New Focus on Alzheimer's Disease

- How can a family tell if a loved one is in the beginning stages of Alzheimer's disease?
- Are there changes individuals can make in their lifestyle to reduce or perhaps delay the effects of the disease?
- What can caregivers do to lessen their burden?

These are some of the questions Thomas Jefferson University investigators hope to answer, thanks to a four-year, $3.5 million grant from the Pennsylvania Department of Health to support a Center of Excellence on Neurodegenerative Diseases at the Farber Institute for Neurosciences at Jefferson. Samuel Gandy III, MD, PhD, Director of the Farber Institute, is Principal Investigator.

Awarded from National Tobacco Settlement

The health research grant is awarded from Pennsylvania's share of the national tobacco settlement.

The new Jefferson center, co-directed by Barry Rovner, MD, Director, Clinical Alzheimer's Disease Research at the Farber Institute for Neurosciences, and Laura N. Gitlin, PhD, Director, Center for Applied Research on Aging and Health, will work in collaboration with the Philadelphia Corporation for Aging to conduct several research projects, each focusing on a different aspect of Alzheimer's disease. The overall focus will be on prevention of Alzheimer's, early detection and caregiver relief.

The researchers plan, for example, to test innovative screening methods to identify dementia in a racially and economically diverse population. They will also examine the effectiveness of an in-home skills training program for caregivers to see if it can help delay patients from going to nursing homes and help reduce the stress on the caregiver.

"The disease goes on for five to 15 years of intense stress for the family, especially the primary caregiver," says Dr. Gandy.

"Available medications are inadequate, making it imperative that caregivers be trained in how best to create an environment conducive to the care of someone with Alzheimer’s."

Big Impact in Pennsylvania

Alzheimer's disease is a major public health cost for the nation and particularly for Pennsylvania, which has a large elderly population. Alzheimer’s and related disorders cost an average of $80,000 a year per patient, and $25 million per year overall in Pennsylvania. The costs will rise to an estimated $40 million a year by 2050.

"The unique aspect of this project is the focus on developing a convenient diagnostic test that many caregivers and case workers can administer, and on training caregivers in non-drug related strategies that can help keep patients at home longer prior to nursing home placement," says Dr. Gandy.

The researchers would also like to identify lifestyle factors in the development of Alzheimer’s, and how modifying them — changing dietary cholesterol, for example — might affect the course of the disease, in addition to measuring objective biological markers of stress and of disease risk, with special emphasis on the African American population.

Third Brind Distinguished Lecture Presents ‘Coming to Our Senses’ May 12

The third in a series of Brind Distinguished Lectures presented by the Jefferson-Myrna Brind Center of Integrative Medicine will be presented as the Honickman Lecture at the Perelman Theater at the Kimmel Center for the Performing Arts, Thursday, May 12, at 8 p.m.

Jon Kabat-Zinn, PhD, a scientist, national best-selling author and world stress expert, will present “Coming to Our Senses,” based on his just published book of the same name. Dr. Kabat-Zinn’s writings, lectures and teachings instruct us how to overcome stress and pain, put us on a path to everyday fulfillment and have the capacity to change minds and change lives.

The Jefferson-Myrna Brind Center’s mission is to bring together the best of conventional medicine with complementary approaches to healing through patient care, research and patient care.

General admission tickets for the public lecture are $50. Ticket purchasers will receive a signed copy of Dr. Kabat-Zinn’s book for an additional $25.

Tickets can be purchased at the Kimmel Center box office, by calling Ticket Philadelphia at 215-893-1999 or by logging on to www.kimmelcenter.org.

For a total of $250, those attending the lecture can also attend a buffet dinner, dessert reception and private book signing from 5:30 to 7:30 p.m. at the University of the Arts, Hamilton Hall.

Dr. Kabat-Zinn will also conduct a “Day of Mindfulness Meditation and Dialogue” at Liberty Ballroom, Philadelphia Marriott Downtown, 1201 Market St., on Friday, May 13, 9 a.m. to 4 p.m. Jefferson employees can purchase discounted tickets for $80 and students for $30. To register, call 1-800-JEFF-NOW by May 5.

