

giving matters



Priceless Partnership
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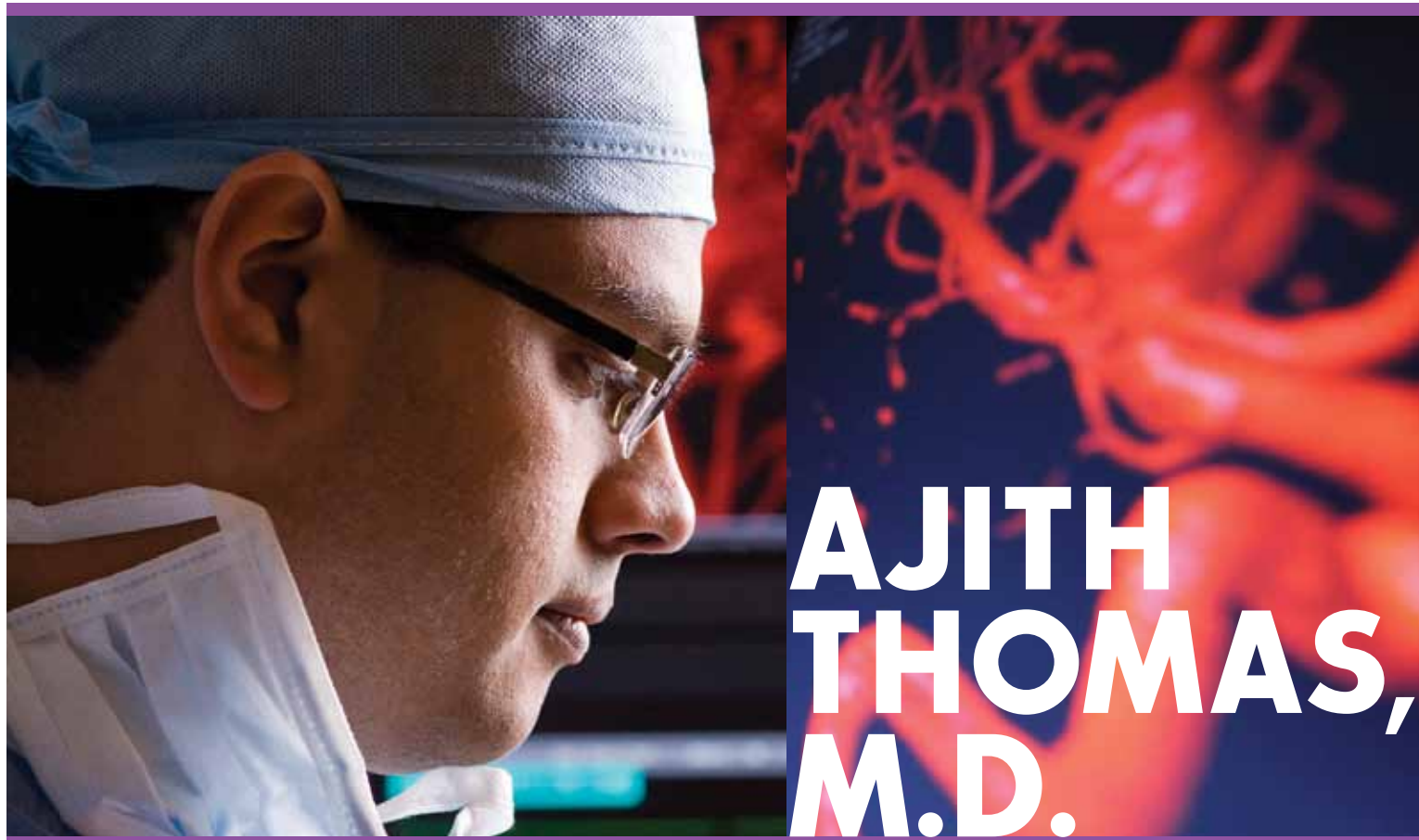
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AJITH THOMAS, M.D.

SUCCESS ON THE BRAIN

"The brain is truly the last frontier. I'm so grateful to do this research at BIDMC..."

The striking image, all aglow on a computer screen in a surgical suite at Beth Israel Deaconess Medical Center, could be likened to the thin, naked branches of a winter tree. This "tree," however, isn't a picture from the great outdoors but one of blood vessels deep inside the brain. Its implications are a bit more sinister than your average nature photo, as well.

As Ajith Thomas, M.D., chief of cerebrovascular surgery, explains, the bulge extending from one of the branches is an oversized aneurysm—a condition that, without surgical treatment, is fatal.

Thomas, who came to BIDMC in 2008, operates on perhaps the most intricate and enigmatic part of the body—the brain—and focuses mainly on treating stroke and aneurysm patients to repair neurological damage. Ballooning out from an artery, an aneurysm is a localized collection of blood that forms as a result of disease or a weakening blood vessel. If an aneurysm bursts, hemorrhaging in the brain causes death in roughly 30 percent of people, and severe brain damage or stroke in about 30 percent.

CONTINUED ON P. 2

AJITH THOMAS, M.D.

An oversized brain aneurysm, like the one pictured above, is fatal without surgery. Thanks to Thomas, this patient is now living a healthy life.

SUCCESS ON THE BRAIN

CONTINUED FROM P. 1

Operating in the face of less-than-optimal statistics means that early detection and minimally invasive intervention are critical. As a cerebrovascular neurosurgeon, Thomas performs surgeries through the blood vessels, an alternative method to operating directly on the brain. “If everybody else is working on something, it’s good to try something different,” says Thomas, who applies this philosophy to his research as well. To operate, he inserts and guides a catheter tube carrying tiny titanium coils through an artery in the groin to an aneurysm in the brain. There, he fills the aneurysm with the coils—similar to stuffing a pillow—to prevent blood from pooling and to return flow to the arteries.

If an aneurysm does rupture, however, it can lead to stroke and brain damage as a result of vasospasm, a condition in which brain hemorrhaging causes blood vessels to seize and contract, reducing oxygen flow. “We have the expertise and tools to treat a ruptured aneurysm acutely,” says Thomas. “But we can’t always prevent delayed deterioration as often in stroke patients, so we want better treatments for the brain that’s already damaged.”

Thus, Thomas is building a research program at BIDMC that seeks to find answers as to how and to what extent stem cells—cells which have the ability to grow into a variety of different cell types—might repair the damaged

brain to restore function. His initial interest in stem cell research began as a volunteer at a rehabilitation center for people with spinal cord injuries. “I was interested in treatments for these people who were without options,” says Thomas, who focused two years of his residency in spinal cord injury transplants using bone marrow stem cells in rats.

The field of stem cell research has changed dramatically since the discovery that any stem cell, not just embryonic stem cells, can be used to grow new cells by switching on three to four genes. “There is still so much we don’t know,” says Thomas. “The brain is truly the last frontier. I’m so grateful to do this research at BIDMC, and the Weiner family has been extremely supportive.” Prior to Thomas’s arrival at the medical center, Roberta S. and Stephen R. Weiner made a \$6 million dollar gift to support stem cell science at BIDMC, with a particular focus on developing new minimally invasive procedures for the delivery of stem cell therapies. “We know that this research will broaden medicine’s ability to give hope to many in Boston and internationally,” says Roberta Weiner.



"We are delighted to be able to support the research, clinical studies, and the applications of Dr. Thomas and his colleagues." A portion of this gift went to support Thomas's innovative stem cell research.

Thomas believes his alternative method of injecting stem cells through an artery in the groin and then through the brain arteries (rather than direct brain injection) is less invasive and provides cells a distinct path to travel. Cells are able to get closest to brain damage through nearby viable blood vessels. But successful integration of stem cells into the brain, regardless of delivery method, continues to pose a challenge to scientists—and is why Thomas's primary research is focused on how to get the cells past the "blood-brain barrier."

A built-in protective shield within certain blood vessels in the brain, the blood-brain barrier restricts bacteria and harmful chemicals from entering the brain through the bloodstream to prevent infection. Both a blessing and a curse, the protective barrier also makes treatment of existing brain infections or damage difficult; therapeutic agents like stem cells are also unable to pass through it. Thomas is researching ways to manipulate these cells to bypass the barrier. Recently his team pioneered a successful method in mouse models.

Even before clinical application, research to better understand stem cells' use in the brain has already provided insights to allow Thomas to more effectively treat stroke and aneurysm patients today. In the case of stroke, for example, brain damage disrupts the blood-brain barrier for roughly 48 hours, a vital time frame when doctors can inject drug treatments or stem cells. "Treatment has

"It's a ton of work, but I hope to continue to build our stem cell research and clinical programs."

to occur as early as possible," says Thomas, who hopes that one day hospitals will keep a bank of every patient's own stem cells for these purposes.

Since recovery rates are directly related to timely treatment, Thomas and his colleagues have also built a collaborative and model stroke program at BIDMC—a team of neurologists, interventionists, radiologists, and anesthesiologists dedicated to the immediate assessment and treatment of stroke patients. This group, led by Louis R. Caplan, M.D., also works with community hospitals to help them build better stroke programs.

Already on call 24 hours a day, Thomas hopes to create a similar collaboration for his aneurysm patients. "Our hospital provides wonderful services, and we'll continue to put a lot of research into what we do," he says. "It's a ton of work, but I hope to continue to build our stem cell research and clinical programs." Building a groundbreaking stem cell research team and performing life-saving surgeries at all hours, while still having some time for family and sleep—it doesn't take a brain surgeon to know that's a ton of work. But it sure takes one to do it all. ●

BASEBALL SEASON IS WHEN

TWO NATIONS BECOME ONE

We at Grateful Nation join Red Sox Nation in wishing the Boston Red Sox best of luck on the way to their next World Series win.

