Here Comes the Philadelphia Distance Run

If you’d rather walk than run, then you can “walk the walk” in a big way. Sign up now for the “Big Walk for Little Feet” and take a giant step to help save babies’ lives.

How to Register

Register Online for Run or Walk
You can register online for either the Distance Run or the “Big Walk for Little Feet” at www.jeffersonhospital.org/jeffnews. Fee for an individual runner is $28 before Aug 13, $35 until Sept 7 and $38 after Sept 7. Individual fee for the “Big Walk for Little Feet” is $12.

Other Ways to Register
You can pick up brochures containing registration forms at several campus locations, including Women’s Health Source, 1990 Gittion Building, where you can also register online.

You can also obtain registration information and sponsor entry forms for the “Big Walk for Little Feet” by calling 1-800-JEFF-NOW.

‘Big Walk for Little Feet’ Highlights 4th Annual Jefferson Hospital Philadelphia Distance Run September 16

Your Walk fee includes a “Big Walk for Little Feet” T-shirt. The Distance Run start time is also 8 a.m. - the same as last year - and the starting line for race runners is again at 9th and Market streets. See “How to Register” for either the Run or the Walk, below photo.

How to Help
To find out how you can help the organizing committee plan the “Big Walk for Little Feet” and the pre-race drive to raise funds to benefit the Neonatal Intensive Care Unit, or be a team captain, call 215-955-4300.

Race Director Mark Stewart says his organization is proud to be part of the “Big Walk.” Yes! We are delighted to aid in such a worthy cause and, possibly, help bring into the world some future marathon runners,” Mr. Stewart said.

For both the Distance Run and the Walk, all numbers and t-shirts will be distributed at the Distance Run Expo, at the Wyndham Franklin Plaza Hotel at 17th and Race streets. Registration for the races will take place at 6 p.m. on Saturday, September 15.

The Distance Run’s two-day health expo will be presented Friday, September 14, from noon to 7 p.m., and Saturday, September 15, from 10 a.m. to 7 p.m., at the Wyndham Franklin Plaza Hotel. The expo will feature workshops by Jefferson’s orthopaedic and sports medicine specialists and exhibitors by leading merchants and manufacturers.

This is the 24th annual Distance Run and the fourth year Thomas Jefferson University Hospital is title sponsor for the premier half-marathon race in the nation. Last year’s half-marathon drew nearly 10,000 entries. Competition and awards will again be held for corporate and running clubs.

In addition to this year’s half-marathon, the Philadelphia Distance Run Festival of Races will hold the Marathon, 10K, 5K, Kids’ Run and the fourth year Thomas Jefferson University is the title sponsor for the premier half-marathon race in the nation. Last year’s half-marathon drew nearly 10,000 entries. Competition and awards will again be held for corporate and running clubs.

Still Time To Help Save Lives!
You still have time to sign up for new and expanded classes to train you as a JERSTAT Paramedic. The July issue of JERNEWS reported how the JERSTAT EMS Training Center is expanding its training programs and adding a new curriculum to give more employees the opportunity to advance their healthcare careers by becoming Paramedics.

If you crave a more direct, “hands-on” involvement than you currently experience in your healthcare delivery position, you be wise to check out this opportunity.

“Career opportunities as a Paramedic are better than ever before,” says Joseph Crouchman, JERSTAT Paramedic Coordinator. Emergency care provided by paramedics can sometimes mean the difference between life and death. Classes begin September 10. To learn more, call Mr. Crouchman at 215-579-3881 or Joseph.Crouchman@tju.edu.

Volunteer for Distance Run, Walk
With the new “Big Walk for Little Feet” expected to be a popular event, more Jeffersonians than ever before will be needed to volunteer at this year’s Distance Run and Walk.

“Everybody who volunteers always has fun,” says Patricia Wallace, Manager, Volunteer and Community Services, Jefferson University Hospital.

“This is truly a real family event, and should be even more so with the “Big Walk for Little Feet.” We encourage employees to bring family members, including children. It’s a great Sunday activity for all ages.”

Volunteers will be needed Sunday morning to help distribute water, assist at the finish line and generally lend a hand in organizing and directing participants and visitors. Mark the date now: Sunday, September 16.

