

# GIVING



## REMEMBERING S. LEE KLING

Some men stay down in the rut,  
while others lead the throng.

All men are created equal but,  
They don't stay that way long.

There's many a man with a gallant air,  
That goes galloping through the fray.

But the valuable man is the man that's there,  
when the smoke has cleared away.

Some – don't get nothing out of life,  
and when their whines begin.

You often can remind them,  
That they didn't put anything in!

“Well, we are all here today because of a man who not only  
knew how to put something in . . . in spades – but induced  
others through his mentoring to put all they could – in!”

–Nick A. Caporella  
August 2008



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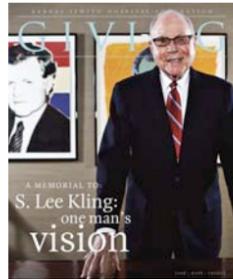
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A MEMORIAL TO:  
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one man's  
vision

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Barnes-Jewish



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Photo by Jay Fram

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A MESSAGE FROM BARNES-JEWISH HOSPITAL PRESIDENT

A Giving View



Andy Ziskind, MD and S. Lee Kling

I hope that the people you meet in the  
pages that follow will inspire and touch  
you as much as they have moved me.  
Barnes-Jewish Hospital  
is an amazing commu-  
nity of people completely  
dedicated to defining the  
standard of healthcare to  
our region and beyond.

The Foundation allows Barnes-Jewish  
Hospital to accomplish extraordinary things.

The Barnes-Jewish Hospital Foundation  
supports our missions of patient care,  
teaching and clinical research.

For many years, the foundation's publi-  
cation *Cornerstones* has featured the many  
activities of the foundation and its generous  
supporters. Barnes-Jewish Hospital  
Foundation GIVING will continue to do  
so, with an even stronger focus on shar-  
ing the inspiration for the many gifts that  
come to us and thanking those who give.

People come to Barnes-Jewish for reasons  
that can be routine or life threatening,  
simple or profound. Eb Thomas received  
a lung transplant and can now breathe  
normally for the first time in decades.

Meredith and Derek Byers are Washington  
University physicians who work in clinical  
and research medicine as our colleagues  
and yet found themselves in a tragic  
situation that has turned to hope and  
compassion for others.

GIVING also allows us to thank the  
many people who support Barnes-Jewish  
through gifts to our foundation. It was a  
joy to honor someone like S. Lee Kling,  
a unique leader and dear friend. Sadly,  
Lee passed as this issue was being prepared.  
It was yet another project he encouraged  
and supported—he will be profoundly  
missed.

Leadership like Lee's allows the  
Barnes-Jewish Hospital Foundation to  
accomplish extraordinary things. The  
funds raised and granted provide seed  
money, leverage clinical research and  
allow a nationally ranked hospital to reach even  
higher in its search for excellence.

I thank you for reading these inspiring  
stories. I invite you to join Barnes-Jewish  
and share our pride. Please send  
me your thoughts on Barnes-Jewish  
Hospital Foundation GIVING  
at [andygiving@bjc.org](mailto:andygiving@bjc.org)

And again, thank you,

*Andy Ziskind*

Andy Ziskind, MD  
President, Barnes-Jewish Hospital and  
Barnes-Jewish West County Hospital

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# S. Lee Kling: one man's VISION

A Community of Giving

Editor's Note: As GIVING was in production, S. Lee Kling died on July 25, 2008, at the age of 79. His vision lives on through his work for the Barnes-Jewish Hospital Foundation—that light will never go out.

Almost losing an eye did not dim S. Lee Kling's vision for Barnes-Jewish Hospital. It resulted in bringing one of the newest and most noninvasive cancer treatments—proton beam therapy—to the Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine.

When tumors were discovered on his eye, there were few options. One unacceptable choice was losing it. "Lee told me he would never leave the house again," said his wife, Rosie. As luck would have it—and Lee Kling was a self-professed "very lucky man"—his ophthalmologist had trained with colleagues who were pioneering the most advanced radiology therapy available, the proton beam.

J. William Harbour, MD, a Washington University ophthalmologist specializing in conditions of the retina and tumors of the eye, realized his patient needed surgery where he had completed a fellowship—the University of California-San Francisco. "There are only a handful of places in the nation that specialize in treating this type of very hard-to-reach tumor," said Harbour. "The biggest benefit to follow-up treatment with the proton beam is the reduced damage to tissues and organs surrounding these deeply hidden tumors, but proton beam systems are also extremely expensive and require massive amounts of energy."

Kling himself possessed massive amounts of energy, a quality quickly discovered by Harbour. "Mr. Kling was a very kind and extremely motivated person," said Harbour. "Not every patient can afford the time or travel to get this form of therapy, but he also had this amazing positive energy and can-do attitude that made him an ideal patient for this treatment."

Kling traveled to San Francisco for the initial surgery, and then criss-crossed the nation to receive proton beam therapy at Massachusetts General Hospital in Boston. Energy brown-outs in California had limited use of the UCSF facility, and there were no proton beam systems in the Midwest.

He remembers being especially surprised at the number of children he saw during his treatments in Boston. "That's when I realized how special this option really was," said Kling. Local families like the Farrells couldn't agree more. Anna Farrell, 12, was one of the children who received proton beam therapy for a brain tumor at the same facility as Kling. She is fully recovered and cancer-free, and because of the proton beam, has had no damage to the brain that surrounded the tumor, and no delays in learning.



Jennifer, Anna and Bruce Ferrell. Anna's brain tumor benefited from proton beam therapy.

PHOTO: (OPPOSITE PAGE) TIM PARKER, (THIS PAGE) SUZY GORMAN

“This treatment is a miracle,” said Anna’s mother, Jennifer Farrell. “But the cost and stress of traveling so far is difficult on families—making this therapy available right here in St. Louis is wonderful—we applaud Barnes-Jewish.”

