Tackling Breast Cancer with the Philadelphia Eagles

Jefferson volunteers sold caps and ties in support of the Tackling Breast Cancer (TBC) campaign at two Eagles games this fall. The sale raised awareness of breast cancer and proceeds were donated to the Jefferson Breast Care Center. The Philadelphia Eagles have teamed up with Jefferson for seven years to raise awareness of the disease and the need for screening. In partnership with fans and sponsors, the Eagles have been able to raise more than $1,000,000 through generous donations and the sale of TBC merchandise.

JAMA Publishes CARAH Research on Intervention for Dementia Patients and Their Caregivers

In September, the Journal of the American Medical Association (JAMA) showcased research from Laura N. Gitlin, PhD, and her colleagues at CARAH – the Jefferson Center for Applied Research on Aging and Health. The JAMA article reported results from a randomized trial of the program Care of Persons with Dementia in their Environment (COPE) which aims to enhance caregiver skills by reducing environmental stress and to enhance caregiver skills.

In the study, entitled “Effects of a Nonpharmacologic, Bio-behavioral, Home-based Intervention on Functional Status and Quality of Life of Patients with Dementia and Well-being of their Caregivers: A Randomized Trial,” participants received up to 10 sessions with an occupational therapist and caregivers participated in a landmark clinical trial called MADIT-CRT that led to the U.S. Food and Drug Administration’s September approval for expanded use of CRT-Ds for early-phase heart failure.

Mild heart failure typically is treated with lifestyle changes and medicines. However, new research has shown the use of CRT-Ds in asymptomatic or mild heart failure patients (high-risk New York Heart Association Class I and II patients) with a Left Bundle Branch Block (LBBB) reduces death and heart failure events. CRT-Ds previously were only available to patients in the late phases of the condition. Non-LBBB patients did not show evidence of benefit.

Heart failure results in about 300,000 deaths each year, according to the National Heart Lung and Blood Institute. In 2010, heart failure will cost the United States nearly $40 billion. Heart failure cannot be cured but early diagnosis and treatment can improve quality of life and life expectancy for people suffering from heart failure.

Learn more at www.jeffersonhospital.org/news.

Jefferson Now Open at the Navy Yard

Patients in the tri-state area now have quick access to specialists in medical oncology, cytology, pain management and urology. Jefferson’s new location at the Philadelphia Navy Yard is close to all major highways, including Rt. 76, I-95 and the Walt Whitman and Ben Franklin bridges. In addition, Jefferson’s Surgical Center at the Navy Yard offers a safe and comfortable environment to receive surgical care. Free parking, cable TV and wifi are available. Learn more at www.jeffersonhospital.org/about-us/jefferson-navy-yard.

New Adult Celiac Center Opens at Jefferson

Celiac disease is on the rise and its complications pose a serious health threat – including a high risk of cancer – for its sufferers. Jefferson specialists have a long history of expertise in diagnosing and managing celiac disease, and recently formalized their care services under the auspices of a new clinical and academic center – the Jefferson Celiac Center.

The new center brings together experts in gastroenterology, nutrition, rheumatology, endocrinology, dermatology and infertility, who provide state-of-the-art care influenced by leading-edge research conducted at Thomas Jefferson University. Jefferson Celiac Center’s mission is to: improve diagnosis and management of adult celiac disease and associated conditions by centering care around a core network of specialists; advance scientific knowledge of celiac disease through extensive research and clinical trials; educate physicians, patients and families about celiac disease; and support patient advocacy by increasing public awareness.

Recent studies show that diagnoses of celiac disease have quadrupled in the United States since the 1950s. The disease can cause fertility problems among other side effects, and, left undiagnosed, patients with celiac disease are at an increased risk of getting cancers in the esophagus, intestine and lymph glands (lymphoma). Although it affects more than three million Americans (one in every 133 adults), celiac disease is often misdiagnosed and misunderstood.

“We diagnose anywhere from one to three new patients a week with celiac disease. That’s a substantial number of new patients,” said Anthony J. DiMarino, Jr., MD, Director, Division of Gastroenterology and Hepatology at TJUH, and Director of the Jefferson Celiac Center.

Learn more about the disease and how it is diagnosed and treated at www.jeffersonhospital.org/departments-and-services/celiac-center. The staff is also available at 215-9-CELIAC.
Congratulations to the 2010 Miles Mack Jefferson Community Service Award Winner and Nominees

While diagnosing and treating current patients’ illnesses are the most important aspect of two new capsule-based tests, the physicians at Jefferson’s Digestive Disease Institute also hope to advance the technology far enough that one day the possibility of a pill capsule that can photograph and evaluate the function of the entire gastrointestinal tract will be possible.

