

What does it take to heal?



Every discovery, every treatment, every cure—every aspect of the healing process—takes two.

Whether it's a doctor and a patient, a patient and a nurse, a scientist and a physician, a patient and a pooch, the equation for solving any medical problem begins with the question of who will be on the other side of the “and.”

Who can I work with?

Who will listen? Who will understand? Who will bring out the best in me?



## **CEDARS-SINAI BY THE NUMBERS**

JULY 2, 2009 – JUNE 30, 2010

**956** Licensed Acute and  
Intensive Care Beds

**275,597** Patient Days  
(approx. 755 per day)

**621,560** Outpatient Visits  
(approx. 1,703 per day)

**50,186** Inpatient Visits

**81,669** Emergency Department Visits  
(approx. 224 per day)

**116,945** Patients Cared for by Cedars-Sinai  
Medical Delivery Network

**16,285** Psychiatry and Mental Health  
Patient Days (51 beds)

**961** Research Projects

**\$41 million** in NIH Research Funding

**452** Medical Residents and  
Fellows Trained

**\$55 million** Donations

**205,064** Volunteer Hours

**\$502.4 million** Community Benefit Contribution

(Includes free and part-pay care for the uninsured and those with limited means, the unpaid costs of government programs such as Medicare, translational and clinical research, health professions education and hundreds of community service programs at the Medical Center and in local schools, homeless shelters and community centers.)



**The word “partnership” has special meaning at Cedars-Sinai.** It’s not just that we believe in it; what’s extraordinary is how our commitment to collaboration is reflected in everything we do.

In our research laboratories and medical clinics, at bedsides and conference tables, on our campus and in the community, people who share a deep concern for patients work together to get results that go beyond what they could achieve on their own.

In many cases, the outcomes of these combined efforts are so exemplary that healthcare professionals come from around the nation and across the globe to learn our best practices. Cedars-Sinai serves as a role model in a number of areas, including the innovative ways we collaborate institution-wide to ensure the highest quality of care throughout the healing process. In addition, our research partnerships—bringing together different medical and scientific specialties—generate advances that gain worldwide recognition for their impact on patients.

With so many strengths to draw from, and an organizational culture that fosters partnerships at all levels, Cedars-Sinai is well-prepared to adapt to the changes that will reshape America’s healthcare system in the coming years. At the same time, we’ll continue a Cedars-Sinai tradition that goes back more than a century: an unwavering focus on the highest standards for quality patient care, in all its dimensions.

Thank you for the support that enables Cedars-Sinai to provide international leadership during this era of change in healthcare.

Handwritten signature of Mark S. Siegel in cursive script.

Mark S. Siegel  
CHAIRMAN, BOARD OF DIRECTORS

Handwritten signature of Thomas M. Priselac in cursive script.

Thomas M. Priselac  
PRESIDENT AND CEO

She shared her expertise on bacteria; he taught her about bleach. Together, Debbie Lehman, MD, associate director of Pediatric Infectious Diseases, and Peter Guariglia, director of Environmental Services, have helped make Cedars-Sinai a national leader in the fight against hospital-acquired infections.

Their paths might never have crossed if the Medical Center hadn't set out to combine strengths across disciplines in its comprehensive campaign to achieve zero hospital-acquired infections. The role of their task force: eliminating germs from patient rooms and medical equipment. Guariglia and Dr. Lehman depended on each other's expertise over a three-year period as they developed more aggressive cleaning processes to wipe out germs.

He took charge of implementing new housekeeping procedures; she performed tests to make sure they were effective. Now she knows how long bleach must remain on a surface to kill the toughest germs, and he can explain how to closely monitor microscopic organisms.

"I've learned a lot working with Peter. **He opened my eyes to a world that physicians rarely see,**" Dr. Lehman says.

Among their team's successes is finding a new type of patient privacy curtain with an anti-microbial finish. The Medical Center invested in the snap-on curtain for all patient rooms and adopted a rigorous cleaning regimen. Housekeeping measures also include a new system for steam cleaning all medical and office equipment on a rotating basis.

Guariglia and Dr. Lehman have re-enlisted in the infection-control battle as members of a new task force that is exploring similar steps for outpatient areas. "We're an unusual pair," Guariglia acknowledges, "but two determined people who share a common vision can get things done."





*Ishant Lehan, MD*  
*Pediatric Infectious Diseases*

One specializes in cancer above the waist, the other below the waist, but this dividing line disappears when Philomena McAndrew, MD, and Beth Karlan, MD, share expertise that helps them do the most for each patient.

Their ongoing dialogue about breast and ovarian cancers goes beyond how to prolong and save lives. They discuss everything from a woman's hereditary risks to her quality of life and hopes for the future. They've been colleagues and friends for more than 20 years, and have much in common—including their extraordinary level of energy and commitment to offering patients emotional support as well as innovative, individualized medical solutions.

Dr. McAndrew, an oncologist on Cedars-Sinai's medical staff and a leading expert on breast cancer, refers patients to clinical trials conducted by Dr. Karlan, director of the Cedars-Sinai Women's Cancer Research Institute at the Samuel Oschin Comprehensive Cancer Institute and a clinician-scientist whose research has led to new treatments for gynecologic cancer that are used worldwide. Both oncologists promote early detection and prevention of breast and ovarian cancers through Cedars-Sinai's Gilda Radner Hereditary Cancer Program, which Dr. Karlan directs.

They point out that this kind of collaboration will increasingly drive cancer treatment in the future. **“My patients benefit from cutting-edge research that may not be in the textbook yet,”** Dr. McAndrew says.

Dr. Karlan, the Board of Governors Chair in Gynecologic Oncology, explains: “Advances in targeted therapy for cancer will depend on mutual respect and open dialogue between researchers and caring clinicians like Dr. McAndrew. We've been able to make discoveries that wouldn't have been possible without the referrals and insights she offers from her clinical practice.”





**A**fter six years as co-chairs of Cedars-Sinai’s MD-RN Collaborative, they know each other so well they can finish each other’s sentences. The way Peachy Hain, RN, brainstorms with Christopher Ng, MD, represents a major shift from the days when nurses wore starched caps and seldom questioned doctors’ orders.

Their open dialogue and respect for each other’s strengths reflect the mission of the MD-RN Collaborative, an initiative launched a decade ago to encourage more collegial relationships and better communication between doctors and nurses. “This is preventive medicine,” says Dr. Ng, a member of Cedars-Sinai’s medical staff. **“What is becoming second nature at Cedars-Sinai is unique.** We’re ahead of most other hospitals in changing our culture.”

One change achieved well ahead of the curve is a strict code of conduct for physicians that encourages nurses to speak freely. Other advances include physician-nurse bedside rounds to discuss treatment plans, “when-to-call-a-physician” guidelines for nurses, training programs to improve communication skills and rapid response teams.

Hain and Dr. Ng preside over quarterly meetings of the MD-RN Collaborative. They support physician and nurse “champions” who lead committees established in 44 medical units to initiate improvements at a grassroots level. They also respond to many inquiries from leaders at hospitals around the country.

“We tell them to steal shamelessly,” says Hain, director of Cedars-Sinai’s medical-surgical and rehabilitation department. “Our surveys show steady gains in job satisfaction among physicians and nurses, and that leads to greater patient safety and satisfaction. We know what works, and we want patients everywhere to benefit from what we’re learning.”



