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BARNES - JEWISH HOSPITAL FOUNDATION

# GIVING

ISSUE 2 2009

CARE • HOPE • THANKS



Keeping  
Dreams  
Alive

## DEPARTMENTS



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COVER PHOTO: JIM CALDWELL

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A MESSAGE FROM THE BARNES-JEWISH HOSPITAL PRESIDENT

## Breakthroughs and Ballet Shoes



Rich Liekweg

As the new president of Barnes-Jewish Hospital and Barnes-Jewish West County Hospital and a first-time resident of the Midwest, I realize that readers like you will have many questions

for me. You may be curious about my experience, my vision and my goals – or perhaps even why I chose to leave San Diego’s weather.

The overwhelming answer is that I came to St. Louis to be part of the continued growth of a national leader. Among its peers in academic medicine, Barnes-Jewish stands apart in its mission of patient care, clinical research and education.

In this issue of *Giving*, you will read about breakthroughs in transplantation at Barnes-Jewish that are changing standards around the world for increasing living organ donor opportunities and reducing rejection. You will also meet

**Barnes-Jewish stands apart in its mission of patient care, clinical research and education...**

individuals whose lives were saved or whose dreams came true because they walked through our doors, like the young ballerina who thought she would never dance again.

As you read, I hope you will see that our partnership with Washington University School of Medicine and its physicians gives us a special ability to make a difference on a global scale, without losing sight of the difference we make in the lives of every single patient for whom we have the privilege to care. Thank you for nurturing this partnership – and every life we touch – through your gifts to the Barnes-Jewish Hospital Foundation.

Sincerely,

A handwritten signature in black ink, appearing to read 'Rich'.

Richard J. Liekweg  
President, Barnes-Jewish Hospital &  
Barnes-Jewish West County Hospital  
Group President, BJC HealthCare

## New Faces of GIVING

**Richard J. Liekweg**

President, Barnes-Jewish Hospital &  
Barnes-Jewish West County Hospital  
Group President, BJC HealthCare

The health care profession runs deep in Richard Liekweg's family: his grandfather was a general practitioner and the city coroner of Washington, D.C., in the early 1900s; his uncle is an obstetrician; his oldest brother is a cardiothoracic surgeon. So when his father suggested hospital administration as a career choice for Liekweg as he studied economics at the University of Virginia, a doorway to his calling opened.

"I worked at my brother's hospital during the summer after my junior year, and the passionate administrators I met helped me find my niche in academic medicine," Liekweg says. "I love its business side, but I also love the science, education and the direct impact on improving clinical outcomes and care to patients."

Liekweg comes to St. Louis after six years as chief executive officer and associate vice chancellor for the University of California, San Diego Medical Center, and more than 16 years in various leadership roles for Duke University Health System, including chief executive officer of Durham Regional Hospital. He feels Barnes-Jewish offers a perfect challenge for his professional background and health care interests.

"The scope and breadth of Barnes-Jewish Hospital's clinical programs, its clinical research, the national and international accolades for its partnership with Washington University School of Medicine, its relationship within the larger health care delivery system of BJC HealthCare – all of this is unique in academic medicine," Liekweg says. "I'm thrilled to have the opportunity to be part of the leadership team of one of the nation's top academic medical centers and to use my experience within the community hospital setting to optimize the best of Barnes-Jewish and BJC."

In his first 100 days at Barnes-Jewish, Liekweg will do a lot of walking and listening. "I need to gain a diverse perspective of our successes, opportunities and needs from the front lines," he says. "So I'll be spending time in the hallways, the nursing units, the labs, the waiting rooms – wherever I can meet and talk to staff, physicians, nurses, patients and families."

Liekweg is committed to advancing Barnes-Jewish Hospital's national leadership and to maintaining its strong financial performance. "We're doing great things right now," he says. "My hope is that we will be looked to as the national leader for best practices in the areas of patient safety, quality and clinical outcomes, service delivery and access to academic health care."

"To achieve this, we must continue to invest in our physicians, residents, employees and faculty. This means relying on charitable gifts to acquire the latest technology; to support renovation in the hospital and innovation at the bedside; to fund clinical research that advances the next discovery from the bench to the bedside; to improve the health of our community; and to train future health care practitioners as leaders in academic medicine. I'm eager to work with our Foundation Board as a catalyst for our goals and aspirations."

New to the Midwest, Liekweg is impressed with how St. Louisans value philanthropy, heritage and tradition. When he's off duty, he and his wife, Stacey, look forward to exploring the city's history and arts scene, watching Blues hockey, catching Cardinals fever, and staying busy with swim meets for their 9-year-old daughter, Caroline.



BJH President Rich Liekweg joined Foundation donors to present Alec Patterson, MD, with the President's Lifetime Achievement Award at the Foundation's "Celebrate Giving" dinner. L to R: BJH Foundation Vice President Julia S. Ruvelson; BJH Foundation Board Chair Ken Steinback; Dr. Patterson; Liekweg.

# New Faces of GIVING

## **Sally Roth**

Barnes-Jewish Hospital Foundation Board (2007-present)

Other service: Regional Business Council, St. Louis Regional Chamber and Growth Association, Wyman Center, Washington University Olin School of Business National Council, and UM-St. Louis Chancellor's Council.

Sally Roth is passionate about ensuring St. Louis' future. "We need to preserve and enhance the quality of life here, and give our young adults opportunities to stay and build a career," she says. "They are the ones who will sustain St. Louis as a great city and a wonderful place to raise children."

Roth's own career began almost 30 years ago when she pursued her dream of working in the banking industry after her youngest daughter started school. Management roles in corporate banking, wealth management and commercial banking at Mercantile Bank (where she served as president of Mercantile Bank of West County), Bank of America and Regions Bank led to her current position as Upper Midwest Area President of Regions Bank.

Roth devotes her volunteer energy to the economic and community development of St. Louis. "Serving on the Barnes-Jewish Hospital Foundation Board is rewarding to me because our support allows the hospital to deliver its broadbased community outreach services," she says. "Our free flu shots program, which this year enabled hospital staff to vaccinate 35,000 primarily underserved and low-income individuals, is a great example of the magnitude of difference we make in this community."

Roth enjoys the Missouri Botanical Garden and Saint Louis Zoo, and is grateful our community benefits from the many world-class institutions in St. Louis – including Barnes-Jewish. "The Barnes-Jewish reputation is renowned," she says. "We all know someone who has benefited from its breakthrough technologies and cutting-edge treatments. I'm proud of the hospital's impact on the quality of life in St. Louis."



## **Joseph E. Rechter**

Barnes-Jewish Hospital Foundation Board (2008-present)

Other service: St. Louis Public Library Foundation, Center of Creative Arts Endowment Fund, City of Ladue Uniformed Officers Pension Fund, Trinity College Advisory Board, and Treasurer of the City of Ladue.

Joe Rechter's investment banking career has taken him many places in St. Louis, from larger banks to his current role as chief financial officer of Lowenhaupt Global Advisors, LLC. But only one stop on his journey – his private equity firm of Kling, Rechter & Co., with his partner, the late S. Lee Kling, immediate past chairman of the Barnes-Jewish Hospital Foundation Board – led to a hospital.

"Lee was a great role model," Rechter says. "He exemplified the importance of being of service to others. He knew my philanthropic interests were related to both health care and education, so he asked me to serve on the Foundation Board. Lee was right – it has been a great match."

Rechter enjoys meeting Washington University physicians and being exposed to cutting-edge medicine as a Foundation Board member. "It inspires me to tell everyone about the great things being done at Barnes-Jewish Hospital," he says. "I'm learning that for most medical issues people face, they can get world-class care right here in St. Louis. There's nothing else like it in our community."

Rechter has been married to his wife, Susan, for 25 years and feels lucky to have raised his daughters – one a graduate of Washington University, the other a student at Trinity College – among St. Louis' Midwestern values. "Part of my success has to do with being a product of this community," Rechter says. "If you've had success, it's important to give back. Now I'm focused on fundraising for Barnes-Jewish. It's the most critical thing I can do as a board member."



PHOTO: JAY FRAM

PHOTO: TIM PARKER

## New Faces of GIVING

**John P. Lynch, MD**

Chief Medical Officer,  
Barnes-Jewish Hospital  
Professor of Medicine, Washington  
University School of Medicine

Better clinical outcomes. Improved patient safety. Quality care that exceeds expectations. After two decades with Washington University and Barnes-Jewish Hospital, John Lynch, MD, will settle for nothing less.

