Jefferson Diabetes Study Shows Diet and Exercise Play Key Roles in Prevention

At least 10 million Americans at high risk for type 2 diabetes can sharply lower their chances of getting the disease with diet and exercise, according to the findings of a major clinical trial conducted by Thomas Jefferson University and 26 other medical centers nationwide.

Type 2 diabetes accounts for up to 95 percent of all diabetes cases, and is most common in adults over age 40. Its prevalence has tripled in the last 30 years, with much of the increase due to the dramatic upsurge in obesity. In view of the rapidly rising rates of obesity and diabetes in America, this good news couldn't come at a better time," says U.S. Health and Human Services Secretary Tommy G. Thompson. "So many of our health problems can be avoided through diet, exercise and making sure we take care of ourselves. By promoting healthy lifestyles, we can improve the quality of life for all Americans, and reduce healthcare costs dramatically."

"Every year a person can live free of diabetes means an added year of life free of the suffering, disability and the medical costs incurred by this disease," says Pamela G. Watson, RN, ScD, DPP Principal Investigator at Jefferson, and Jewel Mendosa, RN, BSN, and Kelle Smith, RN, BSN, Clinical Trial Coordinators.

The DPP findings represent a major step toward the goal of containing and ultimately reversing the epidemic of type 2 diabetes in this country. We are very grateful to the more than 157 Philadelphia-area residents who participated in this national study," says Dr. Watson. "The weight loss is so modest, and the actions to achieve it are so ordinary that they can be part of everyday life easily," she adds. The nationwide DPP is the first major trial to show that diet and exercise can effectively delay diabetes in a diverse American population of overweight people with impaired glucose tolerance (IGT), a condition that often precedes diabetes.

Participants randomly assigned to intensive lifestyle intervention reduced their risk of getting type 2 diabetes by more than half. On average, this group maintained their physical activity at 30 minutes per day, usually with walking or other moderate intensity exercise, and lost 5 to 7 percent of their body weight.

Successful Trial Ends Early

The trial ended a year early because the data had clearly answered the main research questions. Of the DPP's 3,234 participants, nearly half are from minority groups affected disproportionately by type 2 diabetes: African Americans, Hispanic Americans, Asian Americans and Pacific Islanders, and American Indians. Compared to whites, black adults have a 60 percent higher rate of diabetes. As a result, this group maintained their physical activity at 30 minutes per day, usually with walking or other moderate intensity exercise, and lost 5 to 7 percent of their body weight.

Hospitals Ranked Best in Philadelphia Area for Cardiovascular Care, Named to 'Top 100' National Study

Thomas Jefferson University Hospital has been named by Solucient as the best cardiovascular hospital in the Philadelphia area and one of the top 100 cardiovascular hospitals in the United States. Solucient identified Jefferson University Hospital as one of the benchmark hospitals for achieving more consistency in outcomes for managing heart attacks. According to their study, deaths from cardiovascular procedures would drop 23 percent and postoperative mortality rates would drop 30 percent if all hospitals performed as well as the top-tier facilities.

"This study is a call for action – the industry needs to provide consumers with a broader group of measures for describing best practices in all hospitals," Solucient said in a statement. Thomas J. Lewis, President and CEO, Jefferson University Hospital, called the survey’s listing a great distinction. "This is the result of a team effort. Our entire staff, including physicians, nurses and technicians in cardiology and cardiothoracic surgery, contributes to providing superior care and treatment for our patients."

Volunteers Needed

Volunteers are needed for both events. Those who come out to help know it’s always a fun time. Call Volunteer Services at 215-955-6222.

Hospital Celebrating Employee Appreciation Days Sept. 11 to 14

Thomas Jefferson University Hospital will celebrate Employee Appreciation Day during the week of September 10. Thomas J. Lewis, President and Hospital CEO, has announced. Special events are planned as follows:

• Tuesday, Sept. 11 – Center City campus, Atrium (10th St.), 6 to 7:30 p.m. and 2 to 4 p.m.
• Wednesday, Sept. 12 – Ford Road campus, Woodside Cafe, 2 to 3:30 p.m.
• Thursday, Sept. 13 – Jefferson Hospital for Neuroscience/Wills Eye Hospital, Auditorium, 2 to 4 p.m.
• Friday, Sept. 14 – Methodist Hospital Division, 6 p.m.

Raffles, music, massages, food and fun will be available during these times.

"While I recognize that not everyone will be able to join us in the festivities on each campus, I hope that department heads and managers will do all you can to allow your staff to join us," adds M. I. Lewis.
Volunteer Faculty Association Installs New Officers

The Thomas Jefferson University Volunteer Faculty Association (VFA) has installed new officers for the 2001-2003 term and named John R. Cohn, M.D., as President. Also taking office are John H. Moore Jr., M.D., Vice President; Eric L. Hume, M.D., Secretary; and Jocelyn J. Sivilingam, M.D., Treasurer.