“Many brain and spinal tumors in children respond so much better with the proton beam therapy, because it causes far less damage to the surrounding tissues and organs that are still in their growth stages,” said Kling. “So, of course, I knew we had to have it at Barnes-Jewish in St. Louis!” As everyone in Lee’s circle of friends and colleagues know, if Lee Kling said something needed to happen, there were no questions asked, except for perhaps “How soon?” and “How much?”

In addition to leading the Barnes-Jewish Hospital Foundation Board, Kling had decades of experience making things happen. He built businesses in insurance and banking, served on countless corporate and charitable boards, and held leadership roles with the military, government and politics. A national figure in the Democratic Party, Kling served as Finance Chairman of the Democratic National Committee and a member of its Executive Committee—while claiming many friends on all sides of the political aisle.

In addition to being honored at the 2008 *illumination gala* benefitting Siteman Cancer Center, Kling’s friends and colleagues came together to honor him in yet another way by creating the S. Lee Kling Chair for Radiation Oncology. “It will be a special honor to remember our friend and leader, Lee, as we install the inaugural S. Lee Kling Chair in Radiation Oncology,” said Andy Ziskind, MD, president of Barnes-Jewish. “Dr. Jeffrey Bradley will focus on research into applications of proton beam therapy at our new center which will change cancer care as we know it in our region. We are delighted to name it the the Kling Center for Proton Beam Therapy to honor the leadership, work and vision of Lee Kling.”



Lee and his “best” dog, Skipper



Lee and Rosie Kling

PHOTOS: JAY FRAM

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## Al Roker Helps Illuminate, Raise \$2.3 Million for Siteman

Al Roker is a morning fixture for many St. Louisans. Monday through Friday, the “Today Show” mainstay forecasts weather, interviews celebrities and helps viewers find out what’s going on in their “neck of the woods.”

He’s also passionate about cancer awareness. He lost his father to lung cancer and his mother twice had breast and lung cancer before dying from emphysema complications.

That passion led him to the Ritz Carlton in Clayton April 26 to emcee the annual “illumination gala” benefiting the Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine. With Roker’s help, the Barnes-Jewish Hospital Foundation raised over \$2.3 million for Siteman.

“The Siteman Cancer Center is a center that’s really needed,” said Roker. “Here’s a center that treats people primarily from an eight-state area, but still gets people from around the country.”

Roker found out about Siteman’s national reach firsthand on his trip to the gala.

“I’m leaving LaGuardia with my wife, and on the plane the pilot asks me why I’m going to St. Louis,” he said. “I say I’m hosting a cancer fundraiser in St. Louis and he says ‘Siteman? I was treated there and I’m cancer free for four years.’”

That was among the stories Roker shared as emcee. He focused heavily on the Siteman Cancer Center’s proton beam center – scheduled to open in 2009 – and Barnes-Jewish president Andy Ziskind, MD, announced it will be called the Kling Center for Proton Therapy to honor S. Lee Kling for his dedication to Barnes-Jewish Hospital and its foundation. In addition, Bill and Amy Koman endowed a chair to honor Washington University and Siteman oncologist Nancy Bartlett, MD.

While the gala focused on cancer, it’s a health topic not usually tied to Roker. Most obvious is his 2002 gastric bypass. And while the procedure left him 100 pounds lighter, it’s a surgery he doesn’t take lightly.

“It’s a dangerous operation,” he says. “One in 200 people die from complications, and unless you’re vastly overweight it’s not really the answer and it’s just a means to an end, it’s not the end.

“I have a constant battle of watching what I eat and exercising and I always will. The surgery is a tool, and while it was worth it for me, it’s not for everybody.”

As part of the \$2.3 million raised at the gala, Roker auctioned off two trips to New York to visit the “Today Show” to help him do a weather forecast on-air.

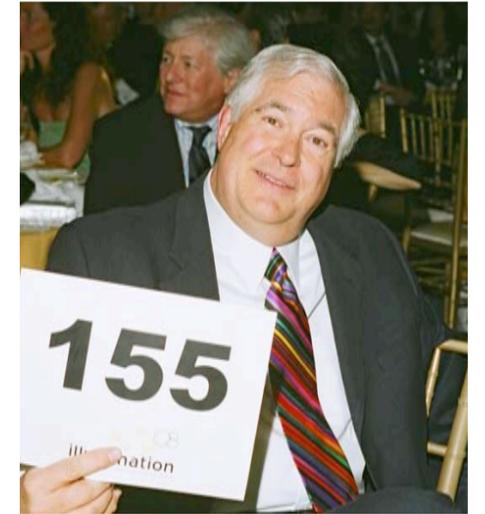


Andy Ziskind, MD and Al Roker, Master of Ceremonies for the illumination08 gala.

## illumination08 gallery



Charles and Sandy Gold; Ken Steinback, Co-chair; Julia Ruvelson, Vice President, Foundation



Kenneth Suelthaus, Co-chair



Ken and Marilyn Steinback



Nancy Bartlett, MD



Amy Koman and Joan Koman

PHOTO: TIM PARKER

PHOTOS: SUZY GORMAN AND TIM PARKER

*illumination08 gallery*

Thanks to Ken Suelthaus and Ken Steinback  
*illumination08* co-chairs

Save the date!  
*illumination09*  
April 25, 2009  
[www.illumination09.org](http://www.illumination09.org)  
Co-chairs: Susan Sherman and Alicia Tlapek  
Honorary co-chairs Amy and Bill Koman



Nick Caporella, Rosie and Lee Kling

For more “illuminating” photos, visit  
[www.illumination09.org](http://www.illumination09.org)

Ruth and Al Siteman, Marilyn Steinback



Deborah Roberts, Susan Sherman

PHOTO: SUZY GORMAN AND TIM PARKER

As one couple learned,  
sometimes life is all  
about being in the right  
place at the right time

It was a crisp, chilly November day in 2006 when Moshe and Jacqueline Tal sat in Dr. Susan Mackinnon’s office for another post-cancer check-up. When they saw Mackinnon walk in, and without even looking at one another, they announced, “We’re in.”

