



From the Research and Clinical Trials Administration Office

Intestinal Bacteria and Breast Cancer Study

The Section of Gastroenterology and Nutrition is conducting a study on the impact of intestinal bacteria on breast cancer. Both recently diagnosed breast cancer patients and healthy controls are being recruited for the study, in which clinical data, stool, blood and colonic biopsies will be collected to characterize colonic microbiota and other cancer-related factors.

Participants must meet the following criteria:

- Be a woman between 50 and 70 years of age
- Not have had menstrual periods for 12 months or longer
- Not be positive for the BRCA or Li Fraumeni gene mutations

This is a partial list of inclusion and exclusion criteria. **Ece Mutlu, MD**, is the principal investigator at Rush. For more information, contact Andrew Walker at (312) 942-9203.

Knee Cartilage Lesion Study

The Department of Orthopedics is conducting a randomized study to evaluate the safety of an implantation system compared to microfracture for the surgical treatment of articular cartilage lesions of the knee.

Participants must meet the following criteria:

- Be between 18 and 65 years of age
- Be a candidate for cartilage repair on the femoral articular surfaces
- Be physically and mentally willing and able to comply with postoperative and routinely scheduled clinical and radiographic evaluations

This is a partial list of inclusion and exclusion criteria. **Brian Cole, MD**, is the principal investigator at Rush. For more information, contact Michelle Karlin at (312) 432-2381.

Publishing Research Results? Share With Media Relations

If you are going to publish or present study results, please let a media relations special know as soon as your research has been accepted for future publication by calling (312) 942-5579.

Unfortunately, by the time you publish or present your study, it is frequently too late to attract news reporters' interest.

Programs and Services Spotlight

The Mood Disorders Inpatient Unit at Rush

The mood disorders inpatient unit, opening in late September, is the newest addition in the continuum of treatment for mood disorders at Rush. Remodeled in spring 2009, the unit is exclusively devoted to treating acutely ill adults with mood disorders in a comfortable, therapeutic environment.

"This unit is state of the art and will utilize the latest, most effective approaches to treating patients with mood disorders," says **William Scheftner, MD**, chairperson of the Department of Psychiatry. "We're focusing on this specific patient population so that we can have a real impact — set a new standard of care."

The 18-bed unit in the Johnston R. Bowman Health Center has a floor plan that encourages intermingling of staff and patients and alleviates feelings of isolation, including a central common area for patients to interact and socialize.

All aspects of care are provided by a collaborative team of mental health experts with specialized expertise in mood disorders, including a psychiatrist, psychologist, social worker and psychiatric nurses. To ensure effective treatment and smooth transitions in and out of the unit, a care coordinator facilitates communication with patients' families and referring providers as well as manages treatment plans from admission through discharge.

The unit offers the following services to best help patients achieve their treatment goals:

- Psychopharmacologic treatment
- Mood disorder-focused cognitive behavioral therapy group sessions
- Educational group sessions to educate patients about their illness and teach them coping strategies
- Discharge education and planning to help patients develop an appropriate transition plan
- Access to all other specialists and medical and support services at Rush, including occupational therapy and spiritual support

Kudos

Rush has ranked among the nation's best in nine of the 16 categories included in U.S. News & World Report's annual "America's Best Hospitals" issue, which was published in July. Rush is ranked higher than any other program in Illinois in orthopedics at No. 12 in the nation. The rankings of other Rush programs are as follows: neurology and neurosurgery, No. 12; geriatric care, No. 24; gastroenterology, No. 26; kidney disorders, No. 29; heart and heart surgery, No. 30; urology, No. 31; gynecology, No. 50; and ear, nose and throat, No. 50. Only 174 out of 4,861 hospitals in the United States, about 3 percent, scored high enough this year to rank in even a single specialty.

Rush has received the 2009 Premier Award for Quality, which recognizes health care organizations that efficiently provide outstanding patient care and consistently set the standard in clinical excellence. Criteria for the award were performance-based data that include measures of quality in clinical outcomes, resource utilization and clinical processes. Premier is a health care alliance of more than 2,100 hospitals and 58,000 other health care sites in the United States dedicated to improving health care quality and affordability.

Participating Physicians and Staff

The Mood Disorders Inpatient Unit at Rush

710 S. Paulina St., 8 North

Sushil Bagri, MD

Medical director, general psychiatry inpatient unit

Jeannie Dixon, RN, BSN

Acting unit director, psychiatry

Sheila Dowd, PhD

Psychologist

Michael Easton, MD

Psychiatrist

Daniel Rosenthal, MD

Psychiatrist, internist

William Scheftner, MD

Chairperson, Department of Psychiatry

When to Refer

Care in the mood disorders inpatient unit is restricted to adults with depression, bipolar disorder or anxiety.

Patients who are cognitively impaired or have had recent substance abuse will not be admitted to the unit.

For more information about the unit or to refer a patient, please call (312) 942-MOOD (6663) for 24-hour assistance.

Rush Needs Your Vital Stats!

Your physician profile is used for "find a doctor" on the Rush Web site and by the Rush call center to guide referrals, so it's important that your information is always up-to-date. Make sure to update your profile any time your information changes, which you can do quickly and easily using a convenient Web link. To request the link, contact Barb Krah, director of call center services and customer relationship management, at (312)563-4723 or Barbara_J_Krah@rush.edu. She will send the link to you via e-mail, along with instructions on how to access the online profile form.