The son of a physician and brother of an OB/GYN, a cardiac surgeon, and a master's-trained nurse, Dr. Lynch began his career serving patients at the former Barnes Hospital as a resident and fellow. He eventually joined the faculty and lung transplant team. He was also named the first medical director of the hospital's ventilator weaning unit where he worked to improve outcomes for patients with complex illnesses.

As principal investigator of the Medicare Coordinated Care Demonstration Project – one of the largest research programs of its kind in the country – Dr. Lynch spent many years studying best practices in caring for patients with multiple, chronic health problems.

"We learned that assigning one experienced, compassionate and culturally sensitive nurse to coordinate all aspects of a chronically ill patient's care leads to improved outcomes and reduced re-admission," Dr. Lynch says. "The great news for our patients is that Barnes-Jewish is already implementing these findings. Our high-quality nurses work closely with dedicated social workers, home health workers, pharmacists and other care teams every day to give patients with complex problems all of the resources they need to achieve their health care goals."

Dr. Lynch assumes his latest role as chief medical officer at an exciting time, ready to build off the rapid advances in patient safety, transparency and quality that began under his predecessor, Jonathan Gottlieb, MD.

"Barnes-Jewish is looked to as a national leader in new approaches to quality and safety," Dr. Lynch says. "After 20 years on the faculty at Washington University School of Medicine, I have the experience, perspective and understanding to build bridges that will continue moving our work in this area and other areas of clinical-translational research forward."

He continues: "I value gifts to the Foundation to support this research. When you give, you are helping to advance science. You are moving us closer to discovery. It's a wonderful partnership."

**How Do Your Gifts Become Research Awards?**

Ensuring that Barnes-Jewish Hospital Foundation dollars go to projects with the greatest promise for promoting patient safety, care and outcomes. That's one of the critical roles of Barnes-Jewish Hospital Chief Medical Officer John Lynch, MD.

From 1997 through 2008, the Barnes-Jewish Hospital Foundation awarded nearly \$94 million for research conducted by Barnes-Jewish staff or Washington University School of Medicine colleagues. This represents more than 40 percent of all support the Foundation awarded during this time. Gifts of all sizes from donors make this central aspect of the Foundation's mission possible.

The Foundation provides most research support directly to Washington University faculty who, in addition to treating patients, are among the most outstanding research scientists in their fields in America. Grateful patients frequently honor their relationships with their physicians by establishing or contributing to funds at the Foundation designated to these physicians. In addition, unrestricted gifts allow the Foundation to make competitive research grants to young faculty seeking seed money.

These gifts, or investment income derived from them, give the faculty flexibility to pursue promising new research that is not yet competitive for large grants from private or federal resources. The Foundation also uses gifts to supplement external grants, which rarely provide 100 percent support for a project.

"Thanks to those who give," Dr. Lynch says, "we can fund the most innovative research that will ultimately have the strongest impact on the way we care for our patients."

# New Faces of GIVING

## **Marianne Fournie**

Chief Nurse Executive,  
Barnes-Jewish West County  
Hospital

Marianne Fournie's experience as a 6-year-old patient convinced her she wanted to be a nurse when she grew up. She never strayed from that path.

Fournie became a head nurse two years out of nursing school. "I had started as a nurse aid then student nurse, and they had confidence in me to assume a leadership role very early in my career," she says. "I used this experience to progress through leadership roles throughout my nursing career."

The chief nurse executive (CNE) role has always been Fournie's ultimate goal, and she is thrilled to hold the position at Barnes-Jewish West County Hospital.

Setting priorities in an uncertain health care climate is a challenge Fournie relishes. As CNE, she must collaborate and mentor nurse managers, lead and develop nurses, establish professional development programs and incorporate technology and research to promote healthy work environments. Recruiting and retaining nurses and building relationships with physicians add to the mix.

Fournie says for most patients, exceptional care is the minimum expectation. "What they don't expect is to feel the 'Wow!' when their expectations are exceeded. My focus will be on creating the 'Wow!' by treating nurses with respect, encouraging creativity, improving work processes, building open communication and trust and challenging nurses to grow personally and professionally."

When it comes to supporting Barnes-Jewish West County Hospital through charitable gifts, she sees so much potential. "Gifts to the Barnes-Jewish Hospital Foundation can fund all aspects of nursing, enhancing patient care, professional and patient education and financial investment for emerging technologies and innovations...and I'm sure we will find even more opportunities here."



## **Chief Nurse Executives – A Voice for Change**

Missouri law states that all nurses on a hospital staff must report to a chief nurse executive. Coreen Vlodarchyk, vice president of patient care services and chief nurse executive at Barnes-Jewish Hospital, has more than 3,000 nurses reporting to her.

The role of top nurse has changed dramatically over Vlodarchyk's 37 years in nursing. "The chief nurse executive today must be a business person who understands finance, marketing, and how to manage capital as well

as the operations of the hospital," she says.



As a vice president, Vlodarchyk is also responsible for nearly one-third of the hospital's other disciplines such as pharmacy, therapy services, the emergency department, spiritual care and case

management (meeting patient social services needs). All work hand-in-hand to deliver multidisciplinary care.

"Everyone on my team is responsible for setting the gold standard of exceptional care," Vlodarchyk says. "We drive patient satisfaction, we affect outcomes and we help determine the best ways to respond to patients and their families."

Vlodarchyk credits her success in patient care administration to her combination of clinical knowledge, teaching experience – including 22 years as a nursing professor – and passion for nursing. Every day as a leader she is called on to make choices, provide input and represent nursing and patient care services so Barnes-Jewish can achieve its mission.

"As the nursing profession has evolved, chief nurse executives have earned a seat at the hospital president's decision-making table," Vlodarchyk says. "We are a voice for patient care, for nursing and for change!"





## Living Kidney Donors: *The Ultimate Gift*

Sometimes making a difference through giving starts not with the heart, or the wallet, but with... a kidney.

This summer, a 54-year-old on the East Coast offered to donate a kidney to anyone who needed it. This altruistic donor's generosity resulted in a chain reaction that included 16 people and four hospitals across the country. Eight patients received living donor kidney transplants as a result of one person's decision.

Surgical teams at Barnes-Jewish Hospital and The Johns Hopkins Hospital in Baltimore pioneered this multi-institutional transplant chain over a span of four weeks. The chain also included living donor transplants at Integris Baptist Hospital in Oklahoma City and Henry Ford Medical Center in Detroit.

The procedure, paired kidney exchange (PKE), pairs up willing kidney donors with compatible recipients in different locations and connects them.

### Mother-Daughter Pair Saves Two Lives

Mu Cha Leffler, 60, of Christopher, Ill., and her daughter, Christine Hargis, 36, were one of these pairs. Hargis was determined to get her mother a kidney transplant. She enrolled in the Barnes-Jewish Hospital PKE program and offered her kidney to any compatible recipient. In return, her mother received a kidney transplant at Barnes-Jewish Hospital in June. The kidney was procured from another living donor at Johns Hopkins and transported to Barnes-Jewish.

Two weeks later, at Barnes-Jewish, Hargis donated one of her kidneys to another patient waiting at Hopkins. "I didn't care who received my kidney," Hargis says. "I wanted to do whatever it took for my mom to get a kidney. It was the least I could do."

The transplant chain was complete.

### More Pairs, More Transplants

"What is unique about this chain transplant is that the donor and recipient pair can stay close to home for the transplant," says Surendra Shenoy, MD, a Washington University kidney transplant surgeon at Barnes-Jewish. "It doesn't matter where they live. We move the organs across the country rather than the patients."

Dr. Shenoy says the idea for a multi-site, chain transplant with living kidney donors was born about four years ago as a way for more people to benefit from the living donor kidney transplant option. "It took a couple of years to get everything in place with coordination of data, legal issues and other factors. But now everything is in place to move forward with more multi-site chain transplants so they can happen more frequently."

He says the kidney pairs list is growing at all four hospitals that are currently part of the program. He expects five other hospitals to join the program soon. "The idea is to have a large list of donor pairs. The more pairs, the more likely the matches, so the more transplants we'll be able to do. We've already done them twice at Barnes-Jewish in 2009. The whole cycle starts with one altruistic donor."

Currently the United Network for Organ Sharing is setting up a pilot program to develop a nationwide list of donor pairs. The collaborative efforts between Barnes-Jewish Hospital and Johns Hopkins are the model for this pilot program, which could result in an estimated 1,500 additional transplants each year.

