

## Survivor of Rare Cancer Turns 100

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### p.10 Cancer Survivor Reaches 100

When Charles O'Brien turned 100 years old on January 9, he took stock of his life: he was in good health, "living high on the hog," and still had 16 of his own teeth!

He was also a cancer survivor, and wanted to express his gratitude to the Cleveland Clinic doctors who treated him 10 years earlier.



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Heart-Liver Transplant Saves Nurse's Life



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Doctors Give Iraqi Boy Chance for a Normal Life



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Treatment Trail Leads to Florida

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Cleveland Clinic is a nonprofit 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 Named One of America's Top Hospitals

*U.S. News & World Report* has ranked Cleveland Clinic No. 4 out of 5,462 hospitals in the United States. For the 13th consecutive year, Cleveland Clinic's cardiac care has been ranked No. 1. Cleveland Clinic ranked in all 16 specialties surveyed by the magazine. They are listed below.

## United States Rankings

Heart & Heart Surgery	1
Digestive Disorders	2
Urology	2
Orthopaedics	4
Rheumatology	4
Kidney Disease	5
Respiratory Disorders	5
Neurology & Neurosurgery	6
Endocrinology	6
Gynecology	7
Ear, Nose & Throat	9
Geriatrics	9
Ophthalmology	12
Cancer	17
Psychiatry	19
Rehabilitation	20

## Minimally Invasive Treatment for Urinary Reflux

Means No Hospital Time for Children and Parents

*Sleepovers are exciting when you're 6 years old. But spending the night at the hospital isn't exactly what most children have in mind when they stay away from mom and dad for the first time. That's why surgical procedures that allow young children to go home the same day appeal to parents.*

When Kendra Gelsinger was diagnosed with vesicoureteral reflux (VUR), her hospital stay was shortened from a couple of days to just hours because of a procedure performed by Jeffrey S. Palmer, M.D., Director of Minimally Invasive Pediatric Urology at Cleveland Clinic's Glickman Urological and Kidney Institute.

Urinary reflux is a condition in which urine travels backward from the bladder toward the kidney. It occurs in about one-third of children with urinary tract infections (UTI), and those children are more likely to develop kidney infections.

"Reflux is confusing for parents because they hear different ideas," Dr. Palmer says. Most children will outgrow reflux by the age of 5. But others will not, and the risk of kidney damage and high blood pressure increases if reflux is allowed to continue without treatment.

Dr. Palmer is one of very few surgeons in the country performing outpatient "open" reflux surgery, and patients from as far away as England and the United Arab Emirates travel to Cleveland Clinic for his minimally invasive technique, which causes less bleeding and fewer postoperative bladder spasms. Children go home after surgery, usually without a catheter. Most patients – like Kendra – are back to school within a couple of days.

Patient and parent education are a critical success factor in this type of surgery. "Parents and children know exactly what to expect preoperatively, day of surgery, and postoperatively," Dr. Palmer says. "They may be stressed at first when the word 'surgery' is mentioned, but when we discuss the process and the children get involved in their own care – because after surgery, children have to void (urinate) at timed intervals – we find that both children and parents do better after surgery."

Because children are active immediately following surgery, they recover faster, Dr. Palmer explains.



**Kendra Gelsinger spent just a few hours in the hospital for surgical treatment of urinary reflux.**

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*"The gratification of treating children is, by far, the most rewarding aspect of practicing medicine. The field of pediatric urology allows me to develop new surgical techniques for complicated conditions, resulting in improved outcomes, reduced length of hospitalization and enhanced parental and patient satisfaction."*

– Jeffrey S. Palmer, M.D.

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## About the Surgeon

Kendra's mother, Melissa, knew her daughter would respond better to an outpatient procedure than the traditional "open" surgery, known as ureteral reimplantation. Dr. Palmer's modified surgical technique involves an incision at the bikini line, reduced surgical dissection, and dissolvable, under-the-skin stitches. The procedure has a 98 percent success rate.

