



**CEDARS-SINAI MEDICAL CENTER.**

**NEWS**

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## **MEDICAL TIP SHEET – AUGUST/SEPTEMBER 2003**

### **KEITH BLACK, M.D., AND CEDARS-SINAI MAXINE DUNITZ NEUROSURGICAL INSTITUTE**

#### **HOST "OUTSMARTING BRAIN TUMORS" CONFERENCE**

A variety of specialists from Cedars-Sinai Medical Center and its Maxine Dunitz Neurosurgical Institute, as well as guest speakers from Duke University and the House Ear Clinic, will present the latest information on research and treatment for adult and pediatric brain tumors. The Oct. 11 conference is designed to educate brain tumor patients and their caregivers about the latest research that has been translated into surgical and non-surgical treatments, and to provide information on alternative therapies, diet and practical matters related to treatment and recovery. The all-day conference is free and open to the public, but advance reservations are needed. Please call 1-800-233-2771 (1-800-CEDARS1).

### **MEDICAL GENETICIST AT CEDARS-SINAI AWARDED \$8.5 MILLION NIH RESEARCH GRANT TO IDENTIFY GENES THAT CONTRIBUTE TO HEART DISEASE IN U.S. ETHNIC POPULATIONS**

Medical geneticist and scientist, Jerome I. Rotter, M.D., has received an \$8.5 million grant to further his search for the genes that contribute to heart disease in Mexican-American, African American, and Chinese populations within the U.S. Heart disease is the leading cause of death worldwide and the largest killer in the United States. The NIH grant will provide funding for the MESA Family Study, an ancillary study to the Multi-Ethnic Study of Atherosclerosis, or Mesa Study.

### **BACK TO SCHOOL SAFETY: AVOIDING BACKPACK INJURY**

Despite parents' best efforts to protect their children from getting hurt, one of the greatest sources of potential injury often gets overlooked even when it's in plain sight: the backpack. Considered the most efficient way to carry books and other items that kids need for school, when it's overstuffed, it may actually be causing the pain and fatigue that as many as 50 percent of kids today are experiencing. Dr. Avrom Gart at Cedars-Sinai Medical Center offers tips for parents to help their child avoid backpack injuries. "Children should carry no more than 15 percent of their body weight on their backs," said Dr. Gart.

(more)

### **LDL APHERESIS HELPS PATIENTS FACING LIFE-THREATENING CARDIAC RISKS 'BEAT THE ODDS' - CEDARS-SINAI OFFERS THERAPY TO REMOVE BAD CHOLESTEROL FROM BLOOD**

Despite a healthy lifestyle and diet, underwater photographer Bob Wohlers, of Rancho Santa Margarita (CA), underwent a quintuple heart bypass at age 38. The reason? An inherited genetic abnormality which caused his bad cholesterol (LDL) to soar many times higher than that of normal patients. When the usual treatment options failed - exercise, diet, medication and even surgery - Wohlers began undergoing a relatively new procedure known as LDL Apheresis - a twice-monthly blood-filtering process that has lowered his LDL levels from more than 400 to about 40.

### **FUN, FILLING, BUT NOT FATTENING - THE SKINNY ON MAKING YOUR KIDS A GREAT SCHOOL LUNCH**

As the school year gets underway, parents are often challenged with how to ensure that their children eat healthy lunches that don't pack on the pounds. This presents a definite dilemma given that 15 percent of children and teens today are overweight, putting them at higher risk for developing Type 2 diabetes, high blood pressure, high cholesterol and ultimately, heart disease. Netty Levine, R.D., a registered dietitian at Cedars-Sinai Medical Center offers parents tips to help ensure their kids are eating healthy at school, suggesting that parents involve children in helping to prepare their lunch. "It can be fun and teaches them how to choose foods that are tasty and low in fat."

### **CEDARS-SINAI MEDICAL CENTER PROMOTES CULTURAL DIVERSITY IN ITS RECRUITMENT EFFORTS**

As part of Cedars-Sinai Medical Center's ongoing efforts to promote cultural diversity, the Medical Center has undertaken several programs to promote cultural competency and diversity in providing quality patient care. One approach is to recruit underrepresented minority applicants for the Medical Center's resident and fellow training programs. While the majority of students in medical school are identified as white/caucasian, minorities made up 33.2% of all medical school students in the United States in 1998. Further statistics demonstrate that minority medical students prefer training and ultimately practice in states with large minority populations, such as California, New York and Texas.

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