

Feature Story

Coming of Age and Battling Cancer

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e-Cleveland Clinic MyConsult Helped This Man Enjoy a Heart-Healthy Diet

The MyConsult® remote nutrition counseling service puts you in touch with a registered dietitian at the Cleveland Clinic Heart and Vascular Institute.

MyConsult User: Robert Miller, Business Executive

Age: 61 | **Hometown:** Ellicott City, Maryland

Diagnosis: As a result of a full-body scan during a routine check-up, Robert Miller was diagnosed with coronary artery disease in April 2004. Coronary artery disease, or atherosclerosis of the coronary arteries, occurs when the arteries become clogged and narrowed, restricting blood flow to the heart. Without adequate blood, the heart becomes starved of oxygen and vital nutrients it needs to work properly. “It was quite a shock to discover that I needed open heart surgery,” Robert recalls. “It took some time to get my head around it.”

Initial treatment: In May 2004, he underwent quadruple bypass surgery to repair the blocked coronary arteries.

First experience with MyConsult: July 2004. Robert’s medical team in Maryland encouraged him to follow up his surgery with a heart-healthy diet and exercise program. “Finding a nutritionist who knows about the heart is not easy,” Robert says. “I checked out the Cleveland Clinic Web site because it’s number one in heart care and has so much information about heart disease. That’s how I discovered the remote nutritional counseling service.”

Nutrition advice: Provided by Melissa Ohlson, MS, RD, a registered dietitian in the Cleveland Clinic Heart and Vascular Institute’s Preventive Cardiology and Rehabilitation Nutrition Program. Robert wanted to severely limit his fat intake, but didn’t know how low it was safe to go. In partnership with cardiologist Steven Nissen, M.D., Ohlson offered guidance on Robert’s fat consumption and ideal LDL and HDL cholesterol levels. Then she worked out a low-fat diet plan that included heart-healthy vegetables and fruits, fish oils and flaxseed oil. “She even provided recipes for healthy snacks!” Robert says. “I’m totally comfortable with the diet. And I feel awesome. I run 5 miles a day and I’ve lost 27 pounds.”

Robert’s feelings about e-Cleveland Clinic: “It was a very positive experience. Melissa is obviously an expert, and I felt comfortable knowing she has world-renowned Cleveland Clinic physicians backing her up. The online service was so convenient.”

Get Connected!

In addition to nutrition counseling services, MyConsult offers an online second opinion service for patients with life-threatening or life-altering diagnoses.

Connect to MyConsult through eclevelandclinic.org

Q & A

Lowering Your Cholesterol



Health experts constantly are urging us to lower our cholesterol. And many of us now are aware of the importance of raising levels of HDL – the good cholesterol – while lowering levels of LDL – the bad cholesterol.

Deepak L. Bhatt, M.D., Associate Director of the Cleveland Clinic Cardiovascular Coordinating Center, explains changes in the way physicians are looking at cholesterol levels.

Is there a specific number for LDL and HDL that a patient should aim for?

A number of trials have shown that patients with established cardiovascular disease should try to get their LDL as low as possible. Just how low keeps dropping based on newer studies. In general, the recommendation is that the LDL should be less than 100 in everyone, but particularly in anyone with established cardiovascular disease.

HDL should be as high as possible. Many physicians would now say that the HDL in a male should be greater than 40, and in a female it should be greater than 50.

What’s the best way to lower LDL levels?

Medications, particularly statin drugs, are the most effective and safe way to lower LDL levels, particularly in patients with established cardiovascular disease.

Why is there a sudden interest in getting LDL levels even lower than before?

Recent studies – including some done here at Cleveland Clinic – show that lower LDL levels are associated with slowing down the progression of atherosclerosis (plaque buildup in the heart’s arteries). In some cases where lower LDL levels were achieved by aggressive use of statins, the atherosclerosis was actually reversed.