The first of the two studies is the MiroCam study, being led by David Kastenberg, MD, Associate Professor of Medicine in the Department of Gastroenterology and Hepatology at Jefferson Medical College of Thomas Jefferson University. This pill capsule has been approved in both Europe and Asia and is now being tested for United States Food and Drug Administration approval in six centers around the country. The key aspect of the study is the battery life of the pill capsule. A standard pill capsule battery lasts about eight hours. Studies show that eight hours is not sufficient enough time for a pill capsule to photograph the whole small bowel in 15 percent of outpatient cases and in one third of inpatient cases. This can put a patient at risk because if the pill capsule battery expires, then a patient can be misdiagnosed or not diagnosed at all. The pill capsule being used in this study lasts up to 12 hours, a significant step in the overall goal of creating a pill capsule that will be able to evaluate the entire gastrointestinal tract.

This study has several important implications,” said Kastenberg. “Not only are we helping the patients for whom the study was designed, those suffering from anemia and undiagnosed gastrointestinal bleeds but we are also pushing the technology within the pill capsule forward. These devices have become an indispensable part of diagnosing all kinds of gastrointestinal problems but are limited by their size. You can only fit so much into a device the size of a multivitamin. But as technology adapts and shrinks we are starting to realize that a pill cam that can be swallowed and photograph the whole digestive tract is a very real possibility. What we are learning from this pill capsule will be contributing in a big way to this eventual ‘whole-gut’ pill capsule.”

The second capsule test is being evaluated by Jefferson’s Mitchell Conn, MD, MBA, Associate Professor of Medicine. This is the SmartPill, which is the first capsule-based technology that measures gastrointestinal motility and function. The SmartPill has been approved for evaluation of patients with suspected gastroparesis (delayed gastric emptying) and chronic constipation. Learn more about the Jefferson Digestive Disease Institute at www.jeffersonhospital.org/departments-and-services/digestive-disease-institute.

Pill Cam Studies Aim to Better Diagnose and Treat Digestive Disorders

College of Graduate Studies Appoints New Dean

Congratulations to the 2010 Miles Mack Jefferson Community Service Award Winner and Nominees

The National Institutes of Health (NIH) has awarded Thomas Jefferson University a five-year $2,824,075 R01 grant for a project titled “Development of VN/14-1 and Related Analogos for Breast Cancer Therapy.” The principal investigator of the grant is Vincent C. O. Njar, PhD, Professor of Medicinal Chemistry and Oncopharmacology in the Department of Pharmaceutical Sciences at Jefferson School of Pharmacy (JSP) and member of TJU’s Kimmel Cancer Center. This is the first R01 grant awarded to a JSP faculty member.

NIH Awards Jefferson Researcher $2.8 Million Grant to Develop New Breast Cancer Treatment

Hundres of men were screened for prostate cancer in September at two Jefferson locations – the Kimmel Cancer Center/ Bodine Building and the Methodist Hospital campus in South Philadelphia. Pictured are screening participants, Eugene Burroughs (left), and Jefferson’s Emily Feeney, RN (far right). Also pictured, assisting at the screening, are Dolores Shupp-Byrne, PhD, and Tricia Gomella, MD. During September, Prostate Cancer Awareness Month, proceeds from sales of “P-”shaped pretzels at the Philly Pretzel Factory’s 11th Street location were donated for prostate cancer research.

Prostate Cancer Screenings Draw More than 450

Several Jefferson staff members participated in the symposium “Building Bridges that Last: Fostering Productive and Ongoing Relationships Between Researchers and Communities” this fall in Philadelphia. Steven McKenzie, MD, PhD, Vice President for Research at Jefferson’s Cardeza Foundation for Hematologic Research (pictured at right), led one of the panels. Pictured next to Dr. McKenzie is Kyle Conner, Associate Director, Division of Human Research Protection at Jefferson. Also pictured (left to right) are Dr. Daniel Conway, Chair, Pediatric IRB; St. Christopher’s Hospital for Children; Dr. Mark Schreiner, Children’s Hospital of Philadelphia; and Dr. Emma Meagher, University of Pennsylvania.

Building Bridges Between Researchers and Communities

Jefferson Cardiologists Write Comprehensive Guide on Heart Care

Jefferson Cardiologists Write Comprehensive Guide on Heart Care – Jefferson Heart Institute Handbook of Cardiology – was developed for medical students, residents and fellows, internists and cardiologists, offering a concise guide of cardiac disorders and how to treat them.