‘Nose to Nose’... at Match Day 2005

Jefferson College of Health Professions Holds 181st Commencement on May 24
Cancer and Cancer Research Update

The following articles summarize some recent activities in cancer research at Jefferson.

Identifying Women at High Risk for Breast Cancer

Every three minutes a woman in the United States is diagnosed with breast cancer—the leading cause of death for women between 40 and 55, according to the American Cancer Society.

That is why the mission of Thomas Jefferson University’s Breast Cancer Prevention Program is to identify women at increased risk for breast cancer and to share with all women the importance of knowing their risk for the disease.

"Each year, researchers are learning more about the ways women may be able to reduce their risk for developing breast cancer," says Bruce Roman, MD, PhD, Director, Division of Genetic and Preventive Medicine at Jefferson Medical College and the Kimmel Cancer Center at Jefferson. "Identifying that a person is at increased risk for breast cancer and recommending strategies to prevent the disease or detect it at an early stage is one of the best ways to beat cancer," he adds.

Women identified to be at high risk for breast cancer can especially benefit from screening and prevention services. At Jefferson’s Breast Cancer Prevention Program, people receive information on risk factors, screening and prevention including cancer prevention drugs and dietary recommendations.

Women who are identified at risk for a hereditary breast and ovarian cancer syndrome can be evaluated at the Jefferson Hereditary Cancer Center, which offers risk assessment, genetic counseling and gene testing.

They can then participate in the Jefferson Hereditary Cancer Registry to help track relevant data on inherited cancers.

To learn more or to make an appointment at Jefferson’s Breast Cancer Prevention Program, call 1-800-JEFF-NOW.

Using Ultrasound for Early Detection of Breast Cancer

Researchers at Thomas Jefferson University Hospital are enrolling women in a clinical trial to determine whether ultrasound has a role as a breast cancer screening tool for women at high risk for breast cancer.

The nationwide study trial seeks to evaluate whether ultrasound is an effective screening tool—especially for women who have dense breast tissue, said Catherine W. Piccoli, MD, Director, Division of Breast Imaging, Thomas Jefferson University Hospital, and Clinical Associate Professor of Radiology, Jefferson Medical College. Dr. Piccoli is leading the breast ultrasound trial at Jefferson.

"The goal of breast cancer screening is to identify tumors at an early stage, when there is a greater likelihood that the disease has not spread and chances of survival are high. Mammography does not always do that for women with dense breasts. This study will help determine if ultrasound should be used routinely in addition to mammography for these women," says Dr. Piccoli.

Mammography, a widespread breast cancer screening exam, employs x-rays to detect abnormalities and can sometimes miss tumors in women with “dense,” or non-fatty, breast tissue, says Dr. Piccoli. Ultrasound, which uses sound waves to form a picture, has been shown in some studies to find early breast cancers in dense breast tissue that mammography misses, she says.

Women entering the study will have both a mammogram and an ultrasound each year for three years, and will answer questions about their health. The trial is being conducted in conjunction with the American College of Radiology Imaging Network (ACRIN) and is co-sponsored by the Avon Foundation and the National Cancer Institute.

For the study, women must have breast tissue that appears dense on a mammogram and be at high risk for breast cancer. Women at high risk include those who have a history of breast cancer, have a strong family history of breast cancer and those who have had a breast biopsy showing pre-cancerous cells.

To learn more, call 215-955-8606 or 1-800-JEFF-NOW.

American Cancer Society Honors Two Jefferson Cancer Researchers

Renato Baserga, MD, and Ronald E. Myers, DSW, PhD, have received awards from the American Cancer Society (ACS) for their achievements in cancer research and control.

Dr. Baserga earned the 2004 Scientific Achievement Award, a prestigious award that the ACS gives annually to those who have made extraordinary efforts and achievements to cancer research.