To sign up, or for more information, call Volunteer Services at 215-955-6222.
Barbara G. Frieman, MD
Named President of Hospital Medical Staff

Thoracic surgeon Joseph S. Friedberg, MD, has been named President of the newly created Division of Thoracic Surgery at Thomas Jefferson University Hospital. He comes to us from the Hospital of the University of Pennsylvania, where he served as a thoracic surgeon in the Division of Cardiothoracic Surgery and as an Assistant Professor of Surgery at the University of Pennsylvania School of Medicine.

Dr. Friedberg's clinical interests include all aspects of general thoracic surgery. He has a particular interest in mesothelioma and non-small cell lung cancer accompanied by malignant effusion. For these diseases, he has conducted clinical trials with very encouraging preliminary results in patients with advanced disease. He is also working on non-surgical techniques for several forms of lung disease.

Dr. Friedberg completed his cardiothoracic training at Harvard's Brigham and Women's Hospital and his general surgical training at the Massachusetts General Hospital, where he was also the Claude Welch Research Fellow. He graduated cum laude from Harvard Medical School where he won the Soma Weiss Research Award for his work with Dr. Judith Folkman. Dr. Friedberg graduated summa cum laude (GPA 4.0) from the University of Pennsylvania College of Engineering and Applied Science.

He was captain of the University of Pennsylvania varsity lightweight crew and has run the Boston Marathon five times. He is also a fiction writer and inventor.

Fred Gorstain, MD
Receives APC's Distinguished Service Award

Fred Gorstain, MD, The Jacob and Sophe Rubin Professor of Pathology, Department of Pathology and Cell Biology, Jefferson Medical College, has received the Distinguished Service Award from the Association of Pathology Chairs (APC). The award is presented to an individual making substantive contributions to academic pathology, in research and education or in advancing the discipline of pathology in the medical community and to the public at large.

Deborah Travis, MD
Awarded 2001 Pfizer Scholar Grant

The Department of Urology, Jefferson Medical College, announces that Edward J. Travis, M.D., is the 2001 Pfizer Scholar in Urology Grant recipient for Thomas Jefferson University.

S. Grant Mulholland, MD, Professor and Chairman of the Department, nominates Dr. Travis for this year's grant. The award honors an outstanding physician who has made important contributions to research and patient care in urology.

Family Medicine's Robert L. Perkel, MD
Honored with Prestigious American Cancer Society Award

Robert L. Perkel, MD, Clinical Professor of Family Medicine, Jefferson Medical College (JMC) and Chairman, Ethics Committee, Thomas Jefferson University Hospital, has been honored by the American Cancer Society with its most prestigious national prize for caring, the Lane W. Adams award.

The award is presented annually to members of the healthcare profession for outstanding work with patients with cancer and their families.

In announcing the award, Dr. Perkel said, "It is fitting that she again lead the medical staff." Said Thomas J. Lewis, hospital president and CEO, "Dr. Frieman has previously served as Vice President of the hospital’s Ford Road campus Medical Staff, and has just concluded her term as the first female physician nominated to the post in the medical staff's history.

Dr. Frieman is a role model, having been one of the few women to specialize in orthopaedic surgery in the 1980s, so it is fitting that she again lead the way for her peers by presiding over the hospital’s Ford Road campus Medical Staff, and has just concluded her term as the first female physician nominated to the post in the medical staff's history.

Dr. Frieman, Clinical Associate Professor of Orthopaedic Surgery, Jefferson Medical College (JMC), will serve a two-year term, succeeding Melvin L. Moses, MD, Clinical Professor of Surgery, JMC.

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Researchers at Kimmel Cancer Center at Jefferson have discovered a technique of identifying genes that may lead to ways to help people control their cholesterol levels. The finding was made possible because of the unique research advantages of studying tiny zebrafish in the laboratory. See accompanying article.

The discovery, published in the journal Science, is part of innovative research being performed by Steven A. Farber, PhD, Assistant Professor of Microbiology and Immunology at Jefferson Medical College and the Kimmel Cancer Center and his colleagues there and at the University of Pennsylvania and the Carnegie Institution of Washington, DC.

How Can Zebrafish Help Save Human Lives?

