# Jeff NEWS





www.JeffersonHospital.org

# 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, Principal Investigator of the Diabetes Prevention Program (DPP) at Jefferson and Professor and Chair, Department of Nursing, College of Health Professions.

"The DPP findings represent a major step toward the goal of containing and ultimately reversing



Don Walker Phot

At left, Kay Fritch, RN, an operating room nurse at Lehigh Valley Hospital, and one of the first participants to join Jefferson's Diabetes Prevention Program (DPP) five years ago, signs in for her regular quarterly visit. With her, from left, are Pamela G. Watson, RN, ScD, DPP Principal Investigator at Jefferson, and Jewel Mendoza, RN, BSN, and Kellie Smith, RN, BSN, Clinical Trial Coordinators.

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 continues, page 3

# Where Are They Headed?

To the finish line of the annual Jefferson Hospital Philadelphia Distance Run, of course.

You can be there this year – if you register now for the September 16 half-marathon run.

Or – sign up for the "Big Walk for Little Feet" and take a giant step to help save babies' lives. All funds raised by this new event will benefit Jefferson's Neonatal Intensive Care, Transitional Nursery and Labor and Delivery units.

Walkers and runners can register online at www.JeffersonHospital.org/pdr



Don Walker Photograph

Or, you can pick up brochures with registration forms at several campus locations, including the Women's Health Source, 1990 Gibbon Building, where you can also register online.

#### **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 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."

"Our doctors and nurses in cardiology and cardiothoracic surgery have created the ideal environment, which includes providing superior care and treatment for our patients."

Mr. Lewis also attributes the success of Jefferson's heart care program to its outstanding research program.

This latest honor for Jefferson University Hospital adds to other recent ones from Solucient placing the hospital in the top 100 for patient care, teaching, management, stroke care and ICUs.

To learn more, go to www.100TopHospitals.com



Robert Neroni Photograph

"Thanks!" Adam Taliaferro tells Anthony Burns, MD, Assistant Director, RSCICDV. Find out why on page 3.

# **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 a.m. and 2 to 4 p.m.
- Wednesday, Sept. 12 Ford Road campus, Woodside Café, 2 to 3:30 p.m.
- Thursday, Sept. 13 Jefferson Hospital for Neuroscience/Wills

Eye Hospital, Auditorium, 2 to 4 p.m.

- 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 Mr. Lewis.

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#### Professor Marion J. Siegman, PhD Named Acting Chair of Physiology



Dr. Siegman at her portrait presentation.

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."

#### **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, MD, as President.

Also taking office are John H. Moore Jr., MD, Vice President; Eric L. Hume, MD, Secretary; and Jocelyn J. Sivalingam, MD, 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.

Dr. Sivalingam is a Clinical Instructor in the Department of Medicine, JMC. A 1988 JMC graduate, she has practiced medicine at Jefferson since 1992, specializing in infectious diseases.

There are more than 600 volunteer faculty physicians on the staff of Jefferson University Hospital at the Center City campus and the Methodist Hospital Division. All physicians who practice at either hospital have a concurrent appointment in a department of JMC.

"These are particularly challenging times in health care and medical education," said Dr. Cohn on his election. "The VFA is looking forward to strengthening Jefferson's strong tradition of a close and amicable relationship among the medical college, hospital and volunteer faculty."

Dr. Cohn added that a main goal of the VFA over the next two years will be to develop a closer relationship with the physicians who have joined the hospital staff from consolidation of the hospital's Center City campus and Methodist Hospital Division.

#### 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

Curcillo; Drs. Rosato, Barbot, Rosato; Cardiothoracic Surgery; Thoracic Surgery: Transplant Surgery; Trauma and Critical Care Surgery.

All phone numbers will remain the same.

For information, call Cynthia Lerch at 215-955-1560.

# Join Jefferson's 'Cycling Staph' At MS 150 City-to-Shore Bike-a-Thon

Bikers, get in gear and sign up for Thomas Jefferson University Hospital's "Cycling Staph" team to ride in the MS 150 City-to-Shore Bike-a-Thon. The ride will be held on September 29 and 30. Don't miss this wonderful opportunity for healthy exercise. And the good feeling of knowing that your support will make a difference for the many people in the Delaware Valley who have multiple sclerosis (MS).

