1992-05

Connections: May 1992

BOSTON UNIVERSITY MEDICAL CENTER

CONNECTIONS™

The monthly newspaper of The University Hospital • May 1992

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Child-proofing your home requires care and some forethought

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The University Hospital

88 East Newton Street
Boston, Massachusetts

Steel framework in place

WORK IN PROGRESS The above-ground construction of the Boston University Center for Advanced Biomedical Research on Albany Street got under way last month, after a 180-ton crane hoisted into place the building's structural steel framework. By the end of May, workers are expected to begin constructing the upper segments of the building, laying a brick masonry skin and precast metal panels.

Concern for environment, parking pinch highlight World Class Commuting Day

Grim statistics on automobile emissions in the Boston area, coupled with the impending crowding in the Boston University Medical Center/The University Hospital parking lots as a result of the Central Artery/Third Harbor Tunnel project, serve as the battle cry for this month's World Class Commuting Day, set for Friday, May 15. Members of the Medical Center community are being asked to tackle these problems from the driver's seat, by doubling up, hopping on the "T," peddling a bike, joining the fight—at least for this one day—in an effort to cut back on the number of cars being used to commute to the medical area daily.

The hope is that this symbolic effort will prompt a change in commuters' behavior for the long term. "If we could get all 9-to-5ers to ride with just one other person, we could cut down by at least half the number of cars being driven to the Medical Center," says Maureen Flaherty, the transportation coordinator for the Interinstitutional Transportation Management Association (ITMA), a consortium consisting of UH, the Medical Campus and Boston City Hospital. The association was established last year to work to decrease the use of automobiles to the Medical Center and to improve public transportation service to the area.

A strong incentive for choosing an alternative to commuting to work via car is that parking fees in the medical area parking lots will continue to rise in response to a reduction in available space.

Those commuters who participate in World Class Commuting Day by carpooling with three or more people will receive preferential parking and be eligible for a special

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Look for all the details on the Walk for Hunger in next month's Connections. In the meantime, UH will come together "From All Walks of Life" on Sunday, May 31, so sign up now to participate! See story, page 2.

Employee Recognition Week '92

The University Hospital will hold its annual Employee Recognition Week, from May 10 to 16, to honor the spirit and commitment of employees who are celebrating special anniversaries of service. Fittingly, this year's activities fall during 1992 National Hospital Week, when hospitals across the country celebrate the important role they play in their communities.

As a token of UH's appreciation, recognition pins embossed with the Hospital's beechtree logo will be bestowed upon all of the 229 honorees. Ten-year employees also will receive a small gift, while employees of 15 or more years, in honor of their distinguished service, will receive individual gifts ranging from mantel clocks to signet rings to watches.

Kicking off the festivities on Tuesday, May 12, is a breakfast in the SkyLight Dining Pavilion for members of the UH family with five years of service. At this affair, employees can help themselves to a breakfast buffet from 8 to 10 a.m.

The events continue on Wednesday, May 13, with a luncheon and awards ceremony for 10- and 15-year employees, in the SkyLight Dining Pavilion at noon.

Employees with 20 or more years of service and new retirees will be the guests of honor at an elegant dinner and awards reception at the

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Free skin-cancer screening May 30

The Medical Center will offer its annual free skin-cancer screening to members of the BUMC and South End communities on Saturday, May 30, from 9 a.m. to 1 p.m. The session is sponsored each year by the American Academy of Dermatology (AAD) as part of a national effort to reduce the incidence

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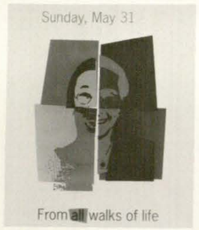
UH is coming together 'From All Walks of Life'



Members of a Hospital-wide task force have organized to rally support across the Medical Center for the Seventh Annual "From All Walks of Life" on Sunday, May 31. On that day, 25,000 people are expected to walk 6.2 miles through the streets of Boston in the hopes of raising over $2 million for AIDS prevention and treatment.

The proceeds from the walk will fund 29 AIDS service organizations throughout Eastern Massachusetts. Approximately one-quarter to one-third of the total monies raised each year from the event are produced from the corporate sector. The University Hospital, one of more than 125 local businesses to show its support through sponsorship, has donated $2,500.

"The walk is a way that Boston can organize a response to this epidemic," said AIDS Action Committee Deputy Director Cheryl Schaffer at a corporate kickoff breakfast on Monday, April 13. "We need to have everyone connected to the walk because, very rapidly, this epidemic is reaching everyone." According to Schaffer, the number of clients served through the AIDS Action Committee has increased by 50 percent in the past year, while the number of calls to the AIDS hotline has grown by 35 percent.

To date, the AIDS epidemic has claimed the lives of more than 136,000 Americans and over one million have been infected with the HIV virus since the early 1980s.

"From All Walks of Life," the largest AIDS fund raiser in New England, starts at 9 a.m., at the Boston Common. Registration is at 7:30 a.m., on the Common. Free food, music and activities at the Hatch Shell on the Esplanade will follow the walk. All BUMC/UH walkers, their friends and families will receive complimentary tee-shirts.

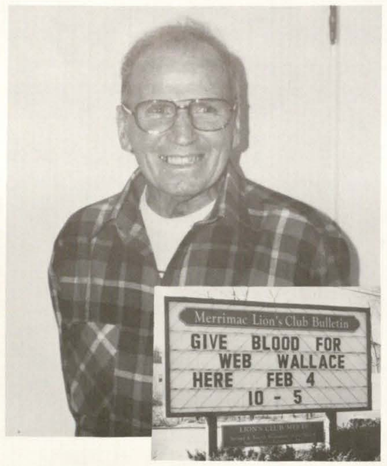
"Walking papers" are available through the UH Department of Community Services, Vose 2, or by calling x8914 (638-8914). ■

Blood donations give the gift of life

For Wilbur Wallace, 67, of Merrimac, Mass., the golden years of retirement have been less than idyllic. Two months after stepping down as president of a prosperous woodworking business, in October 1990, he suffered a massive heart attack. In August 1991, while continuing to experience angina pains and at the advice of his physician, UH cardiothoracic surgery chief Richard Shemin, M.D., he underwent quintuple bypass surgery.