“Jefferson Heart Institute has such a compilation of expertise that it is an ideal community of cardiologists to write a textbook on the clinical care of the patient,” said Paul Mather, MD, Director, Advanced Heart Failure and Cardiac Transplant Center at the Jefferson Heart Institute, and editor of the book. “Our Institute treats thousands of patients each year with every kind of cardiac disorder. We have some of the nation’s thought leaders in the diagnosis and treatment of cardiac disorders represented in this book. We thought it was a good fit to share our knowledge with the next generation of medical care providers.”
Orthopedic surgeon John A. Abraham, MD, has joined the Rothman Institute at Jefferson. He has also been named an assistant professor of Orthopedic Surgery at Thomas Jefferson Medical College of Thomas Jefferson University and joins the faculty after serving for the past four years as a musculoskeletal oncology surgeon at the Dana-Farber Cancer Center at Harvard Medical School.

TJUH Clinical Laboratories congratulates Frank Bordash, MT(ASCP), Point of Care Testing (POCT) Coordinator, for completing the Point-of-Care Specialist Certificate Program offered by the American Association for Clinical Chemistry. Frank joins a relatively small number of POCT specialists nationwide (fewer than 500) who have obtained this certification.

Michael A. DellaVecchia, MD, PhD, FACS, was elected President-Elect of the Metropolitan Philadelphia Chapter of the American College of Surgeons for 2010-2011. Dr. DellaVecchia is Director of the Wills Eye Institute’s Emergency Department. He is an attending surgeon at Wills Eye and Thomas Jefferson University Hospitals.

Robert Den, MD, a resident in Radiation Oncology, was presented with the Resident Digital Poster Discussion Award, a resident in Radiation Oncology, was presented with the Robert Den, MD

Jefferson’s Urology Department Chair, Leonard Gomella, MD, FACS, has been appointed to the editorial council at Urology Times. He will represent the area of urologic cancer on the editorial council. Dr. Gomella is the Bernard W. Godwin, Jr. Professor of Prostate Cancer, and Associate Director for Clinical Affairs at the Kimmel Cancer Center at Jefferson.

Third-year Jefferson School of Pharmacy student, Hassan Hammoud was awarded a grant by the Pennsylvania Pharmacists Association’s Special Interest Group for Independent Pharmacy. The grant funded Hammoud’s attendance at the National Community Pharmacists Association (NCPA) Annual Convention in the fall.

Amy Harrison, MS, Director, Medical Physics Residency Program, has been appointed as a board member at large for the Society of Directors of Academic Medical Physics Programs. The Society is a nonprofit organization whose objective is the advancement of education in the scientific field of medical physics.

David Jack, PhD, RN, CPN, CNE, took first place in the research category at the National Pediatric Nursing Conference held in Philadelphia July 16-18. He is an assistant professor at Jefferson School of Nursing.

The Muscular Dystrophy Association has recognized Jefferson post-doctoral investigator Dena Jacob, PhD, as an “outstanding young researcher,” awarding her with a $180K grant to study amyotrophic lateral sclerosis (ALS) – also known as Lou Gehrig’s disease. Dr. Jacob’s research will test the hypothesis that previously developed drug trials involving mice have failed because a protein called P-glycoprotein (P-gp) has contributed to ALS drug resistance.

Walter J. Koch, PhD, was among the leading cardiovascular physicians and researchers who presented new science in heart failure prevention at a New York Academy of Sciences translational medicine symposium in September. He is the W. W. Smith Professor of Medicine, Director, Center for Translational Medicine, and Vice Chair for Research, Department of Medicine, Thomas Jefferson University.

Two members from the Jefferson School of Population Health have co-authored a new book on population health management. Population Health: Creating a Culture of Wellness features among its authors David B. Nash, MD, MBA, and Valerie P. Pracilio, MPH. Dr. Nash is Dean, Jefferson School of Population Health, and Valerie is Project Manager for Quality Improvement at JSPH.

The American Cancer Society is proud to announce that Richard Wender, MD, Vice Chair and Clinical Professor of Family and Community Medicine at Jefferson Medical College, has been selected to the Board of Directors for its new East Central Division. Dr. Wender currently serves as a member of the National Board of Directors.

Jianke Zhang, PhD, has been selected to serve a five-year term on the editorial board of the Journal of Biological Chemistry. He is an associate professor in the Department of Microbiology and Immunology and Director, Flow Cytometry Facility.

A new iPhone/iTouch/iPad application developed by physicians from the Department of Family and Community Medicine will help medical students, residents and junior faculty improve their visual diagnosis skills and prepare for real cases, OSCEs or board examinations. Using “Top Doc: Visual Diagnosis Review,” physicians must make correct diagnoses as quickly as possible by viewing clinical photographs depicting a physical sign or symptom.