"The surgery takes place outside the bladder," Dr. Palmer notes, explaining the operation in simplistic terms. "Think of a hot dog and a hot dog roll," he relates. (The hot dog is the ureter, and the roll is the bladder muscle.) "You split the muscle like a roll, but you don't cut all the way through it. You leave a hinge. Then, I put the hotdog in the roll and close it."

The difference between Dr. Palmer's procedure and traditional reimplantations is that the latter requires separating the ureter and bladder completely, then creating a new tunnel typically across the bladder to the ureter. Down the road, this positioning can interfere with kidney examinations for conditions such as urinary stones. "It is extremely difficult, and sometimes impossible, to get a scope into the ureter [for kidney evaluation]—like backing a truck in sideways," Dr. Palmer says.

But when you're in first grade like Kendra, the serious questions center around playtime. Kendra didn't know what she would tell other children in her class, and what about recess?

"I told her, 'Just tell them you're having surgery on your belly to make it better,'" Melissa says, noting her daughter's energetic nature.

Kendra understood her responsibilities post-surgery. For fast recovery, she had to get up and walk every 15 minutes and empty her bladder before she could leave the hospital. Following the two-and-a-half hour procedure, Kendra bravely followed doctor's orders. Melissa was encouraged by the personal attention Dr. Palmer and nurses paid her child following surgery.

"The most important thing is that parents decide when it is time for their child to go home," Dr. Palmer says. "We aim for the same day because we know it is possible and in the best interest of the child, but parents must be comfortable."

A couple of hours after Kendra's surgery, the Gelsingers returned home to Wickliffe, Ohio. "Kendra was very brave," Melissa says. Follow-up tests confirmed that Kendra is cured. Melissa confirms, "The surgery took care of everything." ■



**Jeffrey S. Palmer, M.D.,** received his medical degree from Albert Einstein College of Medicine in Bronx, N.Y. He completed his general surgical training at Montefiore Medical Center/Albert Einstein College of Medicine in Bronx, N.Y.

Dr. Palmer completed a residency in urology at The University of Chicago Medical Center/Pritzker School of Medicine in Chicago. He completed both a research fellowship and a clinical fellowship in pediatric urology at Children's Memorial Hospital of Northwestern University Medical School in Chicago.

Dr. Palmer has published extensively in numerous peer-reviewed journals, has presented at numerous international and national conferences, and is a member of the editorial board of several publications. He is the new Associate Editor for Pediatrics for the journal *Urology*. He has won many awards and is a member of various professional organizations, including the Board of Directors Executive Committee of the Ohio Urological Society.

Prior to joining Cleveland Clinic, Dr. Palmer was Director of Minimally Invasive Pediatric Urology at Rainbow Babies and Children's Hospital in Cleveland.

*For more information or to schedule an appointment, call 800.884.9551. If calling from outside the United States, call 001.631.439.1578.*

### Symptoms of Urinary Reflux

Kendra's case was moderate, but she started contracting urinary tract infections (UTIs) when she was 2 years old. Aside from repeated UTIs, other symptoms of urinary reflux include:

- "breakthrough" infection of UTI while taking antibiotics
- fever associated with UTI
- prenatal maladies



## Recipe Corner

# Herbed Roasted Beef Tenderloin

From *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*

*When guests or family come for a festive meal, tenderloin of beef may be the answer. We buy ours from a butcher who will remove every bit of fat and the silver skin which curls during roasting if not cut away.*

### INGREDIENTS | MAKES 10 SERVINGS

- |                                       |   |  |
|---------------------------------------|---|--|
| 2 tablespoons minced fresh tarragon   | 1 teaspoon freshly ground pepper                                  | 1 tablespoon extra virgin olive oil  |
| 2 ½ tablespoons minced fresh thyme    | 1 tablespoon Dijon mustard  | One 3-pound (1,440 g) fillet of beef cut from the thick end of the loin, all fat and silver skin removed, tied every 2 inches (5 cm) |
| 3 garlic cloves, quartered            | 2 tablespoons dry full-bodied red wine such as Cabernet Sauvignon | Olive oil cooking spray  |
| 1 large shallot, peeled and quartered | 1 tablespoon brandy   |  |
| 1 tablespoon grated lemon zest        |   |  |