Other studies have shown that people who get the most benefit from lowering their LDL are those who also have low HDL levels. So, if you’ve got a low HDL level, you want to be even more aggressive about lowering your LDL level.

What can patients do on their own to safely raise their HDL level?

Exercise plays a role in lowering LDL levels and in raising HDL levels. Exercise that gets one’s heart rate up for a sustained period of time helps raise the HDL level. Quitting smoking can help raise HDL levels, too. But HDL levels – more than LDL levels – are genetically regulated.

To make an appointment with a Cleveland Clinic Heart and Vascular Institute physician, call 800.884.9551. ■

Genetic Testing for Polyp Conditions May Help Prevent Some Cancers

New research into the genetic mutations seen in patients with common polyp conditions has found that more comprehensive genetic analysis is needed to determine their risk of developing colon and other cancers.

Without the use of more comprehensive molecular analysis than now is common, the risk of developing colon and other cancers could go undetected in many patients with polyp conditions, according to a study led by Charis Eng, M.D., Ph.D., Chair of the Genomic Medicine Institute at Cleveland Clinic. Study results were published in the Nov. 16, 2005 issue of the *Journal of the American Medical Association (JAMA)*.

Physicians know that a particular type of polyp, called an adenoma, is precancerous and eventually will develop into colon cancer if not removed. However, it is not entirely clear if other types of polyps, hyperplastic (a common type of polyp) or hamartomatous, actually develop into colon cancer. In fact, physicians may tell patients that hyperplastic polyps are benign and no further screening is necessary.

“More accurately identifying and understanding the molecular classification of patients with polyp conditions is important because it could help physicians more precisely diagnose patients and personalize their care,” Dr. Eng says. “Such genetic information also could provide physicians with a basis for screening other family members to assess their risk for developing certain cancers, including colon cancer, even before polyps form.”

When a person has hundreds to thousands of polyps, of whatever variety, a genetic condition very likely is responsible, and the patient is referred for genetic counseling and colon screening. However, when just a few polyps are present, physicians often do not think about genetic causes.

The JAMA study was based on the comprehensive genetic analysis of 49 patients, each found to have five or more polyps, at least one of which was a hyperplastic or hamartomatous polyp that could not be explained by less extensive genetic testing. The research team, led by Dr. Eng, found that more than 20 percent of these patients had a gene mutation that predisposes them to colon and, potentially, other hereditary cancers.

The study’s findings also suggest that all polyps should be examined by an experienced gastrointestinal pathologist, with an eye toward a genetic cause. This way, physicians will be able to identify a patient’s risk for developing different types of cancer more accurately, and may encourage individualized cancer screenings.

Dr. Eng cautions, however, “This is just a first study, and we and others will need to confirm our findings in a much larger series.” ■

For more information on genetic testing, visit clevelandclinic.org/medgen.



Coming of Age and

Young Woman
Overcomes Rare Disease

To most people, a 21st birthday is a celebration of life, of adulthood's tender beginnings. Yet just a month after her 21st birthday, Maureen O'Leary, of Bloomfield Hills, Mich., discovered she had developed a rare form of rectal cancer.

Initially, hemorrhoids or a fissure seemed to be likely explanations for her symptoms. "I thought it was no big deal," she says. "But after I woke up from the colonoscopy, my mother and sister looked teary-eyed, and I wondered what was going on."

At her age, Maureen was not a typical colorectal cancer candidate. For those beyond age 50, colonoscopy screening for colon cancer is critical.

Maureen developed familial adenomatous polyposis (FAP), a rare condition that can cause hundreds of mushroom-shaped growths of tissue, or polyps, to form in the colon, rectum and large intestine. In FAP patients, unless the colon is removed, the polyps will develop into cancer.

"It was overwhelming," she says. "I'm thinking, 'OK, I have this weird, freaky disease. It's OK as long as it is not cancer.' And then I found out it was cancer, all within a couple of months."

So began a search for the right surgeon, which brought Maureen to the Cleveland Clinic Digestive Disease Center and James Church, M.D.