The Jefferson team is supported by the Hospital and by the Rothman Institute at Jefferson. Proceeds of the event benefit multiple sclerosis research.

For more information on Jefferson's team, contact Michael Williams, MD, at 215-955-1145 or pager 22-2272.

For information on the MS 150 City-to-Shore Ride, call the MS Society 215-271-1500.

#### Rodney D. Bell, MD Honored by Philadelphia Stroke Council Oct. 13

At the inaugural Stars for Stroke Awards Dinner, Rodney D. Bell, MD, Professor of Neurology and **Director of Thomas Jefferson** University Hospital Stroke Center, will be recognized in a celebration of his triumphs in the fight against stroke.

Specializing in innovative acute interventions, Dr. Bell is known as "a champion in the fight against stroke."

Also honored will be Loretta M. McLaughlin, Magee Rehabilitation **Executive Vice President and Chief**  Operating Officer; Robert H. Speck Jr., CPA, a stroke survivor, and Marci Mazer Weitz - Woman of the Year Recipient.

Mr. Speck received acute stroke treatment at Jefferson, and his rehabilitation care at Magee.

The event will take place on Saturday, October 13, at Wanamaker's Crystal Tea Room, Philadelphia, at 7 p.m. Save the date and join the celebration. For ticket information, call Bunny Hare at 215-772-9040.

#### Lifelong Friends



Kenneth Lamar, Jefferson Security Officer, and Sonny Hill greet each other before Mr. Hill's campus presentation for the hospital's Violence Prevention Program. Friends since growing up together in North Philadelphia, they have known each other for nearly 45 years. Mr. Lamar has been a Jefferson Security Officer for 13 years. Long a Philadelphia sports legend and youth mentor, Mr. Hill serves as executive advisor to the President/CEO of the First Union Complex.

**Wear Your** Jefferson ID. It Shows You Belong.

# **Grateful Patient Expresses Thanks With Generous Gift**

One of the most

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 Thomas Jefferson University Hospital in appreciation for his care - care that commenced with Mr. Wilson's birth at the hospital 73 years ago and continued through his teens.

"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, Mr. 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, MD, Director of the Jefferson Stroke Center and Professor of Neurology at Jefferson Medical College. "We are very grateful for Mr. 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 Mr. Wilson has such a special and longstanding connection to Jefferson, his gift is particularly meaningful.'

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



Former patient John S. Wilson Sr. presents a check for \$25,000 to Joyce Michelfelder, Assistant Vice President for Development. Made in appreciation for the care he received at the hospital more than half a century ago, the gift will support stroke prevention and treatment at Thomas Jefferson

> for 16 years before retiring. He and his wife have two grown sons, and will soon celebrate their 50th wedding anniversary. His asth 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.tju.edu/jeffgiving/

# Time to Sign Up to 'Take a Walk in the Park' Paralyzed a Year Ago,

It's time to sign up to take a healthy "walk in the park" - in Philadelphia's beautiful Fairmount Park - on Sunday, October 14.

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 Thomas Jefferson University 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 215-955-1660 or

Mark.E.Schwartz@mail.tju.edu or www.heartwalk.americanheart.org

# **South Jersey Residents Turn Out to Hear** 'The Truth About Carbohydrates'





A presentation on preventive measures for heart care, "The Truth About Carbohydrates," drew 75 South Jersey residents to the Jefferson HealthCARE facility in Voorhees, NJ.

Thomas Jefferson University Hospital cardiologist David L. Fischman, MD, photo to right, and dietitian Barbara Whedon, MS, RD, led the discussion on eating right for your heart and offered information packets as well as samples of heart healthy food options such as fruits, vegetables, soy nuts, humus and pita.

The free community gathering succeeded in creating a warm

setting where concerned community members could voice their questions about heart care and have the opportunity to speak with experts.