Less than a year later, in April 2007, two dreams became a reality. With help from a \$1 million donation from the Tals, Barnes-Jewish Hospital opened the Tal Nerve Research Center.

The Tal’s saga started when they left their home in Oklahoma City so Jacqueline could consult Mackinnon, a renowned surgeon at Barnes-Jewish Hospital.

Jacqueline Tal, a retired model, was a busy mother enjoying life with her four children, when she realized moving her right hand was causing intense pain and becoming more difficult to move by the day. Unsure and confused about the cause, the Tals visited several doctors in Oklahoma City.

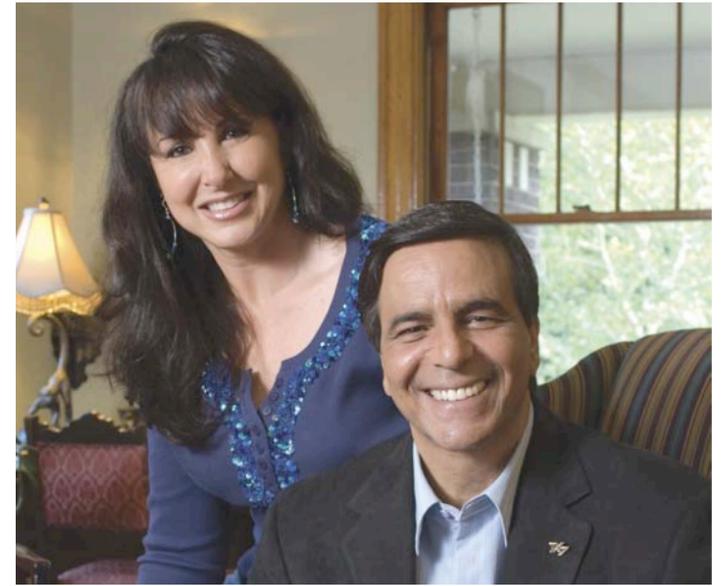
“No one knew what the problem was,” Moshe says. “One doctor even said it was all in my wife’s head.”

Frustrated and desperate for answers, the two were surfing the Internet when they came across Mackinnon, a pioneer in the nerve transplant field who specializes in neural surgeries and reparations. The esteemed doctor performed the world’s first successful nerve transplant on a 12-year-old boy in 1993.

After initial visits with Mackinnon in 2001, Jacqueline learned she had a rare nerve cancer – so rare that Jacqueline was only the fifth person in the world diagnosed with the disease. Her cancerous cells had formed a tumor in her right arm, causing lumps to form under the skin.

In April 2001, Jacqueline underwent corrective surgery. Mackinnon removed nerves taken from Jacqueline’s breast and transplanted them into her right hand.

After the surgery, Jacqueline underwent a challenging recovery. Healing both mentally and physically for three months, the couple lived in a nearby St. Louis hotel as Jacqueline underwent radiation therapy.



Jacqueline and Moshe Tal

“Dr. Mackinnon’s emotional support was as important as getting rid of the cancer,” Moshe says. “She’s been more than a doctor, she’s been a true friend.”

Today, Jacqueline is cancer free and has regained 50 percent mobility in her right hand.

“I still help her brush her hair and put on her make-up sometimes, but she’s really enjoying life now,” Moshe says of his wife, who is now pain-free and as active as before. Mackinnon helped Jacqueline realize the dream of restoring her normal life, so the couple in turn made it possible for Mackinnon to conduct groundbreaking research. In April 2007, the couple gave their first \$100,000 and will continue to give that amount annually for the next 10 years. The money helped to create the center and now goes toward finding new researchers as well as paying for microscopes, and even a worldwide database with information about nerve cancer in which doctors and researchers from other countries can log in and compare side effects.

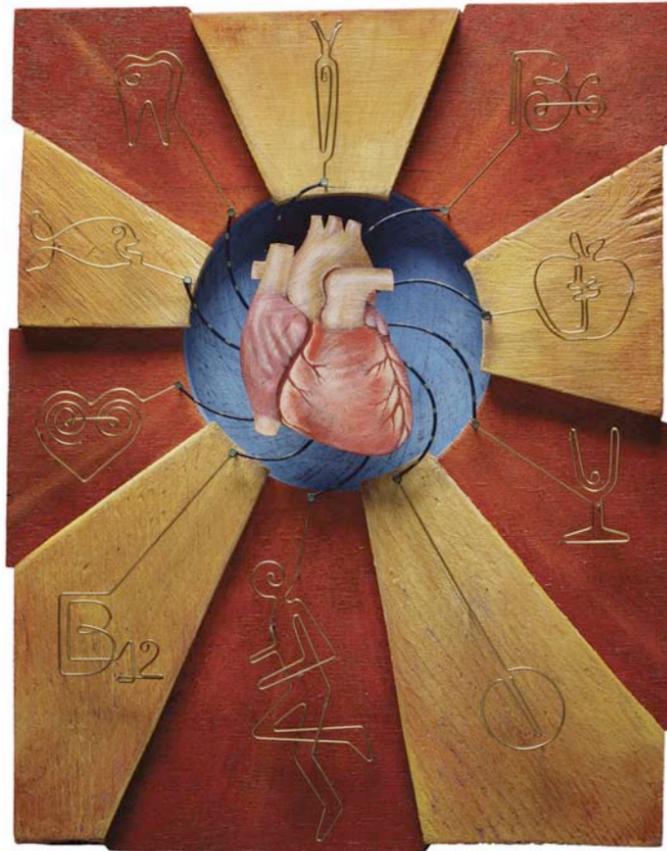
“We love Barnes-Jewish, the whole team,” Moshe says. “It’s the first peripheral nerve center in the world and we are honored to be a part of it.”

The Tals hope they’ve set an example for their children and that they, too, will continue the gift of giving. The couple hopes to raise an additional six or seven million dollars for the nerve center through fundraisers and events. Moshe, an avid car collector, is willing to sacrifice his favorite hobby for the cause. Owning titles to more than 17 classic cars, including a 2003 special-edition Corvette, Moshe says he will happily part ways with his favorite car to further the cause.