Dr. Baserga, Professor of Microbiology and Immunology, Jefferson Medical College (JMC), and Interim Director of the Kimmel Cancer Center at Jefferson, made groundbreaking research accomplishments through his kinetic cell research in the mid 1950s, and was one of the first to publish cell kinetics of a tumor in 1960.

In recognizing Dr. Baserga’s accomplishments, the ACS cited his more than five decades of “contributions in searching for a cure for cancer.”

Dr. Myers, Professor of Medicine, JMC, and Director, Division of Behavioral Epidemiology, Department of Medicine, received the ACS’s Cancer Control Award for his efforts in cancer control and research.

For the last five years, Dr. Myers has led the Access to Clinical and Educational Studies (ACES) project. Its aim is to develop a cancer education and research network in the Philadelphia area linking leaders of community organizations, community-based health care providers, volunteers, and advocates with cancer researchers and cooperative oncology groups.

In announcing the award, the ACS called Dr. Myers “a well deserved recipient,” citing him for all his hard work and effort and his accomplishments in cancer control.

Employee Benefits Hosting Retirement Planning Fair May 25

The Benefits section of the Department of Human Resources will host The Retirement Planning Fair May 25 in Jefferson Alumni Hall, Mezzanine Balcony, West Side, from 7:30 a.m. to 4 p.m.

Open to all employees, the event will provide an opportunity to start or continue planning for the important life event of retirement. Employees may stop by at any time during the Fair’s hours.

Representatives from AARP, Aetna, Carebridge, Citistreet, Fidelity Investments, Independence Blue Cross, Jefferson’s Activities Office, Medicare, MetLife, Social Security Administration, TIAA-CREF, and The Vanguard Group will be available to speak with employees.

In addition, the following presentations will be held in Room 139 JAH:

• "Medicare 101 Updated," 9:30 a.m.

• "Make the Most of your Retirement" (call 3-8700 for information), 11 a.m., repeated at 12:30 p.m.

• "Everything You Always Wanted to Know About Social Security," 2 p.m.

For more information, contact Maria Reilly at 503-8922, Joanna Naso at 503-2743 or Barbara Warriner at 503-1866.

Delaware Valley Stroke Council Honors Rehabilitation Medicine

The Delaware Valley Stroke Council has honored Thomas Jefferson University Hospital’s Department of Rehabilitation Medicine for its work with stroke survivors in helping them return to the community.

The Council is dedicated to improving the awareness of stroke risks and symptoms, advocating for stroke survivors and their families and improving the delivery of life-saving and life-changing healthcare delivery in Southeastern Pennsylvania and Southern New Jersey.

Accompanying the Council’s “Stars for Stroke” plaque on behalf of the department are, from left, Bryan O’Neill, MD, Medical Director, Comprehensive Acute Rehabilitation Unit; Joyce Stout, BSN, Nurse Manager, Comprehensive Acute Rehabilitation Unit and Ann D. Clark, MS, OTR/L, Administrator, Rehabilitation Services.

Toby Mazer, Administrative Director-Stroke Network Development at TJUH, is Executive Director of the Council, which also honored Magee Rehabilitation and four other area hospitals. John Melvin, MD, is Chair of Rehabilitation Medicine. The equipment between Ms. Stout and Ms. Clark is a new LiteGait Treadmill, state-of-the-art technology to restore mobility.

The Jefferson Foundation Created to Consolidate Development and Alumni Relations Resources

All Development and Alumni Relations resources for the University and Hospital will be consolidated in The Jefferson Foundation, a newly created entity.

Robert L. Barchi, MD, PhD, President, Thomas Jefferson University and Thomas J. Lewis, President, Thomas Jefferson University Hospital, made the announcement in a joint statement:

“We are delighted to announce the consolidation of development and alumni relations resources for the University and Hospital. The new entity, known as The Jefferson Foundation, will combine the current University Office of Institutional Advancement with the Hospital Development Office, all alumni programs and departmental fundraising operations. Beginning April 8, The Jefferson Foundation has been responsible for all fundraising and alumni activity for TJUH and TJUH.