U.S.News & World Report recently rated Jefferson University Hospital as the region's number one hospital for heart care.

Call 1-800-JEFF-NOW or visit Jefferson online at www.JeffersonHospital.org/heartcare for the Jefferson HeartCARE for Healthy Living brochure, a glossary of cardiac terms, or information about cholesterol and high blood pressure.

#### **Diabetes Study**

continues from page 1 type 2 diabetes, and Hispanic adults 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 afflicts more than 16 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.

# 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), unable to move his arms or legs. It looked as if he would never walk again, let alone play football.

Now, one year after the accident, Adam Taliaferro is back at Penn State. Not only is he able to walk, he works out with his football teammates, although he is medically forbidden to play the sport again.

"He is all but fully recovered," says Geri Zelazny, RN, Clinical Coordinator, RSCICDV, who was instrumental in arranging for Adam's speedy transfer from Ohio State University Hospital to Jefferson University Hospital.

#### Giving Thanks

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

Why such a remarkable recovery? Ms. Zelazny cites several reasons: care by Penn State team doctors at the moment of injury, surgery at Ohio State University, 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. Ms. 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



Adam Taliaferro and his parents visit to say thanks to hospital, RSCICDV and JeffSTAT staffs. From left: Adam, Geri Zelazny, RN, Addie Taliaferro, Andre Taliaferro and Alexander R. Vaccaro, MD

Adam's ability to move. He and Anthony Burns, MD, Assistant 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, Adam 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 Magee Rehabilitation. Together, Jefferson and Magee make up the RSCICDV, one of only 16 model spinal cord injury centers in the country."

#### JeffSTAT Was Key

JeffSTAT was key to making all this happen, says Ms. Zelazny.

"JeffSTAT team members understand the medical status of every patient they transport. Patients with spinal cord injury require unique assessments and protocols. Staff must know everything from immobilization to medications to

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 Schogurow, EMT-P, attended Adam during the flight by MedEscort 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" he came to Jefferson where everybody he met was "wonderful."

#### Compliance Corner

#### **Medical Necessity**

Medicare and many other insurers pay for healthcare services only if the services are

"medically necessary." Examples of services that are not medically necessary according to Medicare include:

- · Tests for routine examination or screening
- · Tests for investigative or research use only
- Tests that may only be paid for a limited number of times within a specified time period

One way that Medicare determines medical necessity is by comparing the test ordered to the diagnosis information included on the claim form. If the diagnosis is not on the claim form or is inconsistent with Medicare's policy for the test ordered, Medicare will not pay for the service. For that reason, the hospital requires ordering physicians to include a diagnosis code on all tests for outpatient services.

If you have questions or concerns about the medical necessity requirements, contact the Compliance Office directly, or use the Compliance Hotline 1-888-5COMPLY.

#### 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.



Blood Donor Center hours are 8:30 a.m. to 4 p.m. Monday through Friday. Please call 5-7791 to schedule an appointment if you are eligible and willing to give blood.

September is Children's Eye Health and Safety, National Cholesterol Education, Gynecologic Cancer Awareness, Health in Aging, Leukemia and Lymphoma Awareness, Prostate Health, National Sickle Cell Awareness month.

#### Weeks and Days: September 1-7: National Childhood Injury

Prevention week

September 3: Labor day (Official University Holiday) and Prostate Cancer Awareness day. September 9-15: Prostatitis Awareness and 5-A-Day for Better Health week.

September 10-16: National Healthcare **Environmental Services and National Healthcare** Housekeeping week.

September 15: Neonatal Nurse's day. September 16-22: National Rehabilitation Awareness Celebration, National Reye's Syndrome Awareness and National Surgical Technologist week.

September 17-23: Hearing Aid Awareness and Thyroid Cancer Awareness week. September 18-26: Rosh Hashanah September 23-29: Benign Prostatic Hyperplasia

Awareness week. September 30-October 6: National Allied Health Professions and Nuclear Medicine week.