Although he says his cars were his pride and joy, the nerve center now fits that bill. “The nerve center is our baby now,” Moshe says. “It’s our dream, our life project. God didn’t give me money to go buy cars; we give and we get.”

“Everyone should carefully observe which way his heart draws him, and then choose that way with all his strength.”

—Hasidic Saying



## FUNDamentals

FOCUS ON THE HEART

The Barnes-Jewish Hospital Foundation has more than 800 funds. Many fit a specific need and are started by individuals based on something meaningful to them. And many of them are larger, overarching funds that are sometimes overlooked by potential donors. FUNDamentals features an important fund for your consideration.

*U.S. News & World Report* ranks the Heart and Heart Surgery program at Barnes-Jewish Hospital and Washington University annually in the top ten in the nation, making it the only program in Missouri, Illinois, Kentucky and Arkansas ranked this high. Their doctors perform the highest volume of cardiovascular procedures in the region, accounting for 37,986 in 2005, in addition to hundreds of thousands of patient evaluations.

The Heart Care Institute employs 72 board-certified cardiologists and seven board-certified cardiac surgeons. These surgeons performed more than 1,800 operations in 2005.

ILLUSTRATION: MARIA RENDON/IMAGES.COM

“There shall be eternal summer in a grateful heart.”

—Celia Thaxter

Barnes-Jewish Hospital is known for its success with vascular surgeries. It is dedicated to offering minimally invasive surgical techniques, which are used to treat issues in the veins and arteries in the brain, neck, kidneys and throughout the body. The doctors and surgeons who perform procedures such as vascular and dialysis grafts, carotid angioplasty and stenting also perform more than 250 endovascular repairs annually.

The Heart Care Institute has been involved in FDA trials of several state-of-the-art stent graft devices since 1996;

country for developing innovative treatments. Along with the **Congestive Heart Failure Center**, it offers the most advanced approaches to transplantation and surgery. It is the highest volume program in the region for treating patients with advanced heart failure.

The **Heart Transplant Program** is known for taking some of the world’s challenging cases with an excellent success record. Since 1985, when the program began, surgeons have performed more than 500 transplants. It is the only hospital in the area performing heart transplants.

“Do what you feel to be right in your heart.”

—Eleanor Roosevelt

70 percent of Barnes-Jewish patients are now treated with this technique, and their survival rate is one of the best in the nation.

They are one of only 15 medical centers nationwide selected to participate in the NIH-sponsored Carotid Endorectomy Stent Trial.

In 2005 Barnes-Jewish surgeons Luis Sanchez and former Barnes-Jewish surgeon Juan Parodi performed the first surgery in the United States using a new device to reposition vascular stents, which was the first operation Web-casted worldwide.

The **Heart Failure Program** is one of the most recognized medical centers in the

The **Cardiac Intensive Care Unit** assists the largest volume of patients in the area who suffer from heart attacks and severe heart failure.

Barnes-Jewish has pioneered procedures including ablation therapies, valve repair and replacement, and permanent implantation of ventricular assist devices.

The **Center for the Treatment of Valvular Heart Disease** is engaged in many clinical trials and specializes in valve repair, interventional cardiology and less invasive mitral valve procedures. The center integrates testing and visits to reduce the number of trips to the hospital for patients who require surgery.

## HITTING CLOSE TO HOME

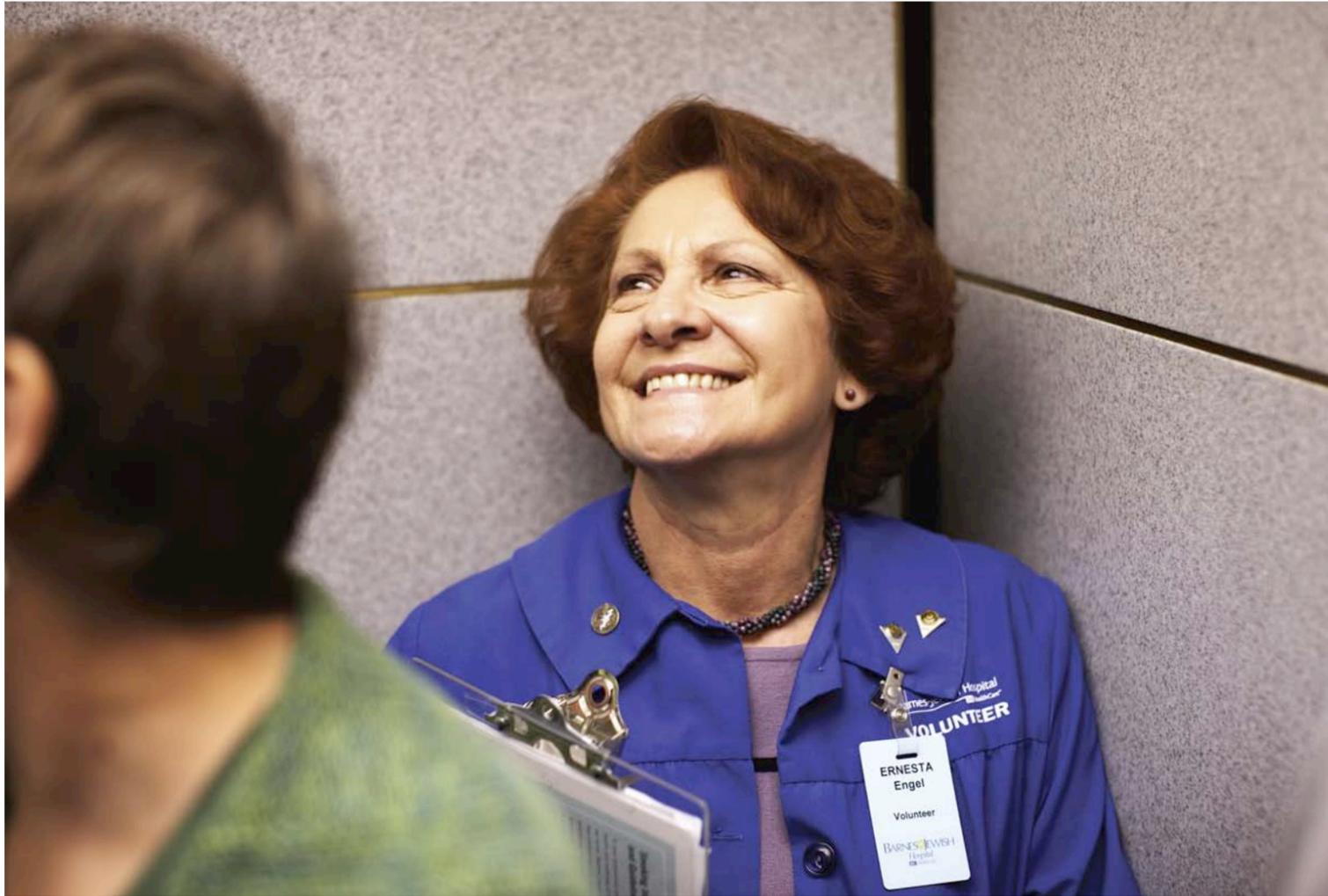
In 2008, *U.S. News & World Report* ranked Barnes-Jewish Hospital and Washington University’s Heart and Heart Surgery Program among the 10 best in the nation.