“The Jefferson Foundation will play an important and prominent role in our commitment to fulfilling the mission of Thomas Jefferson University and Thomas Jefferson University Hospital as we work together to define the future of clinical care. A Senior Vice President will head the Foundation, and a search is currently under way. In the interim, Fritz Ruccius will serve as Acting Senior Vice President. The office can be reached at 215-955-6620.”
See a Knee Replacement – Live On Your Computer May 4

From the convenience of home, office or laptop computer, physicians and consumers can view a small incision selective compartmental knee replacement while it happens and learn about the latest advances in this procedure. The state-of-the-science procedure can be seen live Wednesday, May 4, at 4:30 p.m. by going to www.JeffersonHospital.org/webcast or www.discoveryhealth.com
A replay version will be available beginning May 5.

Knee-surgery pioneer Richard H. Rothman, MD, PhD, will narrate as viewers watch accomplished sports medicine surgeon Peter F. Sharkey, MD, perform the procedure.

You will need a current version of RealPlayer to view the webcast. Go to www.JeffersonHospital.org/webcast or www.discoveryhealth.com to determine whether you have this software or to download it.

Physicians may sign up at www.JeffersonHospital.org/webcast to receive CME credits for viewing this webcast.

Physicians who wish to discuss a case or refer a patient to a Jefferson orthopedic surgeon, please call 215-955-0215.

‘Happy Doctor’s Day 2005’

‘Happy Doctor’s Day 2005’ proclaims the celebratory cake prepared by the hospital’s Department of Nutrition and Dietetics. Doctors, employees and visitors had the opportunity to sample cake in the ‘Happy Doctor’s Day 2005’ proclaims the celebratory cake prepared by the hospital’s Department of Nutrition and Dietetics. Doctors, employees and visitors had the opportunity to sample cake in the

Kimmel Cancer Center Holding 6th Annual Survivors Day ‘Celebration of Life’ May 25

The Kimmel Cancer Center at Jefferson will celebrate Cancer Survivors Day on May 23 from 4:30 to 6:30 p.m. in the Bluemle Life Sciences Building.

The 6th annual “Celebration of Life” will feature exhibits of art and writing by cancer survivors, keynote address by Kristen Adelman, cancer survivor and rider on Lance Armstrong’s Tour of Hope, a health expo featuring practitioners from the Jefferson-Myrna Brind Center of Integrative Medicine, as well as music and food.

Cancer survivors, families, friends and all members of the Jefferson community are invited to attend this special event.

To RSVP or for more information, call 215-955-1715 or visit www.kimmelcancercenter.org/celebration.

In Memoriam

Anthony F. DePalma, MD, JMC ’29, 100

The Jefferson community mourns the death April 6 of Anthony F. DePalma, MD, JMC ’29, at age 100.

Dr. DePalma had joined the Jefferson Medical College (JMC) faculty after serving as a chief orthopedic surgeon with the U.S. Navy in World War II. In 1950, he was appointed Chair of JMC’s Department of Orthopedic Surgery.

After retiring from JMC in 1970, Dr. DePalma embarked on new careers in medicine. First he founded the orthopedic department at the University of Medicine and Dentistry of New Jersey, then moved to Florida and ran a large solo orthopedic practice until 1983. After closing that practice, he accepted JMC’s invitation to teach again and commuted from Florida twice a month for eight days of teaching, finally retiring for good in 1989. Jefferson honored his years of service by presenting the Dean’s Medal of Honor.

The father of Hollywood film director Brian DePalma, Dr. DePalma wrote several novels for his enjoyment while retired, some of them medical mysteries.

Dr. DePalma’s portrait hangs in DePalma Auditorium, named for him on November 15, 1990. The former Thompson Auditorium, it is the site of Jefferson’s third clinical amphitheater or “pit.”

Memorial donations may be sent to the Anthony F. and Doris J. DePalma Scholarship Fund, Jefferson Medical College, 925 Chestnut St., Suite 110, Philadelphia 19107.