#### **BROWN BAG LUNCHES**

 Lesbian and gay lunch group for staff, students and other members of the Jefferson community, noon. Contact John at JeffGala@aol.com for more information regarding location and dates of

#### **CONFERENCES AND SEMINARS**

**Thursday, September 6**• Kimmel Cancer Center, Dr. Judith Campisi, Lawrence Berkeley National Laboratory, "Cellular Senescence, Aging and Cancer," noon,

- Wednesday, September 12
   Kimmel Cancer Center, Steven Rand, Esq., MSSA, Supervising Attorney, Legal Advocacy for Patient Program, Temple Legal Aid Office, "Understanding Health Insurance Law," noon to 1:30 p.m., 101 BLSB. To pre-register, call 215-955-8370.
- Jefferson HealthCARE Voorhees offers free seminars on "Peri Menopause: Hot or Not," 7 to 9 p.m., and "What is Adult Day Care?" noon to 1 p.m., Tuesday, September 25, Jefferson HealthCARE – Voorhees, 443 Laurel Oak Road, Voorhees, NJ. Call 1-888-WELL-123.

#### Thursday, September 13

 Kimmel Cancer Center, Dr. Steven C. Almo, Albert Einstein College of Medicine, "Structural Biology of the Actin Cytoskeleton and the Immune Response," noon to 1:30 p.m., 101 BLSB.

#### Friday, September 14

Women's Health Source, John M. Morgan, MD, Division of Cardiology, "Update Your Cholesterol IQ," noon to 1 p.m., 1990 Gibbon.

Wednesday, September 19
• Women's Health Source, Joanne Walko, RN,
"Buckle Up: Car Seat Safety for Children," noon to 1 p.m., 1990 Gibbon.

#### Thursday, September 20

Kimmel Cancer Center, Dr. David A. Williams, Wells Center for Pediatric Research, Cancer Research Institute, "The Rho GTPase, Rac2, is Critical for Hematopoietic Cell Survival and Function," noon to 1:30 p.m., 101 BLSB.

#### Wednesday, September 26

• Women's Health Source, Stephanie A. King, MD, Division of Gynecologic Oncology, "Gynecologic Cancer Alert," noon to 1 p.m., 1990 Gibbon.

• Surgery, Multidisciplinary Trauma, 7 to 9 a.m., 101 BLSB.

#### **SYMPOSIUM**

# Saturday, September 15 • Lupus Foundation of Southeastern

Pennsylvania, Inc., Patient Education symposium, topic: "Learning, Growing and Living Well With Lupus," 8:30 a.m. to 3 p.m., Holiday Inn, City Line Avenue. Pre-registration required. \$20 per person. Call Darlene Croce, 215-955-5862.

#### Friday, September 21

Office of Health Policy and Clinical Outcomes

and Office of Continuing Medical Education presents the First Annual Multicultural Forum, Carolyn M. Clancy, MD, Director of the Center for Outcomes and Effectiveness Research (COER), Agency for Health Care Research and Quality (AHRQ), Rockville, MD, and David S. Kountz, MD, Associate Professor of Medicine and Chief, Division of Primary Care, UMDNJ-Robert Wood Johnson Medical School, New Brunswick, NJ, "Facing Up to Disparity in Health Care: Finding New Ways to Improve Health," 8 a.m. to 4 p.m., BLSB. Register online at http://jeffline.tju.edu/CWIS/OHP

#### **GRAND ROUNDS**

- Wednesday, September 5
   Kimmel Cancer Center, Larry Coia, MD, Gynecology/Oncology, University of Pennsylvania, "Surgical Management of Gynecological Malignancies," 8 a.m., G-312 Bodine.
- Pediatrics, Robert Sataloff, MD, Professor of Otolaryngology-Head and Neck Surgery, JMC, "Arts Medicine," 8 a.m., duPont Hospital for Children.
- Pediatrics, Jeffrey Malatack, MD, Pediatric Faculty, TJUH and duPont Hospital for Children, "The Pediatric Diagnostic Referral Center: The Patient as a Laboratory," 8 to 9 a.m., 202 BLSB.
- Family Medicine, Mandatory Compliance session, DFM faculty, residents and staff only, 8 a.m., 101 BLSB.
- Psychiatry and Human Behavior, Salman Fsychiatry and Human Benavior, Salman Akhtar, MD, Professor, JMC, Training and Supervising Analyst, Psychoanalytic Center of Philadelphia, "The Psychodynamic Dimension of Terrorism," 10:30 a.m. to noon, DePalma.