»More than 152,000 Americans who are killed by heart disease or stroke are under the age of 65.

»Heart disease kills more Americans than the next four leading causes of death combined, which are cancer, chronic lower respiratory diseases, accidents and diabetes.

»Within a year of having a stroke up to a quarter of patients will die.

»More than 4.5 million visits to emergency departments are due to cardiovascular disease.



Ernie Engel started volunteering at Barnes-Jewish Hospital in 2002.

“I feel like my husband is my guardian angel, and he would be very proud of me today,” she says.

## A life of purpose

Ernesta Engel says volunteering has saved her life.

Her Barnes-Jewish Hospital volunteer badge reads, “Ernesta,” but anyone who talks to her for more than five minutes, knows to call her Ernie. And eight years ago, Ernie foresaw an entirely different retirement.

The year 2000 meant a lot of things to many people: it was a new year and the turn of a new millennium. For Ernesta Engel it meant that after 39 years of hard work, she and her husband Leon could retire and spend the rest of their days traveling and enjoying their grandchildren.

“They were supposed to be our golden years,” Ernie says. But instead, unexpected events changed Ernie’s life forever.

The couple was just settling into their new life when Leon died suddenly of a heart attack. Then, soon after burying her husband, breast cancer became Ernie’s next battle.

A tragic, unexpected heart attack may have taken her husband, but Ernie wasn’t going to let tragedy strike again. She fought and ultimately beat the cancer, and soon after, realized she had a purpose for living.

“I’ve always had a positive attitude, but the doctors gave me a positive direction,” Ernie says of her physicians at Barnes-Jewish. “Barnes-Jewish took extra care,” she says. “I have found they were always there for me ... trying to do the best they could.”

And these days, cancer isn’t what brings Ernie to Barnes-Jewish. Her strength and will to help others endure tough times is the driving force behind her volunteer work.

“I had a choice to try and make something of my life, or be depressed,” she says of her loss and cancer diagnosis. “Barnes-Jewish was so good to me and my husband. ... I wanted to give back.” So Ernie began volunteering for the hospital in 2002.

Every Monday and Wednesday she walks the halls of Barnes-Jewish, clipboard in hand, welcoming new patients. She works under the Guest/Patient Relations Department, and she spends most of her time lending a hand to newly admitted patients and their families and friends, with one goal in mind: to see how many smiles she can put on peoples’ faces.

For Ernie, her purpose in life wasn’t revealed until she lost a big part of it. Now, the once fragile, devastated widow has welcomed the role of caregiver, and is seen as a pillar of warmth and strength for those who need it most. Ernie maintains she has gained more.

“Volunteering has saved my life,” Ernie says. “I come home feeling like I’ve accomplished something. I have a purpose now.”

Although Ernie isn’t traveling the world, she is exploring life anew. And although she still comes home to an empty house, she knows she’s not alone.

“I feel like my husband is my guardian angel, and he would be very proud of me today,” she says.



“Barnes-Jewish was so good to me and my husband...I wanted to give back.”

—Ernie Engel

Ernie Engel makes patients and workers feel more at home during her trips around the hospital, counting their smiles as she goes.

PHOTOS: JAY FRAM

# From grieving to giving

How losing a son opened hearts



Samuel's family:  
Derek, Wyatt,  
Meredith and  
Shiloh Byers

Many families commemorate the birth of a child with a baby memory book full of photos, footprints and measurements that preserve an infant's first days on earth. Meredith and Derek Byers were left with a memory box filled with sympathy cards, a small piece of jewelry and information about a grieving program. They had lost the son Meredith had carried to nearly full-term.

"That's the most isolating feeling I've ever felt," Derek says. "It's almost like membership to a club that you don't want to join."

Meredith, a general diagnostic radiologist, and her husband, Derek, a Barnes-Jewish Hospital fellow in pulmonary critical care medicine, are both Washington University physicians. They had chosen the name Samuel for their second son because it translates to "called by God" in Hebrew. Samuel was to join an older brother, Wyatt, their two-year-old "little warrior," but he stopped kicking a week before his delivery date last April. Meredith went to see her doctor at Barnes-Jewish Hospital on April 10 and found out her son had died. She delivered a stillborn child at the hospital the next day, and her world changed forever, she says.

As deeply as the Byers family ached from their loss, they remain grateful for the hospital staff members who helped them work through their pain. Barnes-Jewish has a perinatal loss program designed to comfort parents who have lost a child; the program provides memory boxes, like the one the Byers received, and coordinates grieving events, such as memorial-type perinatal loss services, designed for parents who lose a baby only a few months before the expected birth.