### PREPARATION

Place the dry ingredients for the marinade in a food processor. With the motor running, slowly pour the red wine, brandy and olive oil in through the feed tube. Process until well combined, about 1 to 2 minutes. Pat the marinade over the fillet making a thin layer over the entire roast. Wrap in plastic wrap and refrigerate at least 6 hours and up to 24 hours.

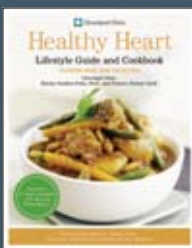
Preheat the oven to 450° F (230° C, Gas Mark 8). Place on a rack in a large roasting pan.

Unwrap the fillet and coat it with cooking spray. Roast until meat thermometer registers 125° F (52° C) in the center of the meat for rare, about 30 to 35 minutes. Allow the roast to rest for 10 minutes before slicing. Serve immediately.

**NOTE:** If you have guests who prefer their meat well done, cut off steaks of meat from the thin end of the roast. They will roast quicker and be ready after the rare meat has rested.

Nutrition Information (Per Serving)					
Total calories .....	250	Protein.....	35g	Cholesterol .....	95mg
Total fat .....	10g	Total carbohydrate.....	1g	Sodium .....	80mg
Saturated fat .....	4g	Dietary fiber .....	0g	Potassium .....	460mg

## Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook Now Available



Cleveland Clinic has teamed with James Beard Award-winning cookbook authors Bonnie Sanders Polin and Frances Towner Giedt to create a complete and easy-to-follow plan for preventing heart disease: *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*.

Polin and Giedt have developed outstanding recipes that taste too good to be good for you (but are) ranging from Thai Swordfish in Red Curry Sauce to Grilled Chicken Breasts with Warm Balsamic Strawberries, Herbed Roasted Beef Tenderloin, and even New York-Style Cheesecake. A week's worth of menus for each of the three caloric plans also has been included to take the guesswork out of eating from morning to night.

Backed by the reputation of Cleveland Clinic, this all-in-one guide provides instructions on an easy, enjoyable way for people to care for their hearts and live longer, healthier lives. The cookbook is available at select bookstores and online at [randomhouse.com](http://randomhouse.com).

# Around Cleveland Clinic

Keeping you up-to-date on our latest news

## Blood Marker Can Signal Heart Disease Risk

Researchers have found that elevated levels of the enzyme myeloperoxidase (MPO) in the blood can serve as a predictor for future heart attacks among otherwise healthy individuals, years before they experience symptoms. The research was led by Stanley Hazen, M.D., Ph.D., Cell Biology and Head of Preventive Cardiology and Rehabilitation at Cleveland Clinic, and S. Matthijs Boekholdt, M.D., Ph.D., Department of Vascular Medicine, Academic Medical Center in Amsterdam.

## Gentler Liver Tests Developed

A group of physicians at Cleveland Clinic, led by Ariel Feldstein, M.D., in Pediatric Gastroenterology and Cell Biology, recently developed a simple blood test that can accurately identify the liver condition nonalcoholic steatohepatitis (NASH) in both children and adults without a costly, uncomfortable biopsy. Earlier detection of this serious liver condition could mean more effective intervention and improved outcomes for NASH patients. A study of the test in nearly 400 patients at eight U.S. medical centers is under way.

## President Bush Visits Cleveland Clinic

Cleveland Clinic hosted President George W. Bush on July 10 to demonstrate today's latest medical innovations. The president participated in hands-on demonstrations and learned about the newest medical advances from Cleveland Clinic's leading surgeons and researchers.



Cleveland Clinic President and CEO Delos M. Cosgrove, M.D., with President George W. Bush in July.

