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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



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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

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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

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.



Don Walker Photography

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 Photography

"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.

- **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.

Notables

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



Dr. Siegman at her portrait presentation.

Don Walker Photography

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.

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

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.

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.

Grateful Patient Expresses Thanks With Generous Gift

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."

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

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

Mr. Wilson, whose appearance and vitality belie his age, worked as a custodian for the City of Philadelphia's Board of Education

Lifelong Friends



Don Walker Photography

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.**



Robert Neroni Photography

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 University Hospital.

for 16 years before retiring. He and his wife have two grown sons, and will soon celebrate their 50th wedding anniversary. His asthma has returned, and he has some additional health problems now. But he says he is glad to be alive and forever grateful for the care he received at Jefferson so long ago.

"Jeff is the greatest hospital in the city," John S. Wilson Sr. proclaims with a smile, "maybe the world."

Visit the Jefferson Development Office website at

<http://www.tju.edu/jeffgiving/>

Time to Sign Up to 'Take a Walk in the Park'

It's time to sign up to take a healthy "walk in the park" – in Philadelphia's beautiful 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-



Don Walker Photography

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'



Don Walker Photography

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

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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.

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.

Paralyzed a Year Ago, Adam Taliaferro Now 'All But Fully Recovered'

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

A few days later, he was admitted to Thomas Jefferson University's Regional Spinal Cord Injury Center of the Delaware Valley (RSCICDV), 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, *JeffSTAT* 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



Robert Neroni Photography

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.