Caring for patients at free clinics around Los Angeles as part of her residency training at Cedars-Sinai more than a decade ago awakened a passion in Lisa Abdishoo, MD.

“It inspired me to devote my career to homeless medicine,” she says.

**“I wanted to give hope back to people who have hit rock bottom in their lives.”**

As director of Los Angeles Christian Health Centers, she runs the downtown “Mission Clinic” on Skid Row, where she mentors current Cedars-Sinai residents. Among those who have been inspired by her commitment to the homeless is David Kunkel, MD.

The third-year internal medicine resident sees patients at the clinic once a week. He recalls how good it felt to provide information and referrals that enabled a 47-year-old recovered heroin addict to get long-term treatment for hepatitis C. “He was turning his life around, and it was exciting to be part of that.”

He says Dr. Abdishoo is always available to consult on cases and guide him to resources that make it possible to do more for patients—“she’s a doctor and social worker rolled into one.”

The admiration is mutual. “David is very sensitive to the challenges of the homeless,” Dr. Abdishoo says. “He has great compassion for his patients and treats them with respect and dignity.”

Cedars-Sinai residents fill a vital role at the Mission Clinic, increasing its capacity by nearly 2,000 patient visits a year. They also represent a future resource for the neediest patients; Dr. Kunkel says he plans to continue serving this population when he establishes his own medical practice.



**W**hen Dowa Ross' life was turned upside down by a mysterious illness, she reached out to the place where her family had found comfort and care for 15 years—Cedars-Sinai Medical Group.

The response to her health crisis, a team effort orchestrated by Lillian Szydlo, MD, was so supportive that it felt like she'd acquired an extended family.

In 2008, this working mom began to experience painful joints, muscle weakness, cold fingers, loss of weight and extreme fatigue. Dowa's internist, Janet White, MD, referred her to Dr. Szydlo, a rheumatologist who launched an investigation to get to the root of her symptoms that would make an ideal plot for an episode of "House."

**"Dr. Szydlo practically held my hand throughout the entire bewildering experience,"** Dowa says. "In a few short weeks, I saw nearly all of the Medical Group's 'ists'—including the gastroenterologist, neurologist and cardiologist. They all communicated closely with one another to help me."

Each specialist posted test results on Dowa's electronic medical record. Collectively, their observations and data pointed to a rare autoimmune condition called mixed connective tissue disease. Dowa has gained strength as she has learned to manage her symptoms. She says Dr. Szydlo and many others at the Medical Group helped her stay positive through it all.

"When you see patients as often as we do in this office, you get to know them—they're like family to us," Dr. Szydlo says. "Dowa has an excellent attitude that allows her to deal with the challenges of her disease. This makes all the difference in the way we work together on the healing process."





It's an unwritten rule: no white coats at the dinner table.

But after their 12-year-old twins go to bed, Ruchi Mathur, MD, and Mark Pimentel, MD, partners in marriage and in medical research, often work at their laptops until midnight, reviewing new data from their studies on obesity.

On one memorable night, they saw the first signs of a game-changing discovery: proof that methane-producing bacteria in the intestine contributes to obesity. "As we mined the data, we saw that we were getting statistical significance on methane. It was fascinating," says Dr. Mathur, a physician in the Division of Endocrinology, Diabetes and Metabolism who works with the Cedars-Sinai Center for Weight Loss.

Dr. Pimentel, director of Cedars-Sinai's GI Motility Program, explains why this was a big moment: "This finding could open a whole new avenue of treatment for obesity because we have antibiotics that we know are successful in getting rid of methane bacteria."

Their study is the first to show that obese patients who test positive for methane on their breath have a significantly higher body mass index (BMI) than their peers. Previous research found that methane slows down the intestine. Now Drs. Pimentel and Mathur are digging deeper to determine whether this causes absorption of more calories, ounce for ounce.

Since they met in medical school, they've enjoyed debating scientific issues. Dr. Mathur says they give each other "checks and balances." She typically plays devil's advocate. **"Mark brings up an idea and I shoot it down. Then he'll have to defend it,"** she says. He smiles. "She makes me justify and verify. In science, that's a good thing."



**B**rian Luzny was tremendously relieved that his nurse seemed to know what he needed even before he did after an early-morning outpatient treatment at Cedars-Sinai's Samuel Oschin Cancer Center.

As the retired police officer emerged from anesthesia with a dry throat and an upset stomach, the nurse brought him ice chips without being asked, held his hand and reassured him that he would soon feel better. Meanwhile, another nurse found his wife, Helen, who'd lost her way to the recovery room.

Stephanie Johnson, RN, and Christy Davis, RN, took turns helping Brian and comforting his worried wife until he was well enough to go home that evening. **“They were the best nurses I’ve ever had.** They were really there for me and my wife,” says the Santa Clarita resident, who was diagnosed with carcinoid cancer nearly three years ago and is now doing well enough to resume normal activity.

To honor the two nurses who were so “patient and compassionate,” the Luznys made a donation to Cedars-Sinai. They gave through the Circle of Friends program, which enables patients and family members to thank doctors, nurses and others for their dedication. Donations go where they're needed most, and honorees receive a Circle of Friends lapel pin.

“It was really touching to be honored like this, to be reminded that what I do for patients is appreciated,” Johnson says.

The recognition strengthens Davis' resolve to give her all in a job she loves: “I look at each patient as if they are a member of my family and do everything I can to make them comfortable.”



**M**ason Winkey and his “Cat in the Hat” doll have been practically inseparable during numerous hospital stays, but the 5-year-old will let go of this comforting companion to embrace another—a gentle Cairn Terrier named Roswell who is part of Cedars-Sinai’s POOCH (Pets Offer Ongoing Care and Healing) program.

Mason is a triplet, born more than two months prematurely at two pounds, one-and-a-half ounces, with complex health problems that have required a number of surgeries. Last October, he celebrated his 5th birthday at Disneyland. His mother, Jeannette Winkey, who makes the long drive from Palmdale to Cedars-Sinai on a regular basis, notes that he had to spend his last three birthdays in the hospital.

Roswell entered Mason’s life a couple of years ago when Stefani Poretz came through the Pediatric Intensive Care Unit during her usual Tuesday rounds. She’s one of about 40 POOCH program volunteers who regularly visit medical units with their well-trained dogs to lift the spirits of patients, family members and staff.

Whenever possible, Stefani makes sure Mason’s hospital stays are softened by the warmth of her cuddly terrier. During one visit, Mason was so sick he could hardly move. But when Roswell was placed in his crib, Mason smiled, reached for the dog’s collar and pulled him close. Roswell held perfectly still until Mason fell asleep.

**“Roswell has a gift. He’s sensitive and calm. Mason’s heart rate even goes down during their visits,”** Jeannette says.

Roswell has brightened many patients’ lives since Stefani adopted him: “From the minute I saw this dog, I could tell he was made of nothing but love.”





Cedars-Sinai Medical Center consistently receives **high rankings for the quality of patient care** delivered by a team that includes more than 2,000 physicians and more than 2,300 nurses, as well as pharmacists and other allied healthcare professionals. In addition to providing direct clinical care, medical staff members lead initiatives and serve on committees dedicated to enhancing numerous aspects of clinical quality. In a major initiative called the MD-RN Collaborative, physicians work closely with nurses to develop better communication methods and new approaches to care that lead to higher quality and safety as well as greater patient satisfaction.