Jefferson researchers have designed special lipids, called “optical reporters” because the lipids actually glow when broken into pieces upon contact with intestinal enzymes in a zebrafish embryo. Lipids are molecules that generally contain either fatty acids or cholesterol.

A zebrafish embryo is transparent, these fluorescent molecules enable researchers to easily study both the physical features and the functions of the fish’s digestive tract, liver and gallbladder. The luminous patterns reveal data that study of physical features alone does not.

Since zebrafish genes are easily mutated in the laboratory, the researchers generated hundreds of families with mutations. Using “optical reporters,” they identified one mutated gene in which fish failed to absorb fatty acids and cholesterol, causing researchers to dub the gene “fat free.”

“The significance is vast,” explains Dr. Farber. “For example, once we identify which zebrafish genes are important for cholesterol absorption, we can easily find out the human equivalent. The genes identified by this approach are potential targets for new generations of drugs to manage cholesterol levels.”

Jefferson Researchers Find Way to Identify Genes That May Help Control Cholesterol

A tiny, black, furry animal with a red band around its neck, the zebrafish is a favorite for genetics experiments. They are zebrafish, so named because of their zebra-like stripes. For years, they’ve been raised and kept in household aquariums by hobbyists. Kids love them. They are zebrafish, so named because of their zebra-like stripes. Originally found in freshwater streams and the Ganges River in India and Burma, their scientific name is Danio rerio. Research scientists think they hold a precious key to understanding and treating most diseases that affect human beings.

Steven A. Farber, PhD, who directs the zebrafish research laboratory of the Kimmel Cancer Center at Jefferson, explains: “The zebrafish’s genes are nearly identical to human genes. This means we can find the same genes in zebrafish that we have in humans. The reason is both fish and humans are vertebrates, and share the same ancestors from 300 million years ago.

“For scientists, zebrafish offer several unique advantages. Abundant and accessible in the laboratory, they develop rapidly at birth, growing in less than a week from a single cell to a swimming larva with all organs complete. And, during this first week, their bodies are literally transparent, enabling us to ‘see’ – by modern microscope technology – their bodily processes.

“Most important, the zebrafish genome can be readily mutated. These advantages let us perform what we call ‘forward genetics,’ meaning we can randomly induce mutations throughout the genome and ask how these mutations alter the physiology of the fish. With much of the human genome now sequenced, the zebrafish provides us an excellent model to study the function of many human genes and apply this knowledge to human health issues.”

Contact Dr. Farber at 215-955-1660 or sfarber@mail.tju.edu. Learn more about zebrafish at http://zfin.org/.

Make a Difference in Philadelphia Schools

City Year Greater Philadelphia is looking for City Year’s 27th class of 24-year-olds to work full-time for 10 months as tutors, mentors or teachers’ assistants to Philadelphia area students. This is a chance for eligible young adults to impact a child’s life while gaining $4,725 for college, a weekly stipend of $165, and a host of invaluable skills. Positions are filling rapidly. To apply call Kristin Wawatai at 215-988-2118, extension 224.
Pamela G. Watson, ScD, RN
Re-elected to AECN Board of Directors

Pamela G. Watson, who has been named Dr. in Health, Chair of the Department of Nursing in the Department of Health, has been elected to serve on the Board of Directors of the American Association of Colleges of Nursing (AACN). AACN is the voice of baccalaureate and graduate degree programs in nursing education programs in the United States, representing more than 530 member schools of nursing and public and private institutions nationwide. Currently serving as a Board member, Dr. Watson will continue to chair the Governmental Affairs Committee and has been a member of the Association’s Research Committee and Nominating Committee.

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Have more questions about

You can help to sort out relationship

August is Amblyopia Awareness, Cataract Awareness and Spinal Muscular Atrophy month.

JeffNEWS
August 1, 2001

Pamela G. Watson, ScD, RN
Re-elected to AECN Board of Directors

More than 2,000 members

Dr. Uitto is internationally recognized for his research on connective tissue biology and molecular genetics in relation to cutaneous diseases. He has held office in several scientific and professional societies and is currently President of the Dermatological Foundation.

Board of Directors

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Thomas Jefferson University does not guarantee quality or condition of property advertised.

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“A standing ovation”响应者

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