For more about Beth Israel Deaconess Medical Center's Grateful Nation program, visit www.gratefulnation.org.



Beth Israel Deaconess Medical Center
Official Hospital of the Boston Red Sox



A REASON TO RIDE SEPTEMBER 12, 2010

presented by Fuddruckers

Last year, led by cancer survivor Tom DesFosses, more than 200 cyclists and volunteers took part in this bike-a-thon, raising almost \$60,000 for brain tumor research at BIDMC.

Can you think of a better reason to ride?

For more details on how to get involved, please visit www.gratefulnation.org/areasontoride.



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LETTER FROM THE SENIOR VICE PRESIDENT OF DEVELOPMENT

Dear Readers,

Welcome to the inaugural issue of our new development newsletter, *Giving Matters*. We created this publication because giving *does* matter. Philanthropy has been critical to BIDMC's past successes and will be even more important to its future achievements—and our goal is to showcase its value. In particular, the idea behind our new fundraising program, Grateful Nation, stemmed from the fact that many of those who were grateful for their experience here had no organized way of saying thank you or giving back to the institution that had become so important to them. We hope you will be inspired by the creative ways people are expressing their appreciation for BIDMC's incredible work, highlighted throughout these pages and on www.gratefulnation.org.

I am especially pleased to point out some wonderful gifts featured in this issue of *Giving Matters*, including a \$2 million unrestricted gift from our new chair of the Board, Steve Kay, and his wife, Lisbeth Tarlow, and a \$1.5 million grant from the Michael J. Fox Foundation for Parkinson's Research to support our innovative efforts to treat depression in Parkinson's disease. You should also check out (and support!) some of our upcoming Grateful Nation efforts including our Boston Marathon team and our A Reason to Ride bike-a-thon.

We are extraordinarily grateful to our donors at all levels whose combined contributions are changing the lives of our patients and enhancing medicine both in Boston and beyond.

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.

I am grateful for the young woman and her talent of playing the healing harp music on the 7th floor of the Shapiro Center.

I had accompanied my sister into the clinic. It was when we stepped off the elevators that I thought I had stepped into heaven. The harp music was so very healing, and as I sat there taking in the view of the city and letting the harp music flow through me, I realized that "everything was well with my soul."

Cindy R.

You folks run one world-class organization: from the information desk to the nurses, nurse practitioners, interns, and doctors, I was treated like royalty. I am so grateful to have such a wonderful hospital like yours so close by.

God bless you all, and the good work that you are doing.

Thank you,
Howard K.

My thanks go to all those who work and make Beth Israel Deaconess hospital what it is. I've received the best of care there, starting in 1991 and still do at the present time.

Thank you,
Michael B.



Leo was born at 30 weeks gestational age. He grew for nine weeks in the NICU thanks to all the good love and care of our NICU nurses, doctors, therapists, and staff. We miss you all and will be by soon for a visit... you won't believe what a big boy Leo is! Thank you for all that you do!

Rachel, Chris, Big Sis Zoe,
and Little Bro Leo

I'd like to commend BIDMC staff in the Oncology Department who treated my husband prior to his death from cancer last April.

My family and I believe that their dedication and skill gave him not only an extra year of life, but a year with as good a quality of life as was possible. At every juncture, through each difficult decision, they were there with an understanding and compassion that made that difficult time easier. Please be sure they receive our heartfelt thanks.

Bessie L. & Family



LEADERSHIP SPOTLIGHT

Frederick A. Wang: Soul of Patients

A conversation on the soccer field with Paul Levy, a good friend of many years, is what inspired Frederick A. Wang to become involved with Beth Israel Deaconess Medical Center. As BIDMC's president and CEO spoke with him on the sidelines, Wang, who had never taken on a leadership role at a hospital before, felt connected to the medical center's philosophy of treating each patient like a member of your own family.

Today Wang serves as a BIDMC trustee, a Board post he has held since 2006, and as the chair of the Patient Care Assessment Committee (PCAC), a group of staff and volunteer leaders who work to ensure that the highest level quality of care is applied to every patient. "I think this hospital looks upon itself as an institution that really wants to treat its patients superbly," he says. "We continually look for new ways to provide anyone who comes here the best care—and that focus, which is driven from the top down, is what sets us apart."

Recently the Wang Foundation made a gift of \$500,000 to support cancer clinical care and research at BIDMC, thanks to Wang's support for the hospital's continually evolving efforts to improve patient care and his involvement with the Foundation, where he serves as a trustee. In honor of this gift, Wang chose to name the waiting room of the Breast Care Program at BIDMC. "It was an area of cancer in which my family and I had a personal connection," he says. "I also have two daughters so this naming opportunity was the best fit for us."

Wang's ties to cancer care run deep. In the past, he served as the chair of Celebration of Life, an inspirational event where cancer survivors and their families come together for a day to celebrate and remember loved ones and to raise awareness about the battle against cancer. "The event provides an opportunity for people to unite. It has a really positive impact and has been a great thing to be part of," says Wang.

His mother's personal experience with breast cancer also brought into sharp focus the need for PCAC, which he joined three years ago. The most interesting and rewarding part of his involvement, he says, is witnessing the cultural shift taking place at the hospital—a shift towards efficiency, accountability, process improvement, and standardization on the part of

clinicians, staff members, administration, and volunteers.

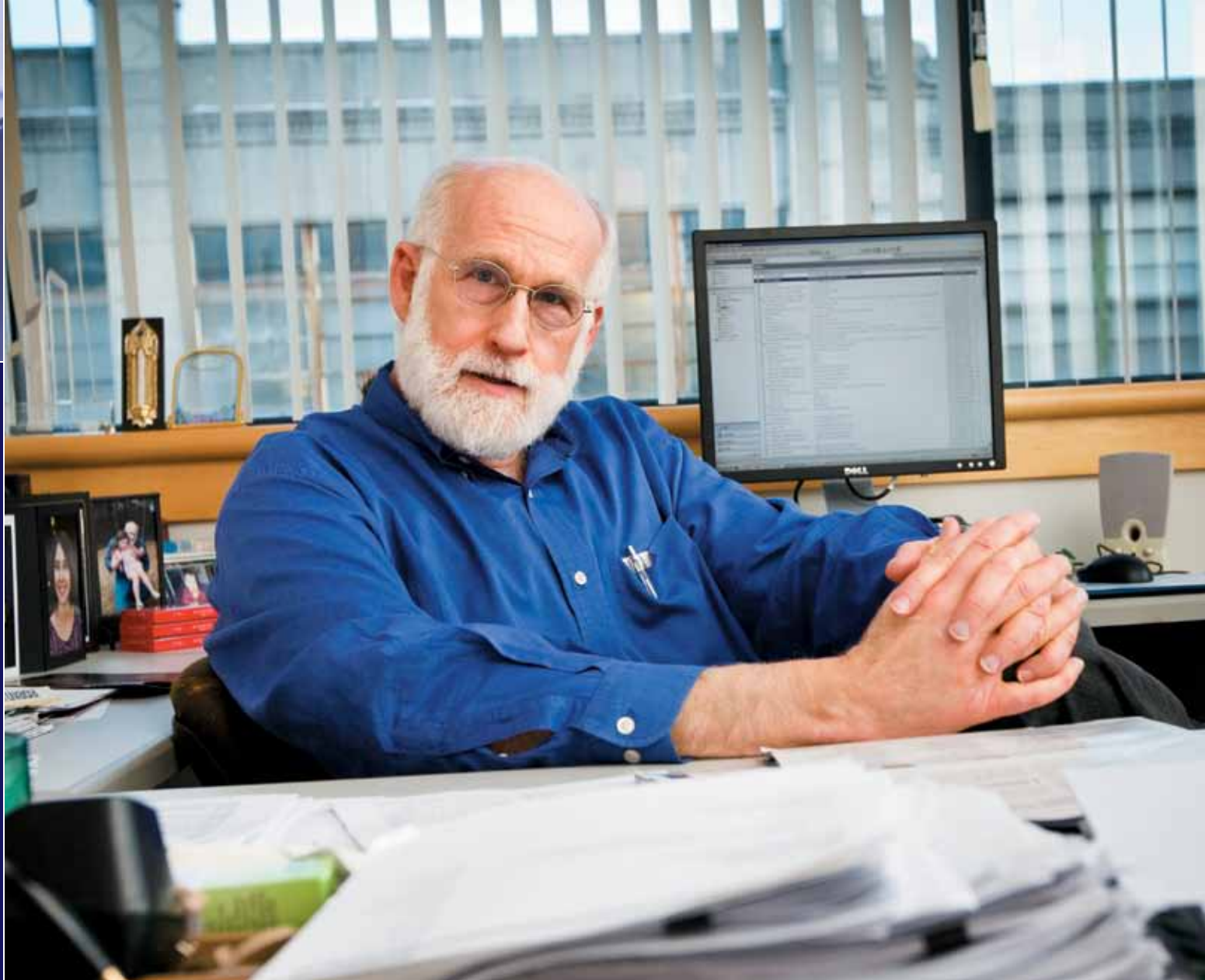
"It was exciting as a lay leader for the hospital when Paul announced the goal to bring BIDMC among the top two percent of hospitals in the country," Wang says of the medical center's patient satisfaction objective. As a trustee, Wang is involved firsthand in achieving this goal and the elimination of preventable medical errors by 2012 and serves as an advisor and advocate to align all members of the hospital in these initiatives.