#### Thursday, September 6

• Medicine, Medical Staff meeting, 8 a.m., DePalma.

#### Wednesday, September 12

 Kimmel Cancer Center, Daniel Brookoff, MD, PhD, Medical Oncology, Methodist Pain Institute, "Cancer Pain and Substance Abuse," 8 a.m., G-312 Bodine.

- Pediatrics, Mimi Rose, JD, Chief Assistant • Premarics, Milli Rose, JD, Chief Assistant District Attorney, Family Violence and Sexual Assault Unit, Philadelphia District Attorney's Office, "Parental Violence: Implications and Intervention for Children," 8 to 9 a.m., 202 BLSB and duPont Hospital for Children. (Video teleconference from TJU to duPont Hospital
- Family Medicine, John Randall, MD, Alumni Professor and Chair, JMC, "State of the Department," 8 a.m., 101 BLSB.
- Psychiatry and Human Behavior, Murray Grossman, MD, EdD, Associate Professor of Neurology and Associate Professor of Neurology in Psychiatry, University of Pennsylvania School of Medicine, "The Rational Approach to Therapy in Alzheimer's Disease,"10:30 a.m. to noon, DePalma.

# **Thursday, September 13**• Medicine, Jose Martinez, MD, Professor,

Associate Director of Education, Cardeza Foundation for Hematologic Research and Division of Hematology, JMC, and Jonathan Gottlieb, MD, Professor, Senior Vice President of Clinical Affairs, Chief Medical Officer, Sepsis," 8 a.m., DePalma.

#### Wednesday, September 19

- Kimmel Cancer Center, Frank Rosato, MD, Surgery, JMC, "Current Diagnosis and Staging in Multi-Modality Therapy for Pancreatic Ductal Adenocarcinoma," 8 a.m., G-312 Bodine.
- Pediatrics, Gregory Fritz, MD, Professor, Psychiatry and Human Behavior, Division of Biology and Medicine, Brown University, "Psychological Aspects of Asthma," 8 to 9 a.m., 202 BLSB and duPont Hospital for Children. (Video teleconference from duPont Hospital for Children to TJU).
- Family Medicine, Hospital Service Review, Drs. Weinstein, Barash, Valko, McManus, Wittink and Gangadharappa, 8 a.m., 101 BLSB.
- Psychiatry and Human Behavior, Donald L. Nathanson, MD, Clinical Professor, JMC Executive Director, The Silvan S. Tomkins Institute, Academic Advisory Council, National Campaign Against Youth Violence, "From Insult to Injury: A Plan to End School Violence."10:30 a.m. to noon, DePalma.

#### Thursday, September 20

Medicine, Charlie Flexner, MD, Associate Professor of Medicine, Pharmacology and Molecular Sciences, International Health; Associate Director Interschool Graduate Training Program in Clinical Investigation; Assistant Director, General Clinical Research Center. The John Hopkins University School of Medicine, "Antiretroviral Therapy Update," 8 a.m., DePalma.

#### JEFF**CALENDAR**

- Wednesday, September 26
   Kimmel Cancer Center, Multidisciplinary Breast Conference, 8 a.m., G-312 Bodine
- Pediatrics, Mandatory Research Education (in lieu of Departmental Staff Meeting), 8 a.m.,
- Pediatrics, Patrice Hyde, MD, Clinical Assistant Professor, Dermatology and Pediatrics, TJU; Chief of Dermatology, duPont Hospital for Children, "Atopic Dermatitis: Update on Treatment," 8 to 9 a.m., duPont Hospital for Children.
- Family Medicine, Julie Prosseda, MD, Third-Year Resident, JMC, "Male Menopause: An Emerging Phenomenon?" 8 a.m., 101 BLSB.
- Psychiatry and Human Behavior, Peter M. Aupperle, MD, MPH, Associate Professor, UMDNJ Medical School, "Alzheimer's Disease, Depression and Cognition,"10:30 a.m. to noon, DePalma.