"Barnes-Jewish serves a large cultural and religious population, and no two people have the same backgrounds, needs or beliefs," Meredith says. "The program comforts people with sensitivity to their situation. What I could say is that this is something that helped us survive this experience."

The Byers have now made it their mission to give back to the program that helped them cope. The couple sent letters to family, friends and co-workers asking them to make a donation to the perinatal loss program in Samuel's name. To their overjoyed surprise, the family collected more than \$10,000 from donors across the country. Results were especially plentiful from Texas, Meredith's home state, but gifts piled in from as far away as Maryland and California.

Meredith and Derek now sit on an advisory board for the perinatal loss program and help distribute money from a fund named after Samuel—The Perinatal Outreach and Bereavement Fund in Memory of Samuel Garrison Byers.

"The outpouring of support was overwhelming, and immediately we felt embraced by all of these people and how much they cared," Derek says. "Even people we had met once or twice."



The Byers use letters and keepsakes in their memorial box to remember their son Samuel, the inspiration for their hospital fund.

Meredith explains how working for a cause in honor of Samuel has created a legacy for him.

"Especially when you're dealing with memorializing a person," she says, "You have this need to remember them and make their life important, be it an older person or a young child. You want people to remember them. You want people to know their name."

In any difficult situation, she adds, philanthropy can provide an incentive to persevere. "I always heard that this helped people grieve," she says. "It gives you a positive cause to focus on. In the midst of all your grief and sadness, it gives you something to get up for in the morning." Meredith says that she and Derek will increase their financial donations as their careers progress, and the couple always commemorates Samuel's birthday as well as major holidays with special monetary gifts.

Derek explains that linking thoughts of Samuel to a physical object, the memory box, helped to ease his mind.

"At the time that you go through the delivery, holding onto any memory or memento that you can is helpful," he says. "I never got to experience Samuel's life on earth outside of his mom, so any memory you can cherish is helpful. It feels weird and unusual, but it really is worth it."

Meredith and Derek are pleased with the success of their fund so far, and they want to see it grow each year. Another reason to celebrate?

In 2008, the Byers family welcomed a healthy baby girl, Shiloh. The joy of a sister for Wyatt has eased the pain and strengthened Samuel's memory. To learn more about the Perinatal Outreach and Bereavement Fund in Memory of Samuel Garrison Byers, contact the Barnes-Jewish Hospital Foundation.



Eb and Myra Thomas

## A breath of fresh air

Every year around December 19, Eb Thomas sends renowned barbecue from Memphis to the five doctors and nurses who helped him gain a second chance at life.

The date marks the anniversary of Thomas' lung transplant and he is always certain that everyone involved is equally appreciated. December 2007 marked the fifth year since his surgery.

"I think Barnes-Jewish is outstanding," Thomas says. "The people were wonderful. They're friends now."

After a skiing trip in 1989, Eb Thomas felt more out of breath and tired than usual, and it wasn't just from hitting the slopes. Little did he know that soon he would be fighting an uphill battle of an entirely different sort.

One year later Thomas, a Memphis native, was diagnosed with a rare hereditary disease, Alpha-1 Antitrypsin Deficiency, more commonly called Alpha-1. The illness is as daunting as the name. A

hereditary lung disease that causes emphysema, Alpha-1 results in low levels of a vital protein in the blood. According to the American Lung Association, the damage is irreversible and results in permanent "holes" in the tissues of the lower lungs. The effects eventually lead to less oxygen getting into the bloodstream, causing shortness of breath during exercise and, eventually, even during periods of rest. Because it is hereditary and he had virtually no symptoms, Thomas was not officially diagnosed until he was 41.

After the diagnosis, Thomas began to experience a slow and gradual deterioration of his lungs. In 2000, his doctor in Memphis suggested he look into seeking further treatment at Barnes-Jewish Hospital because of their well-known patient care and transplant program.

Upon initial visits to the hospital, Thomas was placed on the transplant list. Due to his relatively slow decline in health, there was not yet a sense of urgency to receive the transplant. Critical cases went straight to the top of the list, while non-critical patients had a wait of up to three years. After undergoing several tests, Thomas returned to Memphis to continue his position as chief financial officer of First Tennessee Bank, the largest bank in the state—only this time he was hooked up to an oxygen tank at all times.

"I remember thinking once I went on the oxygen, I was done," Thomas says but his physicians at Barnes-Jewish got him thinking positively, so Thomas agreed to use the tank until there was news of a transplant.

Even with the oxygen, everything in his life became increasingly more difficult — showering, working and even putting on his socks and shoes were excruciating.

Through everything, Thomas was grateful to have a strong faith in God and the love and patience of his wife Myra.

Myra dropped her husband off and picked him up from work as driving became too dangerous for him. From there, a security guard would accompany Thomas as he rode the elevator three floors up to his desk. He says his support was the reason that he was able to continue working.

As the months turned into years, the disease began to take its toll. Two years and several oxygen tanks later, Thomas's lung capacity had weakened to a mere 17 percent, which meant he was now in dire need of a transplant — fast.

On Dec. 19, 2002, Thomas received a new shot at life: He finally underwent a successful lung transplant. His second chance came in his first big breath after the surgery.

Even with the oxygen, everything in his life became increasingly difficult — showering, working and even putting on his socks and shoes were unbearable.

"The day after the transplant I was off the oxygen, and I never went back on," Thomas says.

After receiving the transplant, Thomas underwent a rehabilitation program at the hospital with Myra by his side. The process included roughly two hours a day of exercising using treadmills, bikes and weights to help regain strength and breathing control.



Eb Thomas

"Barnes-Jewish really stressed the rehab. The requirements to get into the transplant program were so strict because they want you to be successful," he says.

Thomas continued the regime after returning home. He purchased a treadmill and says it's become a habit to use it daily, sometimes as much as twice per day.

Because breathing isn't a struggle anymore, Thomas is now able to enjoy things he wasn't used to, such as a game of tennis or golf.