While on the slow yet steady road to recovery this past year, Wallace suffered a potentially fatal event—a ruptured aortic aneurysm, the bursting of the body's biggest blood vessel. After collapsing at his home on December 21, he was rushed to UH, where vascular surgeon Jonathan Woodson, M.D., and a skilled medical team worked deftly to repair Wallace's badly damaged heart.

Due to the gravity of his illness, Wallace lost an alarming amount of blood, requiring as much as 50 components of blood and blood products during surgery and throughout his subsequent three-month stay. "Blood is always readily available for planned surgeries," says UH Blood Bank recruiter Georgia Mason. "However, in times of emergencies, as in Mr. Wallace's case, we sometimes need to call upon our employees or the American Red Cross to sustain our need."



'I'd given blood for years before this happened. I never thought I'd need it for myself.'

Wilbur Wallace, UH patient

Mason emphasizes that the need for blood is constant. More than 2,000 components of blood are transfused into UH patients a month. Of that number, only 200 components originate from donors. Typically, a pint of blood is separated into three useable components—red blood cells, which have a shelf life of 42 days; platelets, which must be used within five days of a donation, and plasma, which can be frozen for up to one year.

According to statistics from the National Institutes of Health, an estimated four million patients annually receive 20 million transfusions (12 million units of red blood cells, six million units of platelets and two million units of plasma), prepared from 12.5 million units of tested blood, which are donated by eight million Americans. But while some 50 percent of the United States population claims to have donated blood at some point in their lives, only 4 to 6 percent of the population currently donates blood each year.

As the demand for blood continues to increase over the years, the supply continues to decrease. "The big problem isn't the demand, it's definitely the supply—or the lack thereof," says Mason, who hopes to dispel the myth that blood donors can contract AIDS (see sidebar).

At UH, donors are sought for all types of blood and, in particular, O-negative, otherwise known as the universal blood type. "During an emergency situation, say, for instance, a car accident, a patient loses blood faster than we can give it to him," explains Mason. "In this type of situation, the patient would be transfused with the universal blood type until he is stabilized and his blood type is determined."

Today, Wallace is regaining his strength and enjoying good health, thanks, in part, to a number of generous blood donors, including 100 people who turned out in Merrimac at a UH blood drive in his honor. "I'd given blood for years before this happened. I never knew I'd need it for myself," he says.

For further information on how to donate blood at UH, contact the Hospital's Blood Bank at x7855 (638-7855), Monday through Friday, 9 a.m. to 6 p.m. Appointments can be arranged, but are not necessary. ■

Stringent screening measures followed

The safety of the nation's blood supply became a renewed concern for many Americans last month, when former tennis star Arthur Ashe revealed that he contracted AIDS through a blood transfusion. In spite of this concern, blood-transfusion recipients and blood donors have little to fear, according to Charles Arkin, M.D., UH chief of the Department of Laboratory Services. In the past decade, hospitals and blood-collection agencies have adopted stringent safety measures to screen blood supplies for such transmissible diseases as AIDS and hepatitis. Such measures include state-of-the-art laboratory testing, donor education and the implementation of certain screening procedures to discourage high-risk individuals from donating blood.

Individuals who know they will need blood—for instance, during elective surgery—can donate their own blood in advance (a procedure that is called autologous donation), or can have their blood stored frozen for use in the future, says Arkin.

Individuals who donate blood, on the other hand, are not at risk for contracting a transmissible disease, he notes. The following is some information on donating blood:

- In order to donate blood, a person must be 17 years or older, in good health, weigh at least 110 pounds and have never had hepatitis. A person can donate blood every eight weeks.
- The average adult has 10 to 12 pints of blood circulating through the body. After a donation, the body replaces the plasma in 72 hours and the other components (red cells and platelets) within a few weeks.
- The needle used during a blood donation is always new, sterile and disposable.
- After donating, a person should avoid strenuous exercise for approximately four to six hours. ■

CONNECTIONS
THE UNIVERSITY HOSPITAL • MAY 1992

Exercise program targets employees at risk for heart disease

Until recently, UH's Anne Jones and Hope Clemons were virtual strangers to the world of exercise. Now, through a special cardiovascular exercise program offered to UH employees, both are getting physically fit. In doing so, the two have taken steps to significantly decrease their risk for cardiovascular disease—a leading cause of death in the United States.

"Before I entered the program, I could hardly breathe walking up a flight of stairs," acknowledges Jones of the admitting department. "Now, I try to exercise every day. I walk between three to four miles every weekend." The same is true for Clemons of environmental services, who, through exercise and diet, has slimmed down by 20 pounds. "My goal was to lower my blood pressure, to get in shape and to get off my [heart] medication," she says.

UH's Clinical Exercise Program, a medically supervised exercise training program for patients and employees, is specifically geared toward, and limited to, individuals who are at risk for heart disease (have high blood pressure, high blood cholesterol, are overweight, physically inactive or diabetic). Unlike many health clubs, the program is designed to provide people with individualized guidance and instruction on how to exercise, which exercises are appropriate and at what intensity to perform exercises, according to the program's director Kyle McInnis, Sc.D. "Our patients exercise in small groups of no more than 10, and they really get a lot of attention and guidance from the staff. This isn't like an aerobics class, where you have to keep up with an instructor. Our patients exercise at their own prescribed pace," he says.

