Women’s Health Programs at TJUH Named to Top 100 List

Jefferson’s health services for women recently gained further national recognition. Becker’s Hospital Review named Jefferson Hospitals on its list of top 100 hospitals with great women’s health programs.

Becker’s list was compiled based on clinical accolades, high-quality care and women’s health proficiencies and awards. The hospitals chosen have been recognized for excellence in this specialty by several sources, including HHS and its National Centers of Excellence in Women’s Health model, US News & World Report, HealthGrades, the World Health Organization’s and UNICEF’s Baby-Friendly Hospital Initiative, Delta Group CareChex and the American Nurses Credentialing Center.

Women’s health services at Jefferson include breast health, cardiovascular care, urology, mental health, domestic violence awareness, obstetrics and gynecology, epilepsy, sleep, bone health and integrative medicine. Jefferson is the only hospital in the region to offer Cool Cap therapy for newborns who need additional oxygen – Cool Cap therapy reduces brain damage. The Hospital’s epilepsy program is also a unique initiative that focuses on the association of seizures and menses as well as sexual function and fertility in epilepsy.

Hospital Wins ASHP Pharmacy Residency Excellence Award

The PGY1 Residency at Thomas Jefferson University Hospitals has been selected by the American Society of Health-System Pharmacists (ASHP) as the recipient of its 2012 Pharmacy Residency Excellence Award. Jefferson will receive the award at the upcoming ASHP Midyear Clinical Meeting in December.

“For the 50th anniversary of ASHP accreditation this year, we cannot be more proud of the contributions our Pharmacy staff has made to the training of more than 300 health-system pharmacists and leaders over the years,” said Brian Swift, Vice President/Chief of Pharmacy and Accreditation, and Associate Dean of Professional Affairs, Jefferson School of Pharmacy.

“Whether it is through precepting residents on clinical rotations or teaching them how to use the Med Carousel, your time and commitment to every resident who comes through our doors each year is greatly appreciated.”

Thomas Jefferson University Hospitals and the Eagles Team Up for Prostate Health and Cancer Awareness

To help kick off the Jefferson-Eagles 2012 campaign to educate fans and others about prostate health and to raise cancer awareness, Jefferson served as the presenting partner at the September 16 game versus the Baltimore Ravens. Pictured receiving a special Eagles jersey from Eagles great Harold Carmichael before kickoff are Edouard Trabulsi, MD, Director of the Multidisciplinary Genitourinary Oncology Center of the Kimmel Cancer Center at Jefferson (left), and David McQuaid, FACHE, President, Thomas Jefferson University Hospitals, Inc. (right).

Hundreds of men turned out for the free prostate cancer screenings at Jefferson’s annual prostate health event in September. Screenings were held at Jefferson’s Center City and Methodist campuses. Pictured is a screening participant with Brittany Rogers, a Jefferson student in Jefferson’s Work Study Program.

VITAL SIGNS: OCTOBER 2012

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<th></th>
<th>Budget</th>
<th>Actual</th>
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<td>Admissions</td>
<td>4,144</td>
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<td>Patient Satisfaction Score (combined average): 86</td>
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Jefferson Celiac Center Helping Patients with Fertility Problems

For years Alice Bast and her husband endured frustration as they struggled with fertility problems. Seeking answers Alice consulted nearly two dozen physicians, including family doctors, ob-gyns, neurologists and gastroenterologists.

Despite those efforts she didn’t discover why, after an uncomplicated pregnancy and the delivery of a daughter, she’d been unable to have the second child the couple so desperately desired.

Then Alice became pregnant again. She and her husband were nervous yet hopeful. Six months into the pregnancy, however, problems developed and doctors performed an emergency cesarean to deliver a two-pound baby girl. It was only after her second daughter was born that Alice received a diagnosis that explained the years of fertility problems. Alice had celiac disease.

For some women, unexplained infertility can be the only sign of undiagnosed celiac disease. Studies indicate that celiac disease may occur in one to eight percent of women with unexplained infertility, with the most recent research estimating it to be more than five percent.

“Unfortunately, we don’t know the exact cause of fertility issues in women with celiac disease,” says Jefferson gastroenterologist Anthony DiMarino, Jr., MD, Director of the Jefferson Celiac Center.