Nearly 80,000 people in the U.S. – which include 1,300 in Missouri and 3,700 in Illinois – are waiting for a kidney transplant currently and the list continues to grow. Yet less than 10,000 kidneys are available for transplant each year.

“One kidney donor actually helps two people,” Dr. Shenoy explains. “One person gets a kidney, so another gets to move up the wait list for transplant.”

### Living Donor Transplants Offer Additional Benefits

Someone with kidney failure has two options: lifelong kidney dialysis or transplant. “A person who gets a transplant does better long-term compared to dialysis,” Dr. Shenoy says. “And someone who receives a kidney from a living donor transplant has better outcomes than someone receiving a deceased donor transplant.”

He says living with one kidney is perfectly suitable for a normal life and won’t alter a person’s lifestyle. “Some people are only born with one kidney and live long, healthy lives.”

For the person donating a kidney, Dr. Shenoy uses a minimally invasive technique that allows most patients to go home two days later. They can usually go back to work after two to three weeks.

A unique feature of Barnes-Jewish Hospital’s transplant program is that team members follow patients for the life of their transplant for continuity of care. Patients also benefit from the support groups and the mentor program offered.

### Research Offers Bright Future for Transplant

Dr. Shenoy has been performing kidney transplants since 1991. He, along with Martin Jendrisak, MD, developed the mini-nephrectomy procedure that is now commonly used with many kidney donors across the country. “Transplant is a relatively young specialty, which is why it’s so exciting to be in it,” he says. “With the large living donor pool, the opportunities to save lives are huge.”

Dr. Shenoy says current transplant research focuses on methods to maximize the benefits of a transplant. “We want to increase not just the number of transplants, but the lifespan of a each transplanted organ. We continue to improve. In 1990, only 80 to 85 percent of kidneys transplanted worked after one year. Today, 96 percent of living donor transplants work for longer than a year.”

### A Personal Campaign to Increase Kidney Donors

Christine Hargis recognizes how many people could donate a kidney and save lives. She says the experience she and her mother had motivates her to want to crusade for kidney donation.



L to R: Christine Hargis and her parents, Mu Cha and Dale Leffler. Christine donated a kidney to a stranger so her mother could receive a kidney transplant. She credits her father for helping to make Mu Cha’s transplant possible.

In September, Hargis and her parents appeared on “The Dr. Oz Show” with several of the people who were part of this summer’s 16-patient transplant chain. “I got to meet the woman who donated a kidney to my mother,” she says. “It was a wonderful, emotional experience.”

Hargis continues: “I hope more people will consider donating a kidney to a loved one or a stranger. I felt blessed with the opportunity to help my mother. You only need one kidney to live. If one in 100 people would be willing to donate a kidney, so many lives would be saved.”

### Foundation-Funded Research Leads to Better Patient Response to Dialysis

In addition to kidney and transplant surgery, Surendra Shenoy, MD, with support from the Barnes-Jewish Hospital Foundation, is a leader in performing a procedure to help patients suffering from end-stage renal disease.

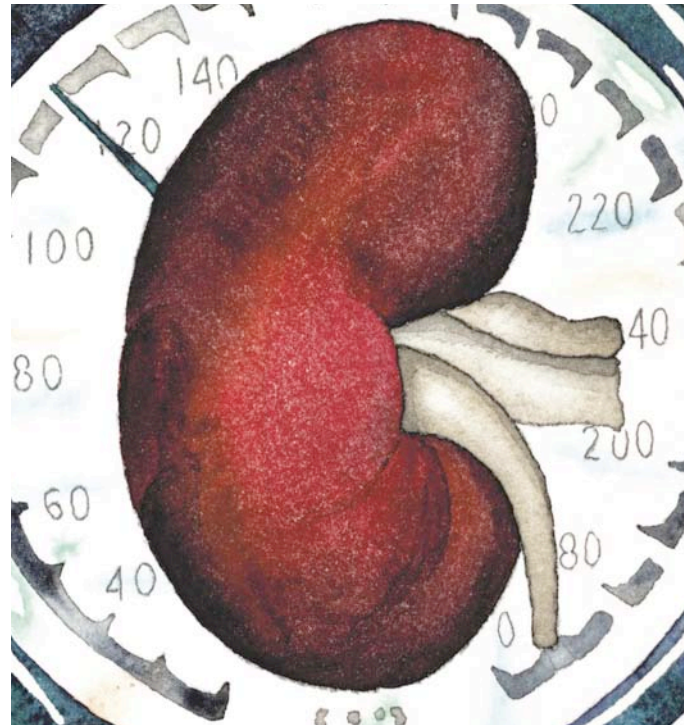
In this procedure, Dr. Shenoy creates an arteriovenous fistula (AVF), or connection between a vein and an artery, that allows better access to blood vessels for dialysis. This improves the patient’s response to dialysis, leading to better rates of survival with the least complications.

Dr. Shenoy uses ultrasound before, during and after AVF surgery to select the best surgical site and to evaluate the results. This innovative use of ultrasound has allowed him to increase the rate of patients receiving AVF procedures at Barnes-Jewish.

In 2008, the Foundation’s Transplant/Vascular Access Fund made it possible for Dr. Shenoy to purchase the next generation ultrasound machine developed specifically for vascular access so he can continue this critical aspect of his clinical work. “Treatment breakthroughs like the chain transplant actually result from years of painstaking research and clinical trials that test new uses of equipment or medication,” says Julia S. Ruvelson, Foundation vice president. “We hope our Transplant/Vascular Access Fund and the M. Ann Brown Liver Research Fund, both of which fund Dr. Shenoy’s projects, will lead to the breakthroughs of tomorrow.”

# FUNDamentals

FOCUS ON TRANSPLANT



You're sick. An organ transplant is your only option for recovery. Where do you go at this critical time? The transplant team at Barnes-Jewish Hospital is a wise choice for you, for many reasons.

- #1. Barnes-Jewish Hospital has the only transplant center in the region offering a full array of transplant options, including heart, lung, kidney, liver, pancreas, bone marrow and multi-organ transplantation.
- #2. Our talent and technology allow us to accept the sickest, highest risk patients.
- #3. Our comprehensive, team approach to transplant care prepares you for the transplant process, educates you on how your disease will be managed before and after transplant, assists you with returning to a normal lifestyle and follows up with you for your entire life.
- #4. Our past transplant recipients serve as mentors, ready to help you through this intense journey.
- #5. Thanks to clinical research conducted by Washington University physicians and Barnes-Jewish Hospital staff, more patients are receiving transplants, with higher survival rates and lower rates of organ rejection.

Recent milestones at Barnes-Jewish include:

- Surgeons performed the 1000th adult lung transplant at Barnes-Jewish on Jan. 21, 2009.
- On Feb. 24, 2009, the first matched pair kidney transplant in St. Louis took place. In this novel approach, a kidney recipient with a suitable but mismatched donor is linked with a second suitable but mismatched donor-recipient pair. The recipients then exchange donors, allowing each recipient to receive a matching kidney.
- For three consecutive years, our surgeons have performed more than 100 liver transplants at Barnes-Jewish and St. Louis Children's Hospitals combined, placing the program in the top rank of transplant centers in the United States.

Barnes-Jewish Hospital Foundation has established funds to support clinical research that leads to transplant breakthroughs and better outcomes, and funds to help patients who need a transplant but cannot afford basic needs like food, lodging and medicine that are essential to recovery.

"While our successes have been gratifying to all of us at the Barnes-Jewish Transplant Center, they also renew our commitment to being national leaders in transplant surgery and medicine," says Gene Ridolfi, transplant center director. "We thank all who give to transplant for their support – these gifts are vital to our unprecedented progress, growth and innovation."

To make a gift for transplant or to learn more about our transplant funds, please call David Sandler at 314-362-3499, e-mail [givingbarnesjewish@bjc.org](mailto:givingbarnesjewish@bjc.org) or visit [www.givingbarnesjewish.org](http://www.givingbarnesjewish.org).

## Grateful Transplant Family Pays it Forward

When Tyson James became ill suddenly, he and his wife, Cynthia, went straight to the nearest hospital for answers. When they realized Tyler's condition called for another level of care, he transferred to Barnes-Jewish Hospital.

"We learned that Tyson had a genetic predisposition for an illness that was causing his liver to fail," Cynthia says. "The liver transplant team at Barnes-Jewish was in our room the day after we arrived."