"Many doctors I saw told me Cleveland Clinic has a great colorectal department and that Dr. Church knows a lot about FAP. His name kept coming out of other doctors' mouths and kept surfacing in all the research we did. I could tell I was in the best hands."

Battling





Cancer

The weekend before the surgery, Maureen's family and friends held a party to support her. "We laughed, we stayed up late, and my mom was still grilling hotdogs at 4 a.m.," she says.

Maureen describes Dr. Church as being calm, knowledgeable and compassionate. "I could spend as much time as I needed with him," she says. "I never felt rushed." In July 2003, he performed a J-pouch procedure (sewing or stapling the end of the small intestine to form a pouch) with a temporary ileostomy (attachment of the bottom of the small intestine to an opening in the abdomen to remove waste). A second surgery was performed in December 2003. Since these surgeries, Maureen has been cancer-free.

Maureen, who majored in history at Marquette University, now works for an advertising agency in San Diego. ■

A Top Hospital for Digestive Disorders

Physicians and surgeons at the Cleveland Clinic Digestive Disease Center are experts in the care of diseases of the colon and rectum, upper gastrointestinal tract and liver. Cleveland Clinic has consistently ranked among the top hospitals in the country by *U.S. News and World Report* for Digestive Disorders. In this year's *U.S. News America's Best Hospitals* survey, Cleveland Clinic ranked second in the nation for Digestive Disorders.

For more information or to schedule an appointment, please call 800.884.9551.

Examining the Headlines | School Soft Drink Ban

Cleveland Clinic experts weigh in on the latest health news



Cindy Moore, MS, RD

Earlier this year, the country's three largest soft drink companies – Coca-Cola, PepsiCo Inc. and Cadbury Schweppes – agreed to stop selling high-calorie, low-nutrient soft drinks in schools. The deal was arranged by the Alliance for a Healthier Generation, a health advocacy group consisting of former President Bill Clinton's foundation and the American Heart Association.

Within three years, elementary and middle schools will offer only bottled water, low-fat and nonfat milk and 100 percent fruit juice in their vending machines and cafeterias. High schools will offer the same, as well as low-calorie juice drinks, sports drinks and diet soda. With more than 1/3 of this country's children facing health risks related to being overweight, will this change make a difference? Cindy Moore, MS, RD, Director of Nutrition Therapy at Cleveland Clinic, weighs in.

Health Advantage: Many studies have linked childhood overweight and obesity to high-calorie soft drinks and other sugary beverages. Is there conclusive evidence that these types of beverages are the culprit?

Cindy Moore: There are many things that contribute to obesity – TV, computers and fast food are some factors that also come into play. However, consumption of sugar-containing beverages has escalated, and more children are drinking them in higher volumes. When you consume a sugar-containing beverage, it does not fill you up enough to prevent you from eating other sugar-containing foods. Therefore, you will not eat less and you will end up consuming more calories.

Health Advantage: Do you think this deal will have a significant impact on the rate of childhood obesity?

Cindy Moore: This is one step that can help control the rates of overweight and obesity in children. There are different ways to approach the obesity problem. One is to chip away at it in small chunks. This change is a small step toward limiting the availability of high-calorie, low-nutrient drinks in schools. When items are readily available they start to become habits and then become essential parts of our lives. Removing soft drinks from schools could help curtail children from getting into the habit of drinking too much of these types of beverages.

Health Advantage: You can take high-sugar, low-nutrient beverages out of schools, but what about after school? How can you encourage children to continue to drink healthy beverages then?

Cindy Moore: Be a good role model. Parents may not always realize the significant impact they have on their children. The best they can do is lead by example. If they limit their choices to 100 percent fruit juice and other healthy beverages, their children will do the same. They will grow to like the taste of healthy beverages and it will become a habit.

Health Advantage: Lots of parents already have replaced the soda in their refrigerators with juice. But sometimes juice can be just as high-calorie as soda. How do you know what's healthy?