“A possible contributing factor to miscarriages may be celiac antibodies circulating from the mother and damaging the placenta,” Dr. DiMarino adds. “Nutritional factors which may affect the mother, may also be a contributing factor.”

But upon receiving a diagnosis and maintaining a gluten-free diet, Dr. DiMarino has found many of his patients with fertility problems have been able to successfully conceive and deliver a baby.

Look for more of Alice’s story in “Fertility in Women with Celiac Disease” from the August issue of our e-newsletter Keep in Touch with Jefferson. Each issue contains patient stories and articles about innovative programs available at Jefferson as well as health tips, recipes and timely notifications of events and free health screenings available to you.

Sign up to get Keep in Touch via e-mail and access Jefferson’s daily blog, The Daily Dose. Visit www.jeffersonhospital.org.

Patients with More Sympathetic Doctors Have Better Outcomes, Researchers Find

A recently published Jefferson study, which garnered international media attention, used the Jefferson Scale of Empathy and measured a doctor’s understanding of a patient’s concerns, pain, suffering and an intention to help. Results suggest that patients with more sympathetic, understanding doctors have better outcomes and fewer complications.

“This new, large-scale research study has confirmed that empathetic physician-patient relationships is an important factor in positive outcomes,” said Mohammadreza Hojat, PhD, Research Professor of the Department of Psychiatry and Human Behavior, and Director of Jefferson Longitudinal Study of Medical Education in the Center for Research in Medical Education and Health Care at Jefferson Medical College.

The large study, performed by a team from Thomas Jefferson University along with Italian researchers, evaluated the relationships among 20,961 diabetic patients and 242 primary care physicians they were enrolled in to Parma, Italy.

Placing More Seeds of Sustainability: Jefferson’s Green Roof at 901 Walnut

Jefferson continues its green efforts with the newly installed green roof on top of the Health Professions Academic Building at the corner of 9th and Walnut. Planted in mid-July 2012, the roof consists of sedum, a large genus of flowering plants in the Crassulaceae family. Native to our local environment, hardy sedum only needs to be watered during a stretch of abnormally dry weather.

The environmentally friendly benefits of our green roof include:

• A design used to absorb the first inch of every rainfall, therefore, reducing the stress on local water purification plants and reducing the amount of energy needed to purify Philadelphia sewage water.

• The ability to absorb sunlight and reduce the amount of solar heat that would normally be reflected back into the atmosphere.

• Flowering plants that produce oxygen through photosynthesis. The roof will reach full maturity in one to two years.

• Other sustainability initiatives at Jefferson, among many, include our continuing use of wind energy, our irrigation of the Lubert Plaza using rainfall collected from the roof of the Hamilton Building, growing recycling efforts, and the move to “paperless” paystubs.


The symposium this fall tackled issues such as diabetes education, inpatient diabetes management, insulin pumps and continuous glucose sensors, the benefits and side effects of diabetes drugs and the controversies surrounding diabetes drugs, comparing fad diets and the scientific data behind them, and the diabetes landscape in the next decade through a series of lectures and panel discussions. The event featured international experts and speakers from leading medical institutions around the country, including Jefferson staff: Jeffrey Miller, MD; Professor of Medicine; Intekhab Ahmed, MD, Clinical Associate Professor of Medicine; Division of Endocrinology; Kevin Furlong, DO, Clinical Associate Professor of Medicine; Division of Endocrinology; Richard C. Wender, MD, Alumni Professor and Chair, Department of Family and Community Medicine; Barry Ziring, MD, Clinical Associate Professor and Director, Division of Internal Medicine; and Cheryl Marco, RD, CDE, Director of the Jefferson Weight Management Program.
Chair of Surgery Performs 500th Whipple Procedure at Jefferson Hospitals

Thomas Jefferson University Hospital continues to be the leader in the region in fighting the deadliest of cancers — pancreatic cancer. This month, Charles J. Yeo, MD, FACS, the Samuel D. Gross Professor and Chair of Surgery, and a co-director of the Jefferson Pancreas, Biliary and Related Cancer Center, performed his 500th Whipple procedure at Thomas Jefferson University Hospitals, a life-saving surgery for those suffering with the disease. He and his team at the Center have performed more than 800 Whipple procedures and more than 1,100 pancreatic resections since 2006 — more than any other hospital in Pennsylvania, New Jersey and Delaware. Dr. Yeo’s milestone makes him the #2 surgeon in the world for this type of surgery. John Cameron, MD, at Johns Hopkins, Dr. Yeo’s mentor, is #1. Dr. Yeo credits much of his skill to the training he received under Dr. Cameron starting in the mid-1980s. “I learned among a group of hard-driving, forward-thinking pancreatic surgeons,” he recalled. “Now, those adjectives can just as easily describe our own team, which is passing the torch on to residents and fellows. Our chief residents participate in more than 25 pancreatic resections during their residency, compared to an average of one in most hospitals. Just think of what that does for their education.”