Construction of the **Advanced Health Sciences Pavilion** is well under way at San Vicente Boulevard and Gracie Allen Drive. The pavilion exemplifies Cedars-Sinai's deep commitment to state-of-the-art medical research and high-quality, compassionate healthcare. Scheduled to open in 2013, the pavilion will house the Cedars-Sinai Heart Institute and neurosciences programs, and provide outpatient suites, diagnostic imaging facilities and other clinical services. With the most advanced research and clinical facilities under one roof, the pavilion is designed to accelerate the transfer of physician-scientist discoveries from the lab to patient care. The shimmering, double glass-walled building will combine the best of patient-friendly architectural design with 21st century energy-smart measures to conserve resources and protect the environment. The pavilion, which will have multiple levels of underground parking and bridges to the existing Medical Center on two levels, will provide an environment that serves the needs of patients, physicians and researchers.

An **effort to eliminate hospital-acquired infections** at Cedars-Sinai has become a role model for hospitals nationwide. The most visible initiative is an aggressive hand hygiene campaign that includes elevator posters and kiosks in visitor waiting areas equipped with hand-sanitizer dispensers, masks and tissues. The Medical Center has also implemented innovative methods of cleaning patient rooms and medical equipment to eliminate germs, among many other measures. Cedars-Sinai's track record in this area led to the Medical Center's selection as one of only eight hospitals in the country invited to partner with The Joint Commission's Center for Transforming Healthcare, a new program developed to find the most effective methods to enhance patient safety nationwide.

Cedars-Sinai continued to have **outcomes of care that were better than the national rate** for three key measures—heart attack, heart failure and pneumonia. It is extremely rare for a hospital to have ratings better than the national average in all three categories.

For the fourth consecutive year, **Cedars-Sinai Medical Group and Cedars-Sinai Health Associates were awarded the highest possible designation of quality of care** recognized by the California Association of Physician Groups, a professional organization comprised of 150 of the state's leading managed care groups. The Medical Group was also one of only 45 physician organizations in the state to be named a top performer by the Integrated Healthcare Association.

Numerous Cedars-Sinai specialties were ranked in ***U.S. News and World Report's 2010-2011 "America's Best Hospitals."*** Of the 4,852 hospitals considered for the rankings nationwide, only 152 scored high enough to be recognized in even a single specialty. Cedars-Sinai ranked in nine: heart and heart surgery, neurology and neurosurgery, cancer, orthopaedics, gastroenterology, gynecology, diabetes and endocrinology, kidney disease and pulmonology.

Cedars-Sinai has received its third consecutive **Magnet designation for nursing excellence**, making it the hospital with the longest-running Magnet designation in California. The American Nurses Credentialing Center, which awards this prestigious designation, noted that Cedars-Sinai's nursing services represent the "highest standards in the nation and internationally."

Surgeons at the Women's Guild Lung Institute **pioneered the video-assisted thoracoscopic (VATS) lobectomy, a minimally-invasive cancer operation that removes a lobe of the lung**. The VATS lobectomy is as effective as traditional surgery, but results in shorter hospital stays and fewer complications. This technique is used in about 95 percent of lobectomies at Cedars-Sinai. Across the nation, only about 5 percent of major lung resections are done this way. Thoracic surgeons from around the globe come to Cedars-Sinai for training in how to perform this surgery.

A national study led by the Women's Heart Center at the Cedars-Sinai Heart Institute proposed that there should be different names for heart disease in women than in men because they can experience different types of heart disease. While men tend to suffer coronary artery disease as a result of plaque build-up in the large arteries around the heart, **women are more likely to be diagnosed with ischemia**, lack of blood flow and oxygen to the heart that occurs when smaller coronary blood vessels fail to constrict and dilate properly.

At Cedars-Sinai's Maxine Dunitz Children's Health Center, a multidisciplinary team of physicians provides **follow-up care for babies discharged from the Neonatal Intensive Care Unit**. Specialists in the High Risk Infant Progress Clinic include experts in pediatric neurology, pediatric physical medicine and rehabilitation, and physical therapy.

Cedars-Sinai is an **Approved Stroke Center of the Los Angeles County Emergency Medical Services Agency**, which in 2009 instituted a county-wide system to directly transport acute stroke patients to the nearest approved center. Cedars-Sinai is also one of only a few comprehensive stroke centers with the depth of specialists and technologies to receive rapid transfers of complicated cases and critically ill patients from smaller approved hospitals. The Cedars-Sinai Stroke Program previously earned Primary Stroke Certification from The Joint Commission, a designation that recognizes a commitment to following national standards and guidelines that can significantly improve outcomes for stroke patients.

Currently, there is no treatment that halts or reverses the progressive neurodegenerative disease ALS (amyotrophic lateral sclerosis), which is often referred to as Lou Gehrig's disease. But researchers at the Cedars-Sinai Regenerative Medicine Institute are developing a cell bank that will allow them to begin testing stem cell treatments. The researchers are focusing on **developing specifically-engineered stem cells that, when injected into spinal cords, will stall the degeneration of nerve cells**. The specialized stem cells are manufactured to release a growth factor called glial-derived neurotrophic factor (GDNF) that has been shown to support the survival of dying motor neurons.

The Movement Disorders Program in Cedars-Sinai's Department of Neurology provides treatment for Parkinson's disease, Huntington's disease and Tourette's syndrome, among many other disorders. The program offers **expertise in performing advanced techniques such as deep brain stimulation**, a surgical procedure in which a small device is inserted into the brain to control abnormal nerve signals that trigger involuntary movements.

The Cedars-Sinai Comprehensive Transplant Center is an international leader in providing technologically sophisticated and **clinically effective treatments for adults and children for whom a transplant is the best or only option**. From July 1, 2009 to June 30, 2010, 53 patients received liver transplants at Cedars-Sinai, 132 received kidney transplants, 38 received heart transplants, 15 received lung transplants, 5 received pancreas transplants and 121 received bone marrow transplants. Physicians at the Comprehensive Transplant Center are developing a plan to teach doctors around the world how to perform a therapy developed at Cedars-Sinai that improves transplant rates and outcomes. The therapy is aimed at the 30 percent of patients awaiting kidney transplantation whose immune systems are classified as “sensitized” to transplant antigens called HLA. The doctors have developed a way to perform transplants between donors and recipients whose blood groups were previously classified as incompatible. These transplants are now routinely performed at Cedars-Sinai.

The Neonatal Intensive Care Unit at the Maxine Dunitz Children’s Health Center is equipped with the most advanced technology, including a **neonatal cooling blanket system**. The blanket is the latest development in preventing and minimizing brain damage from inadequate oxygen.

Addressing the **physical, emotional and psychological needs of cancer survivors** after they finish treatment is the focus of the Cancer Survivorship and Rehabilitation program at the Samuel Oschin Comprehensive Cancer Institute. Led by one of only a few physicians trained in both rehabilitation and oncology, the program includes an eight-week art expression class as well as a lecture series on “chemobrain,” designed to educate, inform and empower patients experiencing problems with memory and concentration after cancer treatments.

The Cedars-Sinai Center for Weight Loss was **re-accredited as a Bariatric Surgery Center of Excellence by the American College of Surgeons**. This designation is a nationally-recognized acknowledgement of the high quality of care provided at Cedars-Sinai to patients who undergo bariatric surgeries such as lap-band, gastric sleeve or gastric bypass. Cedars-Sinai surgeons perform more of these procedures than any other program in Southern California, with more than 550 patients undergoing bariatric surgery at the Medical Center each year.

