Fialkow, Linda Sternberg, Vanessa and Michael Sternberg
- 10 Jane and Jay Fialkow, Lois Silverman Yashar, Joseph Kannam, M.D.





11



12



13



14

## LANK RECOGNITION EVENT

JUNE 4, 2010

More than 70 family members and friends gathered at the Belmont Country Club to celebrate the naming of The Bertram and Althea Lank Clinical Center in recognition of the Lanks' leadership contribution to BID-Needham's capital campaign. Jeffrey Liebman, BID-Needham president and CEO; Seth Medalie, BID-Needham chair of the Board of Trustees; and Paul Levy, BIDMC president and CEO were on hand to also help celebrate the couple's 64th wedding anniversary and recognize the many contributions made by more than three generations of the Lank family.

- 11 Elissa Ladd and Jeffrey Leibman, Althea and Buddy Lank
- 12 Thelma Linsey and Paul Levy
- 13 Back row: Johnny Lank, Rebecca and Jeremy Gustin, Sunny and Sam Gustin, Fred and Linda Chanowski, Audra and Harley Lank, Blake Chanowski, Evan Lank; front row: Althea and Buddy Lank
- 14 Leslie and Seth Medalie



15

## CRITICAL VOICES NATIONAL HEALTH CARE REFORM HAS PASSED—NOW WHAT?

JUNE 8, 2010

More than 200 people attended this engaging event focused on health care reform. Sponsored by BIDMC's Board of Overseers, the event included a panel with Stuart Altman, Ph.D., professor of national health policy at Brandeis University's Heller School of Social Policy and Management; Robert J. Blendon, Sc.D., professor of health policy and political analysis at the Harvard School of Public Health and Harvard Kennedy School of Government; and Paul Levy, BIDMC president and CEO. Special guest Reverend Liz Walker moderated the discussion.

- 15 Sid Queler, Lisa Franks, Liz Walker, Stuart Altman, Ph.D., Robert J. Blendon, Sc.D., Paul Levy



16

## TRUSTEE MEETING WITH MAYOR MENINO

JUNE 15, 2010

Members of BIDMC's Boards of Directors and Trustees and its Research Oversight Committee attended an end-of-year meeting featuring special guest Thomas Menino, mayor of Boston. The mayor expressed his gratitude and support for BIDMC. Jeffrey Saffitz, M.D., Ph.D., chair of the Department of Pathology, and Mark Boguski, M.D., Ph.D., associate professor of pathology, also spoke about how the revolution in genomics will begin to transform clinical applications and BIDMC's role in this transition.

- 16 Ted Ladd, Paul Levy, Tom Menino



Beth Israel Deaconess  
Medical Center

Office of Development  
330 Brookline Avenue (BR)  
Boston, MA 02215

Nonprofit  
Organization  
U.S. Postage  
PAID  
Boston, MA  
Permit No. 50350

[www.gratefulnation.org](http://www.gratefulnation.org)

[www.bidmc.org](http://www.bidmc.org)



On June 8, BIDMC hosted an exciting event around health care reform featuring a panel discussion moderated by Reverend Liz Walker, which included special guests from Brandeis University and Harvard University. Attendees of the event, held at the new One Marina Park Drive, enjoyed the impressive building with its spectacular views thanks to the generosity of Joe Fallon who donated the space. For more, see page 19 inside.

*Pictured left: Reverend Liz Walker*

giving  
matters

BETH ISRAEL DEACONESS MEDICAL CENTER

FALL 2010

## UPCOMING EVENTS

**SATURDAY  
SEPTEMBER 11**

**Sisters Against Ovarian Cancer Walk**  
Benefiting Dr. Stephen Cannistra's Ovarian  
Cancer Research at BIDMC  
8:00 a.m.–2:00 p.m.  
Begins and ends at the Stone Zoo, Stoneham

**SUNDAY  
SEPTEMBER 12**

**A Reason to Ride Bike-a-thon,**  
presented by Fuddruckers  
Benefiting Dr. Eric Wong's Brain Tumor Research  
at BIDMC  
8:00 a.m.–2:00 p.m.  
Begins and ends at the Liberty Tree Mall, Danvers

**THURSDAY  
SEPTEMBER 23**

**Annual Meeting of the BIDMC Boards**  
6:30–8:30 p.m.  
Four Seasons Hotel, Boston

**WEDNESDAY  
SEPTEMBER 29**

**Boston Realty Advisors Tennis Event**  
Benefiting the Parkinson's Disease Center  
at BIDMC  
11:00 a.m.–7:00 p.m.  
Longwood Cricket Club, Chestnut Hill

**TUESDAY  
OCTOBER 5**

**Dancing for Empowerment**  
Benefiting the Center for  
Violence Prevention at BIDMC  
6:00 p.m.  
Karoun Restaurant, Newton

**SATURDAY  
OCTOBER 30**

**A Night of Mischief, presented by the  
Future Leadership Group at BIDMC**  
8:00 p.m.–12:00 a.m.  
W Boston

**FRIDAY  
NOVEMBER 5**

**Beth Israel Deaconess Hospital–Needham  
Annual Gala**  
6:00–11:00 p.m.  
Boston Marriott, Newton

**FRIDAY  
NOVEMBER 19**

**Shean Marley Scholarship for Nursing  
Excellence Kick-Off Event**  
7:00 p.m.  
Florian Hall, Dorchester

**SUNDAY  
DECEMBER 12**

**Enchanted Village Holiday Event**  
9:00–11:00 a.m.  
Jordan's Furniture, Avon

For more details or to register for an event, please call (617) 667-7348 or e-mail [events@bidmc.harvard.edu](mailto:events@bidmc.harvard.edu).