“One of the reasons our program has been so successful is that we have three laboratories in the Department of Surgery using tissue from our resections to study the basic molecular biology and genetics of pancreatic cancer,” added Dr. Yeo. “The studies at these laboratories, under the supervision of Hwyda Arafat, MD, PhD, Jonathan Brody, PhD, and Susan Lanza-Jacoby, PhD, are giving us some great opportunities and really impressive data on novel therapies.”

Another initiative that adds to Jefferson’s momentum is the Jefferson Pancreas Tumor Registry, directed by Harish Lalu, MD, and Theresa Yeo, PhD. “By having patients and their families record data about their medical histories and lifestyles, we can advance our understanding of the differences between sporadic and familial pancreatic cancer,” he explained.

Dr. Yeo is also Editor-in-Chief of the seventh edition of the two-volume Shackelford’s Surgery of the Alimentary Tract, just released. The volumes are the premier resource for residents, medical students, practicing gastroenterologists and gastrointestinal surgeons. The volumes total more than 2,100 pages, feature more than 180 chapters, and include contributions from Jefferson surgeons.

Voichita Bar-Ad, MD, an associate professor in the Department of Radiation Oncology at Jefferson Medical College and Thomas Jefferson University Hospitals, has been named Residency Program Director. Dr. Bar-Ad is a board-certified radiation oncologist who specializes primarily in head and neck and gastrointestinal cancer cases. Her research focuses on treatment-related side effects and toxicities, patient quality of life and symptom management. She has paid specific attention to radiation-induced oral mucositis for head and neck cancer patients treated with radiotherapy or concurrent chemoradiotherapy, using the intensity-modulated radiation therapy technique.

“I am devoted to my patients and immersed in my research projects, but teaching is my joy, my passion,” Dr. Bar-Ad said last fall when she was named an “Educator of the Year” by the Association of Residents in Radiation Oncology (ARRO).

“Thomas Jefferson University Hospitals has created one of the nation’s most outstanding residency programs in radiation oncology, and it is with great honor to have such a distinguished physician, researcher and teacher help continue that tradition,” said Adam P. Dicker, MD, PhD, Chair of the Department of Radiation Oncology. “A strong residency program is essential for the successes of an academic medical center, and I look forward to having Dr. Bar-Ad’s leadership bring significant benefits to our residents and patients.”

Jefferson Professor Wins Prestigious Award for Inspiring Community Service

James Plumb, MD, PhD, is a winner of the Elizabeth Hurlock Beckman Award, nominated by Lara Carson Weinstein, MPH, of Jefferson. “Because of my experiences with Dr. Plumb at JeffHOPE, I decided to dedicate my career to working as a family doctor in partnership with homeless and other marginalized populations,” wrote Dr. Weinstein.

While we saw a wide variety of diseases and made many diagnoses, Jim Plumb would always teach us to see the patients as a whole person, with needs and fears and dreams for a better life. And he gave us the space to grow from eager medical students into compassionate clinicians.

Dr. Plumb was honored along with other recipients on November 10 at The Carter Center in Atlanta. He is also a winner of a Jefferson Faculty Award (Community Service category) and is part of the team that recently received the Hospital Charitable Services Award for the Center for Urban Health’s ARCHES Project.