Neuro Intensive Care Unit physicians are using **Cedars-Sinai’s first mobile robot for night rounds** between 9 p.m. and 11 p.m. on the 8th floor of the Saperstein Critical Care Tower. The Neuro ICU has a 5-foot, 7-inch tall robot, the RP-7, which allows physicians to remotely perform patient rounds, assist residents and communicate with patients’ families. From their office or home, physicians can maneuver a joy stick to bring the robot right up to the patient’s bedside. The robot is equipped with a camera sensitive enough to detect pupil dilation and a stethoscope that can be placed on the patient to allow physicians to check vital signs. The physician’s face appears on a monitor, and a phone handset allows patients to speak directly with the physician.

New technology at Cedars-Sinai’s Samuel Oschin Comprehensive Cancer Institute uses a **GPS-like system to track prostate cancer tumors in real time** in patients undergoing radiation therapy. The monitoring system, called Calypso, uses miniature implanted transponders to provide precise, continuous information on the location of the tumor during external beam radiation. Since many organs in the body, including the prostate gland, are constantly moving, this technology provides greater accuracy in the delivery of radiation to the cancer while minimizing potential damage to healthy tissue. A clinical study led by Cedars-Sinai showed that using the Calypso system reduced side effects from radiation in prostate cancer patients. The system is currently being studied for body-wide applications.

The California Heart Center, the cardiology group **internationally regarded for expertise in treating advanced heart failure** and credited with developing the nation's largest heart transplant program, this year joined the Cedars-Sinai Heart Institute and Cedars-Sinai Medical Care Foundation.

The **implementation of a technologically advanced, centralized information system** at Cedars-Sinai continues to move forward. Called CS-Link™, the system integrates the many different aspects of a patient's medical record electronically to give the healthcare team fast, secure access to information from any location. CS-Link is now in use for nursing documentation and by the Cedars-Sinai Medical Group, the Emergency Department, Intensive Care Units, Pharmacy and Finance.

Cedars-Sinai is one of only a few medical centers nationwide providing **minimally-invasive surgery for esophageal cancer**. Surgeons in the Cedars-Sinai Esophageal Program remove the cancerous portion of the esophagus through tiny incisions, then construct a new esophagus from the patient's stomach. Traditional surgery to treat esophageal cancer requires a large incision, breaking the breast bone and a lengthy hospital stay. With the minimally-invasive approach, patients' recovery in the hospital is often cut in half, and they return more quickly to their normal activities and diet.

Recent findings from national studies led by doctors at the Women's Heart Center show that **slightly overweight women who were physically active had fewer heart problems** than inactive women. The study indicates that for patients battling heart disease, being active is more important than losing five to 10 pounds because the excess weight acts as a reserve of energy.

The Department of Pathology and Laboratory Medicine looks to an individual patient's genes to determine the correct dosage of certain medications. Some patients are genetically inclined to be more sensitive to certain drugs, so **genetic testing can enable physicians to tailor the dosage to provide the safest, most effective treatment**. This kind of testing is available for a number of drugs, including some common blood-thinning and colon cancer medications.

Women who are concerned that their risk of developing breast cancer may be increased because of family history or other factors can find a range of services at the **Wasserman Breast Cancer Risk Reduction Program**, part of the Saul and Joyce Brandman Breast Center, a Project of Women's Guild at the Samuel Oschin Comprehensive Cancer Institute. The program provides comprehensive risk-assessment services, including genetic testing. Medical management recommendations are tailored to each patient's level of risk.

Surgeons at Cedars-Sinai Medical Group who **pioneered a surgical technique that corrects microtia, a congenital defect of the outer ear that can also affect hearing**, have advanced the procedure. Children with microtia who are also born without an ear canal or ear drum can now receive microtia and ear canal reconstruction in a single surgery. Cedars-Sinai has one of the country's few organized centers to help children born with this birth defect; patients come from around the world to receive the distinctive reconstructive surgery developed by these surgeons several years ago. To correct the microtia, they create a new ear with a plastic insert instead of rib cartilage, making the treatment less painful and available to children on an outpatient basis before they reach school age.

Care doesn't stop once a patient is discharged from Cedars-Sinai. A number of programs developed by nurses at the Medical Center are aimed at better **preparing patients for their first days home**. For example, nurses encourage congestive heart failure patients to monitor their symptoms, and even provide scales to help ensure they will watch their weight. They give patients nutritional information and instructions for taking medications. And nurses routinely call patients a few days after discharge to make sure they are healing properly and to answer any questions they may have about their medications, discharge instructions or follow-up visits with their primary physician. In August 2010, for example, Cedars-Sinai nurses made more than 4,700 discharge calls to patients.

The Cedars-Sinai Center for Minimally Invasive Gynecological Surgery is one of only a handful of medical centers offering women the option of **having uterine fibroids removed through a minimally-invasive myomectomy**. This approach, which removes the fibroids through a few small incisions, allows for shorter hospital stays, less pain and faster recovery times while preserving a woman's uterus and fertility.

The **Ruth and Harry Roman Emergency Department at Cedars-Sinai is expanding to accommodate more patients**. The department, which serves a diverse adult and pediatric population around the clock, is increasing its capacity by incorporating space on the street level of the Saperstein Critical Care Tower.

Cedars-Sinai Medical Group took part in a successful pilot program that provided **in-home monitoring systems to chronic heart failure patients**. The program monitors weight, blood pressure and other vital signs via remote devices, enabling the patient's healthcare team to more efficiently manage chronic heart conditions and identify those at risk for a possible acute health crisis. The program also aims to prevent costly and unnecessary emergency room visits and hospitalizations.

Renovation of the labor and delivery unit, where more than 7,000 babies are born each year, will include **20 suites for labor, delivery and recovery, allowing families to be in the same room for their entire stay**. The renovation also includes a new operating room offering leading-edge technology and design to address the complexity of delivering twins, triplets and other multiple births.

*Worth* magazine selected the Cedars-Sinai Heart Institute as **one of the United States' top 25 providers of cardiac bypass surgery**. Cedars-Sinai was one of only three West Coast hospitals named to the list, which was based on outcome measures and physician experience, among other factors.

Oncologists in the Samuel Oschin Comprehensive Cancer Institute's Blood and Marrow Transplant Program **performed their 1,000th bone marrow transplant**. The program provides a comprehensive array of services for patients with blood cancers who need bone marrow transplants, including diagnosis, screening, education, pre-transplant preparation and recovery.

The Universal Unit in the **Saperstein Critical Care Tower is an innovative floor that can accommodate patients with a wide variety of needs**. The unit allows for direct admission of very sick patients by their own doctors. The concept was conceived by nurses at Cedars-Sinai to increase patients' comfort and safety by speeding up the admissions process.



The **Samuel Oschin Comprehensive Cancer Institute was selected to join the American Association of Cancer Institutes**, an organization made up of fewer than 100 leading cancer facilities nationwide. Members are selected in part by their commitment to research, patient care, education and community outreach.

One of the reasons 50 percent of U.S. heart disease patients are readmitted to hospitals within six months is because they have a hard time keeping up with lifestyle changes such as exercising regularly, losing weight and eating a low-fat diet. **Cedars-Sinai's new 30-bed Advanced Heart Failure Unit is the first in California to combine intensive monitoring and patient education** in an effort to reduce readmission rates and improve heart disease patients' quality of life.