## CEO Working to Improve the Patient Experience

Cleveland Clinic named M. Bridget Duffy, M.D., to a newly created role: Chief Experience Officer. Dr. Duffy will be responsible for ensuring that Cleveland Clinic maintains an atmosphere of compassion, empathy and responsiveness.

She is charged with advancing the patient experience by creating a culture that addresses the emotional and physical needs of each patient. Cleveland Clinic is one of the first hospitals to make a formal effort to improve the patient experience.

## Cleveland Clinic to Offer Advanced Brain Tumor Treatment

Cleveland Clinic is the second hospital in the United States to offer the most targeted, minimally invasive device designed to specifically treat brain tumors – the new Gamma Knife® Perfexion™. The treatment, which concentrates radiation beams directly at a precise location, leads to the destruction or dormancy of tumors while minimizing radiation exposure to healthy brain tissue. It is being used to treat benign and malignant tumors and other brain disorders.

## NIH Funds Cleveland Clinic Cardiac Research

The National Institutes of Health awarded Cleveland Clinic a highly competitive \$11.6 million grant to study “bad” cholesterol. The research, led by Roy Silverstein, M.D., will study how oxidation affects LDL and other phospholipids. Also in collaboration with the National Institutes of Health, Cleveland Clinic has been selected to participate in a national cardiothoracic research network. The initiative, which received a \$35 million grant from the NIH, will evaluate the effectiveness of new surgical techniques and technologies used in the treatment of heart disease.

## DBS Used for Minimally Conscious Patient

In the first surgery of its kind, Cleveland Clinic doctors used deep brain stimulation (DBS) to treat a patient in a minimally conscious state resulting from a traumatic brain injury. The patient, who was previously unable to communicate and depended on a feeding tube, has experienced significant improvements and can now chew and swallow food, respond to verbal commands and complete complex movements. During DBS, tiny electrodes are implanted in the brain and connected to a pacemaker in the chest. The procedure essentially “jump starts” the brain and has been used in the treatment of Parkinson's disease. DBS is in clinical trials to test its effectiveness in treating obsessive-compulsive disorder and treatment-resistant depression.

*For more information on any of these news briefs, call toll-free 800.884.9551. If calling from outside the United States, call 001.631.439.1578. ■*

# Examining the Headlines | Banning Trans Fats

Cleveland Clinic experts weigh in on the latest health news



**Melissa Ohlson**  
MS, RD, LD

*This past December, New York City's Board of Health voted to enact a controversial law to ban trans fats from restaurants. Restaurants have been required since July to eliminate artificial trans fats from cooking and frying oils. The board gave restaurants until July 2008 to phase out the use of any remaining artificial trans fats.*

*In December 2006, Cleveland City Council passed a resolution encouraging the ban on trans fats. Cleveland Clinic also supports the ban and, since July, has banned trans fats from all cafeterias and inpatient menus and also asked its individual vendors, food suppliers and restaurants to eliminate trans fats. Melissa Ohlson, MS, RD, LD, and Nutrition Projects Coordinator for Preventive Cardiology at Cleveland Clinic, explains why trans fats have become a hot issue.*

**Health Advantage:** What are trans fats?

**Melissa Ohlson:** Trans fats are formed when liquid oils are converted to a more solid fat, like stick margarine or shortening. This process is called "partial hydrogenation." Although most trans fats are man-made, some are found naturally in small amounts in animal foods (e.g., beef, dairy).

**Health Advantage:** Why do restaurants and manufacturers use trans fats?

**Melissa Ohlson:** Trans fats are cheaper than their healthier substitutes and have a longer shelf life. They also retain textures and consistencies in foods; they're what gave your favorite fast-food french fry a consistent taste and texture.

**Health Advantage:** How are trans fats bad for your health?

**Melissa Ohlson:** Trans fats increase bad cholesterol, while at the same time lowering good cholesterol. They increase triglyceride levels, which are associated with diabetes, and increase inflammation. Just recently on the news it was reported that infertility may be linked to high trans fat consumption.