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**JEFFCALENDAR**

**Monday, January 14**
- **TJUH Executive Committee of the Medical Staff, 5 p.m., 636 Scott.

**RELIGIOUS**
**Friday, November 16**
- **Inspirational Video presentations/Bible Study, noon to 1:30 p.m., M-21, IAH. All are welcome. For more information, please call Lul at 5-6389 or 610-717-2825.**

**SUPPORT/EDUCATION**
**Tuesday, November 20**
- **Nursing, Parent Education, Breastfeeding and Pumping Mothers group (meets every Tuesday of the month including July and August), noon to 1 p.m., 833 Chestnut St., 3rd Fl., Family Medicine Conference Room. All breastfeeding moms and babies and patients and employees are invited. Walk-ins and brown bags are welcome! Call Parent Education at 215-955-6713 for more information. Also every Tuesday in Nov. and Dec., and Jan. 2013.**
**Thursday, November 29**
- **Kimmel Cancer Center, Radiation Therapy Information Session, 10 a.m., G312 Bodine. Also, Thurs., Dec. 6, 13, 20, 27 and Jan. 3, 10, 17, 24, and 31, 2013.**

**CLEANS**
**Thursday, November 29**
- **Nursing, Parent Education, NEW: Breastfeeding “Drop In” Center Breastfeeding Center is open to mothers who are having difficulty breastfeeding their baby. Nurse Lactation Consultant will be available for free breastfeeding help. Call the Lactation Warmline at 215-955-4660 for more information. (Continues every Thursday, 11:30 a.m. to 1:30 p.m.), 833 Chestnut Street, 3rd Floor, Pediatrics.**

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

Jefferson offers confidential pro-

**Babies Have a Safe Haven at Jefferson**

Jefferson offers confidential pro-

**Clean Out Your Closets, Help Jefferson Patients**

Penny Wise Thrift Shop

**Save a Life: Give Blood**

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

**SUPPORT GROUPS**

Jefferson Hospitals offers a wide range of support programs and counseling for patients and their families. Visit our website to learn more:

- Cancer
  - www.jeffersonhospital.org/cancersupport
- Anorexy & AVM
  - www.jeffersonhospital.org/anorexym-avmsupport
- Stroke
  - www.jeffersonhospital.org/strokesupport
- Swallowing Disorders, Spasmodic Dysphonia, Laryngectomy
  - www.jeffersonhospital.org/entsupport

**Dishing Up Deliciousness for a Good Cause: Order Your Women’s Board Cookbook**

The great women who cook up so many events to help our patients are serving up yet another great cause.

**At the Table**

A Luscious Collection of Philadelphia’s Favorite Recipes

From the Women’s Board of Thomas Jefferson University Hospital is a beautiful, hard-cover treasury of more than 250 specially-selected recipes.

Since 1892, dedicated Women’s Board volunteers have helped raise funds to support Jefferson’s goals of enhancing patient comfort and improving clinical care. The Women’s Board hopes to raise enough money from cookbook sales to increase Hospital funding of requested patient care projects by 20 percent. “If we could raise enough money to fulfill all our funding requests, the two years and many hundreds of hours of collecting, testing and tasting recipes for *At the Table* will be happily justified,” said Theresa Yeo, PhD, CRNP, Women’s Board President.

Pre-order your copy today (visit www.jeffersonhospital.org/womensboard) or call 215-955-6831 (10 a.m. - 2 p.m. on weekdays).

Copies of the cookbook will also soon be available at the TJUH Gift Shop in Gibbon and Jefferson Bookstore, 1009 Chestnut Street.

**SEMINARS**

**Wednesday, November 28**
- **Women’s Health Source, Jean Gallagher, Medical Aesthetician, Jefferson Facial Plastics, Division of Facial Plastic and Reconstructive Surgery, Department of Otolaryngology, Head and Neck Surgery. “Beauty is Only Skin Deep” noon to 1 p.m., 1100 Walnut St., 3rd fl. conference room. To register, call 1-800-JEFF-NOW.**

**Wednesday, December 5**
- **Women’s Health Source, James D. Plum, MD, MPCI, Professor and Director, Center for Urban Health, Department of Family and Community Medicine, TJU, and Rickie Braver, Ph.D., MPEL, Assistant Professor, Department of Family and Community Medicine, Associate Director, Center for Urban Health, TJU/TJUH. “Health Care Reform: What’s New for You in 2013?” noon to 1 p.m., 1100 Walnut St., 3rd fl. conference room. To register, call 1-800-JEFF-NOW.**

**LECTURE**

**Wednesday, December 5**
- **Jefferson at the Navy Yard, Joseph R. Spiegel, MD, “How to Get Your Lost Voice Back” Time: 5:30 to 7 p.m. Registration required. To register, call 1-800-JEFF-NOW.**