Cindy Moore: Make sure the label says "100 percent juice." And remember, different juices contain different nutrients and antioxidants. The nutrients in juice also differ from those in milk. So, variety is just as important with your beverage choices. You also may want to stock bottled waters and unsweetened teas in your refrigerator.

Health Advantage: According to the agreement, high schools still can offer diet sodas and sports drinks. What is your opinion on those beverages?

Cindy Moore: Diet sodas are artificially sweetened drinks and a good lower-calorie alternative to non-diet soft drinks. They don't offer any nutritional benefits, however, and should be consumed in moderation. Sports drinks have a purpose – to replace minerals and electrolytes depleted from athletes' bodies during vigorous exercise. It is really not necessary to consume them otherwise. Water is usually adequate for the average hour-long workout. ■

For a podcast on healthy snack tips for kids, visit clevelandclinic.org/podcast.

Health Essentials | Polypharmacy

What you need to know for better health

Polypharmacy has become more common within the past 20 years because of the development of newer, safer drugs and the aging of the population. Literally, the term describes the use of multiple medications in a single person to manage or treat one or more conditions or diseases. “But popular use of the term polypharmacy now includes the undesirable effects of multiple medications taken in inappropriate doses or in doses inappropriate for the older person,” says Robert M. Palmer, M.D., Section Head of Geriatric Medicine.

Taking multiple medications to treat health concerns often is necessary. “However, drugs can counteract each other, thereby neutralizing any intended benefit,” Dr. Palmer says. Two or more drugs can produce similar side effects, thus increasing the risk of unwanted side effects. Some drugs can either enhance or diminish the positive effects of another drug.

Risks for Older Adults

The body’s ability to metabolize drugs may change or diminish as it ages, making it unable to excrete normal adult dosages of medication. Over time, a buildup of certain drugs could cause toxicity. And some drugs, when used in combination, can worsen existing conditions.

Gaining Benefits, Reducing Risks

It is possible to safely manage an older adult’s health with the use of multiple medications, but the responsibility falls on both the patient and the doctor.

A list called the “Beers Criteria for Potentially Inappropriate Medication Use in Older Adults” was developed to serve as a reference tool for doctors. This list includes drugs that have not been proven effective, have been proven effective but have extreme negative effects or are only appropriate in certain circumstances. The list can be found online at the Archives of Internal Medicine Web site at archinternmed.com (type “Beers Criteria” in the search box).

Dr. Palmer advises patients not to take any over-the-counter medications, herbal remedies or megavitamins without first discussing it with their doctor. And because most of us now have more than one doctor, he advises people to keep all their doctors informed of all of the medications they have been prescribed.

Perhaps most important in regard to polypharmacy, “When a new symptom occurs when you are not acutely ill,” Dr. Palmer says, “you should suspect an adverse drug event and report it to your physician right away.”

About Geriatric Medicine at Cleveland Clinic

The Geriatric Medicine Department is an interdisciplinary team of health professionals dedicated to the assessment and care of frail older patients with complex medical and social problems. For more information or to schedule an appointment, call 800.884.9551. ■

Excerpt reprinted from Cleveland Clinic Magazine



Tips for Safe Medication Usage

Follow the tips below to help prevent a bad mix of medication.

1. Make sure your healthcare providers are aware of ALL the medications you are taking – **this includes over-the-counter medications, herbal remedies and vitamins.**
2. Know your drug and food allergies.
3. Make a list of your medications and dosages. Keep this with you and update it as necessary.
4. Take your medications exactly as prescribed by your doctor. Do not stop taking your medications unless you talk to your doctor first.
5. Use one pharmacy if possible.

These are general guidelines. Be sure to ask your doctor or pharmacist for guidelines specific to your medications.