Dr. Cohn is Clinical Professor of Medicine and Assistant Clinical Professor of Pediatrics, Jefferson Medical College (JMC). A 1976 JMC graduate, Dr. Cohn has practiced allergy and immunology and pulmonary medicine at Thomas Jefferson University Hospital since 1982.

Dr. Moore is Clinical Professor of Surgery, Division of Plastic Surgery, JMC, and has practiced plastic and reconstructive surgery at the hospital since 1987.

An orthopaedic trauma surgeon, Dr. Hume is Clinical Associate Professor of Orthopaedic Surgery, JMC. He performs hip and knee reconstruction and is Director of Orthopaedic Trauma at the hospital, where he has practiced orthopaedic surgery since 1983.

Surgery Practices Moving to MOB

These clinical practices of the Department of Surgery will move to the 5th floor of the Medical Office Building (MOB), 1100 Walnut Street, effective Monday, September 24. The physician practices of Drs. Cohen, Park, Weinstein and Kaulback; Drs. Cohn and Kairys; Dr. James Colberg; Dr. Paul Curtillo; Drs. Rosato, Barbot, Rosato; Cardiothoracic Surgery; Thoracic Surgery; Thoracic Surgery; Trauma and Critical Care Surgery. All phone numbers will remain the same. For information, call Cynthia Lerch at 215-955-1560.

Professor Marion J. Siegman, PhD

Named Acting Chair of Physiology

Marion J. Siegman, PhD, Professor of Physiology, has been appointed Acting Chair of the Department, Thomas J. Nasca, MD, Senior Vice President and Dean, Jefferson Medical College, has announced. In his announcement, Dr. Nasca said, “As you may be aware, Dr. Alan Lefer, who served Jefferson for 27 years as Chair, retired from

Jefferson on June 30. We owe Dr. Lefer a debt of gratitude and best wishes in his future endeavors. “Dr. Siegman has been with Jefferson since 1967. We appreciate her willingness to assume this responsibility and know that the Jefferson community will provide her with its enthusiastic support.”

G Rateful Patient Expresses Thanks With G Enorous G ift

With a $25,000 check in hand, former patient John S. Wilson Sr. recently paid an unannounced visit to the Jefferson Development Office. The check was a gift to Jefferson University Hospital in appreciation for his care - care that commenced with M. W. Wilson’s birth at the hospital 73 years ago and continued through his teen.

I was diagnosed with asthma when I was 1 year old,” he recalls. “Jefferson took care of me until I turned 14. The asthma was so bad I had to come in for emergency treatments two to three times a month. I spent so much time here, they even had a regular bed on the sixth floor that was just for me.”

Although it was asthma that first brought him to Jefferson, M. Wilson wants his gift to support stroke prevention and care. “My wife just had a stroke,” he explains, “and my father had nine strokes before he died. So many of my family had strokes, I wanted to donate this money to advance stroke care.”

A Gift of Special Meaning The contribution came as very welcome news to Rodney D. Bell, M.D., Director of the Jefferson Stroke Center and Professor of Neurology at Jefferson Medical College. “We are very grateful for M. Wilson’s generosity,” Dr. Bell says. “These funds will provide vital support for our work in stroke prevention and education, and will benefit many people. And, because M. Wilson has such a special connection to Jefferson, his gift is particularly meaningful.”

One of the most advanced centers in the nation for the prevention, diagnosis, treatment and research of stroke, the Jefferson Stroke Center works to improve the odds for patients through a fully integrated and multidisciplinary approach. The Center also provides free community stroke risk screenings on request, and educates the public on stroke symptoms and treatment. For more information, please visit the Jefferson Stroke Center website at http://www.jeffersonhospital.org/stroke.

Originally, Mr. Wilson had made provisions for Jefferson University Hospital and a number of other organizations in his will. He decided recently that he would rather put his gifts to work right away. “I had it all in my will,” he reports. “Then I thought, ‘why wait another 10 or 15 years?’ I’ll do it now and maybe see the benefits while I’m still alive.”

Mr. Wilson, whose appearance and vitality belie his age, worked as a custodian for the City of Philadelphia’s Board of Education for 16 years before retiring. He and his wife have two grown sons, and will soon celebrate their 50th wedding anniversary. His asthma has returned, and he has some additional health problems now. But he says he is glad to be alive and forever grateful for the care he received at Jefferson so long ago.

“Jeff is the greatest hospital in the city,” John S. Wilson Sr. proclaims with a smile, “maybe the world.” Visit the Jefferson Development Office website at http://www.jeffersonhospital.org/jeffgiving/
**Time to Sign Up to ‘Take a Walk in the Park’**

IT’S time to sign up to take a healthy “walk in the park” – in Philadelphia’s beautiful Farmount Park – on Sunday, October 24.