**SYMPOSIUM**

**Thursday, November 29**
- **Office of International Affairs, 2012 Lennon K. Black International Prize for Excellence in Biomedical Research 7th Symposium, 2:30 p.m., Hamilton Building, Connell Auditorium. Also, Friday, November 30. For additional information, contact Jennifer Raveli at 215-503-1232 or e-mail jennifer.raveli@jefferson.edu.**

**GRAND ROUNDS**

**Wednesday, November 21**
- **Pulmonary and Critical Care, Clifford Desutchkan, MD, PENN, “Re-Thinking Sepsis,” 7:30 to 8:30 a.m., Pulmonary Conference Room, 834 Walnut St. For information, call 215-955-1671.**

**Wednesday, November 28**
- **Pulmonary and Critical Care, Milton Rossman, MD, PENN, “Chronic Beryllium Disease,” 7:30 to 8:30 a.m., Pulmonary Conference Room, 834 Walnut St. For information, call 215-955-1671.**

**Thursday, November 29**
- **VPNP Women’s Board On-call plays for Jefferson patients. (Musicians also play through July and August) Also, every Wednesday in Nov., Dec., and Jan. 2013.**

**Monday, November 26**
- **The Jefferson Balance and Hearing Center of the Department of Otolaryngology-Head and Neck Surgery pleased FREE hearing screenings, by appointment only, 1 p.m. - 4 p.m. at our Center City office. In addition to the screenings, all Jefferson employees and their family members will receive a 10 percent discount on all hearing aids purchased at the Center. The Jefferson Balance and Hearing Center offers a wide range of services, along with digital hearing aids at prices to meet everyone’s budget. Our Center is staffed by Doctors of Audiology and equipped with the latest hearing aid fitting technology. The Center is located within the Department of Otolaryngology-Head and Neck Surgery, 925 Chestnut Street. For additional information, or to schedule an appointment, please call 1-800-JEFF-NOW.**

**Wednesday, November 28**
- **Jeff IBC Wellness Center & Jefferson Health and Wellness Council, “Healthy Holiday Eating.” Simple Strategies to Help Maintain Your Weight and Satisfy Your Hunger During the Holiday Season, 12 p.m. to 1 p.m., 833 Chestnut Street, Suite 900. (FALL 2012 LUNCH AND LEARN SERIES Brought to you by the IFF (IBC Wellness Center and Jefferson Health and Wellness Council). Registration: Bridgett. batten@jeffersonhospital.org or 215-955-9473. For Jefferson employees.**

**Thursday, November 29 and Friday, November 30**
- **TJUH Women’s Board (Martha Jefferson Dept.) - For some great holiday shopping, come to the Jewelry Sale, 8 a.m. to 4 p.m., Jefferson Hospital for Neuroscience, Lobby, and 833 Chestnut Street (112 only at this location). Also, Wednesday, Dec. 5, and Thursday, Dec. 6, Gibbon, 11th Street side, and on Dec. 5 in 833 Chestnut. Proceeds benefit patient care projects. Payroll deduction is available.**

**December 12**
- **Nursing, Parent Education, Maternity Hospital Tour, 6 p.m. (promptly), Partition Lobby (Tour: 2nd and 4th Wed. of every month). NO TOURS on the night before Thanksgiving (11/21) and on 12/26. For more information, please call 1-800-JEFF-NOW.**

**MEETINGS**

**Monday, December 10**
- **TJUH Executive Committee of the Medical Staff, 5 p.m., 636 Scott.**

**Please call 215-955-3757 or visit http://jeffline.tju.edu/jcipe/hmp/ for more information.**

**STAFF:**
David P. McQuaid, FACHE, President, TJUH
Richard C. Gozon, President, TJUH
Valerie Dupont, Calendar Editor
Ruth Stephens, Calendar Editor
Omar P., Graphic Design, Jefferson Graphics

**Article and photo ideas, contact:**
Valerie Dupont@jefferson.edu or 215-955-7708

**Save a Life: Give Blood**
Please stop by the Jefferson Blood Center at 8230 Gibbon or call 215-955-7791.
Center hours are 8:30 a.m. to 4:30 p.m., Mon. – Fri. Monday blood donors receive a $5 meal voucher.

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