Every team member – from Jeffrey Crippin, MD, a liver transplant specialist; Kevin Korenblat, MD, a gastroenterologist; and Surendra Shenoy, MD, a transplant surgeon; to the nurse coordinator, financial coordinator and social worker – joined together to help the Jameses prepare fully for a liver transplant and for life afterward.

"Dr. Crippin was a force of nature," Cynthia says. "And everyone else on the team was upbeat, hopeful and very determined to help Tyson. They were confident that he would get a transplant before he left Barnes-Jewish, and he did!"

After Tyson's transplant, the Jameses wanted to thank the people who had given them wonderful care. But they also wanted to do something to help other people who face obstacles to receiving the same care. They chose to do both by making a gift to the Barnes-Jewish Hospital Foundation's Liver Transplant Patient Care Endowment Fund.

"I'm a social worker in the medical field, and I've seen the other side of the story," Cynthia says. "I know a lot of people struggle with the price of medications, the cost of traveling to the hospital and other issues as they wait for a transplant. I know there is a need to help these patients at Barnes-Jewish, and I know that any amount of support can make a difference."

Tyson went back to work a month and a half after surgery, and exercises regularly. The Jameses are back to traveling, visiting family and socializing with friends.

Most importantly, they're glad to have the chance to give back.

"Barnes-Jewish Hospital does such great, great things," Cynthia says. "And they need support to provide that extra help to patients and families in need. Everyone will be touched by illness at some point. That's why it's so important to pay it forward when good things happen to you."



Tyson and Cynthia James made a gift to help others who face obstacles in receiving a liver transplant.

# Bringing Cancer Patients Out of the Dark and Into the Light

Cancer. The diagnosis can send shock waves through patients and their families, creating overwhelming fear, anger, frustration and life disruptions. Patients face a host of new challenges, both physically and mentally. Some patients experience depression, anxiety or emotional problems caused by or exacerbated by cancer. Ultimately, the emotional turmoil can pose a serious threat to a patient's ability to fight the cancer and return to health.

"Cancer is a life-altering event as patients deal with their own mortality," explains Marty Clarke, PA-C, PhD, a Washington University physician assistant and psycho-oncologist at Barnes-Jewish Hospital. "The cancer diagnosis creates uncertainty and chaos as it disrupts families and careers. It also can cause significant financial burdens. In addition, some medications can cause psychiatric problems such as depression or mania."

The Institute of Medicine advises that care of the whole patient – including psychosocial needs – should be the standard of quality cancer care. All cancer institutes, including the Alvin J. Siteman Cancer Center at Barnes-Jewish and Washington University School of Medicine, strive to follow these recommendations. Barnes-Jewish is the only hospital in St. Louis with dedicated psychosocial oncology services.

## Making a Difference for the Whole Patient

Clarke and Dan Haupt, MD, Washington University psychiatrist and medical director of psychosocial medicine, Siteman Cancer Center, provide psychiatric consultations to hospitalized cancer patients every day. They serve all patients at Barnes-Jewish on the six primary cancer floors, covering a total of 166 beds. Clarke consults with about eight patients a day in the hospital, and conducts weekly outpatient clinics. He also sees about four or five patients a day in his office, often to check their medications, which are complex and always changing.

"Some patients just need reassurance and perspective, while others need more psychotherapy or medication," Clarke says. "If patients have a psychiatric history and then are diagnosed with cancer, they need help with their medications. Others may have had depression in the past that comes back with

cancer. The health care team or family also may notice mental status changes in a patient that we can help with. We make a difference for patients in many ways."

## No Patient is Turned Away

Clarke and Dr. Haupt also work with two psychologists, Teresa Deshields, PhD, and Shannon Nanna, PhD, from the Siteman Cancer Center to offer care for outpatients.

"We're a tag team," explains Deshields, manager of psycho-oncology services at Siteman. "We mainly see outpatients and their families for counseling needs. Or Marty may see a patient in the hospital and ask us to help with follow-up therapy. We don't charge for the services, so we can see anyone, with or without insurance."

With more than 10 years experience working with cancer patients, Deshields brings a wealth of skills. "All we do is work with oncology



Marty Clarke, PA-C, PhD, and Teresa Deshields, PhD, partner to offer cancer patients psychosocial support for healthier results.

patients so we understand their unique and individual needs,” she says. “We share coping strategies and connect them to other services that can help them.”

Deshields says she helps patients with symptom management, too. “We’re a complement to medical care and often serve as an advocate for patients. Our goal is to enhance the quality of life and make their journey easier. Research suggests if patients are more comfortable, they can tolerate treatment better.”

Deshields appreciates the opportunity to provide psycho-oncology services to all patients at no charge. “We don’t have to turn anyone away. Many patients are overwhelmed and stressed financially, so it’s a wonderful thing to see the relief on their faces when I tell them they don’t have to worry about how to pay for our services. It’s a gift to them and they’re so grateful. We have a high volume

of patients and we would love to grow the service but we don’t have the resources.”

Clarke strongly agrees. “Our challenge is that we have one of the most prestigious cancer centers in the country, yet because of our volume and the often-complicated nature of our patients’ cases, we have an extraordinary level of psychosocial needs that require treatment as well. Ideally, we would function as a multidisciplinary service to address patients’ needs from various angles. We could really use our own corps of service providers including psychiatry, psychology, social workers, pastoral care and a peer support system. We also could conduct research if we had more people. Gifts would ensure every cancer patient receives the right care for the whole patient, which will improve cancer outcomes.”

Steps are currently underway to grow support for the psychosocial oncology program. In

December 2008, Barnes-Jewish Hospital committed \$1.4 million to endow a fund to enrich the resources for psychosocial oncology. An anonymous donor raised the endowment by \$100,000 in June 2009.

“The program hasn’t reached its full potential yet, but it’s poised to do so,” Clarke adds.

For information on how to give to support psychosocial oncology services at Barnes-Jewish Hospital, please call Pamela Morris, CFRE, at 314-286-0447 or e-mail [givingbarnesjewish@bjc.org](mailto:givingbarnesjewish@bjc.org).

THANKS



## When Appreciation

# Blooms Into Action

Sometimes, grateful patients are a hospital's greatest asset.

After John Sullivan was diagnosed with head and neck cancer in 2001, he went through disfiguring surgery to remove the tumor. Parts of his tongue and cheekbone were removed. Then he endured daily radiation that left him unable to eat. He had a feeding tube in his stomach for two-and-a-half years and excruciating residual facial nerve pain.

"My pain level was a 32 on a scale of 1 to 10," Sullivan says. "And I was really blue. At home, I stayed in bed nearly every day. I was fading away and had no life in me."

He was finally admitted to Barnes-Jewish Hospital where his pain was addressed. Thanks to pain medication, he felt much better physically, but his depression continued. "I was ready to die – I wanted to go to heaven," Sullivan recalls.

It was then that he met Marty Clarke, PA-C, PhDc, a Washington University physician assistant and psycho-oncologist at Barnes-Jewish. "Marty rescued me," Sullivan says. "That included giving me medication to deal with the depression and anxiety I was having."

Sullivan saw Clarke daily at one point but now only sees him periodically to help him reduce his pain medication.

In the past couple of years, Sullivan has shared his story with other patients. "My experience strengthens my hope," he says. "It feels good to help others."

As he now more fully recognizes how Clarke and the psychosocial services helped him, his desire to help others has grown. "Marty is an incredible person," Sullivan says. "When I was so sick, even people who love me didn't know what to do to help. You need professionals to guide you out of the dark and into the light."

When Sullivan saw how heavy Clarke's caseload was and how limited the psychosocial oncology resources were, he decided to take action. As a partner with Ken Miesner's Flowers in Plaza Frontenac, Sullivan realized he had many client and business contacts

**"My experience strengthens my hope...  
It feels good to help others."**

who could help. Thanks to one of his business relationships, the psychosocial oncology services received a \$100,000 gift.

"St. Louis is blessed with so many generous people," Sullivan says. "I'm honored to know them."

"John is special because he took his appreciation for our services to the next step and, as a result, we received a substantial gift," Clarke says. "Many other patients are grateful, too, but don't know there's an avenue to help through the Barnes-Jewish Hospital Foundation."

John Sullivan soaks up the sunlight in front of his greenhouse with his loyal pals, BeBe and Blossom. John helped to secure a \$100,000 gift to support psychosocial oncology services.



# A Passionate Partnership

## Making Lifesaving Discoveries for Kidney Transplant Patients Through Gifts to the Foundation

“I’m a demanding person,” says Daniel Brennan, MD, Washington University transplant nephrologist. “I think this inspires others to give their best for our patients.”