"It started with small improvements—making a few changes here and there—and then suddenly these goals took on a life of their own," says Wang. "When you start to see people at every level of the hospital taking action to improve something, that's when you know that the culture is changing, and we can start moving forward with strategic and bigger improvements."

Making hospital-wide changes to standardize aspects of care and improve processes does not mean that care will become impersonal, Wang points out. "There are aspects of medical care that are the same for everybody. If we can pick out the unnecessary variations and streamline processes then we can give our clinicians more time to spend with each patient on their unique needs," Wang says. "And providing passionate individualized care is really what our hospital is known for anyway." ●



- ▲ A keen businessman, Ronald M. Ansin works to make sure that every dollar supports the greater good.
- ▶ Jerome E. Groopman, M.D., a well-known author and world-leading researcher in cancer and AIDS, finds the humanity behind every disease.



The True Value of Compassion

For Ronald M. Ansin, making a major gift to Beth Israel Deaconess Medical Center just wasn't enough. The overseer for life, who recently pledged \$1 million to Jerome E. Groopman, M.D., chief of the Division of Experimental Medicine, is also working to ensure that his support makes the biggest impact possible.

"He's not the guy that's just like: So here's the money," says Groopman, whose research efforts were greatly advanced by this gift. "Ron provides enormous assistance in terms of how our division uses its resources most effectively with our skilled people to maximize what we produce." Ansin essentially taught Groopman "the business side of research"—helping him budget initiatives and establish strategic priorities. "He has extraordinary business acumen," says Groopman.

With mutual and deep respect, solidified by more than 20 years of friendship, the two rely on each other's expertise. "As our friendship developed we became, as we like to

think of it, co-conspirators in doing mitzvahs (acts of human kindness)," says Ansin, who recommends patients with serious medical conditions to Groopman. These patients often inspire research initiatives, which have even provided new treatments in some cases. "He is absolutely remarkable. Even more than his intelligence is his deep understanding of humanity," says Ansin.

Groopman and the Division of Experimental Medicine pursue research projects that take innovative approaches to address unmet clinical needs. His team of more than 35 scientists and support staff is pursuing roughly 15 major research projects in the areas of breast cancer, lymphomas, brain tumors, HIV/AIDS, and crystallography, which studies the three-dimensional structures of proteins and how these structures relate to specific diseases.

Ansin's gift supports two major research efforts in breast cancer and HIV. Groopman is studying how a chemical compound called

"Ron provides enormous assistance in terms of how our division uses its resources most effectively with our skilled people to maximize what we produce."

cannabidiol, found in the *Cannabis*, or marijuana plant, successfully triggers the death of breast cancer cells and blocks the pathways these cells use to migrate through the body. Groopman describes this research as promising and says that further investigation may lead to the development of alternative therapies for patients who have become resistant to chemotherapy, as is often the case in breast cancer.

A team of Groopman's colleagues led by Shalom Avraham, M.D., Ph.D., is also studying how the HIV virus is toxic in the brain and causes neurological dysfunction. They are studying how the virus can actually penetrate the blood-brain barrier, a protective shield within blood vessels of the brain that restricts microbes and harmful chemicals from entering

the bloodstream. Understanding how HIV is able to pass through this barrier may provide insight into preventive treatments.

Groopman says that Ansin's gift, and others like it, allow his team to pursue research in high-risk but potentially high-reward projects. "Ron's gift is truly catalytic. He's always been one to encourage creative thinking," says Groopman who leverages early research data supported by philanthropy to obtain larger government grants.

"If we are going to see breakthroughs in the areas of medicine which are the most challenging," says Ansin, "then I think we may see them come from the Laboratory of Experimental Medicine under Jerry's leadership." ●

ASK THE EXPERT

with Anthony Rosenzweig, M.D.

Q. Many of my friends have lost weight on low-carbohydrate, high-protein diets like Atkins. Their good results make me tempted to try one, but they seem to contradict everything I've ever learned about well-rounded, healthy eating. Are there any health risks to following these kinds of diets?

A. Not long ago, like much of middle-aged America, I began experimenting with a low-carb, high-protein diet to control my weight. Dr. Shi Yin Foo, a wonderful clinical cardiologist in my lab, would chide me about taking my life into my hands eating this way because of the numerous heart-attack patients she would treat who were on these diets. I would counter that her evidence was anecdotal and she had no scientific basis for her observations; in fact, short-term clinical studies showed no major adverse effects of these diets on the usual blood-based indicators of heart disease risk. Then Shi Yin would point out that there were no long-term clinical trials and what we really wanted to know was what was happening to

the blood vessels, not the blood within them. Finally, just so I could eat in peace, I asked Shi Yin to start a mouse model experiment to determine what effect these diets actually had on blood vessels.

What we discovered was that mice placed on a specially designed, low-carb, high-protein diet showed a significant increase in the build-up of plaque in the arteries, which is a leading cause of heart attack and stroke. We also found that these mice developed an impaired ability to form new cardiac blood vessels. What was really interesting is that, similar to the clinical studies, we saw no adverse effects on blood measurements—like cholesterol—that we tend to rely on for predicting cardiovascular risk.

To explore what instead might be causing the negative outcomes, our lab focused on something called vascular progenitor cells, which are thought to play a role in healing blood vessels after injury, and found that their levels dropped about 40 percent among the mice on low-carb, high-protein diets after only two weeks. Of course, we aren't mice, but understanding how these cells work and whether they might play a protective role in heart disease could ultimately help guide doctors in advising their patients. In the end, it's probably true what we were taught all along—that a well-balanced diet, coupled with regular exercise, is best for most people.

A lot of fortuitous circumstances helped bring about this unique



ANTHONY ROSENZWEIG, M.D., is the director of cardiovascular research at Beth Israel Deaconess Medical Center. His laboratory is primarily dedicated to studying the mechanisms of heart failure, a condition where the heart is unable to pump blood adequately throughout the body.

project. There was the relatively recent discovery of vascular progenitor cells themselves, but also funding from a variety of sources including an award from the Leducq Foundation and generous gifts from Judith and David Ganz and the Maxwell Hurston Charitable Foundation. I am incredibly grateful to these donors not only because they give my team the ability to come up with new ideas and the flexibility to pursue them, but they also got me off my diet. ●

Grateful Nation 2010 BOSTON MARATHON TEAM



Grateful Nation members Aaron, Jaclyn, Julia, Katie, and Mark have hit the ground running in support of *Healthy Champions* at Bowdoin Street Health Center.

Help our team as they race to raise \$25,000 for this special program for at-risk kids before Marathon Day on **April 19, 2010**.

Visit www.gratefulnation.org/bostonmarathon to donate and learn more.

MAKE SAYING THANK YOU AN EVENT

Did you know Grateful Nation can provide you with the tools to turn any kind of fun into a fundraiser to support the great work of BIDMC? From social events to sporting events, the possibilities are endless. Show you care about your care, and plan one today.

To learn more, please visit www.gratefulnation.org/events or contact Erin Wholey at (617) 667-7426 or erwholey@bidmc.harvard.edu.





It might have marked the end of an era. A holiday tradition for generations, The Enchanted Village from the former Jordan Marsh department store in Boston seemed destined for a disappointing end—until Jordan's Furniture resurrected and restored the display last year for exhibit at its Avon location.

On December 6, 2009, former Jordan's Furniture owner Eliot Tatelman treated more than 2,000 BIDMC employees and their family members to a private viewing of this little piece of history to express his gratitude for the wonderful care his family and friends have received at the medical center.

For BIDMC physician liaison Pat Henderson, strolling with her granddaughters (pictured in bottom, left photo) through the animated scenes handcrafted by Bavarian toy makers in the late 1950s evoked thoughts of her own childhood. "It was so great to be able to share the same tradition that I had when I was a little girl," she says. "This was something that my mom and I did until I was 12 years old; it brought back great memories."



▲ It took a Village to put these smiles on the faces of BIDMC employees and their families this past December.

In a World of Risk, Playing It Safe and Giving Some Back

As the stock market rises and falls, with good news and bad, donors who have made a charitable gift annuity to Beth Israel Deaconess have two things they can always rely on: their yearly payments and high-quality care from the medical center.

If your financial stability and your health are not something you'd like to leave to chance, why not consider a gift annuity to support BIDMC? It will provide you with a secure lifetime income, an income tax deduction for your gift, and the gratification that you're improving medical care in Boston and beyond.



SAMPLE RATES FOR A \$10,000 SINGLE LIFE GIFT ANNUITY

Age	65	70	75	80	85
Annuity Rate	5.3%	5.7%	6.3%	7.1%	8.1%
Charitable Deduction*	\$3,310	\$3,910	\$4,490	\$5,075	\$5,680
Annual Payment	\$530	\$570	\$630	\$710	\$810

* Charitable deductions will vary depending on the monthly IRS discount rate. This information is for illustrative purposes only, and not intended as tax or financial advice. Please consult your own financial advisor.