Because most patients who enroll in the program are physically inactive and all are at risk for cardiovascular disease, the level at which they can safely and comfortably exercise must be determined prior to the start of training. By administering cardiodiagnostic "stress tests," McInnis and exercise physiologist Carrie Garelick, along with the program's medical director Gary Balady, M.D., can measure the cardiovascular capacities of their patients and then custom-design individual training programs.

After three months of exercise, patients are retested and, if they so choose, enrolled in maintenance programs. "The real key is sticking with it," says McInnis. Of patients who have successfully completed the program, all have shown dramatic improvements in their exercise tolerance. Approximately three-quarters of patients who enroll in the program are referred through the Hospital's Evans Nutrition Group (see story, right).

NOONTIME WORKOUT After a five-minute warmup, Hope Clemons, shown here with program director Kyle McInnis, puts in 25 minutes on the treadmill and 10 minutes on the stationary cycle. She's back at her desk by 1 p.m.

For employees, perhaps one of the program's biggest "perks" is the opportunity it provides them to exercise during lunch or directly after work. Exercise sessions are held every Monday and Wednesday, from noon to 1 p.m., 1 to 2:30 p.m., and from 4 to 5:30 p.m. Clemons has found that exercising on her lunch hour not only is convenient, but also serves as an outlet for stress. As she explains, "If I go over there feeling stressed out, I know I'll always feel much better afterwards."

Located in the Cardiovascular Exercise Center on Preston 3 (F-308), the program costs $50 per month for employees. Payroll deduction is available. For further information or to enroll, contact Kyle McInnis at x8757 (638-8757). ■

Get fit at work beginning May 13

Wednesday, May 13, marks National Employee Fitness Day and the start of BUMC's lunchtime walking program. Those who would like to walk should meet that day at noon on the H-2 bridge, where staff of UH's Occupational Health Program will be hosting a fitness booth. Stop by and find out how physically fit you are! ■

Improved weight-management program up, running in new quarters

Words of inspiration by a dieter who has maintained a 245-pound weight loss over 10 years highlighted a recent open house for the Evans Nutrition Group and its newly enhanced weight-management program, now located in the Doctors Office Building (DOB 607).

FREE CHOLESTEROL AND BLOOD PRESSURE SCREENINGS were administered to visitors during the recent open house of the Evans Nutrition Group on Monday, April 6. Here, patient Jane Czolada, who has lost 125 pounds, is checked by clinic director Robert H. Lerman, M.D.

In 1979, at age 31, Steve Silva suffered from a variety of complex medical conditions caused directly by his obesity. After a series of unsuccessful diets in which he lost and regained large amounts of weight, he was faced with an ultimatum: to shed the unwanted pounds once and for all, or die.

Silva found success with a medically supervised, very low calorie liquid diet, utilizing the Health Management Resources (HMR) nutritional and behavioral approaches. Through HMR and rigorous exercise, he shed more than 200 pounds. "I learned ways to maintain my new lower weight and I also began to understand why my past dieting efforts had failed," he remarked. His preferred method of balancing calories—climbing stairs—became a passion, and he now holds several world stair climbing titles. "I would have regained all that weight in half the time it took to lose it if I hadn't watched my calories and increased my exercise," he noted.

According to Robert H. Lerman, M.D., Ph.D., UH director of clinical nutrition, HMR has produced dramatic results in Hospital patients, many of whom have enjoyed long-term success with the program.

"Contrary to the media hype, people generally lose less than 15 pounds with commercial diet programs," says Lerman. "With the HMR approach, which is a comprehensive weight-management program and not just a diet plan, the average weight loss is more than 50 pounds, and nearly 56 percent of the weight is kept off for two years."

WORLD CLASS STAIR CLIMBER Steve Silva, guest speaker at the Evans Nutrition Group open house, takes a minute to talk to a former acquaintance.

As part of the UH weight-management program, patients are monitored with routine weight- and blood-pressure checks, as well as weekly physician visits. At health-education classes, clinic staff members Ronni Pianin, M.S., R.D., Jean Carr, M.S., R.D., and Peggy Phillips, M.S.N., R.N., provide the skills dieters need in order to lose weight and keep it off. Such skills include combined systems of calorie counting and balancing food calories with physical activity.

Knowing that dieting alone will not keep the weight off, patients are advised to exercise and to expend a minimum of 2,100 exercise calories per week. Patients who wish to do so may exercise at the Hospital in a state-of-the-art Cardiovascular Exercise Center, under the guidance and instruction of a trained staff (see story, left).

Although the majority of patients are enrolled in its weight-management program, the Evans Nutrition Group also provides consultative services for a wide range of nutrition-related disorders. One such service, a new cholesterol- and lipid-management clinic due to open early this summer, will target individuals at risk for cardiovascular disease. In the meantime, Phase III trials of a new anti-obesity drug that blocks fat digestion are slated to begin this month.

Free orientations on UH's weight-management program are held Wednesdays at 1 p.m., in DOB 607. Those who are interested in attending should call Joanne Penezic, clinic coordinator, at x5980 (638-5980). ■

A Celebration of Service

Employee Recognition Week

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St. Botolph Club on Thursday, May 14, beginning with cocktails at 6 p.m. and dinner at 7 p.m.

Rounding off the week, UH welcomes back all retirees at a luncheon in the SkyLight Dining Pavilion on Friday, May 15, from noon to 2 p.m.

The following is a list prepared by the human resources department of all the honorees to be recognized during this year's "Celebration of Service."

5 years of service:

AMBULATORY SERVICES

Gundersen Eye Center
Robert Berman
Jane Davis

Laser Center
Georgianna Baldwin
Catherine Formosi

ANESTHESIOLOGY

Andy Peeples

CARDIOTHORACIC SURGERY

Richard Crowley
Paul O'Gara

DEVELOPMENT

Julianne Coleman

DIAGNOSTIC & THERAPEUTIC SERVICES

Neurophysiology
Mary Russo

Respiratory Therapy
Anna Farrow
Michael Gawoski
Brian Hyde
Jacqueline Vaughn

FACILITIES MANAGEMENT

Plant Administration
Nancy Lundgren

Plant Services
Thomas Flaherty
Philip Kenney
Joseph Kozloski Jr.
William Purtell
Herbert Sears Jr.