Recipe Corner

Apricot Bran Muffins

Recipe by Melissa Ohlson, MS, RD | Preventive Cardiology & Rehabilitation

For a breakfast treat, warm muffins in a microwave and top with low-fat or nonfat cream cheese or peanut butter. Instead of a dinner roll, serve these muffins warm as an accompaniment to salad or soup. They also taste great as a snack by themselves or spread with trans-fat-free tub margarine.

INGREDIENTS | Makes 12 muffins

1 cup all-purpose flour	1 tablespoon baking powder	1 egg
¼ cup whole-wheat flour	¼ teaspoon salt	2 tablespoons canola oil
2 tablespoons ground flaxseed	2 cups 100 percent bran cereal (such as All-Bran)	½ cup chopped dried apricots (12-15 dried apricots) or dried fruit of your choice
6 tablespoons sugar	1¼ cup skim milk	Cooking spray

PREPARATION

1. Preheat oven to 400°F.
2. In a medium mixing bowl, stir together flours, ground flaxseed, sugar, baking powder and salt. Set aside.
3. In a large mixing bowl, combine bran cereal and milk. Let sit five minutes or until cereal is mushy.
4. Add the egg and oil to the cereal and milk mixture. Beat well. Slowly add in the flour mixture, stirring only until combined.
5. Stir in the dried apricots or other fruit until evenly distributed in the mixture.
6. Portion mix evenly into twelve 2 ½ inch muffin pans coated with cooking spray.
7. Bake at 400°F for 20 minutes until lightly browned or until toothpick inserted in the middle of a muffin comes out clean.

Nutrition Information (when serving 4)

Total calories 160	Trans fat0g	Total carbohydrate.....30g
Total fat4g	Cholesterol20mg	Dietary fiber5g
Saturated fat0g	Sodium.....220mg	Protein.....5g

Podcasts: From the Cutting Edge of Medicine

Hear it now! See it now! Cleveland Clinic news and information is now available in convenient audio and video podcast form. Cleveland Clinic podcasts give you breaking news from the cutting edge of medicine, in-depth information on diseases and treatments, and moving real-life stories. See and hear the answers to questions like:

- Can brain implants stop depression?
- Are there alternatives to hysterectomy for fibroids?
- What is the special injury that threatens women athletes' knees?
- Will sleeping on its back distort a baby's head?
- Are you a candidate for bariatric (weight loss) surgery?

Download our podcasts onto your iPod for yourself, your family or friends. Don't use an iPod? No problem – most computer systems support podcasts, so you can play them right on your computer.

Hear and see why Cleveland Clinic is one of the world's most sought-after medical centers. For audio, go to clevelandclinic.org/podcast; for video, go to clevelandclinic.org/healthedge, and get tuned in!



Around Cleveland Clinic

Keeping you up-to-date on our latest news



Cleveland Clinic and Mubadala Development to Create Cleveland Clinic Abu Dhabi

Cleveland Clinic and Mubadala Development in Abu Dhabi, of the United Arab Emirates, signed an agreement in September to establish a preeminent world-class hospital in Abu Dhabi to be known as Cleveland Clinic Abu Dhabi. This initiative is set to create a new benchmark for the development and promotion of healthcare services in the Middle East.

Genetics Research Translates to Specialized Patient Care

Cleveland Clinic's new Center for Personalized Genetic Healthcare at the Lerner Research Institute's Genomic Medicine Institute (GMI) combines research and medical care for patients who have been diagnosed with or suspect they may be at risk of developing genetic-based diseases.

The center has two main goals. First, to use translational human genetics research to improve care for patients with a wide range of conditions – from rare genetic diseases to more common health problems such as heart disease and cancer. Second, the center aims to perform clinical and translational investigation in genomic medicine. For more information, visit: clevelandclinic.org/medgen.

Cleveland Clinic Uses Augmented Reality to Remove Urological Tumors

Augmented reality is a new technology that allows surgeons to superimpose CT and MRI scans directly onto the surgical field for more precise surgical navigation.