Benefits of a BIDMC Charitable Gift Annuity include:

- Lifetime income from your contribution
- Secure annual payments to you and/or a loved one
- An immediate income tax charitable deduction
- The knowledge that your gift supports the medical center's vital efforts.

For more information, contact Greta Morgan at (617) 667-7395 or gmorgan@bidmc.harvard.edu, or visit us online at www.bidmc.org/plannedgiving.

GRATEFUL NATION PUTS ITS STARS IN THE SPOTLIGHT

In Grateful Nation's new 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.



FORMER NEW ENGLAND PATRIOT AND
FOOTBALL HALL OF FAMER

NICK BUONICONTI AND HIS WIFE, LYNN

“Grateful. It’s a great word actually. It’s a terrific word. It’s almost like you feel like you owe something to someone who has done something magnanimous, has done something spectacular, has basically moved the earth for you and because of that you feel indebted to that person.”

Former New England Patriot Nick Buoniconti and his wife, Lynn, know firsthand the significance of being in the right place at the right time. Last November, Lynn’s son Justin suffered a skull fracture, leaving him with a brain injury from which 50 percent of patients die and only about two percent make a total recovery. Fortunately, the ambulance brought him to BIDMC and into the hands of neurosurgeon Ajith Thomas, M.D., and his colleagues. Says Lynn Buoniconti, “I’ll be forever grateful to everyone at BIDMC who made what could have been a very tragic thing into a wonderful, wonderful result for our family.”



To read more of the Buonicontis’ story and watch a video featuring Lynn and Nick, please visit www.gratefulnation.org/buoniconti.



BOSTON POPS
CONDUCTOR

KEITH LOCKHART

“I know on a bad day, you forget how lucky you are to have the problems that you have. And I think being grateful and gratitude is, in the middle of all that, even when things aren’t going quite the way you had dreamed they would go, being able to stop and realize that you are among the very, very few fortunate people on this planet.”

As the 20th conductor of the world-renowned Boston Pops, Lockhart has seen music transform lives, break down barriers, and soothe souls. And it’s why he’s not surprised that so many patients are grateful for BIDMC’s efforts to harness music’s capacity to cure and comfort through a wide variety of innovative programs.

“There is [a] very well-researched causal link that music is part of what creates healthy souls,” says Lockhart. “That’s why music has found such a place in music therapy, why it has been used to deal with people dealing both with physical and psychological challenges, and we musicians believe firmly that music gives texture and context and ‘why’—meaning—to a person’s life.”



To read more of Keith Lockhart’s story and watch a video featuring Keith, please visit www.gratefulnation.org/lockhart.



PUTTING PRESSURE ON PARKINSON'S

▲ David K. Simon, M.D., Ph.D., and Daniel Tarsy, M.D.

When New England Deaconess and Beth Israel Hospitals merged in 1996, Daniel Tarsy, M.D., knew he'd be starting a movement disorders program virtually from scratch. "When I came here there was no existing program," recalls Tarsy, a clinician with close to 40 years experience in treating these disorders, particularly Parkinson's disease (PD). "And now it has really grown tremendously, it's got a lot of facets to it, and we are recognized widely for what we do here. I'm proud of that accomplishment." Today, what he and his colleagues have built—the Parkinson's Disease and Movement Disorders Center at BIDMC—is a designated Center of Excellence of the National Parkinson Foundation, a distinction that requires an innovative and multifaceted approach to the disease.

Confronting PD with excellence from all angles makes a lot of sense given its complexity. A chronic, degenerative disorder of the nervous system, Parkinson's is most commonly recognized for its motor—or movement based—symptoms, like tremor, muscle rigidity, and slowness, which are thought to be the result of diminished levels of a chemical messenger called dopamine in certain areas of the brain. But PD's impact on the body can actually be much more widespread due to non-motor effects, ranging from sleep disorders to cognitive impairment to psychiatric issues, whose impact on the patient can be equally, if not more, devastating (see sidebar on p. 15). These symptoms are the result of changes in their own unique locations in the brain, making PD not simply a dopamine-deficiency disorder and thus very challenging to treat. "There's been a lot of emphasis recently on identifying these non-motor components," says Tarsy, "and getting patients to recognize that they may be part of the disease."

To facilitate this process, the Center recently created the Rudman Family Interdisciplinary Clinic for Parkinson's Disease for PD patients suffering from a wide variety of symptoms. One day each month, a small group of select patients meets in the morning together with a diverse set of subspecialists to deal specifically with their individual concerns. Over lunch, as the patients and family members take part in an informal support group with a facilitator, the clinicians gather to discuss each case in depth, coming up with a comprehensive treatment plan that the neurologists present to the patients in the afternoon. "Not everything is solved that day, but it's a beginning," says Tarsy. "It puts it all together, and the patients derive much satisfaction knowing that their doctors are talking to each other, because, frankly, docs normally don't get to talk to each other very much about their patients."

Parkinson's patients can have difficulties talking too, but their problem is physical as opposed to logistic. PD can cause speech impairment and a marked decrease in voice volume, often resulting in embarrassment and social isolation. With a recent \$66,000 grant from The Michael J. Fox Foundation for Parkinson's Research, the Center is now examining whether these patients might be able to sing their troubles away. Using the success of music therapy in other areas of neurological rehabilitation as its inspiration, SING-PD is a research project to see how singing therapy compares to traditional voice therapy in improving the voices of Parkinson's patients. In parallel, with support from an anonymous donor, the Center is also conducting DANCE-PD, which will compare the impact of dance therapy on balance problems with standard physical therapy and the video game system Wii Fit. "There's reason to believe that using alternative pathways

Shall We Dance?

Edward Rudman Brings PD Patients to Their Feet

to activate the nerve cells may bypass some of the blocked signals in Parkinson's disease," says Clifford Saper, M.D., Ph.D., chair of BIDMC's Department of Neurology, "and that people may sometimes sing better than they talk and dance better than they walk."

Finding what neurological pathways might be at the root of Parkinson's disease has long been an interest of Saper, despite the broad, basic nature of his research. He has recently become intrigued with an unusual ailment that has relevance to PD along with another of his interests: sleep. Called REM Behavior Disorder (RBD), this ailment causes patients to demonstratively act out their dreams by impairing the normal inhibitory effects of sleep on the body's ability to move. Studies have also shown that up to 80 percent of patients with RBD will develop Parkinson's disease over a 20-year period. This unusual association could have major implications. "If you have a marker for early Parkinson's disease, you could potentially start a treatment that slows down its progression—if you had such a treatment—at an earlier stage," says Saper. With a recent \$375,000 grant from the Thomas J. Hartman Foundation, Saper and colleague Veronique VanderHorst, M.D., will study the nerve pathways affected by this sleep disorder in the hope that they will gain insights as to how PD manifests itself in the brain long before patients develop motor symptoms. Their work might be the key to finding the yet-elusive treatment that slows the disease or stops it in its tracks. Says Father Tom Hartman, for whom the grassroots foundation is named, "Parkinson's disease can be cured with prayer, money, and good science."

Most clinicians in PD have faith that investment in good science, particularly in a field called "neuroprotection," will ultimately tackle what bothers them most about the disease: that, despite all their best efforts, patients ultimately get worse. The majority of available therapies address the symptoms associated with PD but don't get at the underlying cause. Neuroprotection focuses on trying to protect the brain cells involved in PD from ongoing damage or loss. "All the other treatments are just nibbling around the edges," says Tarsy. "If you can improve movement or balance or voice, great. But it would be nice to figure out how to prevent those from emerging rather than having to deal with them."

Parkinson's patients "may sometimes sing better than they talk and dance better than they walk."

This ounce of prevention is the thrust of the laboratory work of neurologist David K. Simon, M.D., Ph.D., whose interactions with PD and Alzheimer's patients left him wanting to do more clinically relevant basic research. With the support of Marcia and Kenneth Leibler, Simon is now studying mitochondrial dysfunction. Mitochondria provide the energy stores that cells in the body need to do their job, and brain cells have particularly high energy demands. Normal cells periodically get rid of mitochondria that aren't functioning properly, and strong evidence exists that the build-up of dysfunctional mitochondria in cells of certain areas in the brain may be involved in Parkinson's, Alzheimer's, and even the aging process in general.

CONTINUED ON P. 15



- 1 Mark Morris Dance Group dancer, David Leventhal gets patients in the swing of things.
- 2 Dancing leaves a smile on Edward Rudman's face.
- 3 PD patients with arms—and spirits—raised.

After being diagnosed with Parkinson's disease (PD) more than a decade ago, prominent businessman Edward Rudman was circumspect about putting his disease center stage. That is, until recently. "I felt that I could do more, should do more," says Rudman. "But I knew I couldn't do that in the closet." Since his change of heart post-retirement, he has enthusiastically—and characteristically—devoted himself to the problem of how to improve the lives of people with PD, generously supporting a variety of projects not only at BIDMC but community-wide.

One such effort has really brought him out on the floor. After learning about a yoga dance program for PD patients at a spa in the Berkshires, Rudman made it his mission to bring similar ventures to Boston. "Parkinson's patients often get depressed," notes Rudman, "but we see those who dance leaving classes with smiles on their faces." On January 27, 2010, Rudman, BIDMC's Parkinson's Disease

Center, and the Celebrity Series of Boston kept about 50 more patients smiling by bringing Dance for PD to the medical center for a day. Dance for PD is a collaboration between the internationally acclaimed Mark Morris Dance Group and Brooklyn Parkinson Group, which began offering free dance classes in 2001 to PD patients in New York.