It’s hard to argue otherwise.

Since Dr. Brennan arrived in 1993 to direct Washington University’s transplant nephrology program at Barnes-Jewish Hospital, its one-year kidney rejection rates have plummeted to 5 percent compared to the national average of 15 to 20 percent. The kidney transplant program’s rate of delayed function after transplant is now less than 10 percent, which is much lower than the national average of 25 to 30 percent.

Dr. Brennan’s research has influenced the way many physicians around the world prevent acute kidney rejection, and may even change the way long-term effectiveness of new treatments is studied in other fields of medicine.

Pivotal steps of Dr. Brennan’s research began with grants from the Barnes-Jewish Hospital Foundation.

### The First Breakthrough

Dr. Brennan began his research by looking at the state and standards of induction therapy, in which patients are given medication during and immediately following transplant surgery to help suppress the immune system response that causes organ rejection.

“In 1993, only 10 percent of kidney transplant programs nationally used induction therapy,” Dr. Brennan says. “Many types of induction were used, but the one we used – a drug called OKT3 – was narrowly targeted and caused many side effects, like fever and fluid in the lungs.”

He continues: “I thought induction therapy could be more effective if we used, at an earlier time, agents that caused broader immune suppression. This would allow us to prevent rejection while lowering long-term, maintenance suppression that can compromise the immune system, leading to infection and cancer.”

So Dr. Brennan and his team compared a broader spectrum drug called ATGAM to OKT3. They found that while overall costs were similar, the rejection rate with ATGAM was lower.

But Dr. Brennan thought they could do better. He had an idea about thymoglobulin, a drug derived from rabbits. This time, he turned to the Foundation for support.

### Hitting Mach 4

The result of Dr. Brennan’s Foundation-funded study comparing thymoglobulin to ATGAM was staggering. “We achieved a 4 percent rejection rate at one year, when other programs were achieving 25 to 50 percent rejection rate,” Dr. Brennan says. “This was Mach 4!”

The medical community was originally skeptical. But Dr. Brennan stayed focused and built a research environment considered by peers to be among the best at researching kidney transplant through randomized clinical trials.

Today, 70 percent of kidney transplant patients nationally receive induction therapy – and more than half receive thymoglobulin.

### “No One Expected a Long-Term Impact”

Dr. Brennan’s team then studied the prolonged effects of induction therapy. “Many physicians believed that induction therapy bought you some time,” Dr. Brennan says. “But no one expected a long-term impact.”

The challenge was cost: building a database and reaching all of the original patients five years later would require more than \$1 million. But inspiration struck again. What if, thought Dr. Brennan and his team, they could study information in the database maintained by the United Network of Organ Sharing/Organ Procurement and Transplantation Network (UNOS/OPTN)?

“All U.S. transplantation centers are mandated to enter data in the UNOS/OPTN database yearly,” Dr. Brennan explains. “The database has been tested, it’s accurate and it’s open to all researchers.”

Using the less costly UNOS/OPTN records, Dr. Brennan’s team found that the effect and advantage of thymoglobulin over another widely used, targeted induction drug was better and did not wear off over a five-year period. The cost of this study? \$20,000.



Former fellow and current instructor of medicine Andrew Sledlecki, MD, and his mentor, Daniel Brennan, MD, whose research, funded by your gifts, is transforming the success of kidney transplantation.

“The direct importance of our study is that we’ve been able to show the advantages of thymoglobulin for induction therapy,” Dr. Brennan says. “But we’ve also proven that this methodology is a cost-effective way to study long-term effects of any type of treatment. It could be used in any field for which registry data is available from clinical studies.”

### Start-Up Support Was Essential

Dr. Brennan is clear about where his successful research career began. “I could not have done it without start-up support from Washington University and the Barnes-Jewish Hospital Foundation,” he says. “The National Institutes of Health would not fund this kind of work, nor would many drug companies. Barnes-Jewish Hospital Foundation grants supported my first steps.”

### “Would I Want to Be My Doctor?”

“Transplant medicine is so rewarding,” Dr. Brennan says. “You see people who are sick, on dialysis...then they get a transplant and are transformed. Sometimes the transplant fails, but with the work being done today, this will happen less often.”

He evaluates himself carefully. “I look in the mirror and ask myself, ‘Would I want to be my doctor?’ It inspires me to do anything that I possibly can for the patient.”

The entire kidney transplant team shares his commitment. “People should come to Barnes-Jewish for kidney transplant because our team

approach achieves the best results,” Dr. Brennan says. “For all of us, it’s not just a job – it’s a profession in which we have an opportunity every day to make a difference for someone else.”

### Mentoring for the Future

Looking to the future, Dr. Brennan hopes to study how to withdraw suppression of the immune system after a patient returns to dialysis so that he or she does not become sensitized – hypersensitive to particular antibodies – which would prevent a new transplant. He also plans to join an international study on the ability of vitamin D to prevent scarring and improve outcomes after kidney transplant. But his greatest ambition is to shape the physicians who will follow in his footsteps.

“My real dream is to train younger people and make them as enthusiastic about kidney transplant as I am,” Dr. Brennan says. “I have a great mentor in Dr. Greg Storch, and that mentorship has forged my career in many ways. I want to pass it on.”

“For all of us, it’s not just a job – it’s a profession in which we have an opportunity every day to make a difference for someone else.”

# Keeping Dreams Alive

*Patients with thoracic outlet syndrome from across the nation come to Barnes-Jewish Hospital for one of the few surgeons who can help them.*



Kathleen McClure, former TOS patient and current ballerina.

Kathleen McClure has wanted to be a ballerina for as long as she can remember.

At age 2, Kathleen informed her mother, Judy McClure, that she would like to take ballet lessons. Judy told her she'd have to wait until she was a little older. Shortly thereafter, Kathleen said to a stranger in the grocery store, "I want to take ballet, and my mommy won't let me."

"So I found a place that took 2-year-olds," Judy says.

The McClures live in Houston. When Kathleen was 4, she started at the Houston Ballet Academy. For the past few years, she went to high school in the mornings and spent her afternoons and part of her evenings at the ballet academy.

"I've given up a lot of things other kids do, and I don't regret that at all," Kathleen says.

Her life revolves around ballet. Giving it up seems unimaginable. But she nearly had to.

One day in May 2008, Kathleen woke up with a terribly painful and swollen arm. An ultrasound revealed a blood clot in her arm, while a CT scan showed three clots in her lungs. Kathleen saw doctor after doctor,

undergoing a host of tests and procedures as her symptoms worsened until she couldn't even hold a fork. As a result, she missed an opportunity to attend the School of American Ballet in New York for the summer and the Royal Ballet in London where she had been admitted.

After six weeks, the McClures were told that the blood clot still remaining couldn't be removed because it was too close to Kathleen's heart.

Without the full use of her arm, Kathleen's dreams of becoming a professional ballet dancer seemed to be slipping away.

## Discovering Hope in a Stranger's Story

One day, Kathleen's father, Dan, heard a life-altering story on television. The College World Series announcers were talking about a university pitcher who had undergone a surgical procedure at Barnes-Jewish Hospital for venous thoracic outlet syndrome (TOS), a condition with symptoms that sounded similar to what Kathleen was experiencing.

TOS involves compression of the blood vessels that connect to the arm. Patients often experience chronic pain, numbness and tingling in the

arm and hand or in the base of the neck, and some patients may have arm swelling and discolorations. TOS frequently strikes young, otherwise healthy, active people. There are three types of TOS: neurogenic, venous and arterial. Each is treated somewhat differently.

Kathleen found the university pitcher on Facebook, and he told her to go to Barnes-Jewish Hospital in St. Louis to see Robert Thompson, MD, the Washington University vascular surgeon who had performed his surgery – and saved his baseball career.

Dan called Dr. Thompson and talked with him, and the family soon flew to St. Louis. From the moment the McClures arrived at Barnes-Jewish, they knew they were in the right place – and that Kathleen was in good hands.

### Establishing an Impressive Reputation

Dr. Thompson is director of the Center for Thoracic Outlet Syndrome at Barnes-Jewish. But his expertise is rare. Barnes-Jewish's center is the first multidisciplinary center in the country to focus on TOS and related conditions. Dr. Thompson estimates that only several dozen physicians in the United States perform TOS operations with any frequency. Many patients experience symptoms for years or may undergo other types of operations without improvement before a doctor even considers TOS as a diagnosis.