Environmental Services
Charlene Allen
Michael Bass
Bryant Cox
Frank Cruthird Jr.
Mala Sahadeo
Elsa Williams

Security
John Cashman
John Gomes Jr.

FINANCE

General Accounting
Ann Dekas
William Loomer

Grants and Contracts
Marion Chenell-White
Chris Mullen

Patient Financial Services
Ingrid Clarke
Rachel Holley

HOME MEDICAL SERVICE

Joseph Karbowski
Nicole Kibbe

HUMAN RESOURCES

Pat Bass
Peggy Kociubes

IMAGING AND THERAPY SERVICES

Radiology
Eileen Boyle
Maria Digiovanni
Charles Rankin
Jacqueline Roberts

LABORATORY MEDICINE

David Correia
Mary Costigan
Peter Manning
Aster Mengistab
Kimberly Philipp
Patricia Waters
Sheryl Weisinger

MANAGEMENT INFORMATION SYSTEMS & TELECOMMUNICATIONS

Marie Brown

MATERIALS MANAGEMENT

Materials Distribution
Edward Toland

Purchasing
Dwayne Longsworth
Michaelyn Rackley
Michael Taylor

Transport Services
Robert Epps

MEDICAL STAFF SERVICES

Beatrice Fraser

MEDICINE

Cardiology
Carolyn Christie
Katherine Seropian

Dermatology
Mary Japowicz

Diabetes
Jude Deeney

Gastroenterology
Diane Lobel
Alfreda Tucker

Hematology
Dorothy Hallam

Infectious Disease
Tova Meshulam

Medical Information Systems Unit
John Stollerman

Medical Oncology
Anna Facada

NEUROLOGY

Peter Mosbach

NURSING

Georgette Allen
Rosmond Allen
Teresa Birmingham
Giseldea Bousquet
Clem Celestine
Kim Costello
Karen Cuipylo
Loretta Donald
Janice Donovan
Annmarie Downey
Joanne Drummond
Doreen Edmunds
Christine Fettig
Steveanna Gaskins-Clark
Christine Gillespie
Erin Gilgallon
John Gould
Debra Hughes

Rufus Brunson
Plant Services
25 years of service

William Bulger
Management Information Systems
25 years of service

Sheila Ryan
Laboratory Medicine
25 years of service

Carol Ann Hyland
Laura Jaeggi
Ann Marie Jankowski
Jane Jansen
Sheila Keough
Lisa Knox
Benedicta Kumahia
Catherine McDonough
Jacqueline McLaughlin
Ellen Munger
Teresa O'Leary
Carolanne Paulanthony-Schneider
Suzanne Potvin
Karen Proctor
Christine Ryan
Sandra Ryan
Susan Sirrico
Janice Sullivan
David Tausevich
Tyrone Thomas
Janet Treece
Michael Wood

NUTRITION SERVICES

Rosemarie Chennis

PATIENT SUPPORT SERVICES

Admissions
Yvonne Atkinson
Debra Johnson

Eileen McLaughlin
Nursing
25 years of service

Yvonne Macrae
Barbara Waters
Cheryl Wedgeworth

Medical Records
Ingrid Christmas
Randolph Niles

Quality Assurance Unit
Glynnis LaRosa

Social Work
Mary Chin
Kenna McAree
Faye Polansky

PHARMACY

Diane Kotz
Dorothy Young

PSYCHIATRY

Maria Nunez
Donna Roe

REHABILITATION SUPPORT SERVICES

Rehabilitation Administration
Kimberly Battle

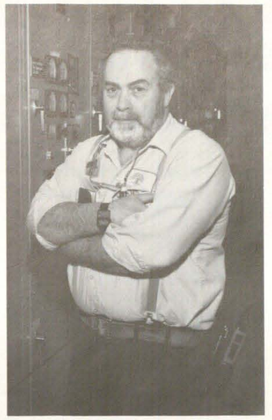
Occupational Therapy
Kathleen Leduc

Physical Therapy
Susan Boiani
Martha Cullen

SURGERY

Sharon Olsen

Susanna Silcott
Nursing
25 years of service



Kevin Stuart
Plant Services
30 years of service

Lois Sullivan
Nursing
25 years of service

NSABP
Janis Cail

10 years of service:

AMBULATORY SERVICES

Occupational Health
Carol Tatarinowicz

FINANCE

Patient Financial Services
Phyllis Thibodeaux
Michelle Palmer

HOME MEDICAL SERVICE

Gloria Bowen-Daise

HUMAN RESOURCES

Susan Mallard

IMAGING AND THERAPY SERVICES

Radiology
Marianne Russell

LABORATORY MEDICINE

Donald Schwartz
Marina Figelman
Alison McNeil

Ramona Jackson
Nursing
30 years of service

MANAGEMENT INFORMATION SYSTEMS & TELECOMMUNICATIONS

Stephen Cattaneo
William King
Ronnie Pledge
Kenneth Zweig

MATERIALS MANAGEMENT

Materials Distribution
Linda Cyrus

Patient Equipment
Jacquelyn Ansley

Transport Services
Domenic Rowell
Arthur Jones

NURSING

Deborah Almeida
Theresa Branca
Carol Burgess
Joyce Cantin
Elaine Canty
Virginia Craig
Mary Donohue-Wood
Carmel Fitzgerald
Debra Freney
Linda Hanna
Kathleen Higgins
Gladwyn Howard
Mary Hulse
Curt Isakson
Virginia Jacildo
David Judge
Lizbeth Kalina
Mary Leminen-Pierce
Elizabeth Makie
Mary Ann McCarthy
Alan Minsk
Mary Parlee
Debra Radigan
Kelly Rattan
Richard Ridge
Jean Rolfe
Lynn Ronan
Mary Ann Silva