Scientists at Jefferson Medical College have received a four-year, $3 million National Institutes of Health grant funded by the National Heart, Lung and Blood Institute to study variations of platelet function, specifically, the genetics of platelet gene expression. The study aims to find data that can be translated into novel therapeutic strategies and develop better predictors of cardiovascular disease.

The Kimmel Cancer Center at Jefferson has created a Multidisciplinary Senior Adult Oncology Center. Patients 65 and older with an acute or chronic disease that makes treating their cancer challenging will get a comprehensive, individualized treatment plan, a second opinion regarding diagnosis or treatment, or advice on a particular problem related to cancer and aging.

Physicians, scientists and research professionals at Thomas Jefferson University have created the Jefferson Coordinating Center for Clinical Research (JCCCC) in effort to foster and promote excellence in clinical research. The enterprise will develop, initiate and participate in advanced clinical research funded by industry, nonprofit organizations and the US government.

The drug buprenorphine relieves withdrawal symptoms in newborns, found TJU researchers. The researchers reported that using the drug in a dozen addicted infants was both safe and successful and reduced days of treatment by 40 percent, compared to use of morphine in 12 other infants randomized to this treatment. The difference was 23 days of treatment versus 38 days.

TJU researchers say that a molecule involved in heart failure is now implicated in heart attack damage. The research team’s findings suggest that humans experiencing a heart attack might be helped with delivery of a therapeutic targeting inhibition of GRK.

Four key Jefferson studies now propose a new theory about how cancer cells grow and survive, allowing researchers to design better diagnostics and therapies to target high-risk cancer patients. These studies were conducted by a large team of researchers at Jefferson’s Kimmel Cancer Center.

Reporting in the Journal Urology, researchers at Thomas Jefferson University have found that a pre-emptive multimodal pain regimen that included pregabalin (Lyrica) decreased the use of opioid analgesics in patients undergoing robotic-assisted laparoscopic radical prostatectomy.
AHA Heart Walk Fundraiser at Jefferson's Methodist Hospital

Wednesday, November 10
- Women's Health Source, St. Bernadette Ravenstahl, MSN, RN, Clinical Nurse Specialist, Department of Nursing, TJUH, "Hand Washing: The First Step to Staying Healthy," noon, 925 Chestnut St., 2nd Fl.
- Also on Thurs. Dec. 9: Mary Varga, MSN, RN, CNL, Clinical Nurse Specialist, Department of Nursing, TJUH, "Takotsubo/ Broken Heart Syndrome.

SEMINARS

Monday, November 8
- TJUH Lennit N. Black International Prize for Excellence in Medicine/6th Symposium, Keynote Speaker on Mon., Nov. 13: Nobel Laureate Dr. John Gurdon, Nobel laureate in Physiology or Medicine, "Advances and Challenges in Infectious Diseases." (Continues through Tues., Nov. 16.) For more information and registration, please visit www.jefferson.edu/onesymposium or contact Jennifer.raveli@jefferson.edu.

SYMPOSIA

September 15
- TJUH Women’s Board Fundraising Symposium, "Advancing to Excellence: A Pathway to Excellence," noon, 925 Chestnut St., 2nd floor. Also on Thurs. Dec. 9: Mary Varga, MSN, RN, CNL, Clinical Nurse Specialist, Department of Nursing, TJUH, "Takotsubo/ Broken Heart Syndrome.

Wednesday, December 1
- Women’s Health Source, Ryan Hofelshimer, MD and Howard Koen, MD, and Joan Gallagher, Aesthetician, The Herbert Kean Center for Facial Aesthetics, TJUH, "Looking Your Best," noon, 925 Chestnut St., 2nd Fl.

Make a Difference in Healthcare – Become a Health Mentor at Jefferson

Do you live with one or more chronic health conditions (i.e. diabetes, high blood pressure, asthma, arthritis, cancer or others) or disabilities (i.e. spinal cord injury, cerebral palsy or others)? Would you like to volunteer a little of your time to help students learn the importance of patient-centered care? Please call 215-955-3757 or visit http://jefline.tju.edu/jcipe/hmp.

All Your Healthcare Needs at Your Fingertips

Visit www.jeffersonhospital.org on your smartphone to get the resources you need quickly.

With the tap of your fingertip, access emergency services, make an appointment, research doctors, find parking, get directions and much more.

Be a Hero: Donate Blood

Please stop by the Jefferson Blood Center at 8230 Gibbon or call 215-955-7791.

Center hours are 8:30 a.m. to 4 p.m., Monday through Friday.

Monday blood donors receive a $5 meal voucher.