These dance programs have put a hop in Rudman's step not only for their potential effect on balance and motor skills but because he firmly believes they have an impact on peoples' mental health and well-being (all items that BIDMC's PD Center will examine scientifically through its new DANCE-PD research program). Determined not to let his own disease get him down, he hopes to be an inspiration to others. "There are two things you can do when you get caught in a violent rainstorm: take shelter or learn to dance in the rain," says Rudman. "My recommendation is to learn to dance in the rain."

GRATEFUL NATION EVENTS

Since the launch of Grateful Nation, BIDMC's new fundraising program centered around gratitude, we have brought more than 2,000

people together through various events, raising close to \$400,000. Sponsored by grateful patients and their friends and family, all of our

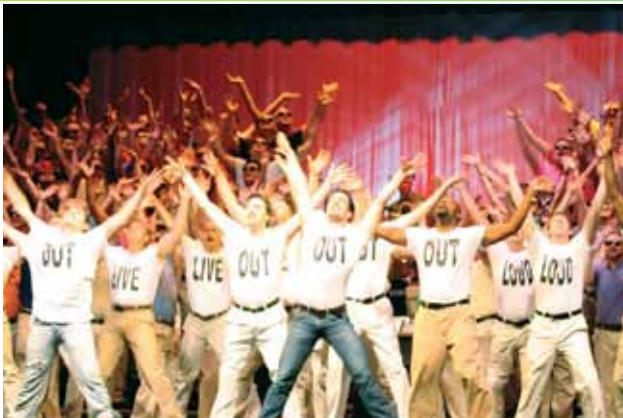
fundraisers support the great work of BIDMC. To learn more about attending our upcoming events or even

starting one of your own, visit www.gratefulnation.org/events, where you can also view more photos under "Past Events."

BOSTON GAY MEN'S CHORUS SPRING CONCERT

JUNE 11, 2009

Journeying back to the music of the 1980s, the Boston Gay Men's Chorus presented their "Boys Just Wanna Have Fun" Spring Concert. The event, attended by more than 300 people, benefited cancer care and research at BIDMC and AIDS-related work conducted by Bruce Dezube, M.D.



DAVID YURMAN JEWELRY EVENT

AUGUST 11, 2009

A timeless purchase for a priceless cause! That was the motive behind cancer survivor and grateful patient Dalia Al-Othman's exclusive night of shopping, cocktails, and hors d'oeuvres at David Yurman, Copley Place. Attended by more than 100 people, the event raised close to \$55,000 to benefit the Sarcoma Tumor Bank under the direction of Mark Gebhardt, M.D., chief of orthopaedic oncology at BIDMC.

- 1 Mark Gebhardt, M.D., Dalia Al-Othman
- 2 Guests enjoy shopping for a good cause



SISTERS AGAINST OVARIAN CANCER WALK

SEPTEMBER 12, 2009

In honor of Marie Spinale, a founding member of Sisters Against Ovarian Cancer, more than 165 people came together on a rainy September morning for a five-mile walk through the Stoneham Zoo, raising more than \$54,000 for Stephen Cannistra, M.D., director of gynecological medical oncology, and the Ovarian Cancer Research Fund at BIDMC.

- 3 Marie Spinale's sister, Susan Morais
- 4 Walk organizer, Judy Budny



A REASON TO RIDE PRESENTED BY FUDDRUCKERS

SEPTEMBER 13, 2009

It was a beautiful day for the more than 200 riders and volunteers who participated in this bike-a-thon, raising nearly \$60,000 to support the Eric Wong, M.D., Brain Tumor Research Fund to cure cancer. The event was founded by grateful patient Tom DesFosses and presented by Fuddruckers. Register now for this year's ride on Sunday, September 12, 2010 at www.gratefulnation.org/areasontoride.

- 5 Eric Wong, M.D., Tom DesFosses, Paul Levy
- 6 Grateful patient Dale Knowles with her family and friends
- 7 A Reason to Ride 2009 riders and volunteers





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ROBERT S. STOLLER MEMORIAL GOLF TOURNAMENT

SEPTEMBER 15, 2009

A spirited group of 85 family members and friends participated in a memorial tournament honoring Robert S. Stoller at Blue Hill Country Club in Canton, MA. The event raised more than \$17,000 for the Reed Drews, M.D., Cancer Research Fund at BIDMC to support work in continuing education and clinical effectiveness in cancer research.

8 Golfers enjoy the tournament

9 Faye Romm, Bertram Romm, Susan Stoller, Greg Stoller, Helen Bossman, Stoller family member



BOSTON REALTY ADVISORS TENNIS TOURNAMENT

SEPTEMBER 17, 2009

Boston Realty Advisors sponsored a full day of round-robin tennis matches on the famed Longwood Cricket Club courts in Chestnut Hill, MA, the oldest grass courts in the country. This tournament matched up 100 tennis players for a great cause and raised more than \$18,000 to benefit the Center for Violence Prevention and Recovery at BIDMC.



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A NIGHT AT SCULLERS JAZZ CLUB

OCTOBER 22, 2009

Rachel "Rickey" Ezrin hosted an unforgettable evening at Scullers Jazz Club in memory of her late husband, Arthur Ezrin. More than 130 friends, family members, and donors turned out to see Rickey's son, acclaimed jazz pianist Andy Ezrin, and Grammy Award-winning vocal group, New York Voices. This event raised close to \$10,000 to benefit lymphoma research at BIDMC under the direction of Roger Lange, M.D.

10 Bill Sapers, Joshua Ezrin

11 Rickey Ezrin, Roger Lange, M.D.

12 Jeff Boylan, Joshua Ezrin, Rickey Ezrin, Roger Lange, M.D., Peter Ezrin, Andy Ezrin, Yve Ezrin



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YOUNG LEADERSHIP GROUP SHOPPING EVENT

DECEMBER 1, 2009

In this first annual shopping and networking event, sponsored by the Young Leadership Group, seven boutique vendors convened at the Boston Tennis and Racquet Club for an event benefiting nurse practitioners in the Breast Care Program at BIDMC. The Young Leadership Group is a collection of people interested in learning about BIDMC, engaging their social networks, and thinking of creative ways to raise funds for the medical center.

13 Gary Tulman, Amye Kurson, Nora Riley

14 Marilyn Riseman and guests enjoy the event

Robin Joyce, M.D.: From Donor to Doctor



More than 25 years ago Robin Joyce, M.D., donated blood platelets over the course of several weeks for patients receiving one of the first ever bone marrow transplants for non-Hodgkin's lymphoma, a type of cancer of the immune system, at what was then called Beth Israel Hospital. The process, a new medical procedure, fascinated Joyce, who at the time was a hospital chaplain. "After regularly sitting in that chair below the transplant unit, I realized that medicine was my calling. Everything I did from that moment

on was directed toward becoming a doctor to do bone marrow transplants for lymphoma patients," says Joyce.

Joyce, now a hematologist/oncologist specializing in bone marrow transplants and lymphoma at Beth Israel Deaconess Medical Center, is building her research program to develop innovative and alternative therapies for lymphoma patients. Because the cancer is increasingly diagnosed in older patients, her research focuses on finding kinder and gentler therapies to use as an alternative to standard chemotherapy. "Our goal is to better use existing therapies and to come up with new therapies so that people with lymphoma live longer and better lives," she says.

While Joyce's work has already helped numerous patients, she recognizes that continued achievement in this area will rely on the generosity of others. An example

of how things come full circle, she recalls that the success of bone marrow transplants was built not only on the commitment of blood donors but also on the commitment of private financial backers, both willing to take a chance on something experimental in its initial stages. In the end, the work received funding from the National Institutes of Health and paved the way for further research in stem cell transplantation, which is now considered a standard of care for certain types of lymphoma. "Before a company or funding agency will award a grant, they need to see preliminary results," says Joyce. "It's only through the support of loyal donors that we are able to generate this kind of data." Today, she is especially grateful to one longstanding donor whose early commitment to her work, by chance, resulted in new treatments for one of his family members stricken with lymphoma much later.

Joyce is part of a team of physicians working on treatments for all blood cancers that hopes to make this kind of tailored patient care effective and available to a wider number of patients. She is currently working in collaboration with David E. Avigan, M.D., director of the Stem Cell Transplant Program at BIDMC, who has pioneered a technology to help direct patients' own immune systems to fight against their own cancers. Joyce hopes to capitalize on the gains that Avigan has made with multiple myeloma and other cancers to begin developing this approach for patients with lymphoma. She also knows the challenges to innovative research like theirs remain the same as back in the '80s when she sat in that platelet donor chair. "This work is extremely expensive as a treatment for each individual patient is crafted in the laboratory," she says. "We are absolutely dependent on philanthropy to move this type of personalized care forward." ●



Giving with a TWIST

"This year I am trying to set an example for my children: that one person really can make a difference and change the world."

—SHANNON MCCLURE

Thank you to Shannon McClure, owner of TWIST Biscotti Company, for donating 10 percent of sales in the month of March 2010 to Grateful Nation, in honor of a friend who, at age 35, received treatment for a major heart arrhythmia at BIDMC.

To learn more about TWIST Biscotti's charity of the month, visit www.TwistBiscottiCompany.com.



HELP FOR HAITI

With so many employees and friends personally affected by the devastating earthquake in Haiti, the BIDMC community quickly rallied to help, donating and creating fundraising competitions on the Grateful Nation Web site.