Cedars-Sinai became a **smoke-free campus** on July 1, 2010. Under the new policy, smoking is not permitted anywhere at the Medical Center. As part of the smoke-free campaign, admitted patients with a history of tobacco use are given advice and assistance if they wish to quit. Those who aren't ready to quit are provided nicotine-replacement therapies during their stay at Cedars-Sinai.

Chaplains offer **spiritual support and guidance** as patients and their families face the challenges of illness. Cedars-Sinai's chaplains made more than 30,000 visits in the past year. Patients and family members may request visits with a chaplain of their choice from any faith for prayer or spiritual counseling, or for assistance in contacting clergy in the community.

Cedars-Sinai hosts a monthly international teleconference that **brings leading experts together to discuss fetal neurology cases**. Multidisciplinary experts from Cedars-Sinai in pediatric neurosurgery, pediatrics, pediatric neurology, maternal fetal medicine, genetics and medical imaging confer with physicians from Austria, Brazil, Canada, Chile, England, France, Germany, Israel, Italy and Switzerland. They pool their expertise to examine complex cases from around the world and compile recommendations for other physicians in the field on a wide range of issues, such as what tests to conduct if a fetus appears to have a brain malformation or what constitutes proper fetal development.

Each year, more than 9,000 adults and children come to the Samuel Oschin Cancer Center for outpatient treatment. The redesigned and expanded treatment areas reflect the center's commitment to giving patients access to a multidisciplinary treatment team of experts in a healing and supportive environment. **This outpatient facility for the Samuel Oschin Comprehensive Cancer Institute is designed around the special needs of cancer patients and their families**. Complete cancer services are offered 24 hours a day, seven days a week at one location, which provides convenience for patients and allows for teamwork and rapid communication between cancer specialists. Services include diagnostic evaluation, genetic cancer risk assessment, cancer prevention and hospice care.

Cedars-Sinai uses the **latest technology to monitor patients** and ensure the highest quality care. Important patient care information is sent directly to nurses' smartphones, enabling them to receive lab test results more quickly. The phones are also linked to bed alarms in patient rooms.

Cedars-Sinai's Department of Neurology is one of three centers nationwide leading the **largest clinical trial of brain cooling (hypothermia) for stroke**. The trial, which looks specifically at whether hypothermia can be safely used in elderly stroke sufferers, will enroll 400 patients. Brain cooling has been shown to decrease brain swelling and reduce loss of neurologic function after an acute stroke. It has also been proved effective in saving lives and preventing neurologic damage after cardiac arrest and after oxygen deprivation in newborns.

New stem-cell-based treatments for heart patients are being developed at the Cedars-Sinai Heart Institute's **Board of Governors Heart Stem Cell Center**. In 2009, as part of a clinical trial, Cedars-Sinai Heart Institute doctors completed the first procedure in which a patient's own heart tissue was used to grow specialized heart stem cells that were then injected back into the patient's heart in an effort to repair muscle damage after a heart attack. In 2010, Heart Institute researchers found that infusing cardiac-derived stem cells with micro-size particles of iron and then using a magnet to guide these stem cells to the area of the heart damaged in a heart attack boosts the heart's retention of these cells and could increase the therapeutic benefit of stem cell therapy for heart disease.

The newest version of the **dendritic cell vaccine for the treatment of malignant brain tumors** has entered clinical trials. The vaccine, which was developed at Cedars-Sinai's Maxine Dunitz Neurosurgical Institute, was first used in 1998 and has been studied alone and in combination with other therapies. It is designed to "train" the immune system to recognize tumor cells and attack them.

Cedars-Sinai researchers showed that a targeted antibiotic provides **effective and long-lasting relief from symptoms of Irritable Bowel Syndrome (IBS)**, the most common gastrointestinal disorder in the United States. Two multi-site clinical trials designed by Cedars-Sinai researchers found that rifaximin, an antibiotic absorbed only in the gut, relieved symptoms while it was being administered and up to 10 weeks later. This is the first treatment for IBS that continues to benefit patients after they stop taking the medication. Cedars-Sinai researchers also discovered that a toxin linked to food poisoning is a possible culprit behind IBS. This toxin, found in some bacteria, appears to affect the nerve cells that control the muscles in the gut, leading to the chronic problems of IBS, the study indicates.

The nerve cell-damaging plaque that builds up in the brain with Alzheimer's disease also collects in the retinas of the eyes—and it shows up there earlier—according to research at Cedars-Sinai's Maxine Dunitz Neurosurgical Institute. Scientists are now working to develop **a device to detect Alzheimer's disease early** through a noninvasive scan of the eyes. Research is also in progress on a way to modify the immune system to slow or stop the disease's progression. Institute researchers studying amyotrophic lateral sclerosis published an article that says premature aging of the immune system may play a role in the development of ALS, also known as Lou Gehrig's disease.

Cedars-Sinai's Spine Center is participating in a **clinical trial to test a new type of artificial disc**. This disc, made of a polymer material designed to mimic the texture of real discs, may preserve the rest of the spine over time by acting as a better shock absorber than traditional discs. This is one of a number of studies now underway at the Spine Center. Among other projects is a study on bone protein applications to enhance the success of spinal fusion and research involving biomechanics and biotechnology for spinal regeneration.

The Department of Surgery was awarded a \$2.2 million grant from the U.S. Department of Defense to develop **new approaches and procedures to optimize teamwork and technology in operating rooms**. The project will ultimately cull expertise from engineers, surgeons and technology experts from around the country.

A **national study of 9/11 survivors led by Cedars-Sinai researchers** from the Department of Psychiatry and Behavioral Neurosciences showed trauma victims will immediately seek psychiatric help for early symptoms of post-traumatic stress disorder (PTSD) such as insomnia if on-site psychiatrists are available. Although there have been many studies about the psychiatric needs of disaster survivors several months after they experience a catastrophe, this study gives a rare glimpse into the need for on-site psychiatrists in the immediate aftermath of a crisis.

Researchers at the Samuel Oschin Comprehensive Cancer Institute participated in an **international study testing the effectiveness of a drug that attacks the genetic underpinnings of cancer cells**, a new approach to cancer treatment. The investigational drug significantly reduced the size of tumors in 33 percent of study participants with advanced hereditary ovarian cancer. The ovarian cancer study results, along with a hereditary breast cancer study that showed similar outcomes, were published in the peer-reviewed journal *Lancet*. Of the 57 patients enrolled in the ovarian cancer study worldwide, 12 were treated at Cedars-Sinai.

Heart transplant **patients who receive donor hearts from the same gender typically have better outcomes than patients who receive a heart from the opposite gender**, according to new research at the Cedars-Sinai Heart Institute. Males who received hearts from males had a 69 percent survival rate 10 years after transplant, compared to a 59 percent 10-year survival rate for males who received hearts from females. Females who received hearts from females had a 71 percent survival rate, compared to a 58 percent rate for females who received hearts from males.

The blood-brain barrier, a natural defense mechanism that prevents toxins in the bloodstream from entering the brain, also blocks most chemotherapy drugs from reaching brain tumors. Research at Cedars-Sinai's Maxine Dunitz Neurosurgical Institute finds that **drugs commonly used to treat erectile dysfunction may significantly increase the delivery of the anti-cancer drug Herceptin** to certain hard-to-treat brain tumors. The studies are now moving into human clinical trials.