NUTRITION SERVICES

Lauriel Leonard
Naomi Thames

PATIENT SUPPORT SERVICES

Social Service
Michele Harty

PHARMACY

Joseph Fleming

PSYCHIATRY

Eunice Johnson

TRANSPLANT SURGERY

Terry Toughill

UROLOGY

Laurie McCann

15 years of service:

DIAGNOSTIC AND THERAPEUTIC SERVICES

Respiratory Therapy
Mary Bolding

FACILITIES MANAGEMENT

Environmental Services
Maria Carvajal

MEDICINE

Cardiology
Wanda McGovern

NURSING

John Barclay
Rita Ciccarelli
Arthur Conti
Mary Dillon
Eileen Donovan
Carolyn Goudey
Carol Hovanesian
Maria Rosenfield
Laurie Wallace

PATIENT SUPPORT SERVICES

Admissions
Lorna Boyce

PSYCHIATRY

Barbara Billings

REHABILITATION SUPPORT SERVICES

Rehabilitation Psychology
Stanley H. Ducharme Jr.

UROLOGY

Terry Payton

20 years of service:

DIAGNOSTIC AND THERAPEUTIC SERVICES

Respiratory Therapy
Clyda Bowen

FACILITIES MANAGEMENT

Environmental Services
Russell Holley
Jean Lambert
Arthur Stewart
Eileen Walcott

Plant Services
Jimmie Carpenter
Albert Forsberg
Roderick O'Connor
Linus St. Louis
Walter Zaborski

FINANCE

General Accounting
Marguerite Deo
Diane Russo

MATERIALS MANAGEMENT

Transport Services
Thelma Ash

NURSING

Fernella Ambrose
Rosie Belfon
Gladys Burrowes
Ernestine Johnson
Muriel O'Neil
Frances Piasecki
Addie Smith
Mary St. Louis
Linda Walsh
Kathleen Winton

PATIENT SUPPORT SERVICES

Patient Financial Counseling
Judith Zerendow

25 years of service:

FACILITIES MANAGEMENT

Plant Services
Rufus Brunson

LABORATORY MEDICINE

Sheila Ryan

MANAGEMENT INFORMATION SYSTEMS & TELECOMMUNICATIONS

William Bulger
Grace Smith

NURSING

Eileen McLaughlin
Susanna Silcott
Lois Sullivan

30 years of service:

FACILITIES MANAGEMENT

Plant Services
Kevin Stuart

NURSING

Ramona Jackson

QUALITY CARE

A poignant letter that needed to be written

From the editor: Marlene E. McKenny, a former UH staff member and patient on Atrium 7-West, died of cancer on Sunday, March 1. Until the time of her illness last November, McKenny served as a supervisor in the medical records department.

This letter is not addressed to any one specific person; instead, it is written:

- to every one of you who had a part in Marlene McKenny's health care;
- to each one of you who came to visit, gave encouragement, and offered your prayers and support, and
- to each one of you who sent flowers, donations and a variety of beautiful gifts.

It would be impossible to thank all of the individuals or disciplines, but there is one group of people that we would like to focus our thanks on—the staff of Atrium 7-West.

It must have been difficult to take care of one of your fellow employees who was so ill, and we're sure that you are used to giving quality care to all of your patients. Our appreciation is for the care you gave to Marlene. You skillfully provided for all of her medical, nursing and emotional needs. You were compassionate, honest, caring, sympathetic and supportive. You not only took care of Marlene, but you also took care of us, her family. You were the shoulders for us to cry on; you were the sounding board for us to vent our frustration; you were there to answer our questions.

The confirmation of her illness and its prognosis were extremely devastating to Marlene, as well as to the rest of us—especially considering the brief time span [she was given]. But you helped us get through that difficult time. For all of this, we simply wanted to say, "THANK YOU!"

The University Hospital was a part of Marlene's life for the 11 years that she worked there, and you were a part of her life for the three months of her illness. Please keep her spirit, her happiness and her love for others a part of your lives.

Thank you,
The family of Marlene McKenny

Ellen Wald: A devoted crusader in the battle against Parkinson's disease

For philanthropist Ellen Wald, Parkinson's disease represented more than just another cause to support. Wald, who died on March 29 at the age of 83, battled the debilitating disease for 30 years.

During the decades that spanned her illness, Wald not only served as a patient, but she also worked as a close collaborator with UH physicians to advance knowledge and treatment of the disease. "Ellen Wald was a pioneer and a benefactor in research and education concerning Parkinson's disease," remarked UH neurology chief Robert G. Feldman, M.D., at a March 31 memorial service held at Temple Israel in Boston. "She was the first to bravely face an experimental surgical procedure for treatment of her tremor. As a result, her tremor diminished and she helped to prove the efficacy of the procedure."

In 1970, Wald came to UH to participate in the earliest clinical trials of L-Dopa, the major breakthrough drug at the time used to alleviate some of the disabling symptoms associated with Parkinson's: tremors, muscle rigidity and slowness of movement. "Ellen was the first to receive benefit from this treatment and [it] helped us to determine the proper doses needed to reduce rigidity and improve walking," Feldman noted.

In subsequent years, Wald volunteered for virtually every newly developed drug or medical procedure. "Her desire to find a cure for Parkinson's disease and to contribute to our knowledge about her own condition was indeed very strong," said Feldman. Through contributions, Wald and her husband, Harold, supported research in Parkinson's disease. They urged others to contribute, as well, and in 1972, established the Ellen and Harold Wald Parkinson's Disease Fund at UH. In addition to funding pilot research studies, the monies donated to the Wald Fund have helped to sponsor the training of five neurology fellows, who have gone on to direct Parkinson's disease programs across the country.