Above, Grateful Nation staffers Phil Massano and Kelly Wallace deliver a check for \$33,616, the first installment of BIDMC's efforts, to Merra Sarathy of Partners In Health to support its Haitian relief work.

Haiti's needs are ongoing; to give, please visit www.gratefulnation.org/haitirelief.



PUTTING PRESSURE ON PARKINSON'S
CONTINUED FROM P. 11

Simon will look at ways to enhance the body's natural process of degrading these "bad" mitochondria to prevent brain cell damage. "It gives patients hope, and gives me hope, that this kind of research is going on," says Simon, "not just here but in a lot of labs, and that we're not hitting dead end after dead end; we're seeing a lot of very promising leads."

Until one of these leads comes to fruition, however, the only realistic option is to pursue all efforts against PD in parallel—from innovative projects to improve patients' day-to-day lives to better and less deleterious treatments for symptoms to the basic investigations of neuroprotection—which in turn requires a significant amount of funding. "Fortunately, there are donors who want to support each of these areas," says Saper, "and every now and then you get an Ed Rudman who wants to do all three. But I think whichever of these a donor is interested in, we can certainly make that donation count." With a rapidly growing PD Center seeking to provide more and more services and hope to patients, there's never a dearth of projects and programs that urgently need support, and Parkinson's patient, and BIDMC Trustee Edward Rudman, who has generously given a six-figure gift to fund areas as varied as the interdisciplinary clinic, educational symposia for patients, and dance, (see sidebar on p. 11) is living proof of the impact individual donors can have on the future of this disease. And for Tarsy, Saper, Simon, and their colleagues, the future is what counts. "I'm not ready to retire yet. Far from it," says Simon. "I feel optimistic that the best is before us, not behind us, and that our most important work is still to come." ●

Mood Enlightening

The Michael J. Fox Foundation supports groundbreaking research to treat depression in Parkinson's disease.



When the U.S. Food and Drug Administration approved the use of transcranial magnetic stimulation (TMS) to treat patients suffering from medication-resistant depression last year, Alvaro Pascual-Leone, M.D., Ph.D., knew he had moved yet one step closer to his goal of making this revolutionary noninvasive therapy more accessible to the patients who need it most. What he did not yet know was that The Michael J. Fox Foundation for Parkinson's Research (MJFF) would give him the opportunity to bring TMS to one particular group of patients who might benefit

from it in more ways than one. "Depression is very common among patients with Parkinson's disease," says Pascual-Leone, "and evidence suggests that it is not merely a response to chronic illness or motor impairments but, in fact, results from factors related to the degenerative brain process itself." Recently, MJFF announced that Pascual-Leone, a world expert on TMS, will oversee a nearly \$1.5-million, three-year, multi-center grant from the foundation to investigate the utility of the technique, which uses magnetic fields to ultimately stimulate or suppress specific nerve activity in the brain, in people with PD. "Dr. Pascual-Leone's work will explore whether an innovative new approach could be used to alleviate the burden of depression in PD," says Katie Hood, CEO of The Michael J. Fox Foundation. "We are enthusiastic about supporting his efforts and optimistic that this work could have a tangible impact on patients' lives."

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.

On January 19, 2010, BIDMC President and CEO Paul Levy posted on his blog a letter written by BIDMC internist Jonathan Crocker, M.D., about his experiences delivering care to victims of the recent earthquake in Haiti. Crocker's moving report is reprinted here. For more personal accounts from colleagues on the ground in Haiti, visit runningahospital.blogspot.com and search "Haiti."

FROM CANGE, CENTRAL PLATEAU
HAITI
01-18-10

We arrived at Cange, in the Central Plateau, the heart of operations for Partners In Health/Zamni Lasante, yesterday. As we expected, things are incredibly busy. People are still arriving from Port-au-Prince. Those who have been fortunate enough to survive their injuries this long are now running into

complications of wound infections, some of which have turned septic, and venous blood clots (from immobility and trauma). Patients have completely filled the hospital and we have set up makeshift wards in a nearby church and school. We have surgical and non-surgical personnel working tirelessly. We are doing lots of wound evaluation, injury stabilization, and post-op care. We are planning to get the more complicated surgery cases out to the

MERCY ship when it arrives in Port-au-Prince, hopefully tomorrow. We are also assisting in provision of acute care issues for the other, non-trauma patients on the wards here.

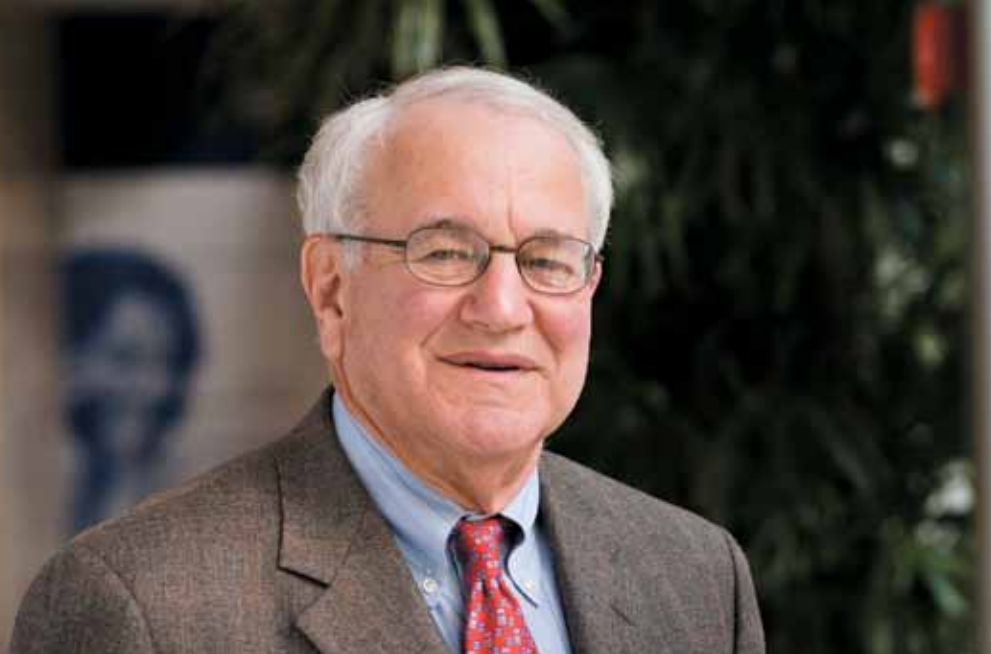
Patients are dazed. The disruption to their families and lives is beyond description. Many of our injured patients are not mobile, have few resources, have no home to return to, and many have lost their entire families. We care for their wounds. We listen. We grieve with them.

And yet amidst this darkness, there are rays of hope. Today a one day old baby girl was brought in, after being born on the streets of Port-au-Prince with clubbed feet. Her mother suffered lower extremity fractures in the quake and couldn't really move, but labored successfully, lying adjacent to the rubble of her home. The parents were so worried about

the child that the baby's father made his way to Cange with the child because he knew he could find care here. The baby will be casted and staff here will be shown how to recast her as she grows.

The Haitian medical staff of Partners In Health/Zamni Lasante and survivors of the quake are working with unimaginable valor and dedication, as many of them have lost several or most members of their family. And yet they remain here, working tirelessly to provide care for others. They are the true heroes. Those of us fortunate enough to be here to contribute to the immediate relief efforts labor by their side with complete humility. We are in awe of their strength, compassion and dedication.

In solidarity,
Jon



“There are many great causes, but here you have a feeling that somehow you help people, help them survive.”

ALL CHANGES IN THEIR PLACE

Stephen B. Kay, BIDMC's New Chair of the Board

Following his retirement as a general partner of Goldman Sachs, Steve Kay became a fellow at Harvard's Kennedy School of Government, which is when he first became interested in health care. He also served as chair of the Visiting Committee at Harvard School of Public Health, an experience which only deepened his interest. As the new chair of the Board of Directors at Beth Israel Deaconess Medical Center, Kay believes: “The Longwood Medical area, with its five Harvard teaching hospitals, the School of Public Health, and the Medical School, is as important a center of medicine as anywhere in the world.”

Long interested in health policy and management and the way hospitals work, Kay has spent the last two decades bringing his business acumen to bear on the challenges faced by health care organizations in a volunteer capacity. Now a senior director at Goldman Sachs, this Harvard Business School graduate quickly recognized the synergy between his professional career and the complexities of hospital administration. Spurred on by two close friends, Edward Rudman and Edward Linde (see also stories on pp. 11 and 17), Kay allied himself with Beth Israel Hospital (BI), becoming vice chair of the Board in 1991 and chair of the Board in 1994. He saw his training only becoming more and more applicable as BI merged with New England Deaconess, New England Baptist Hospital, and Mount Auburn Hospital to form CareGroup, of which he served as chair of the Board from 1994 to 1996. “BIDMC is a big business, over a billion dollars,” says Kay. “And all the problems of running a major business come home to roost in a hospital. And, as they say, no margin, no mission.”

Ensuring that BIDMC's venerable mission endures, in spite of a grim economy and a difficult philanthropic environment, is what motivates Kay in his role as chair. “This is a dynamic, changing industry that affects all of us,” he says. “There are many great causes, but here you have a feeling that somehow you help people, help them survive.” Kay cites the medical center's ongoing legacy of nondiscriminatory, patient-centered care; respect for the nursing profession and the role of women in medicine; and “a wonderful faculty, really great doctors.” He believes that retaining these foundational assets, among others, will be essential to BIDMC's future success in this intensely competitive epicenter of medical and research prowess.