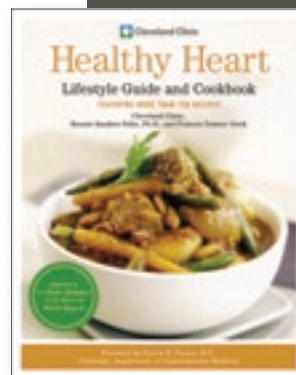
Inderbir Gill, M.D., Vice Chairman of the Glickman Urological Institute, recently used this cutting-edge technology during two minimally invasive procedures – the partial removal of a kidney and the complete removal of a prostate. This technology allows the surgeon greater precision, which could translate to a shorter time in surgery and less chance of complications for patients.

Researcher Awarded Prestigious Grant from National Institutes of Health for Heart Disease Research

Donald Jacobsen, Ph.D., a cell biologist and researcher in the Cleveland Clinic Lerner Research Institute, is being awarded a nearly \$3.9 million, 10-year grant from the National, Heart, Lung and Blood Institute (NHLBI), part of the National Institutes of Health (NIH).

This Method to Extend Research in Time (MERIT) Award will provide for the continuation of research into the causes of heart disease over 10 years.

MERIT awards are given to scientists who are recognized as leaders in their fields. This highly selective, peer-reviewed award is presented to researchers who have demonstrated outstanding creativity and productivity in their field. Fewer than 5 percent of NIH-funded investigators are selected to receive MERIT awards.



Cleveland Clinic Introduces Heart-Healthy Cookbook

For more than 150 heart-healthy recipes from the nation's No. 1 heart center, look for Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook (© 2007, published by Broadway Books), available in bookstores February 2007.

Global Patient Services

Thousands of patients each year travel to Cleveland Clinic from every state in the nation and more than 80 countries around the world. Global Patient Services is a full-service department dedicated to meeting the needs and requirements of both out-of-state and international patients who receive their care at Cleveland Clinic.

The National Center and the International Center, which comprise Global Patient Services, provide facilitated access to appointments and professional services. Their highly specialized and customized concierge programs include travel arrangements (with airline discounts when available), interpreters for all clinical appointments, lodging and more.

For more information, call **800.223.2273, ext. 55580** or visit clevelandclinic.org/gps/services.

Medical Concierge Service Makes Travel to Cleveland Clinic Easier

Like the concierge at a fine hotel, the trained, expert concierge staff at Cleveland Clinic is here to assist out-of-state patients before, during and after their stay in Cleveland. Whether you need to be here for a day or a month, the concierge staff will help you make your way around Cleveland Clinic; accompany

you to your medical appointments; arrange transportation from your hotel, if necessary; and direct you to restaurants, car rental and other services or activities that you or your family members may desire.

After you have returned home, the concierge staff is available to help coordinate follow-up appointments, facilitate communications with your Cleveland Clinic physicians and answer any non-medical questions that you might have.

For more information about the Medical Concierge service or for assistance in scheduling your appointments, travel and hotel accommodations, call **800.223.2273, ext. 55580**, weekdays between 8 a.m. and 5 p.m. (EST).

You also can visit clevelandclinic.org and click on “visitor information” or e-mail your questions to medicalconcierge@ccf.org.

Hotel Accommodations Conveniently Located on the Cleveland Clinic Campus

The Cleveland Clinic Guesthouse offers 232 large guestrooms with special furnishings and amenities designed for extended stays.

The InterContinental Hotel and MBNA Conference Center features 300 luxury guestrooms, including 29 suites, two specialty restaurants, a five-diamond restaurant, two lounges and a fitness center.

Cleveland Clinic Launches \$1.25 Billion Campaign

Cleveland Clinic recently announced Today's Innovations, Tomorrow's Healthcare, a philanthropic campaign to raise \$1.25 billion. Success will boost the not-for-profit academic medical center's already exceptional patient care, research and educational programs.

Today's Innovations, Tomorrow's Healthcare will bring together the best minds with the most sophisticated technology, in the finest facilities, to inspire the scientific discoveries and care advancements needed to defeat disease.