Free Tay-Sachs Screening Offered at Jefferson in May

It’s a Delaware Valley tradition for the Tay-Sachs Prevention Program at Thomas Jefferson University to provide free Tay-Sachs and Canavan screening throughout May, sponsored by National Tay-Sachs and Allied Diseases Association of Delaware Valley (NTSAD-DV). Screening is a simple blood test, and screening sites are set up at more than two dozen community locations, including the Tay-Sachs Lab at 1100 Walnut Street, 4th Floor. Call 215-955-8320 for an appointment.

For information and a complete list of testing sites call 215-887-0877, email tsaad@bsd.org, or visit www.tay-sachs.org.

Former U.S. Treasury Secretary Paul H. O’Neill To Deliver 14th Annual Grandon Lecture

Paul H. O’Neill, Secretary of the Treasury in the Administration of President George W. Bush, will deliver the 14th Annual Dr. Raymond C. Grandon Lecture, May 5, noon to 2 p.m. at DePalma Auditorium. He will speak on “Aspiring to be Perfect.”

The Grandon Lecture is coordinated every year by the Department of Health Policy, led by David B. Nash, MD, MBA, Associate Dean, Jefferson Medical College (JMC), and the Raymond C. and Doris N. Grandon Chair of Health Policy. It is free and open to the public. For more information, call 215-955-6969.

Doris J. Warner, RN, MSN, CEN Named Trauma Program Coordinator

Doris J. Warner, RN, MSN, CEN, has been appointed Trauma Program Coordinator for the hospital, Eleanor Gates, RN, MSN, Vice President, Neuro/Surgery and Trauma, has announced.

Previously Ms. Warner was Clinical Nurse Specialist in the Emergency Department for four years. In addition to her emergency nursing/trama expertise, she has extensive prehospital experience and critical care/trama experience.

Ms. Warner is located at 118 S. 11th St., first floor, and can be reached at 215-955-6589 or beeper 2017.

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**CALENDAR**

May 1, 2005

JeffNEWS - Approved copy for calendar items and that are due on FRIDAY, MAY 13. Please submit calendar items dated through June 30.

**CONFERENCES AND SEMINARS**

**Wednesday, May 2**
- **Jefferson Institute of Molecular Medicine, Dept. of Dermatology and Cutaneous Biology, Medicine/Rheumatology and Orthopaedic Surgery**, Philadelphia, 7th fl., Jimmy Brent Conference Room at JMC.

**Thursday, May 3**

**Friday, May 6**

**Monday, May 9**
- **Johns Hopkins University, Baltimore, Maryland**

**Tuesday, May 10**
- **Jefferson Institute of Molecular Medicine, Dept. of Dermatology and Cutaneous Biology, Medicine/Rheumatology and Orthopaedic Surgery**, 833 Chestnut St., Suite 740.

**Tuesday, May 17**
- **Radiology, Alan R. Hammond, MD, Second Year Radiology Resident, Radiology, TJUH.

**Tuesday, May 24**

**SPECIAL EVENTS**

**Women's Board, TJUH, Jewelry Sale, 8 a.m. to 4 p.m., 4th floor, Jefferson HealthCare – Voorhees, NJ, 300-11, noon, 101 BLSB.

**Monday, May 16**

**Tuesday, May 23**

**OTHER ITEMS OF INTEREST**

**Legalize**

To place an ad to sell or rent property, complete a housing registration form available at the TJUH Office of Marketing and Communications Office, Suite 300, 211 S. 9th St.

For more information on any property listing, call 215-955-6099.

**Free Cancer Screening**, 8 a.m. to 4 p.m., Tuesday through Friday, 833 Chestnut St., Suite 740. Appointment Free Cancer Screening, 8 a.m. to 4 p.m., Approximatly 8 a.m. to 4 p.m., Tuesday through Friday, 833 Chestnut St., Suite 740. Appointment

**For Marketing, Public Relations**

**Vincent T. Walsh, Editor**

**Ruth Stephens, Calendar Editor**

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