**Health Advantage:** What are the differences between trans fats and saturated fats?

**Melissa Ohlson:** Saturated fats are naturally occurring and are solid at room temperature – think of gravy when it sits on the counter for a while and hardens. Saturated fats raise bad cholesterol, but also raise good cholesterol a little bit. Trans fats take an unsaturated fat and make it more like a saturated fat in terms of consistency. Trans fats are worse than saturated fats and really must be eliminated – there is no safe level for people to include in their diets.

**Health Advantage:** If restaurants and food providers are forced to change oils and ingredients, won't their food taste different?

**Melissa Ohlson:** It probably depends on what type of fat they switch to. Unfortunately, now some are just substituting saturated fats back into the foods, which is still unhealthy. Just because a food is labeled "trans-fat-free," doesn't mean it is healthy. Many crackers are now trans-fat-free; and I think they taste the same, but they are still not necessarily healthy.

**Health Advantage:** What types of foods contain trans fats, and what are good substitutes?

**Melissa Ohlson:** You have to read labels and avoid ingredients such as shortening, partially hydrogenated oil and "vegetable blend including partially hydrogenated oil." Substitutes often used by manufacturers are palm or coconut oil, but they are high in saturated fat and should be used sparingly. Canola oil or sunflower oil, found in some processed foods, are healthiest for you. When cooking, use olive or canola oil, and look for trans-fat-free shortening.

**Health Advantage:** Many people see trans fats regulations as being controversial. Why?

**Melissa Ohlson:** Some people want choice. Even if they choose to eat something that is not good for them, they believe they should still have that choice. Also, eliminating trans fats in many foods is not always making them healthy – many are still junk food. ■

# Health Essentials | Breast Cancer

What you need to know for better health

*Breast cancer screening should be a medical priority for every woman. With more than 180,000 new diagnoses annually, the disease ranks as the most common cancer among American women.*

Breast cancer occurs when breast tissue cells change, grow and divide out of control, resulting in a tumor. Although a direct cause is unknown, breast cancer can be linked to radiation exposure and genetics.

“A variety of factors – some controllable, others not – increase the probability of developing breast cancer,” says Katherine Lee, M.D., a Cleveland Clinic breast specialist.

### Know Your Risk Factors

Breast cancer occurs more frequently in women over the age of 50. Other risk factors for breast cancer include women with a family history of breast cancer, women with dense breast tissue, Caucasian women and women who started their menstrual cycle before age 12 or began menopause after age 55.

“However, women can possibly decrease their risk of developing breast cancer by engaging in regular physical activity, avoiding alcoholic beverages and maintaining a healthy weight after menopause,” Dr. Lee explains.

Additionally, Dr. Lee notes, if detected early, breast cancer often can be treated successfully. She urges all women to regularly check their breasts for unusual changes and to schedule mammograms every year after reaching age 40.

If your doctor identifies a suspicious mass, he or she will recommend a biopsy to remove tissue from the breast and determine whether it is cancerous. If cancer is detected, your doctor will develop a treatment plan based on the type of cancer you have as well the cancer’s stage.

### Treatment Options

“Treatment today is tailored to the individual’s cancer and can involve a combination of surgery, radiation, chemotherapy and hormonal therapy,” Dr. Lee explains. “Cleveland Clinic uses a multidisciplinary approach to treat breast cancer. A breast surgeon, medical oncologist, radiation oncologist and plastic surgeon each meet with the patient to discuss her options for treatment.”

Surgery and radiation therapy are used to eradicate cancer in the breast tissue and lymph nodes. Chemotherapy, hormone therapy and biological therapy are used to destroy or control cancer throughout the body where the cancer may have spread. These therapies also may be used before surgery to shrink a tumor or after surgery to prevent recurrence.

If treatment requires a partial or total removal of the breast, patients may elect to undergo reconstructive surgery. Reconstruction of the breast can be performed during a patient’s mastectomy or afterward using either implants or the patient’s own tissue.