Kay knows full well, however, that a dramatic revolution in health care is on the horizon and that the test will be how to keep things the same the more things change. “The biggest challenge is going to be adapting what we're doing to the new landscape, whatever it is and whenever it starts,” he says. “The only thing I'm convinced of is that the field is going to be different.” Kay sees impending trends in preventive medicine, patient safety, innovative medical education, and transparency on outcomes and results as areas where BIDMC can shine without relinquishing its core values. He hopes to see progress in these fields during his tenure. “I'd love to see the hospital get bigger and better. There are a lot of ways you can grow, and I think unless you're constantly changing and growing, you lose a lot of your momentum.”

Moving things in the right direction has its inherent costs. “A constant challenge is funding what you want to do,” says Kay. “There are always more worthy projects than you can afford.” Not only does he consistently stress the importance of philanthropy in offsetting declining federal funding and implementing novel projects, Kay and his wife, Lis, recently gave a \$2 million unrestricted gift to the medical center, much of which will be applied to the new Center for Brain Health led by neurologist Alvaro Pascual-Leone, M.D., Ph.D. The goal of this unique and wide-ranging project is to develop a comprehensive set of innovative clinical and research strategies for maximizing brain fitness and promoting physical, psychosocial, and emotional well-being as we age.

Kay's active and intellectual approach to retirement aligns nicely with the Center's mission, although, with his new role as chair, it can sometimes feel like he's hardly retired at all. “It's taken a lot more time than I thought it would to do it right. Your advice to anybody on any subject isn't worth anything unless you've taken the time to learn the subject. You've got to put your time in,” he says. “On the other hand, I've found it to be a lot more interesting and fun than I ever thought it could be.” Kay notes that even taking the immensely compelling aspect of patient care out of the equation, an academic medical center is inherently fascinating from a purely structural and administrative perspective; he can't help but be intrigued by its complexity and uncertainty. But with so many such organizations to choose from in the neighborhood, why did Kay pick BIDMC? “I love the place. You are working with wonderful, motivated people throughout our administration and faculty,” he says with a smile. “Four generations of my family have been treated here. It's a part of me, and I'm a part of it.” ●

In Memoriam: Edward H. Linde, 1941-2010



The BIDMC community suffered a visceral loss with the death of former Chair of the Board and Trustee for Life Edward H. Linde, who passed away on January 10, 2010. He was 68 years old. To honor Linde's memory, the medical center flew its flags at half-staff from January 12 to 14.

"He was a wonderful friend who I have to thank for initially getting me involved with Beth Israel," said Stephen B. Kay, chair of the BIDMC Board of Directors. "His brilliance, decency, and bravery will be missed by everyone who knew him."

A graduate of Massachusetts Institute of Technology and Harvard Business School, Linde served as chief executive officer of Boston Properties, which he founded in 1970 with fellow BIDMC Trustee Mortimer Zuckerman. Boston Properties is one of the largest owners and developers of Class A office properties in the United States, including the Prudential Tower. While the firm has a national reach, Linde was known to have a soft spot for his home in Boston, where he was extremely active philanthropically.

A longstanding and enthusiastic supporter of BIDMC, Linde was elected as a trustee of the former Beth Israel Hospital in 1976, served

as first vice chair of the Board of Trustees from 1986 to 1988, and was chair of the Board from 1989 to 1991. He was elected a trustee for life in 1991. "Ed Linde brought insight, wisdom, leadership, and collegueship of the same quality that led to his success throughout Boston and beyond in business, community service, and human relationships," said Mitchell T. Rabkin, M.D., distinguished institute scholar at BIDMC's Shapiro Institute for Education and Research. "Modest and unassuming, he was a role model greatly admired and appreciated."

Linde is survived by his wife of 47 years, Joyce; his son, Douglas Linde, and his wife, Carol; his daughter, Karen Packman, and her husband, Jeffrey; and five grandchildren. Douglas Linde, who is president of Boston Properties and a member of the BIDMC Board of Directors, and his wife, Carol, are also longtime supporters of BIDMC.

NEWS OF NOTE

Visit www.gratefulnation.org/newsofnote for more.

RINN WIN SITUATION

Popular Science has named BIDMC researcher **John Rinn, Ph.D.**, one of its "Brilliant 10," the magazine's annual list of the most impressive and creative young scientists in the United States. Rinn also received a 2009 Damon Runyon-Rachleff Innovation Award, a prestigious grant made to early-career researchers who are applying "novel approaches to fighting cancer."

ONE MAN'S POISON...

BIDMC researcher **Leo Otterbein, Ph.D.**, has received a \$1.4 million grant from the **National Institutes of Health** to continue his groundbreaking investigations into the potential medical applications of carbon monoxide in the treatment of diseases ranging from malaria to cardiovascular disease.

MODEL PARTNERSHIP

BIDMC and **Atrius Health** are expanding their relationship to establish a new model of health care delivery between a leading academic medical center and a large ambulatory multi-specialty practice. "Through this partnership, we will work to create a patient-centered, compassionate, integrated, and evidence-based system of health care delivery," said **Paul Levy**, BIDMC's president and CEO.

ONE MORE SPORE

As a follow-up to a previous grant in 2003, **The National Cancer Institute** (NCI) has awarded BIDMC a prestigious \$11.5 million, five-year SPORE grant to focus on cancers of the kidney, which will be led by **Michael B. Atkins, M.D.**, deputy director of the Division of Hematology/Oncology.

GRATEFUL IS GLAMOROUS

BIDMC's Grateful Nation fundraising program received its first piece of national coverage in *Glamour* magazine this past December. *Glamour* featured Ame & Lulu's Kimono Yoga Bag in its year-end gift issue, and, as the Brookline-based boutique's charity of choice, Grateful Nation received 10 percent of the sale proceeds to fund cancer care and research for women at the medical center.

BJ's Gift Puts Melanoma Research on the Map



director of the Cutaneous Oncology Program at BIDMC. Atkins is working with laboratory colleagues, David Panka, Ph.D., Jim Mier, M.D., and Ryan Sullivan, M.D., to improve procedures that will allow them to study how tumor cells circulate through the body.

The late Michael Egan, for whom the laboratory is named, was the former chief executive officer of TransMolecular, Inc., an oncology-focused biotechnology company, and the husband of Laura Sen, the CEO and president of BJ's Wholesale Club. Egan was a patient of Atkins, and his friends and family raised an additional \$33,000 in his memory to support the fund.

To learn more about how your corporation or foundation can make a lasting impact on patients through the support of research and clinical care initiatives at BIDMC, contact Donna Tyson at (617) 667-4584 or dtyson@bidmc.harvard.edu, or visit www.bidmc.org/corporateandfoundationgiving.

BIDMC's leading-edge cancer research to develop personalized therapies for patients with melanoma, a dangerous skin cancer, received a great boost thanks to a \$100,000 gift from BJ's Wholesale Club to create the Michael Egan Memorial Research Laboratory.

The gift will be instrumental in establishing the laboratory's translational research tissue bank, which will focus on genetically "mapping" the tumors of individual

melanoma patients and in turn help physicians determine which treatments will work best for each patient. So far, this gift has enabled the lab's team to study more than 50 patients' tumors.

"This generous support has helped to lay the groundwork for some very important research in melanoma and is a testament to how corporations can have a direct impact on patients' lives," says Michael B. Atkins, M.D.,

ON THE SCENE

YOUNG LEADERSHIP GROUP EVENT

JULY 28, 2009

To kick off BIDMC's new Young Leadership Group chaired by Amye Kurson, members gathered for cocktails at Boston's celebrated Liberty Hotel, where Paul Levy, president and CEO of BIDMC, spoke about leadership responsibilities and ways for people to become involved at the medical center. Check out "BIDMC Young Leadership Group" on Facebook.

- 1 Paul Levy, Amye Kurson
- 2 Elise Ward Joyce
- 3 Arun Ramappa, M.D.
- 4 Andrew Leisman, Schuyler Reece



"TAKING CONTROL OF YOUR BRAIN" RECEPTION

AUGUST 30, 2009

Sandy and Don Kurson graciously hosted a cocktail reception at their Cape Cod home featuring special guest Alvaro Pascual-Leone, M.D., Ph.D., director of the Berenson-Allen Center for Noninvasive Brain Stimulation at BIDMC. Pascual-Leone demonstrated transcranial magnetic stimulation (TMS) therapy to members of the BIDMC community. To learn more about Pascual-Leone and TMS, visit www.gratefulnation.org/dr/pascual-leone.

- 5 Don Kurson, Alvaro Pascual-Leone, M.D., Ph.D., Sandy Kurson
- 6 Sunny and Sam Gustin



CELEBRATING LEADERSHIP

SEPTEMBER 15, 2009

In celebration of Lois Silverman Yashar's extraordinary leadership during her four years as chair of BIDMC's Board of Directors, the medical center honored her with a special evening at the Mandarin Oriental, Boston. Capping off the evening was a performance by special guest Keith Lockhart accompanied by two soloists from the Boston Symphony Orchestra.