The Cedars-Sinai Medical Genetics Institute is identifying **genes linked to ulcerative colitis**, a form of inflammatory bowel disease. Researchers believe these genes may unlock clues to what causes the condition, open new avenues for therapies and offer insights into why the condition varies drastically from patient to patient in severity, symptoms and response to treatment.

Researchers at Cedars-Sinai are studying a **new approach to targeted breast cancer therapy** that may help detect and eliminate tumors with fewer side effects than other breast cancer treatments. The new method, currently being studied in laboratory mice, combines a protein known as gallium corrole with a protein carrier that seeks out the tumors. The corrole shrunk tumors at doses five times lower than those required with the standard chemotherapeutic agent.

Cedars-Sinai neurosurgeons are participating in a **nationwide clinical trial of a minimally-invasive procedure to open carotid arteries** the way angioplasty and stenting clear arteries of the heart. The study is designed for high-risk patients and those who are not well enough to undergo open surgery. Plaque buildup in a carotid artery increases risk of clot formation and stroke. Another new clinical trial is studying a minimally-invasive stenting procedure for patients who have recently had a transient ischemic attack (TIA) or non-severe stroke.

A Phase II **clinical trial opened for patients suffering from recurrent brain tumors called meningiomas**. The study uses a drug called SOM230C that targets molecular pathways to slow the growth of cells and reduce the secretion of hormones that can trigger tumors. Another Phase II trial became available to patients recently diagnosed with malignant brain tumors called glioblastoma multiforme or a rare variant called gliosarcoma. Two drugs that work through different molecular mechanisms are used in combination. These and other clinical trials are conducted through the Johnnie L. Cochran, Jr. Brain Tumor Center.

**Fat behaves differently in women with Polycystic Ovary Syndrome**, a Cedars-Sinai study found. The fat tissue of these patients produces an inadequate amount of the hormone that regulates how fats and glucose are processed by the body, promoting increased insulin resistance, glucose intolerance and a greater risk of diabetes and heart disease.

By studying different geographic regions in the United States, researchers from the Department of Surgery provided new insight into factors that influence the use of **minimally-invasive surgery to repair aortic aneurysms**. Their research showed that use of the procedure was not based on socioeconomic, hospital costs or other non-medical factors, but rather on the patient's cardiovascular risk factors and the overall prevalence of the condition. By documenting reasons for variations in care, studies like these may help define best practices and lead to new ways to address inefficiencies in healthcare systems.

Massage doesn't just feel good—it might be good for you, too. Researchers in Cedars-Sinai's Department of Psychiatry and Behavioral Neurosciences have found that **massage has measureable health benefits**. Their study, published online in *The Journal of Alternative and Complementary Medicine*, showed that people experience positive changes in their immune and endocrine systems following a massage treatment. Among specific findings: Swedish massage caused a decrease in levels of the stress hormone cortisol.

The Regenerative Medicine Institute moved into a **new 20,000-square-foot laboratory** on the third floor of the Steven Spielberg Building. The space includes wet lab benches, a support core and administrative offices. Additionally, the Spielberg Building underwent a seismic upgrade that is hidden behind an artistic metal facade, and the entire exterior was repainted to provide a contemporary appearance.

The **synchronization of certain brain waves leads to improved image recognition and memory**, according to a study published by a Cedars-Sinai neurosurgeon and colleagues from the California Institute of Technology and Huntington Memorial Hospital. They identified a mechanism in the brain that brings about a state of mind in which neurons work together to improve memory retention. Further exploration could lead to new therapies to treat learning disabilities and some types of dementia.

The **Cedars-Sinai Research Imaging Institute**, the first of its kind in Southern California, opened in fall 2010. This laboratory is equipped with the latest technology to enable clinical scientists to conduct a wide range of imaging studies of research subjects.

From combating childhood obesity in public schools to providing diabetes education and prevention programs, **meeting the health needs of the community** has been an integral part of Cedars-Sinai's mission for more than 100 years. Cedars-Sinai's dedication to improving community health is reflected in its significant investment in Community Benefit, with a total financial contribution of \$502.4 million in fiscal year 2010. This enables the Medical Center to increase access to healthcare for vulnerable, underserved populations; empower communities to become healthier through prevention programs and services; conduct research that leads to innovative treatments for a broad spectrum of diseases; and offer education to prepare the next generation of healthcare professionals.

The **COACH for Kids and Their Families**<sup>®</sup> program brings no-cost, quality healthcare services to underserved children and their families. Staffed by Cedars-Sinai healthcare professionals, two large, fully equipped mobile medical units visit economically disadvantaged neighborhoods in Los Angeles County. In 2010, COACH reached more than 25,000 people. Services include preventive care, such as immunizations and screenings, in addition to diagnosis and treatment of acute illnesses. These medical clinics on wheels serve communities in Downtown/Skid Row, Pico-Union/Central Los Angeles, South Los Angeles, Inglewood, Lennox, Crenshaw/Mid-City, and Hollywood/West Hollywood. The COACH units visit elementary and middle schools, community-based programs, family homeless shelters and public housing developments. The program collaborates with more than 200 public and private community organizations, including Children's Health Fund, Inglewood Unified School District, Los Angeles Unified School District and Union Rescue Mission.

About 120 physicians, nurses and other **healthcare professionals from Cedars-Sinai provided free health services at the Telemundo Health & Fitness Expo 2010** at the Los Angeles Convention Center. The event was organized by Spanish-language television station Telemundo 52. With more than 20,000 in attendance, the health fair drew many in the Hispanic/Latino community with limited access to health services. The Medical Center's team—which included a COACH for Kids and their Families<sup>®</sup> mobile medical unit—offered services such as diabetes and blood pressure screenings and H1N1 flu immunizations to more than 3,000 people at the event.

**Medical screenings for such health issues as diabetes, prostate cancer and hypertension** can save lives by serving as the first step in the right direction on the journey to health. Cedars-Sinai provides diabetes education and screening services and distributes educational materials on nutrition, exercise and more on a regular basis at community health fairs and clinics. Many return each year to the Prostate Cancer Education and Screening program to receive a free screening and consult with a urologist. Due to increasing concern about hypertension, known as “the silent killer,” Cedars-Sinai is now conducting monthly blood pressure screenings at 32 clinics and program sites, as well as providing education and ongoing patient monitoring at the Pan Pacific Senior Activity Center.

The **Healthy Habits for Kids program, part of Cedars-Sinai's broad-based effort to fight obesity**, has been expanded from four to eight elementary schools. Through 10-week workshops offered on a regular basis, the Medical Center helps second-graders get started on a lifetime of healthy habits by teaching them to eat well and exercise from an early age. The schools are located in underserved neighborhoods, primarily in Mid-City, Koreatown and Hollywood.

**In partnership with the Los Angeles Urban League, Cedars-Sinai conducts grocery store tours in the Crenshaw district**, teaching participants how to read food labels and make healthy choices. The tours, led by a community health educator from the Medical Center, are offered several times a year. This is one of many ways Cedars-Sinai is supporting the Urban League's Neighborhoods@Work Initiative, a multifaceted effort to improve quality of life in a 70-square-block area of the Park Mesa Heights Community in the Crenshaw district.