Gerald Scharf, DO, Clinical Professor of Medicine, Division of Cardiology, Jefferson Medical College, shows how it’s done. When you walk, you’ll help raise money to fight heart disease and stroke, the nation’s number one and number three killers.

All walkers will receive a special American Heart Walk T-shirt. You can sign up as an individual or to join a team representing Jefferson Health System and Hospital.

Douglas S. Peters, President and CEO, Jefferson Health System, is Chair for the 2001 American Heart Walk, a Jefferson Health System-sponsored event to benefit the American Heart Association.

For more information or to register, contact Mark E. Schwartz, Jefferson’s Chair of the Walk, at 215-955-1666 or Mark.E.Schwartz@mail.tju.edu or www.heartwalk.americanheart.org

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**Paralyzed a Year Ago, Adam Taliaferro Now ‘All But Fully Recovered’**

One year ago, 18-year-old Adam Taliaferro lay paralyzed on a college football field in Ohio. While making a tackle, the Voorhees, NJ, youth – a freshman at Penn State University – had shattered a vertebra in his neck.

A few days later, he was admitted to Thomas Jefferson University’s Regional Spinal Cord Injury Center of the Delaware Valley (RSCICDV), one of only 16 model spinal cord injury centers in the country.

GIVING THANKS

To express his thanks, Adam has invited several Jefferson doctors, nurses, JeffSTAT personnel and other staff to the opening football game at Penn State September 1.

“With the rehabilitation team, Adam’s ability to move. He and Anthony Best, MD, a radiant Director, RSCICDV, made specific tests and assessments of what Adam could feel and then his ability to move his arm and leg muscles. Remarkably, towards the end of the week, a dam found he could move his left big toe, bringing a sparkle to his eye.”

Then Dr. Vaccaro gave a prognosis that Adam’s chances of walking were greater than 75 percent. That knowledge helped Adam enormously during rehabilitation at Mage Rehabilitation. Together, Jefferson and Mage make up the RSCICDV, one of only 16 model spinal cord injury centers in the country.”

JeffSTAT was Key

JeffSTAT’s ability to transfer Adam quickly and knowledgeably, the experience and expertise of Jefferson’s Spinal Cord Injury Center, the accurate multidisciplinary team evaluation of Center doctors when Adam was admitted and the astute optimistic prognosis given by Alexander R. Vaccaro, MD, Professor of Orthopaedic Surgery, Jefferson Medical College, and Co-Associate Director, RSCICDV.

Mr. Zelazny explains: “After his evaluation by a multidisciplinary team of trauma, neurosurgery, orthopaedics and rehabilitation specialists, Dr. Vaccaro became Adam’s primary designated spine surgeon, and carefully evaluated the stability of Adam’s neck.”

With the rehabilitation team, Dr. Vaccaro looked closely at physical assessment. JeffSTAT is especially trained and experienced in how to do all that.”

“When we were alerted to Adam’s condition in Ohio, we made sure JeffSTAT would handle the transfer, Brooker Notte, RN, and NIm Schogurou, EMT-P, attended Adam during the flight by Med-e-scot International, which encouraged Adam’s father, Andre, to ride too.”

Adam also had two other things going for him, Ms. Zelazny adds – his age and the fact he is a super athlete.

A mother’s intuition may have helped too. Adam’s mother, Addie, recalls taking a neighborhood walk with her son in early April. During the dark winter she remembered predicting to him that “by spring you’ll be walking. And sure enough here we are walking, just like I said.”

Adam’s parents are encouraging their son to become a doctor, but Adam is not yet certain. He surely knows, however, the healing power of medicine and says he is “so happy and grateful” to have come to Jefferson where everybody he met was “wonderful.”

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**Diabetes Study**

Continues from page 1

Type 2 diabetes, and Hispanic accurs a 90 percent higher rate.

The trial also recruited other higher-risk groups, including people age 60 and older, women with a history of gestational diabetes and people with a close relative with type 2 diabetes.

Diabetes affects more than 26 million people in the United States. It is the main cause of kidney failure, limb amputations and new onset blindness in adults and a major cause of heart disease and stroke.

More than 80 percent of people with type 2 diabetes are overweight. It is also linked to inactivity, family history of diabetes and racial or ethnic background.

The study found that treatment with the oral diabetes drug metformin (Glucophage®) also reduces diabetes risk, though less dramatically.

Judith Daviau, DVM Elected to ACLAM

Judith Daviau, DVM, Clinical Veterinarian, Office of Animal Resources, has been elected to membership in the American College of Laboratory Animal Medicine (ACLAM), following her successful completion of the certifying examination.

“This is a notable professional achievement signifying her specialized knowledge and expertise in biomedical research,” says Peter L. Jepsen, DVM, Director, Office of Animal Resources.