Campaign support will benefit patients, redefine medicine and create new opportunities that have a direct impact on healthcare practices worldwide.

To learn more, visit clevelandclinic.org/giving or call 216.444.1245.

TODAY'S INNOVATIONS → TOMORROW'S HEALTHCARE
CAMPAIGN FOR CLEVELAND CLINIC

The **InterContinental Suites Hotel** offers 163 beautifully appointed suites that include a living room, dining area, microwave and refrigerator.

For reservations at any of these facilities, call toll-free **877.707.8999** or contact the Cleveland Clinic medical concierge service at **800.223.2273, ext. 55580** for assistance.

Cleveland Clinic CD-ROM Available

Learn more about Cleveland Clinic by viewing a CD-ROM that contains informative videos, overviews, Web links and downloadable documents regarding:

- Cleveland Clinic
- Global Patient Services
- HealthLink Offices
- Second Opinions
- Cleveland Clinic Florida
- Cleveland, Ohio

To request a complimentary copy of the CD-ROM, call **800.884.9551**.

Resources

General Information

For general information about Cleveland Clinic's services, physicians and news, visit clevelandclinic.org or call **800.223.2273**.

Cleveland Clinic Florida

For information about Cleveland Clinic Florida located in Weston (near Ft. Lauderdale), visit clevelandclinic.org/florida or call **877.463.2010**.

Online Services

e-Cleveland Clinic is your online resource for a second opinion. To find out how to use this service, visit eclevelandclinic.org.

Health Information

To subscribe to Health Extra, our free online health newsletter, visit clevelandclinic.org/healthextra. For health information, visit clevelandclinic.org/health.

Quality Measures

For information on the criteria most often used to measure quality in health care, visit clevelandclinic.org/quality.

Cleveland Clinic is a not-for-profit multispecialty academic medical center. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,000 staffed beds, an education division and a research institute.

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Cleveland Clinic Excels In Latest U.S. News Rankings

Hospital Ranks 3rd in Nation, 11 Specialties Rank Among Top 10; Heart Services Earn No. 1 Spot for 12th Consecutive Year



Cleveland Clinic ranks among the top three hospitals in the country, according to the latest *U.S. News & World Report's* annual survey of "America's Best Hospitals." For the 12th consecutive year, Cleveland Clinic's heart program has been ranked No. 1 in the nation. The report ranks Cleveland Clinic among the nation's best in all 16 specialties it measures, and 11 Cleveland Clinic specialties are ranked among the nation's top 10.

Complete 2006 rankings for Cleveland Clinic are:

cancer	13	ophthalmology.....	14
digestive disorders	2	orthopaedics	5
ear, nose and throat	7	pediatrics.....	20
endocrinology	7	psychiatry	20
gynecology	8	rehabilitation	22
heart and heart surgery	1	respiratory diseases.....	7
kidney disease.....	3	rheumatology	4
neurology and neurosurgery	5	urology	2

For details, visit clevelandclinic.org.

Cleveland Clinic Makes National List of Top Hospitals

Cleveland Clinic has been named one of the best hospitals in the country for its quality of care and safety, according to the newly released "Leapfrog Top Hospitals" list.

Cleveland Clinic made the list based on results from the first-ever Leapfrog Hospital Quality and Safety Survey, a national ratings system that assesses hospital quality and safety. Approximately 1,263 hospitals responded to the survey. Fifty-nine are listed on the Top Hospitals list.

The Leapfrog Group, a national organization founded by The Business Roundtable, which is made up of Fortune 500 CEOs, The Robert Wood Johnson Foundation and others, spearheaded this quality and safety initiative, with the intent of identifying the facilities that provide the highest standards of care and most innovative treatments. The project is designed to ensure patient safety and improve outcomes.



The Cleveland Clinic Foundation
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RANKED
ONE OF
AMERICA'S
TOP 3
HOSPITALS