Cedars-Sinai provided **more than 2,000 free flu shots** at nine Los Angeles area locations, including the 88th Street Temple Church, Park La Brea, Second AME Church, Temple Beth Am and the People Coordinated Services Center in the Crenshaw district. Each vaccine provided protection against three seasonal flu strains, as well as the H1N1 flu.

**For seniors living alone, getting help quickly in a medical crisis**—such as a heart attack, stroke or fall—is crucial. Lifeline provides just that to older adults and individuals with disabilities. At the touch of a button, medical help is on the way. The low-cost, home-based service, managed by Cedars-Sinai, provided peace of mind and quick response when needed to more than 1,600 subscribers in 2010.

In Los Angeles, many have experienced or witnessed domestic or gang violence or other traumatic events. The Psychological Trauma Center, based at Cedars-Sinai, helps children, teachers, families and other victims cope with traumatic events. The center provides **counseling services at school sites in low-income and high-risk areas throughout Los Angeles**, including an art therapy program called Share and Care that gives children a creative outlet to express feelings they have difficulty talking about.

The **Youth Employment and Development Program** at Cedars-Sinai provides job training opportunities and mentoring for students interested in pursuing healthcare careers. Each year, 50 juniors and seniors from Fairfax High School learn about careers in healthcare by working at the Medical Center. Many come from disadvantaged homes and difficult environments, but nearly all who participate earn high school diplomas and pursue higher education.

Support groups at Cedars-Sinai enable patients to **share experiences, receive new information and find comfort** in the knowledge that they are not alone. These include the American Parkinson Disease Support Group, the “Yes I Can” Stroke Support Group and a unique group for young stroke survivors, as well as numerous cancer support groups, among many others.

**The Center Strutters Walk for Fitness Program**, offered by Cedars-Sinai in partnership with the Beverly Center, provides opportunities for seniors to exercise by walking around the shopping mall three mornings a week. The program involves about 300 walkers over the course of a year, with a core group of about 50 people, ages 60 to 90. The group puts in a total of nearly 25,000 miles a year.

Since 1980, the TEEN LINE hotline based at Cedars-Sinai has offered **teen-to-teen peer counseling** to support adolescents coping with trauma and stress. Each year, more than 10,000 teens contact the program's hotline, email and Live Chat services, and TEEN LINE's website receives more than 140,000 visits from around the world. The hotline also reaches teens through presentations at schools and other sites in the community. Workshops focus on such topics as teen suicide, tolerance and growing up gay.



About 120 **seventh- and eighth-grade students were scientists for a day at the annual Brainworks program** sponsored by the Department of Neurosurgery. Students from Young Oak Kim Academy, South Gate Middle School, Audubon Middle School and Markham Middle School played science-oriented games, listened to presentations by doctors and scientists, and visited interactive stations. At one stop, students performed virtual neurosurgery using a surgical microscope, 3-D imaging and a phantom skull.

**More than 2,000 volunteers donate their time and talents** on a daily basis to enhance the healing environment at Cedars-Sinai. Volunteers help patients and their families in dozens of ways, including working in waiting areas, delivering flowers and assisting patients at meal times. They also contribute in creative and unexpected ways. For example, guitarists, violinists, harpists, vocalists and other musicians in the Music for Healing program bring soothing melodies to patients and visitors. And volunteers in the POOCH (Pets Offer Ongoing Care and Healing) program make regular rounds at the Medical Center with specially trained dogs that bring the comfort of canine companionship.

Cedars-Sinai's popular **Community Health Education Lecture Series** reached more than 3,000 people at seven different locations as physicians, nurses, dietitians and others from the Medical Center addressed such topics as: assessing stroke risk, managing diabetes, preventing skin cancer and increasing longevity.

Cedars-Sinai Heart Institute researchers are developing a program to provide **blood pressure monitoring, education and physician referrals in African-American barbershops**. A recent study by a Cedars-Sinai Heart Institute physician showed that barbershop-based high blood pressure programs could save hundreds of lives annually. During the 10-month study, barbers offered blood pressure checks to their customers and provided health information to encourage those with high blood pressure to follow up with their physicians. This enhanced screening program markedly improved blood pressure levels among the barbershops' patrons. Although blood pressure levels also fell in a comparison group whose members received only educational materials about high blood pressure, the improvement was greater in the barber-assisted group.

Through the Medical Genetics Institute and the Department of Pathology and Laboratory Medicine, Cedars-Sinai is **the first medical center to offer genetic screenings for four common inherited disorders within the Persian Jewish population**. The screenings have been offered in synagogues and other community centers to test for an anesthesia sensitivity, a salt-losing disorder, a multiple hormone deficiency and a hereditary muscle disorder. The disorders are avoidable or preventable if patients know they have them or carry genes for them. The screenings are simple for patients, requiring only a saliva sample.

Cedars-Sinai provides **Interpreter Services** throughout the Medical Center and in community health programs to bridge language barriers between patients and healthcare professionals. About 500 interpreters are available to translate 45 different languages. This program receives as many as 5,000 requests for interpreters each month.

Many of the newer medical and surgical therapies rely on blood transfusion support and would not be possible without community donations. **Cedars-Sinai Blood Services** collects blood products for surgeries, transplants and leukemia treatments, among other procedures. Donations have increased as a result of the community blood collection program, which sends mobile blood donor units to sites around Los Angeles on a regular basis to make it more convenient for people to donate blood for life-saving treatments.

More than 450 physicians-in-training are enrolled in Cedars-Sinai's **highly competitive medical residency and fellowship programs**. The Medical Center provides extensive training in more than 50 specialty and subspecialty areas. Residency programs include anesthesiology, pediatrics with medical genetics, dentistry, diagnostic radiology, internal medicine, medical genetics, neurological surgery, obstetrics and gynecology, pathology and laboratory medicine, podiatric surgery, psychiatry, general surgery and thoracic surgery. Cedars-Sinai welcomed 88 new residents and 65 new fellows in summer 2010.

Through programs offered by the **Geri and Richard Brawerman Nursing Institute** at Cedars-Sinai, the Medical Center has dramatically increased the number of nurses with baccalaureate and master's degrees, as well as the number of nurses with specialty certifications. The institute provides training, education and financial assistance for nurses. Free baccalaureate and master's classes are offered for employees at an on-site nursing school. The Medical Center also has a partnership with Western Governors University that allows registered nurses to complete their bachelor's degree online and their residency at Cedars-Sinai.

Medical students and residents gain **hands-on experience in Cedars-Sinai's Surgical Simulation and Training Laboratory**, practicing both common medical procedures and the most advanced surgical techniques. The laboratory, part of the Division of Surgical Research, provides equipment to assist students and residents in developing basic skills, such as performing intubations and safely inserting central line catheters. The lab also includes sophisticated computerized simulators for practicing laparoscopic operations and endoscopic procedures. The program prepares residents to become general internists, subspecialty fellows or medical researchers.

The **Internal Medicine Residency Training Program** at Cedars-Sinai is the third largest in the state with 139 residents participating in the 2010–11 academic year. During the three-year program, medical school graduates undertake clinical training in various inpatient and outpatient settings. A series of lectures and conferences is also an essential component of their educational experience.

The Department of Neurosurgery hosted the annual **Outsmarting Brain Tumors** conference for patients, families and caregivers. The free, day-long event covered a wide range of topics, including emerging treatments, research, complementary medicine options, nutrition, and methods for dealing with the emotional toll of brain tumors.