Consequently, TOS patients often end up doing their own research – and many find Dr. Thompson. People from all over the country – most of them young and many of them athletes – visit Dr. Thompson each year. For those who have TOS, surgery is often the best option. One of the most unique aspects of Dr. Thompson's practice is that he focuses entirely on TOS and treats patients with all three types of the condition.

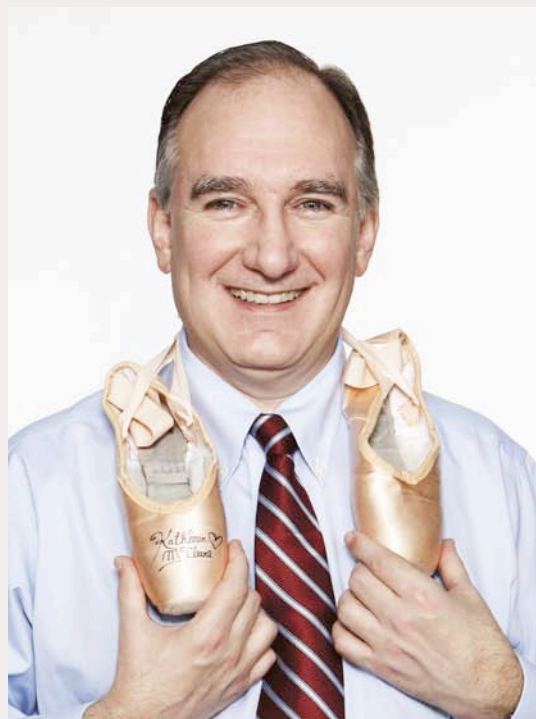
To educate health care providers and raise awareness about TOS, this fall the Washington University School of Medicine and Barnes-Jewish Hospital, with support from the Barnes-Jewish Hospital Foundation, hosted the first nationwide professional conference and patient advocacy meeting on the condition. Dr. Thompson was a co-director.

"I really enjoy seeing patients with TOS, in large part because I think we can offer them something that others can't," he says. "And patients are grateful for someone just listening and caring."

After Dr. Thompson operates on patients, he often suggests that they send him an item for the "TOS Hall of Fame." Their contributions – including several autographed baseball jerseys, an American flag flown by an Air Force jet fighter, a well-marked drum top and even a blow dryer – are displayed all over his office.

His TOS Hall of Fame has many baseball jerseys because baseball players and other athletes make up a fairly high proportion of TOS patients. Colorado Rockies pitcher Aaron Cook was one of them.

*(Continued on page 19)*



Robert Thompson, MD, surgeon and director of the Center for Thoracic Outlet Syndrome (TOS), displays ballerina Kathleen McClure's signed pointe shoes from his "TOS Hall of Fame."

## Gifts to the Foundation Advance Research for TOS Patients

In 2008, the Barnes-Jewish Hospital Foundation and Washington University School of Medicine made a partnership commitment to support a full-time clinical research coordinator for the Center for Thoracic Outlet Syndrome over the next three years. This person will play a crucial role in Dr. Robert Thompson's work to develop a nationwide Consortium for Outcomes Research and Education on Thoracic Outlet Syndrome (TOS).

The Consortium will enable physicians to better define concrete, consistent diagnostic criteria for each form of TOS, and to pinpoint for the first time exactly which treatments produce the best outcomes. This shared base of information will permit physicians around the country to successfully diagnose TOS in their home communities and to help direct care to the centers where the best evidence-based outcomes are achieved.

The Foundation's funding for Dr. Thompson, which advances our hospital's mission of supporting the discovery of new information about complex diseases, is possible because of gifts to the Foundation's Thoracic Outlet Syndrome Fund that are designated to Dr. Thompson.

**To learn more about supporting Dr. Thompson and the Thoracic Outlet Syndrome Fund, please call David Sandler at 314-362-3499 or e-mail [givingbarnesjewish@bjc.org](mailto:givingbarnesjewish@bjc.org).**

### Saving a Major League Career

In 2004, Cook was the Rockies' starting pitcher in a game against the Cincinnati Reds. He had been experiencing shortness of breath but didn't think much of it.

In the third inning, he became lightheaded and was taken to the emergency room, where he learned he had developed a pulmonary embolism.

Cook was soon diagnosed with a clot in the subclavian vein caused by venous TOS. According to Dr. Thompson, about 10 percent of venous TOS patients can have a pulmonary embolism, which can be life-threatening. Pulmonary embolism is when an artery in the lung becomes blocked by blood clots that travel to the lungs from another part of the body.

"Our trainers did a lot of research to find who was the best doctor doing this kind of surgery on professional athletes and getting them back to the level they were before," Cook says. "We decided Dr. Thompson had the best résumé."

Dr. Thompson performed surgery on Cook. As Cook recovered, he spent a brief rehabilitation assignment in the minor leagues before making it back to the majors the next spring. Later that year, he pitched in the World Series. In 2008, he pitched three scoreless innings in the Major League Baseball All-Star Game.

"Any time I talk to anyone about TOS, I recommend Dr. Thompson," Cook says.

### Dancing and Dreaming

Dr. Thompson operated on Kathleen McClure in July 2008. Within two months she was back to performing all her ballet arm movements.

"Kathleen did just fantastic," Dr. Thompson says. "I have a picture of her doing ballet at 16 weeks after surgery."

She also sent him a pair of her pointe shoes for his TOS Hall of Fame.

Kathleen, who had been devastated when she had to miss the School of American Ballet in New York in 2008, got to go after all. She spent five weeks there this past summer before attending the Princess Grace Ballet Academy in Monaco.

She's now studying at Ecole-Atelier Rudra Béjart – a ballet school in Switzerland. She hopes to join a professional dance company when she finishes the program in 2011.

"I am so excited to have this opportunity," Kathleen says. "It wouldn't have been possible without Dr. Thompson. I'm his No. 1 fan."



Nothing is too difficult for ballerina Kathleen McClure since she had surgery for TOS at Barnes-Jewish Hospital.

## Knowlton Awards Reap Multiplying Benefits

One grateful person has touched the lives of 125 new physicians over a span of 25 years...and these physicians have touched the lives of thousands of patients.

In 1984, a generous community business leader established an endowed fund in honor of Norman P. Knowlton Jr., MD. Since then, the investment income from the Knowlton Incentive for Excellence Fund has been awarded for a variety of educational programs that enrich our internal medicine physician residents. From this fund also comes the Knowlton Incentive for Excellence Award.

Since its inception, the program has presented 125 awards – five per year – to resident physicians recognized for their “Knowlton Spirit.”

“The Knowlton Spirit describes physicians who are compassionate caregivers dedicated to the science of internal medicine,” explains Melvin Blanchard, MD, chief, Washington University division of medical education, and director, internal medicine residency program.

Dr. Blanchard says that the benefactor was inspired to establish the fund in appreciation for the excellent medical care and compassion that Dr. Knowlton demonstrated to close family members and employees. “The donor wanted Dr. Knowlton to make the decision as to how the money would be spent. After long and careful consideration, Dr. Knowlton chose to promote excellence among internal medicine physician trainees. The fund supports aspects of our training program that foster the Knowlton Spirit.”

Each year, residents in the internal medicine residency at Washington University/Barnes-Jewish Hospital provide care to thousands of hospitalized and clinic patients from the St. Louis region. This makes the medical center environment a rich training ground where new physicians develop skills they will need for the variety of patient care settings they will encounter as their careers evolve. The



Melvin Blanchard, MD, chief, division of medical education, recognizes the internal medicine residents selected for the 2009 Knowlton Awards.

educational program is structured to facilitate improvement of their practice by incorporating the latest research-based standards of care.

Since 2006, Dr. Blanchard has sat on the committee that chooses the Knowlton Award recipients.

Also on the committee is Kenneth Polonsky, MD, chairman of the department of medicine and the Aldophus Busch Professor of Medicine at Washington University School of Medicine. Other committee members include the benefactor; Dr. Knowlton; Edwin Magee, MD; and the president of Barnes-Jewish Hospital.

To determine the “best of the best” chosen for the award, the committee uses a rigorous process, Dr. Blanchard says. “Once we identify the pool of eligible candidates, we carefully review their performance records focusing on all aspects, including patient care and scholarship. Then we solicit input from those who worked most closely with them. Further, we contact the potential candidates to get a sense of their plans for the future, particularly whether they will remain in the St. Louis area and contribute to the health of its residents.”