#### Thursday, September 27

Medicine, Bruce J. Smith, MD, Professor, Medicine, Division of Rheumatology, Professor of Microbiology and Immunology, JMC, "Rheumatology Update," 8 a.m., DePalma.

#### **MFFTINGS** Wednesday, September 5

 Kimmel Cancer Center, Faculty meeting, 4 p.m., 105 BLSB.

#### Monday, September 10

- Scientific and Academic Affairs Committee of the Board of Trustees, 8:30 to 10 a.m., Connelly Conference Hall, BLSB.
- Full Board of Trustees, noon, 636 Scott.

#### Tuesday, September 11

• JMC Executive Council, 1:30 p.m., 218 Curtis.

#### Thursday, September 20

• Thomas Jefferson University Hospitals, Inc. Board, 8:30 to 11:30 a.m., 101 BLSB.

#### **WORKSHOPS AND CLASSES**

#### Tuesday, September 25

• Mindfulness Meditation – Stress Reduction Program, sponsored by Jefferson's Center for Integrative Medicine, eight Tuesdays: Sept. 25 - Nov. 13, 6:30 to 9 p.m., plus full day class, Sat., Oct. 27, Thomas Jefferson University Hospital's Ford Road Campus; also eight Wednesdays: Sept. 26 - Nov. 14, 9 to 11:30 a.m., plus full day class on Saturday, Oct. 27, Thomas Jefferson University Hospital, Čenter City Campus. For more information regarding fees and locations, call 215-955-1376.

#### **SPECIAL EVENTS**

Wednesday, September 5
• TJU Choir rehearsal, 7 p.m., McClellan Hall.

#### Also September 12, 19 and 26.

#### Wednesday, September 12

• Kimmel Cancer Center, free prostate cancer screening, 9 a.m. to 2 p.m., Bodine. To register, call 1-888-WELL-123.

### Thursday, September 13

• United Way Day of Caring. This is the fourth year Jefferson will participate. Join the fun. Watch for details. Call Grace Hardeski, 5-7022.

#### Sunday, September 16

• Philadelphia Distance Run, events include: half-marathon run and "Big Walk for Little Feet." To register, visit www.JeffersonHospital.org/pdr For information, call 1-800-JEFF-NOW.

#### **RELIGIOUS SERVICES**

#### Wednesday, September 5

• Hospital Christian Fellowship brown bag Bible study, 1 to 2 p.m., 302 MOB. Call Hyacinth Williams at 215-474-0864. Also Wednesdays, September 12, 19 and 26.

#### Thursday, September 6

• Interfaith Prayer and Meditation Service, noon, Chapel, 9 Gibbon. Anyone from any faith is welcome. During brief service silent prayer is offered from requests written in books placed in the Chapel, Bodine Cancer Center and several other hospital areas. Also Thursdays, September 13, 20 and 27.

#### SUPPORT GROUPS Caregiver support/education, one-time phone

consultation with a Jefferson Geriatric Psychiatry Program staff member. For consultation appointment, caregivers of older adults may call 215-928-3084.

#### Tuesday, September 11

• Lupus support and education group, 6:30 to 8:30 p.m., 203 JMC. Call Darlene Croce at 215-955-5826.

#### Wednesday, September 12

 The Jefferson Comprehensive Epilepsy Center support group, 6:30 to 7:30 p.m., 4130 Gibbon, David S. Glosser, ScD, Clinical Assistant Professor, Director, Neurobehavorial Psychology and James Loughead, Neuropsychology Intern Call Paulette at 5-1111.

## **CLASSIFIED**

#### To place an ad to sell or rent property,

plete a housing registration form available at the TJU Housing Office, 103 Orlowitz Hall or at the Communications Office, Suite 505, 125 S. 9th St.

#### For more information on any property listing, call 5-6479. Telephone numbers do not appear in JeffNEWS real estate ads.