Cedars-Sinai hosted **one of three public forums nationwide for the Initiative on the Future of Nursing**, a collaborative effort between the Robert Wood Johnson Foundation and the Institute of Medicine that is dedicated to transforming the nursing profession as part of national healthcare reform. The forum, which focused on acute care, drew more than 300 people, and hundreds more participants across the nation tuned in by live webcast. About 30 speakers discussed innovative approaches to acute care and opportunities for nurses to expand their roles.

In partnership with the City of West Hollywood and the National Council of Jewish Women, Los Angeles, Cedars-Sinai participated in a **Breast Cancer Educational Forum**, an annual event that is part of the Medical Center's extensive Breast Cancer Education and Screening program.

New physicians **prepare for careers as clinical scientists in Cedars-Sinai's Clinical Scholars program**, which includes a part-time curriculum in translational medicine and clinical research and concludes with an optional second year of full-time research under the supervision of an experienced mentor. Participants also learn how to earn research grants from the National Institutes of Health and other funding sources. About 40 scholars are enrolled in the program.

Harlem Village Academies, a public charter school in New York's Harlem neighborhood, hosted the seventh annual presentation of the **Pauletta and Denzel Washington Family Gifted Scholars in Neuroscience awards**. Provided by Cedars-Sinai's Department of Neurosurgery, the scholarships allow an undergraduate and a graduate-level researcher to work during the summer with world-renowned physicians, neurosurgeons and scientists. One of the first year's recipients spoke at the ceremony. He is now in his fifth year of a neurosurgical residency at Montefiore Medical Center in New York, where he is conducting research at the Children's Hospital at Montefiore.

Cedars-Sinai is **committed to investing in the future of nursing** to help alleviate a shortage of registered nurses in the United States that is expected to grow to 260,000 by 2025. The Medical Center recruits top graduates from nursing programs, then provides extra training, support and mentoring for their first six months on the job. Nurses are then offered many more opportunities for professional training to ensure they continue to hone their skills and stay in the field.

Nearly **400 third- and fourth-year medical students** completed clerkships at Cedars-Sinai in the past year. During 600 rotations, students trained in the fields of anesthesiology, medicine, medical informatics, neurology, obstetrics and gynecology, pathology and laboratory medicine, pediatrics, physical medicine and rehabilitation, psychiatry and surgery.

Leading-edge stem cell research and treatments for heart and brain diseases took center stage at the **first Cedars-Sinai Regenerative Medicine Scientific Symposium**. The event, led by Cedars-Sinai experts, drew more than 200 physicians and scientists from around the world.

To help meet the increasing need for **diabetes education and screening services**, especially among seniors, Cedars-Sinai provided screenings and distributed educational materials on nutrition and exercise at 13 clinics in the Los Angeles area. The Cedars-Sinai Medical Group offers a variety of diabetes education classes for patients throughout the year. The classes are conducted by a nurse practitioner who also sees patients individually, providing education and guidance for managing all types of diabetes.

Approximately 125 students from six Los Angeles area high schools attended the annual **Nursing Career Luncheon**, designed to provide students with an inside perspective on the complex and challenging field of nursing. Many were surprised to learn that nurses work not only in a wide variety of patient care settings, but also in management and educational roles.

What inspires the donors of Cedars-Sinai Medical Center to give so generously? There are as many answers as there are donors.

Long-distance runner Tina Radburn felt “in the best shape” of her life when she was diagnosed with non-Hodgkin’s lymphoma in 2008. She considered going home to Australia, but—shaken and scared—turned to Cedars-Sinai.

This year, she joined a growing number of **patients who give to the Circle of Friends** to honor a physician, nurse or staff member who has enriched their lives. She made gifts to acknowledge Noam Z. Drazin, MD, her oncologist, and Arash Asher, MD, director of Cancer Survivorship & Rehabilitation, in the Samuel Oschin Comprehensive Cancer Institute, as well as Janet White, MD, her primary care physician in the Cedars-Sinai Medical Group.

After chemotherapy, Tina struggled to regain her health. Then she enrolled in a new exercise program founded by Dr. Asher. “It was so beneficial, I want to make this program accessible for more cancer patients,” she says. Tina later ran a half-marathon to raise funds for cancer rehabilitation.

In 2010, other visionary donors joined with Cedars-Sinai to **create endowed chairs, jump-start ideas, fund life-giving programs** and change the course of medical science. Gifts came in many sizes, but shared one inspiration: to build partnerships that support health and healing.

Shelley and Herb Lazarus made **a planned gift** to dedicate the Robert David Lazarus Pulmonary Rehabilitation Unit at Cedars-Sinai in honor of their accomplished son who died in 2005 at age 43. “We did this as a thank you to the hospital,” says Herb Lazarus, “but also to keep Robert’s name in the community where people would be getting help for pulmonary disease.” Their living memorial will touch generations of patients.

In 2010, Eleftherios C. Vamvakas, MD, PhD, was named the Rita and Taft Schreiber Chair in Transfusion Medicine, **an endowment** created by Lenore and Bernard Greenberg in honor of her father, who died in 1976 after receiving mismatched blood at another hospital. “What Mr. and Mrs. Greenberg have done is special because they funded an endeavor for which there are not many alternative sources of support,” notes Dr. Vamvakas, medical director of Clinical Pathology.

Lorette Gross is president of Women’s Guild, one of the **Medical Center’s distinguished family of support groups**. Women’s Guild pledged to raise \$20 million over seven years to create the Women’s Guild Lung Institute and is close to this goal after only four years. “This is such a dynamic group,” says Gross. “We believe wholeheartedly in our cause.”

Her sons, 12 and 9, were born at Cedars-Sinai, but her reasons for volunteering go beyond personal connections. **“It’s important to give back to your community,”** she says. “I want my children to learn that principle.”

When George Schaeffer moved his family to Beverly Hills 25 years ago, one reason was to be near the Medical Center he admired most: Cedars-Sinai. Almost prophetically, in 1996, he needed Cedars-Sinai’s expertise when he had a quadruple bypass. His surgeon was Alfredo Trento, MD, director of the Division of Cardiothoracic Surgery and the Estelle, Abe, and Marjorie Sanders Chair in Cardiac Surgery.

Dr. Trento’s 20th anniversary with Cedars-Sinai in 2009 provided Schaeffer with the opportunity to **support research in cardiothoracic surgery**, which he followed with a multiyear pledge. “I’m thankful Dr. Trento was so successful,” says Schaeffer, who encourages others to contribute whatever they can. For him, he says, “Giving is simply part of feeling good, and helping others feel good, too.”

A diverse community of forward-looking supporters who share a single passion: advancing Cedars-Sinai’s mission of hope and healing.

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Cedars-Sinai Medical Center is also grateful for the generosity of those individuals and families who chose to remain anonymous.



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## Our Mission

Cedars-Sinai Health System, a nonprofit, independent healthcare organization, is committed to:

Leadership and excellence in delivering quality healthcare services.

Expanding the horizons of medical knowledge through biomedical research.

Educating and training physicians and other healthcare professionals.

Striving to improve the health status of our community.

Quality patient care is our priority. Providing excellent clinical and service quality, offering compassionate care, and supporting research and medical education are essential to our mission.

This mission is founded in the ethical and cultural precepts of the Judaic tradition, which inspires devotion to the art and science of healing, and to the care we give our patients and staff.



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