Once the Knowlton Award choices are made, Dr. Blanchard most enjoys the phone calls. “Notifying the recipients that they have been chosen to receive this award and then hearing their reaction and appreciation is most rewarding,” he says.



Norman Knowlton Jr., MD, presents Lukas D. Wartman, MD, with a 2009 Knowlton Award.

## Hacker Graduate Nursing Fellowship Focuses on Geriatric Care

Harvey Friedman's dedication to older adults began when he was a young CEO of a long-term care facility. "I saw firsthand the need for better geriatric care," he explains. "Even then, we were giving scholarships to nurses interested in furthering their education in geriatrics."

Friedman and his wife, Dorismae, continued their focus on geriatric care by establishing the Harvey A. Friedman Center for Aging through Washington University, and the Dorismae and Harvey A. Friedman Research on Aging Award through the Barnes-Jewish Hospital Foundation. Building on that effort, the Friedmans most recently established the Ruth and Sam Hacker Graduate Nursing Research Fellowship in Aging at the Goldfarb School of Nursing at Barnes-Jewish College. The fund is named in honor of Mrs. Friedman's parents.

"All these pieces work together for better geriatric care," Friedman says. "Our hope is that nurses will continue study beyond their normal nursing skills to learn more about geriatric care. We want to teach them and they, in turn, will teach others."

Mrs. Friedman says the nursing research fellowship in geriatrics is breaking into new territory. "Studying geriatrics in nursing is new and different – it hasn't been done much before, yet it's so important and necessary. Through this fellowship, we hope aging adults will have the improved care they need."

The Hacker Graduate Nursing Research Fellowship in Aging supports a graduate nursing student with gerontology interest and gives that student a chance to work in a world-class medical research laboratory with nationally and internationally recognized faculty. Fellowship monies will support books, conference attendance and research in memory and aging under a faculty investigator at the Harvey A. Friedman Center for Aging, the Memory and Aging Project or the Alzheimer's Disease Research Center at Washington University.

Suping Bao, RN, the first recipient of the Ruth and Sam Hacker Graduate Nursing Research Fellowship in Aging, is already working on research that she hopes to soon apply to help aging adult patients. Bao is an adult nurse practitioner master's student and an oncology

nurse at Barnes-Jewish. For her master's thesis, Bao is collecting data from patients with Alzheimer's disease and their respective caregivers on their perspectives about hospice and various end-of-life issues.



Suping Bao, RN, the first recipient of the Ruth and Sam Hacker Graduate Nursing Research Fellowship in Aging.

"There is little or no information about the perceptions about hospice in people with milder stages of Alzheimer's disease, when they can still contribute to decisions about advance directives," Bao says. "It's important for patients to be able to discuss advance directives and goals of care at a stage when they still have the capacity to express their wishes."

## Wonders of Our New Website

In this ever-evolving, highly connected world, website capabilities continue to expand. The Barnes-Jewish Hospital Foundation website is no exception. Recently, Barnes-Jewish Hospital and the Barnes-Jewish Hospital Foundation launched a "new and improved" site that links you to a host of information and conveniences.

Visit [www.givingbarnesjewish.org](http://www.givingbarnesjewish.org) and you can:

- Make a gift instantly by credit card, or print out a gift form to mail.
- Learn more about the important projects we fund in research, technology, education, patient support and other areas – and see the difference your gifts make.
- Learn more about the Cancer Frontier Fund, our \$50 million campaign to accelerate cancer breakthroughs.
- See videos and read stories of hope about our patients and donors.
- Read articles from past issues of our publications.
- Learn more about becoming a Barnes-Jewish Hospital volunteer.

## Auxiliary President Never Backs Down from a Fight – for Life

Ron Pestka’s determination and zest for life have seen him through tragedies and triumphs, and has strengthened his commitment to helping others.

### Kidney Transplant was a “Rebirth”

Pestka struggled with the ravages of diabetes since childhood. By age 53, the disease had taken a toll on his kidneys and they began to fail. His doctor put him on a waiting list at Barnes-Jewish Hospital for a kidney transplant.

Pestka’s wife, Judy, a nurse at Barnes-Jewish, wanted to donate her kidney to him but, because she had high blood pressure, she was unable to donate. His three children were too young at the time.

Meanwhile, Pestka, a former executive at a shoe company, was receiving dialysis three times a week while he waited for a transplant. “I looked like a skeleton and I had no ‘get up and go,’” he says.

After nearly nine months on the waiting list, the lifesaving call finally came: a kidney was available.

“When I woke up after the transplant, it felt like a rebirth,” Pestka recalls. “People told me how much better I looked. Six months later, I was walking the golf course with friends. And today, I can even play street hockey with my grandchildren. I know if I didn’t have a transplant, I would not be here.”

### Another Twist in the Road

After his transplant, Pestka joined the Barnes-Jewish Hospital Auxiliary, Plaza Chapter, and began volunteering in its administrative office. But he was looking to help in a bigger way. A transplant coordinator at Barnes-Jewish asked him to teach a class to patients waiting for a transplant.

For the next nine years, he taught the transplant class twice a week. “I met a lot of people, many of whom were so overwhelmed,” he says. “Teaching them was quite fulfilling for me and gave me a reason for all I went through. I felt like I conquered it.”

But his fight was tested again eight years ago when he was in a horrific car accident that crushed his right hip and leg. “I was not expected to live and spent three months in a coma at Barnes-Jewish Hospital,” Pestka says.



Kidney transplant recipient Ron Pestka and his wife, Judy.

While he was comatose, he required dialysis just once for his transplanted kidney. “I received one tough kidney,” he says. “Thankfully, I pulled through the accident. After all I had been through with the transplant, I wasn’t going to let the accident beat me.”

### Solving a Toothache, Saving a Life

Pestka’s trials never derailed his dedication to helping people. In 2008, he became co-president of the Auxiliary’s Plaza Chapter, along with Christine Anthony. His presidential position and experience as a kidney transplant recipient soon became intertwined in a desperate cause.

Pestka learned that some people evaluated for kidney transplants don’t qualify for the transplant waiting list because they have dental problems. (Infections can start in the mouth and spread to the kidneys.) Many of these patients have no dental insurance and Medicare often doesn’t pay for dental care. Yet patients can’t receive a transplant as long as they have these dental issues.

Pestka went to the Auxiliary board and made a passionate plea for support to help these patients with dental care. With the board’s commitment, he worked with Barnes-Jewish Hospital Foundation to establish the Kidney Transplant Dental Fund.

Now caseworkers for each patient maintain a select list of dentists who perform the necessary dental work at a discount. Then the Foundation fund pays the dental fee. “It means one more person gets on the transplant list,” Pestka says.