- S1 Looking for apartment to sublet: Furnished, will sublet from student or resident, on campus or within walking distance to Jefferson, short-term or long-term, non-smoker, no pets. References.
- S2 Townhouse for rent: Society Hill. 2 bedrooms plus loft/office, 2.5 bathrooms, sauna, 2 fireplaces, hardwood floors, skylights, central air, dishwasher, washer/dryer, garbage disposal, no dogs, \$1,900
- S3 Modular home for rent: Disney/Kissimmee area, 5 miles from Disney World, 3 bedrooms, 2 baths, 2 TV's, VCR, use of 3 pools, Jacuzzi, tennis courts, game room, golf and water sports nearby, from \$560 a week.
- S4 Apartment for rent: 1400 block of South 12th Street, 2nd floor, large 1 bedroom and living room, washer/dryer, wall-to-wall carpet, modern kitchen, excellent access to transportation, \$550 per month
- S5 House for sale: A jewel, Northeast, historic district, short walk to R-7, 20 minutes to Center City, stone twin with porch, front, side and rear gardens, fireplace, hardwood floors, 4 bedrooms, 2 baths, finished attic for home office, large basement, etched glass windows, \$75,000.
- S6 Lakeside Summer Rentals: A beautiful home on Lake Wallenpaupack in PA 35 miles east of Scranton sleeps 8, all amenities, central air, cable TV/VCR's, whirlpool tubs, large deck, gas barbecue grill, dock, weekly rates, \$1,600 plus tax.
- S7 Vacation Rental: Cape May, charming, 2 blocks to beautiful beach, close to great shopping and fine restaurants, sleeps 6, rent weekdays, weekends, summer and off-season. S8 Vacation Rental: Massachusetts, Martha's
- Vineyard, spacious, private road, 4 bedrooms, 2 bath-rooms, post and beam construction, cathedral ceilings, fireplace, washer/dryer, dishwasher, microwave, stained glass windows, lofts, skylights, upstairs and downstairs decks, access rights to beaches and tennis courts, \$900 a week September.
- Looking to purchase property in any condition: House or lot, Brigantine, NJ area, will pay cash or terms to satisfy. Call Louis or Terry at 856-424-8255.
- Office space available in the Ben Franklin House, 834 Chestnut St. Call Trisha at 215-625-0880. Office space available, Jefferson Building, 1015 Chestnut Street, full-time or part-time, newly renovated office, 2 large exam rooms. Call Pam at 3-2700.

#### To place an ad to buy or sell personal items, send written copy and a photocopy of your Jefferson ID to Editor, 125 S. 9th Street, Suite 505. Please include your Jefferson extension and area code for home number. (Please do not abbreviate

For sale: Hewlett Packard PSC500 all-in-one printer, copier, scanner (color), 1-year old, paid \$300, asking \$200; Panasonic monitor S17, 13-inch \$50: Packard Bell PC-Windows 95, modem fax, cable TV ready, pentium processor (great first computer for kids) \$50, all prices negotiable, all original software and paperwork included Call Alisha at 215-574-1332.

For sale: Baby items: crib with mattress, \$50; car seat (holds child up to 40 lbs.), \$35; stroller, \$30; high chair, \$25; entertainment center, \$25; lots of baby toys. All items in excellent condition, like new. Call Dadong at 856-651-0762.

For sale: Dunlop all-season radial tires. 205/15/60, like new, cost \$130 each, will sell for \$55 each; Heil central air conditioning unit, covers over 600 square feet area, moderately used only 5 seasons (remodeling). Call Lou or Terry at 856-424-8255.

For sale: IKEA dinette set, oak table with 4 matching oak chairs, excellent condition, \$100. Call 215-627-0223.

For sale: Wedding gown and veil, white, traditional, off-shoulders, very simple and elegant, satin with beading at top, around waist and at bottom, medium length train with bustles, veil is headband style with beading that matches dress. Never worn, altered. Retail for both, \$900, asking \$650. Call Jennifer at 5-7050 or 856-651-1296.

