



From the Research and Clinical Trials Administration Office

Crohn's Disease Study

The Section of Gastroenterology and Nutrition is participating in a study to determine whether changes in diet and taking dietary supplements can help people with Crohn's disease maintain remission. The study will also see if dietary treatments change Crohn's-related damage (e.g., oxidative stress) or the bacteria flora in the colon. This is the first study scientifically designed to look at alternative dietary treatments for Crohn's disease.

Participants must meet the following criteria:

- Have documented Crohn's in the ileum and/or colon that has not been active for two weeks
- Have no ileostomy, colostomy or history of bowel obstruction or current strictures
- Have not used steroids, antibiotics or herbal treatments, or been on a Crohn's diet within two weeks of enrollment

This is a partial list of inclusion and exclusion criteria. The principal investigator at Rush is Ece Mutlu, MD. For more information, call Susan L. Mikolaitis, RD, LDN, at (312) 563-3892.

Conjugated Linoleic Acid and/or Amino Acids in Women Study

The Department of Clinical Nutrition is recruiting 48 women age 40 or older for a study to determine whether conjugated linoleic acid and amino acid supplements, taken together or alone, can measurably enhance the effects of weight-training exercise (e.g., increased muscle mass and strength) by helping to stimulate or maintain protein synthesis in muscles.

Participants must meet the following criteria:

- Be a woman age 40 or older
- Be healthy
- Not be going through menopause
- Be able to come to Rush and exercise three times a week (for approximately one hour) for a period of eight weeks

This is a partial list of inclusion and exclusion criteria. The principal investigator at Rush is Susie Rockway, PhD. For more information, call Dr. Rockway at (312) 942-4401.

Rush Needs Your Vital Stats!

Update your physician profile anytime your information changes using a convenient Web link. Your profile is used for "find a doctor" on the Rush Web site and by the Rush call center to guide referrals. 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.

Rush Launches New Center for Congenital and Structural Heart Disease

Rush recently announced the creation of the **Rush Center for Congenital and Structural Heart Disease**, which will play a key role in Rush's growing pediatric cardiology program. Heading up this new endeavor is one of the world's leading pediatric interventional cardiologists, **Ziyad M. Hijazi, MD, MPH**, who arrived at Rush on September 1. Hijazi has also been named chief of the Section of Pediatric Cardiology and professor in the departments of cardiology and internal medicine.

The center provides comprehensive, state-of-the-art care for both pediatric and adult patients with congenital heart disease; in fact, roughly half of Hijazi's patients are adults. Joining Hijazi at the center are **Ra-id Abdulla, MD, Chawki El-Zein, MD, Michel Ilbawi, MD, Clifford Kavinsky, MD, David Ruschhaupt, MD, and Barbara Santucci, MD**.

Hijazi comes to Rush from the University of Chicago, where he built a pediatric cardiology program that was nationally and internationally recognized for its outstanding clinical services and innovative technologies. A pioneer in the nonsurgical repair of congenital heart defects, he has led national clinical trials of novel transcatheter closure devices for the treatment of atrial septal defects (ASD), ventricular septal defects, patent ductus arteriosus and patent foramen ovale (PFO). His research resulted in the FDA approving the first ASD closure device for use in children in 2001.

His work has not been limited to the nonsurgical repair of cardiac defects. Hijazi was the first to describe how intracardiac echocardiography can be used to assist in guiding transcatheter closure of ASD and PFO. Currently, he is evaluating percutaneous valve implantation for patients with defective pulmonary valves; in 2005, Hijazi became the first in the United States to perform this innovative procedure.

Look for a story about the comprehensive services available at the Rush Center for Congenital and Structural Heart Disease in an upcoming issue of *Rush Physician*.

Rush Center for Congenital and Structural Heart Disease

Rush Children's Hospital
1653 W. Congress Pkwy.,
708 Kellogg

Ziyad M. Hijazi, MD, MPH
Director

To refer a patient to the center, or to contact Dr. Hijazi, call (312) 942-6800.

focus on CONTINUING MEDICAL EDUCATION

The Third Annual Symposium on Wound Care

October 27, 2007

Credits hours: 7

Sponsor: Department of Surgery

Location: Wyndham Glenview Suites, 1400 Milwaukee Ave., Glenview, Ill.

Cost: \$125.00

Contact: Kathy Martin, Department of Surgery, Rush North Shore Medical Center

Phone: (847) 933-6020

E-mail: kathy_a_martin@rush.edu

Frontiers in Lung Cancer Therapies

November 3, 2007

Credit hours: 3.5

Sponsors: Division of Thoracic Surgery and Section of Hematology/Oncology

Course directors: Philip D. Bonomi, MD, and Michael J. Liptay, MD

Location: Palmer House Hilton, 17 E. Monroe St., Chicago

Cost: None

Contact: Kathy Culiner, RN, University Thoracic Surgeons

Phone: (312) 942-6757

E-mail: kathy_culiner@rush.edu



Clinical CORNER

Studies Shed New Light on Cognitive Decline and Alzheimer's

Several recent studies led by neuropsychologist **Robert S. Wilson, PhD**, of the Rush Alzheimer's Disease Center, have yielded a wealth of information about cognitive decline and Alzheimer's disease that may ultimately help to improve diagnosis and prevention of these conditions.