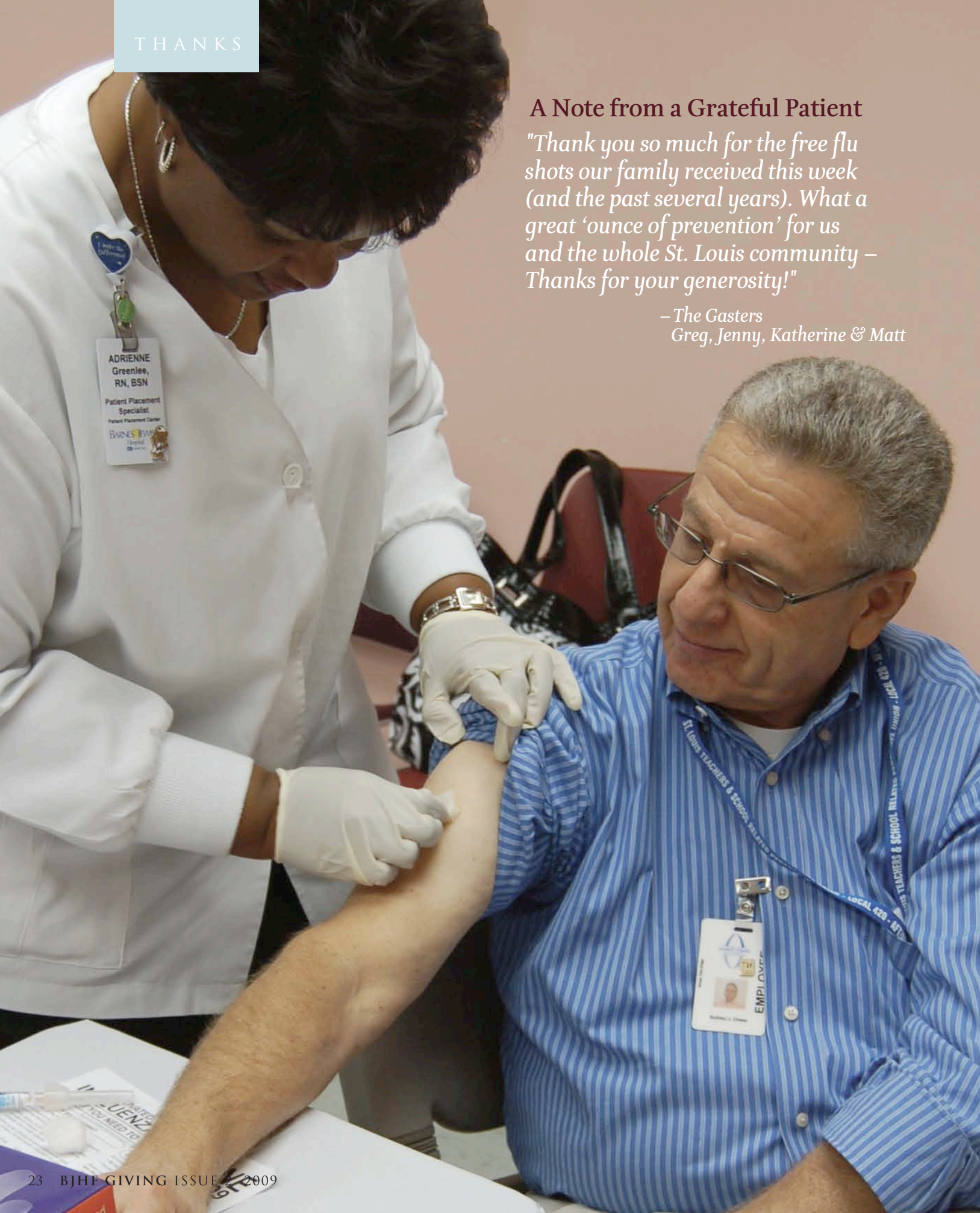
Pestka has two years left in his term as Auxiliary co-president and isn’t slowing down with helping others and enjoying his family. “I feel so good and I get to have Sunday dinners with my family,” he says. “I’m grateful for just being here.”



## A Note from a Grateful Patient

*"Thank you so much for the free flu shots our family received this week (and the past several years). What a great 'ounce of prevention' for us and the whole St. Louis community – Thanks for your generosity!"*

*– The Gasters  
Greg, Jenny, Katherine & Matt*



# Your Gifts at Work: Making a Vital Difference Through Free Flu Shots

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In October 2009, through a \$400,000 grant from the Barnes-Jewish Hospital Foundation, nurses and pharmacists from Barnes-Jewish Hospital provided 35,000 free-of-charge flu shots to St. Louis area adults and children. These free flu shots were given at Barnes-Jewish, malls, churches and neighborhood centers, primarily to the unemployed, uninsured, low-income, elderly and disabled.

This marks the fifth year that the Barnes-Jewish Hospital Foundation has been able to fund the free flu shot program through unrestricted gifts from donors. The difference it makes is vital: each year in the United States, more than 200,000 people are hospitalized from flu complications – and nearly 36,000 people die. One of the best ways for Barnes-Jewish Hospital to save lives and beat influenza is to prevent people from catching the virus in the first place. Flu shots are part of that prevention.

“The flu is a community health issue,” says Julia Ruvelson, Barnes-Jewish Hospital Foundation vice president. “As a Foundation that serves Barnes-Jewish Hospital, we’re dedicated to community benefit, so providing free flu shots is a natural extension of what we do with the help of our donors.”

This year, the number of community locations where the flu shots were given was expanded

to reach more people. The demand was exceptionally high because of extensive media coverage of the upcoming flu season and the effects of the economy – many more people are unemployed or have seen medical benefits cut by their employers.

“We were, in fact, fortunate to receive our full order of vaccines this year,” Ruvelson says. “In order to reasonably meet the increased demand across the country, the manufacturer routinely cut back all orders by roughly 30 percent, but fulfilled ours in full because it was for a charitable purpose.”

The first week the shots were offered, long lines regularly formed at the distribution sites. The pharmacy staff and nurses received many words of thanks and praise, sometimes accompanied by tears, from the people receiving the shots.

“The program would not exist without Barnes-Jewish Hospital Foundation support,” says James L. Gray, PharmD, pharmacy director at Barnes-Jewish.

Other team members agree. “Through the support of the Barnes-Jewish Hospital Foundation and visionary leadership of Barnes-Jewish, we have been able to effectively live out the mission of the Hospital...to ‘take exceptional care of people,’” says Steven Player, PharmD, inpatient

pharmacy manager at Barnes-Jewish. “In these economic times, the opportunity to be a part of an organization that provides 35,000 free flu shots to those who may not otherwise have been able to receive this service is nothing less than awesome. This is simply one of the reasons that I am proud to be an employee of Barnes-Jewish Hospital.”

The Barnes-Jewish Hospital Foundation began supporting the free flu shot program in 2004, when a national shortage of the vaccine created a spontaneous opportunity for Barnes-Jewish Hospital to help fill the gap for the public. Thanks to givers to the Foundation, we have been able to expand the number served each subsequent year. We hope to boost the number again in 2010 as part of our role in this community.

New Barnes-Jewish Hospital President Rich Liekweg is already an advocate. “What a first impression the hospital staff made on me with the tremendous flu vaccination campaign!” he says. “As I walked through the hospital’s south lobby on the first day of free flu shots, I was amazed with the number of people who came to us and with how smoothly our staff served them. I witnessed an unparalleled team effort that redefined community benefit.”

## THE GIVING BACK PAGE

## “It’s Worth More than Money”

### Why the Foundation’s Newest Board Member Reaches Across the River to Support Quality Health Care

Bill Basler is happy to be a busy man. If he’s not at his desk as chief executive officer and treasurer of Basler Electric Company, he’s taking his wife, Marge, to the Cardinal baseball games or just enjoying their grandchildren. Family togetherness in work and play is the Basler way of life, going back to the early 1930s when Basler’s father started Basler Electric in Highland, Ill.

Basler Electric has grown into a global electrical products and service company under Basler’s leadership, with more than 870 employees at headquarters in Highland and facilities in Texas, Mexico, France and China. Basler also serves as chairman of the board and owns the company with his three sons. Basler admits that working side-by-side with his boys is “mostly fun!”

Life was not as fun for Basler 11 years ago. He was only 49 years old when a kidney physician at Barnes-Jewish Hospital discovered he had prostate cancer. Basler crossed a bridge over the Mississippi River many times from his home in Highland so he could have his tests and surgeries at Barnes-Jewish.

“I’ve been cancer-free for 11 years now,” he says. “I knew that I ought to give the hospital something!” He and his wife have been giving since the first day they received the good news.

Appointed to the Barnes-Jewish Hospital Foundation Board in June 2009, Basler says, “Barnes-Jewish Hospital has the greatest knowledge base and variety of medical fields of all the hospitals in the region. I hope I can bring to the Foundation Board some of the lessons I’ve learned as a businessman and help to make a great organization even better.”



### Barnes-Jewish Hospital Foundation Board Member Bill Basler

The Baslers recently made a major gift commitment to create the Mr. and Mrs. William L. Basler Breast Cancer Risk Assessment Fund. Their fund is helping to support the production of a comprehensive database that enables physicians to give women effective breast cancer prevention strategies based on individual risk factors. It’s the type of project that results from the partnership of a hospital and university that are national leaders in medicine – and it could not go forward without charitable support.

“Our family is fortunate to have never been touched by breast cancer,” Basler says. “But this project represented a great need, so we made a gift. If our fund can help save a life, it’s worth a lot more than money.”

“No person was ever honored for what he received.  
Honor has been the reward for what he gave.”

— Calvin Coolidge



**BARNES JEWISH**  
*Hospital Foundation*  
BJC HealthCare

Thanks to your continued support of Barnes-Jewish Hospital, we have been named to *U.S. News & World Report's* Honor Roll of “America’s Best Hospitals” for the 17th consecutive year. Only 21 out of 4,861 hospitals in America made the list. Barnes-Jewish is the only St. Louis area hospital or medical institution among this elite group. To learn more about giving to Barnes-Jewish Hospital, please call Pamela Morris at 314-286-0581, e-mail [givingbarnesjewish@bjc.org](mailto:givingbarnesjewish@bjc.org) or visit [www.givingbarnesjewish.org](http://www.givingbarnesjewish.org).