"I feel younger after this transplant," Thomas says. "There's very little I would like to do that I can't. The people, the doctors, everyone was outstanding. It's unbelievable quality."

With his second chance at life, Thomas wanted to turn his sense of appreciation into action, so he decided to become a transplant mentor for other patients going through the same experiences. Thomas frequently receives calls from potential transplant patients, curious with questions for the "go-to" successful patient. He shares his own story and provides emotional support for those considering transplants.

"I tell them certain feelings are normal, and try to help them through the experience," he says. "It's really a one-on-one support group. I think they get something out of it, and I get a lot out of it too."

Although Thomas's road was long and painful, he says the rewards were worth it. "If I thought I was going to live only six months after the transplant, I'd still do it," Thomas says.

Approaching the six-year anniversary of his transplant (and the next shipment of barbecue to his friends at Barnes-Jewish) Eb has established the Eb and Myra Thomas Lung Transplant Fund through the Barnes-Jewish Hospital Foundation. "As a banker, whether it's barbecue or Barnes-Jewish," smiles Eb, "I believe in investing in the best."

## Barnes-Jewish Hospital Transplant Center

A RENOWNED NATIONAL LEADER IN LUNG TRANSPLANTATION

The lung transplant program at Barnes-Jewish Hospital has received international acclaim for continued success. So when Thomas, who lives in Memphis, Tenn., needed the operation, the choice on where to go was obvious.

The Center's program is the largest and most renowned in the United States, having performed more than 880 to date. When patients like Thomas come to BJH, they have the largest lung transplant teams in the country.

The lung transplant program is part of a pulmonary disease program that U.S. News & World Report placed in the top 10 in the country. Barnes-Jewish started performing the operations in 1988, becoming one of the first such programs in the country. Doctors offer a depth of clinical and research experience along with an array of resources.

Before having surgery, Barnes-Jewish Hospital patients prepare with the transplant team as they are guided through each step. Their questions are answered; assuring that each patient is comfortable and ready for their big day.

After their transplants are performed, patients benefit from support groups and a mentor program that Barnes-Jewish Hospital offers, a unique feature of the transplant program providing a network of continuing care.

For more on lung transplants, please visit <http://www.barnesjewish.org/>

Organ donations are received from deceased donors, but physicians also perform transplants in which a living sibling or parent donates lung tissue for a child. In these procedures, Barnes-Jewish Hospital Lung Center physicians care for the adults.

In 1993 Barnes-Jewish Hospital pioneered an innovative lung-volume reduction technique, designed to assist emphysema patients breathe easier. More than 250 patients have undergone this procedure. Additionally, the Center is known for its successful and busy kidney, heart and liver transplant programs. They were the first in Missouri to perform a simultaneous heart and lung transplant.

## BARNES-JEWISH WEST COUNTY UPDATE

### New Siteman Cancer Center Facility Opens

A family lounge area with comfortable furniture and wireless internet access; a resource center with brochures and computers for Web searches; and plans for a healing garden: Enhanced public space is only one improvement that benefits patients and families at Siteman Cancer Center's new facility on the campus of Barnes-Jewish West County Hospital in Creve Coeur.

The facility, which moved to Medical Office Building 2 this summer from a smaller location near the hospital campus, also features expanded treatment space – 14 exam rooms and 28 chemotherapy chairs, compared to five exam rooms and 14 chemotherapy chairs in the old facility. All physicians at the new facility are Washington University Physicians.

"The additional space allows us to serve our patients and families better," says medical director Steven Sorcher, MD. "Their input during the design process helped us tailor the facility to meet their needs."

Currently, medical oncology services are offered in the new center. In spring 2009, patients will be able to receive radiation therapy, following the installation of a linear accelerator capable of delivering image-guided therapy and a new CT scanner for treatment planning.

Siteman surgeons who specialize in treating gastrointestinal, lung and urological cancers will continue to see patients in existing offices on the hospital campus, making it possible to receive comprehensive services in one location.

### Other News

- Washington University physicians now provide emergency-room care at Barnes-Jewish West County Hospital. These physicians are board-certified or board-eligible in emergency medicine.
- A \$1.3 million expansion of the radiology program at Barnes-Jewish West County Hospital is complete. The expansion included the addition of a new 64-slice CT scanner and the upgrade of another CT scanner. Planning is under way to introduce interventional radiology services and breast MRI scanning.



## Siteman Cancer Center

We are taking cancer care in a whole new

# DIRECTION

One of the nation's top cancer centers is now open at  
**Barnes-Jewish West County Hospital.**

The Siteman Cancer Center at Barnes-Jewish West County Hospital connects St. Louis County to one of the best cancer centers in the nation. As the region's **ONLY** National Cancer Institute Comprehensive Cancer Center, our Washington University Physicians use the most recent scientific discoveries to develop a personal treatment plan targeted specifically at your cancer. Many of these treatments are not available anywhere else in the region.

When it comes to cancer, where you are treated first could change your life.

**Siteman Cancer Center now at Barnes-Jewish West County Hospital.**

Visit [sitemanwestcounty.wustl.edu](http://sitemanwestcounty.wustl.edu) or call 800-600-3606.



THE GIVING BACK PAGE

# Revamping, reinvigorating, reinventing

At the Missouri School of Journalism, magazine journalism students complete a capstone course as a culmination of their studies. For the Magazine Publishing class, taught by Associate Professor John Fennell, students complete an entire magazine from cover to cover – from planning editorial content to designing each page to reporting. In August 2007, the Barnes-Jewish Hospital Foundation approached the class looking for assistance in creating a new image for Cornerstones. Six students heeded the call and created a prototype for the publication in your hands today – GIVING. The prototype magazine and the student work has received a national award from the 2008 Association for Education in Journalism and Mass Communication Student Magazine Contest. We congratulate the students and thank them for their fine work.



The BJHF GIVING team: (clockwise from back left) Megan, Shannon, Ryan, Laura, Pamela and Kristin.