Following her husband's death in 1977, Wald endowed the Ellen and Harold Wald Neurological Unit, which is now located on Atrium 8-East. In 1988, Wald received a distinguished service award from The University Hospital, in honor of her commitment and dedication to the battle against Parkinson's disease.

"Ellen Wald will be missed terribly," remarked Feldman in closing, "but her spirit, energy and generosity will not be forgotten as we continue our work at The University Hospital and our efforts to meet her and Harold's challenge."

Wald, a resident of Brookline for the past 50 years, was born in Quincy. She graduated from Quincy High School and Boston University. She leaves a son, Stephen L. Wald of New York, a UH trustee; two brothers, John Grossman of Palm Beach, Fla., and Morton Grossman of Brookline; two grandchildren, and her longtime companion, Regina Schmitt. ■

Ellen Wald
(file photo)

Sox tix on sale

Tickets are available through the human resources department to the following '92 Red Sox games:

- Thursday, June 18, vs. the New York Yankees;
- Saturday, July 11, vs. the Chicago White Sox;
- Friday, July 24, vs. the Minnesota Twins;
- Friday, August 21, vs. the Seattle Mariners, and
- Sunday, October 4, vs. the New York Yankees.

Tickets are $14 each and may be obtained by calling Diane Sprague at x8562 (638-8562). ■

Walk to raise research dollars

Walkers in more than 100 cities across the country will embark on the Sixth Annual Walkathon for Parkinson's Disease on Saturday, May 16. Locally, members of the American Parkinson's Disease Association (APDA) Information and Referral Center, which is based at UH, are mobilizing support for the walk, and hope their Hospital coworkers will get involved.

"The walkathon is a wonderful opportunity for Parkinson's patients and members of the community to come together and enjoy a day of fun and exercise, while making significant contributions to fund medical research," says UH's Jeanne McCarthy, president of APDA's Massachusetts chapter. Hospital employees who would like to participate may do so by walking, volunteering or backing the cause by signing a friend or coworker's pledge sheet.

More than one million Americans currently suffer from Parkinson's disease, a debilitating neurologic condition.

Some 200 people are expected to take part in the Boston walkathon, a five-mile trek around the Cleveland Circle Reservoir in Brookline, beginning at 9:30 a.m. Collectively, walkers from across the country will attempt to raise $1 million to benefit Parkinson's research. Last year in Massachusetts alone, some $15,000 was raised through pledges and donations.

"The Walkathon is very important in that it raises national awareness of Parkinson's disease, while at the same time, raises funds for research," says Michel Monnot, a Parkinson's patient and the organizer of the kickoff walk in 1985. "Every local walkathon brings us closer to finding a cure for this debilitating disease."

Parkinson's disease, a neurologic condition, currently affects more than one million people in the United States alone. The disease, resulting from a deficiency of dopamine, a chemical that is crucial to the transmission of nerve impulses in the brain, usually appears in people between 50 and 65 years of age. Symptoms include tremors, muscular rigidity and slowness of movement.

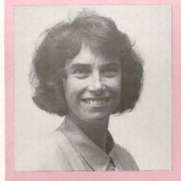
"Walking papers" are available at UH in the APDA's Information and Referral Center, Doctors Office Building, Suite 707. For further information, contact Jeanne McCarthy at x8466 (638-8466). ■

CONNECTIONS
THE UNIVERSITY HOSPITAL • MAY 1992

Today's Parents

Child-proofing your home for safety

by Peggy Kociubes



Years ago, I was given a Singer sewing machine for my birthday. After I opened it, I left it on the kitchen counter while I was finding a more appropriate place to store it. My one-year-old son, having just learned how to walk, toddled over to the counter, grabbed the cord of the sewing machine and brought it crashing to the floor—only inches away from his feet. To this day, I shudder at the memory of what could have happened.

According to the National Safety Council, 26 million children are injured in their homes each year. While many parents are aware of the dangers of shock from electrical outlets or of poisoning from household cleansers, other perils in the home exist that are not as widely known.

ChildProof of New England, located in Framingham, and Safe Beginnings of Burlington specialize in home-safety devices. Both companies offer unique and useful gadgets that are hard to find in your average department store. The firms also perform in-home safety evaluations. Many of the measures to child-proof your home listed below cost no money; however, they do require the time it takes to evaluate your home for safety. (Tips provided courtesy of ChildProof of New England).

Tall objects that can be pulled over by baby, such as floor lamps, should be taken out of the child's environment or blocked off with furniture; keep trash containers locked up and out of baby's reach and store household cleansers and other poisons up high, not under the kitchen sink; magnets on the refrigerator are not a good idea; if they fall on the floor, they could be swallowed or choked on. By the same token, keep all carpets vacuumed since any objects that fall on the floor can be swallowed; cook with pot handles turned in so that baby can't reach up and pull them down; keep all electrical cords bundled, tied and out of baby's reach and sight; keep plants away from baby—some are poisonous and, even if they are not, leaves can be pulled off and choked on; in the bathroom, remove all soaps, razors and shampoos from the edge of the tub and cover the bathtub spout to prevent baby from banging her head, and finally, in the living or family room, replace glass coffee table panels with acrylic.

For further information on creating a safe environment in your home, *The Perfectly Safe Home*, by Jeanne Miller (Simon & Schuster, $9.95) is a wonderful resource. Brochures on child safety measures are available in the Child Care Resource and Referral Office in human resources, Old Evans 2 (D-2). ■

Skin-cancer screening

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and mortality of skin cancer, the most common of all cancers.

In 1991, Massachusetts dermatologists examined 6,350 people at about 80 sites, and more than 103,000 people were screened across the country. Since 1985, nearly 500,000 Americans have received free skin-cancer examinations through AAD-sponsored screening programs. Last year, at Boston University Medical Center, a major screening site, some 170 people were ushered through a clinic held in mid-May. This year, the goal is to screen some 250 people.