Clinical CORNER

Study Proves Effectiveness of Laser Microsurgery for Tongue Cancer

In a study published in the July issue of *Otolaryngology – Head and Neck Surgery*, researchers at Rush revealed that transoral laser surgery to remove cancer at the base of the tongue is as effective as more invasive open surgery and may improve quality of life.

Led by **Guy Petruzzelli, MD**, chief of the Section of Head, Neck and Skull Base Surgery, the study involved a retrospective chart review of 71 patients who underwent transoral laser microsurgery for squamous cell carcinoma of the base of the tongue. At 24 months, the overall survival rate for study patients was 90 percent, and the disease-specific survival rate was 94 percent.

Historically, the tongue base could be safely accessed only through the neck with complicated open surgical approaches that carried significant risk of complications, including speech and swallowing impairment. With transoral laser microsurgery, surgeons use a carbon dioxide laser and microstaging to very precisely and carefully remove the tumor in small pieces. This minimizes disruption to nearby tissues, reducing complications and the likelihood of infections.

As a result, the functional outcomes for the transoral technique are superior. Quality-of-life data, obtained for 46 of the study patients, revealed the majority had mild or no pain, minimally impaired to normal swallowing and normal speech.

Study Shows Social Inactivity Associated With Motor Function Decline

Researchers at Rush have found that among the elderly, less frequent participation in social activities is associated with a more rapid decline in motor function. The study was published in the June 22 issue of the *Archives of Internal Medicine*.

The study involved 906 older individuals from retirement facilities, subsidized housing complexes, church groups and social service agencies in northeastern Illinois. At the outset of the study, researchers measured the frequency with which study participants engaged in social activities — such as volunteering, visiting friends or attending church — using a five-point scale. Researchers then annually assessed participants' basic motor function (including muscle strength in the arms and legs) and motor performance (including walking and balance) for an average of five years. The study found that motor decline was more rapid in those who participated less frequently in social activities.

Statistically, the amount of motor decline translates into a more than 40 percent increased risk of death and a more than 65 percent increased risk of developing disability. "Our data raise the possibility that we can slow motor decline and possibly delay its adverse health outcomes by supporting social engagement — a relatively low-cost solution," says neurologist and study author **Aron Buchman, MD**.

INTRODUCTIONS

The following is a list of physicians who joined the Medical Staff of Rush University Medical Center between May 1 and July 30, 2009. The Medical Staff Office and the Department of Marketing and Communications have made every effort to publish accurate information that is as complete as possible; if, however, the information below is incorrect or we have omitted information, we apologize and ask that you contact Muriel Coleman in the Medical Staff Office at (312) 942-5496.

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Progress Notes

Sharon Byrd, MD, has been appointed chairperson of the Department of Diagnostic Radiology. This appointment follows a national search for a successor to **David Turner, MD**, who is retiring as chairperson but continuing his clinical academic practice. Byrd, who has been a professor in the department since 2002 and is currently director of the neuroradiology fellowship program, brings a lifetime of academic achievement to this role. She has published 88 peer-reviewed papers and book chapters, and has lectured throughout the world.

Howard Kaufman, MD, has been appointed to the newly created role of Rush Cancer Program director and associate dean of Rush Medical College, effective Oct. 1. Kaufman comes to Rush from Columbia University, where he was chief of the Division of Surgical Oncology, director of the Columbia Melanoma Center and chair of the oncology service line at the New York Presbyterian Hospital. His current primary research interest is in tumor vaccines and cancer immunotherapy. The Rush Cancer Program comprises all of the cancer-related clinical, research and educational efforts at Rush, crossing 20 departments, divisions and sections, as well as inpatient and outpatient areas. As program director, Kaufman will be responsible for the strategic planning process and execution. He will also help guide the development, refinement and growth of Rush's cancer service line.

IN THE NEWS

Cardiology Practices Merge

The practices University Cardiologists and Associates in Cardiology merged on September 1. The new, combined practice, which is called University Cardiologists, offers advanced care and expertise in heart disease (including heart attacks), pediatric and adult congenital heart disease, women's heart health, arrhythmia and hypertension. It also provides a full spectrum of care for patients with heart failure and advanced heart failure, including transplantation and mechanical circulatory support.

Previously, each practice provided basic cardiology services, and University Cardiologists provided a few specialized services, such as heart transplantation. The merger maximizes the skills of physicians from both practices to create seamless patient care as well as to enhance education and research efforts. It also provides a single training platform for residents and fellows.

Office visits take place in the newly renovated clinic space, located in suite 1159 of the Professional Office Building. The former Associates in Cardiology office, located in suite 1138 of the Professional Building, is now being used as a cardiac testing center.

For more information or to refer a patient to University Cardiologists, call (312) 942-5020.

Coming Soon: Flu Shots

As you know, we're gearing up for flu season, and that means it's almost time for flu shots — both seasonal and H1N1. In addition to getting your own shots, talk to your staff, residents and students about the importance of safeguarding our patients by getting flu shots. Infection prevention and control will let you know when the shots are available; in the meantime, if you have any questions or would like someone from infection prevention and control to come to your office to talk to your staff, call (312) 942-3060.