## A BJHF GIVING contributor learns when you give, you get back too.

College students do not often have the opportunity to give back, particularly financially. As a group we are known as 20-somethings who skimp on spending in every way we can. We bring laundry home for our parents to do; we love buffets, Ramen noodles and Easy Mac; and we take any opportunity to get a free T-shirt.

Clearly, we are not the key demographic to become major donors to worthy causes. As much as we might want to support groups and organizations we believe in (whether that's a presidential hopeful, a research group for a disease close to our hearts, or, say, a hospital), we often cannot afford to do so.

College tuition is increasingly expensive, and that's before costs such as meals, housing, books and gas. Some of us do manage to work while attending school. But, even then, most of us, unfortunately, do not have leftover funds to donate.

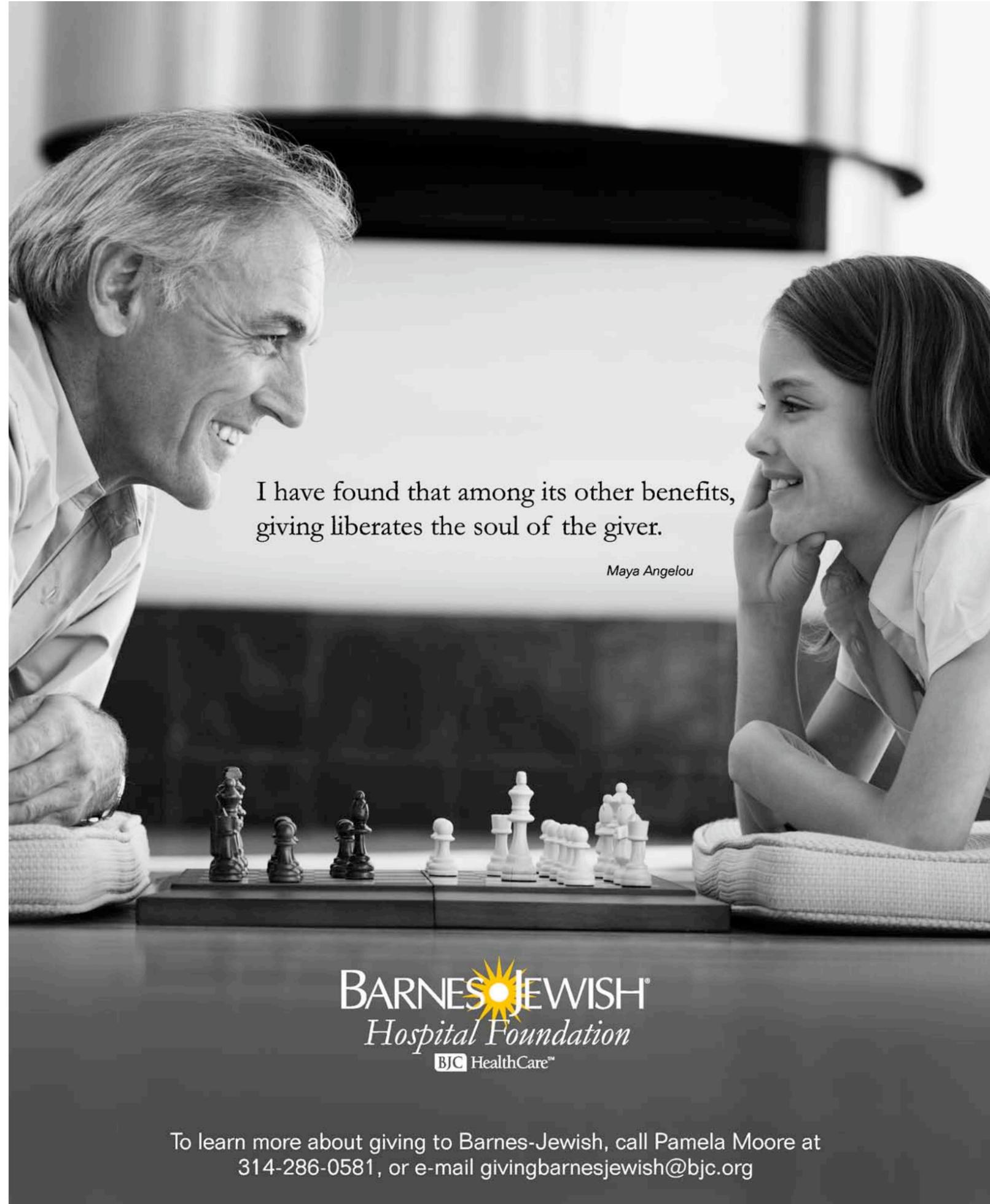
So, when the six of us got an opportunity to give back to the community – even without opening our wallets – we jumped at the chance. Laura, Megan, Shannon, Kristin, Pamela and I loved the idea of helping the Barnes-Jewish Hospital Foundation revamp and reinvigorate its donor publication. In that process, we became more aware of philanthropy, we had the pleasure of meeting some fantastic people, and Cornerstones became Barnes-Jewish GIVING.

Who among us hasn't been touched by diseases like cancer, diabetes or heart disease? We all know people who have been afflicted and affected – some who have lived and some who have died.

We hope our publication will inspire at least one person to donate. If this is the case, we have accomplished our goal. By working on GIVING we not only received firsthand experience on magazine production, but we have given back in a special way. And along the way we met donors, physicians and patients who have helped us to know that we made the right decision to work on this magazine, and inspired us to give back throughout the rest of our lives.

Although donating money is an important way to help, donating time, energy or a skill is just as wonderful a gift. And I speak for everyone involved with GIVING when I say that when you are giving you are getting something in return. Care. Hope. Thanks.

–Ryan Schreiber



I have found that among its other benefits, giving liberates the soul of the giver.

Maya Angelou



To learn more about giving to Barnes-Jewish, call Pamela Moore at 314-286-0581, or e-mail [givingbarnesjewish@bjc.org](mailto:givingbarnesjewish@bjc.org)