Approximately half a million Americans will be diagnosed this year with skin cancer; of that number, an estimated 35,000 will be diagnosed with malignant melanoma, the most fatal form of skin cancer. Estimates also indicate that 7,000 will die from malignant melanoma in 1992. "Skin cancer—particularly melanoma—clearly is a problem that is on the rise," says Howard K. Koh, M.D., codirector of BUMC's Skin Oncology Program and the Massachusetts director for the American Cancer Society's melanoma/skin-cancer task force.

The good news is that awareness, education and screening may impact the incidence and mortality of melanoma and other forms of skin cancer. It is clear that early detection and prevention can help defeat skin cancer. Like some other forms of cancer, melanoma can be cured in its earliest stages. But discovering melanoma doesn't necessarily require an expert's trained eye. "These cancer lesions are external and potentially visible, so lives can be saved if people know what to look for," says Koh.

Koh is an ardent advocate of skin self-examination, especially for people considered to be at high risk for skin cancer (individuals with family histories, many moles or those who sunburn easily and tan poorly). When examining one's skin for lesions, Koh notes, be sure to check for signs of cancer using the A-B-C-D method:

- **Asymmetry:** One-half of the lesion is unlike the other half.
- **Border irregularity:** The lesion has a scalloped or poorly circumscribed border.
- **Color:** The lesion varies in color from one area to another and it may exhibit shades of tan and brown, and sometimes white, red or blue.
- **Diameter:** The lesion is larger than six millimeters (the diameter of a pencil eraser).

The BUMC screening session will be held in the Doctors Office Building, Suite 402. To schedule an appointment, call x4016 (638-4016). ■

UH celebrates its elders during May

This month, The University Hospital pauses to salute the contributions of older Americans with a series of events designed to observe "Elder Awareness Month."

The activities got under way on Thursday, May 7, when the UH Home Medical Service presented its annual Community Service Award to Diane Watson, commissioner of elderly affairs for the City of Boston, at an afternoon reception in the School of Medicine's Hiebert Lounge.

On Thursday, May 14, stop by the H-2 bridge and learn about the myths and mysteries of aging. Staff of the Home Medical Service, the Geriatric Evaluation Center and the Elders Living At Home Program will be on hand to answer questions about health concerns shared by the elderly and those who care for them.

The events continue on Tuesday, May 19, as staff members of the social work department team up to present a seminar on how to care for aging parents, to be held at noon and 1 p.m., in the SkyLight Dining Pavilion, Function Room A.

On Wednesday, May 20, visit a display on the H-2 bridge and find out about the various services and programs UH offers to the elderly community.

Learn how to fox trot or do the hustle on Friday, May 22, at noon in the SkyLight Dining Pavilion. If your dance card is full, come in for a quick browse of artwork crafted by local elders. ■

H-2 renovations to get under way

Renovation of the H-2 bridge and the corridor connecting the Atrium Pavilion to the Doctors Office Building is slated to begin shortly and last up to six weeks. Though the construction will take place in a heavily traveled area, Facilities Management Director Martha Bil Manevich expects no major disruption to foot traffic during construction.

Under the project, the H-2 bridge will receive a new and brighter look, mainly through the use of colorful prints and wall carpeting. Several weeks ago, the carpeting on the floor of the H-2 bridge was removed in anticipation of the return of the SkyLight Dining Pavilion's food cart. Renovations along the H-2 corridor will include the relocation of the H-2 security desk to allow for increased circulation; improved lighting of the Wall of Philanthropy, and the installation of a new display case, according to Bil Manevich. ■

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IN THE COMMUNITY

BUMC launches new publication for the South End

Boston University Medical Center is making a new connection with members of the South End community. *Community Connections*, a sister publication to this newspaper, was launched last month as a quarterly information link between BUMC and its surrounding neighborhood.

The new publication, a four-page newsletter sharing some of **Connections'** graphic features, will provide medical and health information, news of BUMC's University Associates project, historic insights and a variety of other items that are of interest to both the South End community and the Medical Center. In its debut issue, *Community Connections* contained articles on UH's Elders Living At Home Program; the UH and Boston University joint-venture development on Albany Street; Boston's biotechnology boom; BUMC's annual free skin-cancer screening, and UH's commitment to primary care medicine. The issue also introduced such standing features as "The South End/Then and Now;" "Names and Faces;" "Health Corner," and "Coming Up."

"*Community Connections* is an attempt on the Medical Center's behalf to connect better with the community," says Donald R. Giller, BUMC director of public affairs and marketing. "With the hustle and bustle of growth and diversity in both the Medical Center and its neighborhood, communications increasingly have become more complicated. This is certainly one way to simplify that process, while garnering the input and insight of those in the community."

The publication, which is inserted into the *South End News*, is produced for the Department of Community Services, Joanne Jaxtimer, director, by the Office of Publication Services, Owen McNamara, director, and Cynthia Lepore, editor/writer.