For Sale: Pre 1964 US coins; Singer sewing machine in carrying case, \$125; Singer sewing machine in cabinet, \$200; needlepoint kits from \$5 to \$20; fabric remnants \$1 a pound and porcelain collectors dolls. Call Ron at 3-8246 (day) or 215-673-2673 (evening).

For adoption: 2 female, 4-year old cats, both tabby, short hair, "Rudy" is blond, "Cocktail" is traditional tiger, beautiful, friendly, house broken, litterbox trained, neutered, shots up-to-date. These cats are good friends. Owner would prefer to surrender them together, but will be flexible if necessary. Indoor since birth, but could adapt to outdoors if fenced in or suburban area. Need to find a loving home, ASAP. Call Andrea at 215-747-8718.

Looking for ride: Weekly ride from Northeast Philadelphia, near Red Lion and Academy Roads, Grant and Academy Roads to Jefferson Alumni Hall, day shift, 8:30 or 9 a.m. to 4:30 or 5 p.m., will share expenses, or pay weekly fee for ride. Call Phyllis at 3-7762 or 215-637-5057 after 6 p.m.

Commute from New Jersey? Ride to Jefferson, cheaply and easily. Van pool has immediate openings. Arrive Jefferson 7:45 a.m., leave 5 p.m. Drop off and pick up along Route 130 from Pennsauken north to Trenton. Call Vince at 5-7708.

#### • Sudden Infant Death Syndrome, 7 to 9 p.m., East Atrium conference room, Gibbon. Also Wednesday, September 26. Free parking or bus

#### tokens. Call 215-955-1400.

- Thursday, September 13 Strength for Caring, a program for those caring for a loved one with cancer, noon to 4 p.m., G-312 Bodine. Registration is required. Call 215-955-8370.
- Patients and employees wishing to learn about in-vitro fertilization (IVF) and other assisted reproductive technologies (ART) can attend a free evening seminar, 7 to 9 p.m., Solis-Cohen, JAH.

#### Saturday, September 15

 Sarcoidosis, Harold L. Israel, MD, Sarcoidosis and other Grandulomatous diseases, 1 to 3 p.m., Boardroom, TJUH-Ford Road Campus,  $3905\,$ Ford Road. Call 215-578-3400.

#### Wednesday, September 19

• Kimmel Cancer Center, Man-to-Man, a prostate cancer self-help and networking group, co-Goldstein. MD. Instructor of Urology, JMC, "The Role of Hormone Therapy in Prostate Cancer Treatment." Each month a guest lecturer speaks on an issue related to prostate cancer, 5:30 to 7 p.m., 139 JAH. Call 215-955-8370.

#### Thursday, September 20

- Facing Breast Cancer with Information and Support, Linda Miller, PT, Clinical Director, Breast Cancer Physical Therapy Center, noon to 1:30 p.m., 105 BLSB. Registration is required. Call 215-955-8370,
- Laryngectomee. Center City Nu-Voice Club 1:30 to 2:30 p.m., 925 Chestnut Street, 6th Floor. Call Barbara Baskin or Nancy Travers at 215-955-2554.

**Seeking Healthy Men** Seeking healthy men 55 years and older (if African American, age 50 and older) for a Select Prostate Cancer prevention trial. This is a national study to look at the effect of Selenium and/or Vitamin E on prostate cancer. The trial seeks to learn if these two dietary supplements can protect against prostate cancer. To register or for more information, call 1-888-WELL-123.

Paul C. Brucker, MD, President, TJU STAFF: Carmhiel J. Brown, Senior Vice President for Marketing and Public Relations Patricia S. McMorrow, Director of Communications and Managing Editor Vincent T. Walsh, Editor Laura Boyd, Contributing Writer

Please direct all correspondence to: Editor, *JeffNEWS*, Suite 505, 125 S. 9th Street, Philadelphia, PA 19107 215-955-6204 • FAX: 215-923-1835

To include items in *leffNFWS* calendar direct your correspondence to: Ruth Stephens, Communications Department, Suite 505, 125 S. 9th Street, or FAX to 215-923-1835.