- 7 Stephen R. Weiner, Roberta S. Weiner, Lois Silverman Yashar, Keith Lockhart
- 8 Richard Calmas, Ellen Calmas, Steve Grossman
- 9 Ruth Snider, Randy Zussman, Phyllis Sage, Enid Shocket
- 10 Lois Silverman Yashar and James Yashar, M.D.
- 11 BIDMC's past chairs of the Board of Directors:
Top Row: John Hamill, Robert Melzer, Eliot Snider, Carl Sloane, Alan Rottenberg.
Front row: Edward Linde*, Edward Rudman, Lois Silverman Yashar, Norman Leventhal, Stephen Kay

* Deceased





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BOSTON SYMPHONY ORCHESTRA OPENING NIGHT

SEPTEMBER 23, 2009

To recognize the medical center's superior care, some of its most loyal donors—Elizabeth and Harold Hestnes; Lisbeth Tarlow and Stephen B. Kay; Barbara and Paul Levy; Helen Chin Schlichte; and Lois Silverman Yashar and James J. Yashar, M.D.—sponsored BIDMC as the supporting underwriter of the Boston Symphony Orchestra's 2009–2010 Season Opening Night. The evening's performance was led by James Levine, music director; Bernard Haitink, conductor emeritus; and Seiji Ozawa, music director laureate.

- 12 Carol L. Lisbon, Amy Lisbon Branton, Maestro James Levine, Elizabeth F. Hestnes, Philip A. Chin, Helen Chin Schlichte, Harold Hestnes, Carol Sahlman, William Sahlman
13 Mark L. Zeidel, M.D., Susan Freedman, M.D., Stephen Kay, Lisbeth Tarlow, Lois Silverman Yashar, Maestro James Levine, James J. Yashar, M.D., Audrey Yashar, John Yashar, M.D., Jennifer Pline, Hans C. Oettgen



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CELEBRATING THE BIDMC AND ATRIUS HEALTH PARTNERSHIP

DECEMBER 16, 2009

BIDMC's President and CEO Paul Levy hosted a celebratory event recognizing the recently expanded relationship between BIDMC and Atrius Health, led by CEO Gene Lindsey, M.D. This broadened partnership will establish a new model of health care delivery between a leading academic medical center and a large ambulatory multi-specialty practice.

- 14 Paul Levy, Stephen Kay, Gene Lindsey, M.D., Stuart Rosenberg, M.D.

An Annual Check with Your Annual Check-Up

At BIDMC, whether you come to see our world-class clinicians once or many times a year, we strive to provide the highest quality of care every time. Our goal is to always get better at making you better by updating our technologies, expanding our programs, and enhancing our facilities—efforts supported by our Annual Fund, an essential lifeline that allows us to address our most pressing needs.

Please support BIDMC this year by making a gift to the Annual Fund. Like your yearly check-up, your yearly check keeps us functioning at our best.

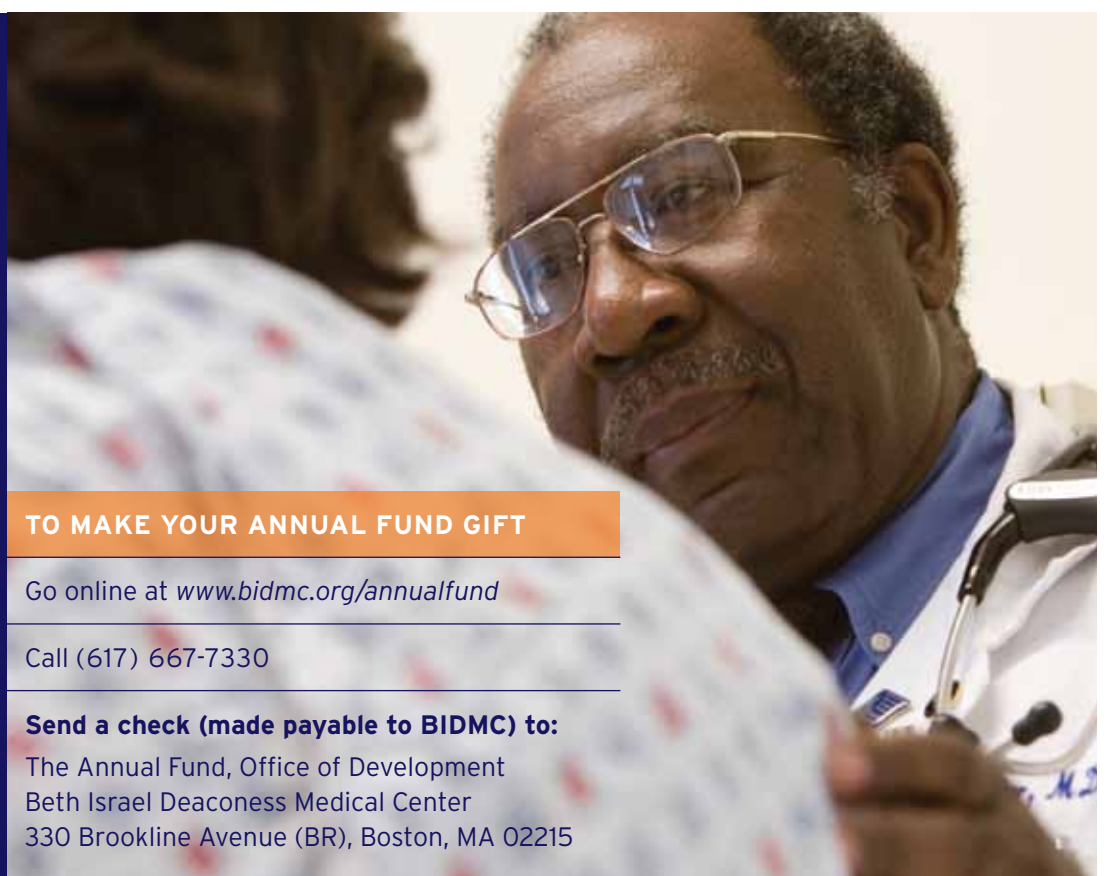
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Call (617) 667-7330

Send a check (made payable to BIDMC) to:

The Annual Fund, Office of Development
Beth Israel Deaconess Medical Center
330 Brookline Avenue (BR), Boston, MA 02215





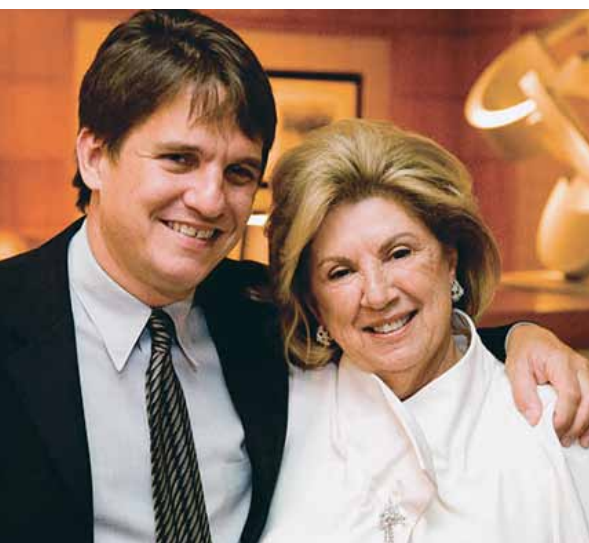
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On September 15, 2009, Boston Pops Conductor Keith Lockhart made a surprise appearance at BIDMC's "Celebrating Leadership" event, which honored Lois Silverman Yashar for her accomplishments during her four-year tenure as chair of the Board of Directors. Five generous donors further enhanced the connection between the Boston Symphony Orchestra (BSO) and BIDMC, enabling the medical center to sponsor Opening Night of the BSO's 2009-2010 season on September 23, 2009. For more, see pages 18 and 19 inside.

giving
matters

BETH ISRAEL DEACONESS MEDICAL CENTER

WINTER 2010

UPCOMING EVENTS

SATURDAY
MARCH 6

BIDMC Palm Beach 2010
6:00 p.m.
The Breakers, Palm Beach, FL

MONDAY
MAY 17

BIDMC Annual Nursing Awards
5:00 – 8:00 p.m.
Fenway Park

MONDAY
MARCH 22

**Silverman Institute for Health Care
Quality and Safety Symposium Dinner**
Speaker: **Glenn Steele, Jr., M.D., Ph.D.**,
President and CEO of Geisinger
Health System
6:00 – 8:00 p.m.
Joseph B. Martin Conference Center
at Harvard Medical School

SUNDAY
MAY 23

Celebration of Life
Speaker: Best-Selling Author
Bruce Feiler
8:00 a.m. – 2:30 p.m.
Harvard Medical School Quadrangle

TUESDAY
MARCH 23

**Silverman Institute for Health Care
Quality and Safety Symposium**
8:00 a.m. – 12:30 p.m.
BIDMC

TUESDAY
JUNE 15

BIDMC Board of Trustees Meeting
8:00 – 9:30 a.m.
Leventhal Conference Center at BIDMC

TUESDAY
APRIL 20

BIDMC Board of Trustees Meeting
8:00 – 9:30 a.m.
Leventhal Conference Center at BIDMC

SUNDAY
SEPTEMBER 12

A Reason to Ride Bike-a-Thon,
presented by Fuddruckers
8:30 – 2:00 p.m.
Begins and ends at the Liberty Tree
Mall, Danvers, MA

For questions or to register for an event
please call the events line at (617) 667-7648
or email events@bidmc.harvard.edu.