Story ideas are welcome and may be sent to Joanne Jaxtimer, Vose 2, x8914 (638-8914). ■

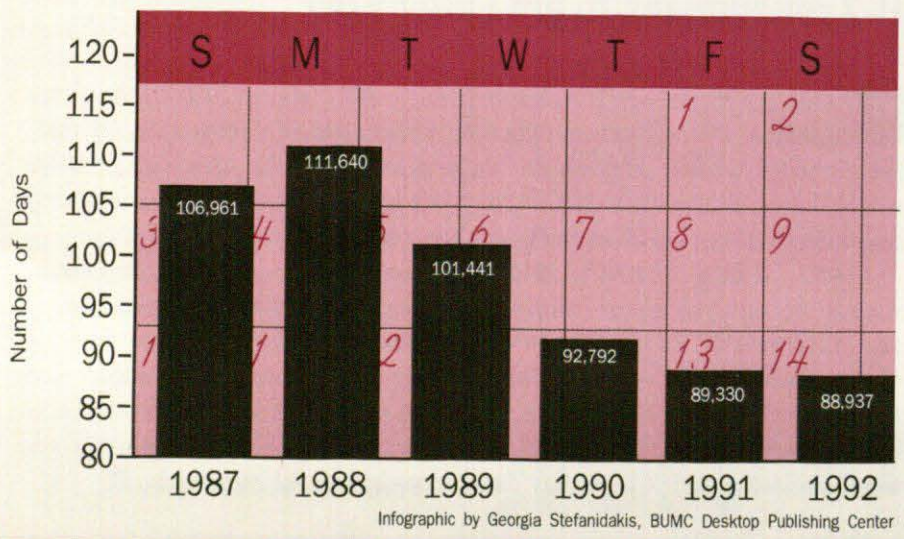
CLASSIFIED

- **For rent:** Two b.r. apartment in S. Quincy; on bus line; off-street parking for two cars; wall-to-wall carpeting; back porch; yard. $600/mo., unheated. If interested, call 479-1791. ■

A LOOK AT UH'S LEADING INDICATORS:

How we're doing

Patient days: The sum total of UH patients' stay in the hospital. Patient days are calculated based on a complex equation using inpatient admissions and their average lengths of stay. As you can see from the chart below, the Hospital has seen a dramatic decrease in patient days over the last several years, which can be attributed to the Hospital's ongoing effort to reduce average length of stay and maintain a strong level of admissions.



Infographic by Georgia Stefanidakis, BUMC Desktop Publishing Center

World Class Commuting Day

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drawing (lunch at Rebecca's for your carpool). Depending on the response, ITMA hopes to make preferential parking for three or more carpoolers part of the regular parking program at a later date.

Likewise, bicyclists and walkers will be given free access to showers in the South End Block Recreation Center for the day, compliments of Boston City Hospital.

All participants in World Class Commuting Day are eligible for raffle prizes that include a weekend for two at the Long Wharf Marriot, an annual MBTA pass, and a carpool pass for the Massachusetts Turnpike (one year).

COMING UP

- **Employee Fitness Day,** Wednesday, May 13. See story, page 3.
- **World Class Commuting Day,** Friday, May 15. See story, page 1.
- **Parkinson's Walk,** May 16. See story, page 6.
- **Charter Day,** Monday, May 18. Help in the commemoration of The University Hospital's 137th "birthday," the day in 1855 when UH received its charter from the Commonwealth of Massachusetts.
- **BUMC prostate screening,** Tuesday, May 19, from 9 a.m. to noon, and 1 to 4 p.m.; Wednesday, May 20, 1 to 4 p.m. Sessions are open to men over 50 years old; sponsored by the urology department. Registration is in the Atrium Lobby.
- **Cancer Awareness Day,** Wednesday, May 27. Learn how to detect and prevent certain types of cancer at a special exhibit in the Atrium Lobby from 10 a.m. to 5 p.m. Educational materials and referral information will be available from representatives of UH's Cancer Care Committee.
- **BUMC skin-cancer screening,** Saturday, May 30. See story, page 1.
- **From All Walks of Life,** Sunday, May 31. See page 2.
- **Fourth Annual Marty Semler Golf and Tennis Tournament,** Monday, July 27. Register now for a day of golf or tennis. Proceeds to benefit UH cancer research. Call Alison at x7520 (638-7520). ■

The raffle, as well as food and prizes, will be provided at transportation information tables that will be located on the H-2 bridge, between 11:30 a.m. and 1:30 p.m.

Information about commuting options will be offered at the transportation tables, as well. On hand will be representatives of CARAVAN for Commuters, Inc., which operates a ride-matching database called Ridesource; the MBTA; Commuter Boats; Commuter Bus Carriers; Walk Boston; the Boston Area Bicycle Coalition, and representatives of the Central Artery/Third Harbor Tunnel project. Those interested in learning about carpooling/vanpooling options may gain information through the Ridesource database that deals exclusively with members of the Medical Center.

Reducing the number of cars used for commuting is seen as the most powerful way of combatting the ravaging effect of automobile emissions on the air quality in Boston. A reduction also would lessen the congestion in the roads approaching the Medical Center as a result of impending disruption from the construction of the Central Artery/Third Harbor Tunnel project.

World Class Commuting Day, a second annual event at the Medical Center, is being carried out in recognition of National Transportation Week, from May 11 to 15.

Individuals seeking assistance in finding out about commuting options may call BUMC's Transportation Hotline at x7430 (638-7430). ■

Connections, the monthly newspaper of The University Hospital, is published by the Office of Publication Services, Boston University Medical Center, Owen J. McNamara, director. Writer/editor, Cynthia Lepore; Designer, Deborah Brown; Staff Photographer, Lucy Milne; Staff Designer, Astrid Flores. Additional photos for this issue by Gus Freedman, pg.1.

Departmental correspondents: Mary Chin, social services; Edward Christiansen Jr., legal counsel; Bonnie R. Clendenning, development; Cheryl Franchi, nutrition services; David Fraser, human resources; Carla Henderson, utilization review; Jeff Jenkinson, financial planning; Cass Ladd, rehabilitation support services; Nancy Lundgren, facilities managment; Kathleen Murphy, laboratory services, and Linda Viano, diagnostic and therapeutic services.

The deadline for **Connections** is at noon on the first Friday of each month. Story and photo suggestions should be addressed to Cynthia Lepore, in care of the Office of Publication Services, Robinson 7, or call x8491 (638-8491). The Office of Publication Services is part of the Department of Marketing/Public Affairs, Boston University Medical Center, Donald R. Giller, director. Volume 5, Number 5.