The most recent study, published in the July issue of *Archives of General Psychiatry*, one of the JAMA/Archives journals, revealed that older adults who have difficulty identifying common odors may have a greater risk of developing problems with thinking, learning and memory.

Wilson and his colleagues found that as odor identification decreased, a person's risk of developing mild cognitive impairment increased. Impaired odor identification was also associated with lower cognitive scores at the onset of the study and with a more rapid decline in episodic memory, semantic memory and perceptual speed. "These findings suggest that olfactory assessment may be useful for early identification of Alzheimer's disease," Wilson says.

Studies by Wilson and his colleagues have also revealed the following:

- The frequency with which older adults engage in mentally stimulating activities is related to their risk of Alzheimer's disease. A study published June 27 in the online edition of *Neurology* showed that a cognitively active older adult is 2.6 times less likely to develop dementia and Alzheimer's disease than a cognitively inactive older adult.
- People who most often experience negative emotions, such as depression and anxiety, were 40 percent more likely to develop mild cognitive impairment than those who were the least prone to negative emotions. The study was published in the June 12 issue of *Neurology*.
- People with Alzheimer's disease, particularly those with a higher level of education, experience an acceleration in the rate of cognitive decline after being placed in a nursing home. Published in the June issue of the *American Journal of Psychiatry*, this study also found that prior experience in adult day care may lessen this acceleration.

"The enormous public health problems posed by Alzheimer's disease are expected to increase during the coming decades," Wilson says. "This underscores the urgent need for strategies to identify the disease earlier, as well as to prevent or delay its onset."

INTRODUCTIONS

The following is a list of physicians who joined the Medical Staff of Rush University Medical Center between May 1 and June 30, 2007. The Medical Staff Office and the Office 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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Rush Transformation Update

After much planning and anticipation, the construction and facilities renovations that will transform the Rush campus have officially begun. Construction of the orthopedic ambulatory building, east of the parking garage between Flournoy and Harrison streets, got under way in July, and work on the parking garage and power plant began in late August.

At the same time, the Office of Transformation continues to work on the planning and design of the new hospital, which will be built east of the Atrium Building. The team recently reached a milestone with the completion of the schematic design phase of the project, which focused on areas within and around departments, as well as the movement of patients, staff and visitors throughout the Medical Center.

Digging Deeper Into the Design

In mid-July, the Office of Transformation reconvened its user groups to dig even deeper into the new hospital plans as they entered the design development phase. During this exciting phase, the user groups are taking a closer look inside the new building and getting into a much higher level of detail in the design. Whereas during the schematic design phase they looked at areas as they related to "neighborhoods," now they are looking inside each of these individual areas and making decisions on such items as the design of the sinks, where to place electrical outlets and which way doors should open.

We Value Your Ideas

The design development phase will continue through the end of 2007. As more decisions are made, watch for the opportunity to provide valuable feedback. For instance, in mid-September, work will begin on the construction of mock-up rooms in the basement of the Rush West Campus at 2150 W. Harrison St. Staff will be invited to visit these rooms, which will be built to the exact specifications of the new patient rooms, in order to provide input about the feel and flow of the spaces.

To learn more about the Rush Transformation, visit the Rush Transformation portal at <http://rushportal.rush.edu>.

Progress Notes

James A. Young, MD, has been appointed chairperson of the Department of Physical Medicine and Rehabilitation. Young, an associate professor in the department, has been acting chairperson since 2001. He has lectured extensively on issues in his specialty, particularly regarding the role of physiatry in the management of traumatic brain injury and, more recently, the role of alternative modalities of care in patients with disabling physical diseases.

Bernard R. Bach Jr., MD, a sports medicine specialist for Midwest Orthopaedics at Rush, has been named the 36th president of the American Orthopaedic Society for Sports Medicine. Bach, a team physician for the Chicago White Sox and Chicago Bulls, is known for his expertise in disorders of the shoulder and knee, particularly the anterior cruciate ligament. He was inducted into the Illinois Athletic Trainers Hall of Fame in 1995.

Yimin Chen, MS, RD, CNSD, a dietitian at Rush, was named a winner in the 2007 Nutrition Ambassador Program by the Nestlé Nutrition Institute. The Nutrition Ambassador Program recognizes professionals in the field of nutritional science who clearly demonstrate an exceptional commitment to clinical nutrition and its practical application. Registered dietitians with more than three years of clinical experience and an emphasis in pediatrics or nutritional support were invited to apply for the program.

Kudos

The Johnston R. Bowman Health Center (JRB) has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for a three-year period for adult inpatient rehabilitation programs in hospitals. This achievement recognizes JRB's commitment to improving the quality of life for the people it serves. Making the distinction even more impressive, surveyors did not identify any areas of nonconformance to CARF standards — putting JRB among the top three percent of all accredited programs.