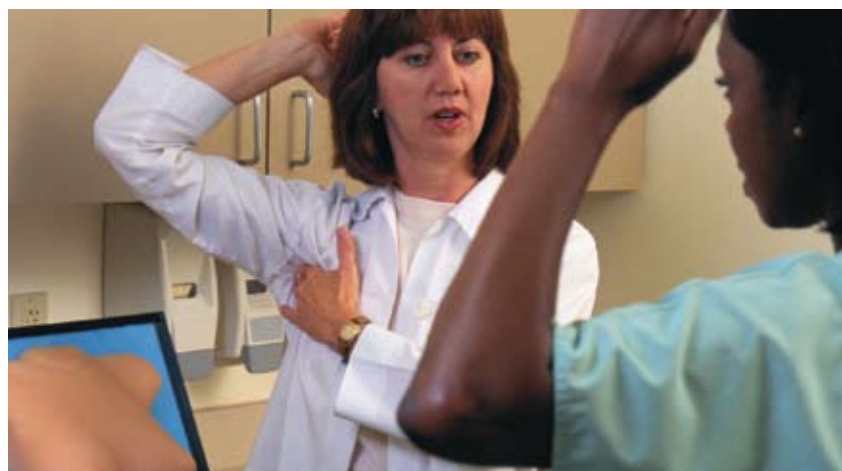
A personal history of breast cancer requires vigilance in performing breast self-exams and undergoing mammograms in order to catch a recurrence in its earliest stages.

“More than 2 million women today are living with a breast cancer diagnosis,” Dr. Lee says. “We can make a significant impact on survival rates, which brings hope to every woman who is diagnosed with breast cancer.”

*The Cleveland Clinic Breast Center offers the highest quality care for the screening, diagnosis and treatment of all medical and cosmetic breast problems. Services range from mammography to the treatment and removal of any breast cancer and breast reconstruction. For more information or to schedule an appointment, call 800.884.9551. If calling from outside the United States, call 001.631.439.1578. Visit [clevelandclinic.org/breastcenter](http://clevelandclinic.org/breastcenter). ■*



To listen to a podcast on breast reconstruction, visit [clevelandclinic.org/healthedge](http://clevelandclinic.org/healthedge).



# Cleveland Clinic's First Heart-Liver Transplant Saves Nurse

*When Lorene Parker stops to notice the long scar that runs the length of her chest and branches off sideways just below each breast, she feels blessed. I'm alive, she thinks. In 1998, flu-like symptoms prompted Ms. Parker, then 42, to pay a visit to the emergency room. Turned out that her heart was barely pumping. Within 24 hours, she was rushed to two separate hospitals.*

She'd experienced life-threatening arrhythmias, or irregular heartbeats, and ventricular tachycardia, which is a dangerously fast heartbeat. The next step was ventricular fibrillation, which can result in sudden cardiac death. Ms. Parker, a cardiac nurse, perhaps knew too much. Her heart was trying to save itself.

Sedated but aware, the Detroit resident watched her heart on a monitor. "I could hardly believe it," she says. "You could barely see it moving."

Then her doctor gave her stinging news. "You might need a heart transplant," he said. Ms. Parker closed her eyes. "I can't believe this," she said.

### **Short-Term Solution**

Her condition was diagnosed as cardiomyopathy, most likely as a result of a viral infection. Ms. Parker was told that her heart might actually come around and get stronger. And for several years, she was able to live with her condition with the help of medication and a heart defibrillator.

In 2004, however, her heart began to fail. She started retaining fluid. She couldn't climb a flight of stairs without sitting down to rest. She began oxygen therapy and IV therapy at home. Her daughter and grandsons moved in to help her.

Her physicians concluded there was nothing else they could do. "I'm going to die," Ms. Parker remembers thinking. "I'm not going to live too much longer. Sometimes it's good to know, to have medical insight. But when you have too much knowledge, it really works on you mentally."

Her left ventricle, in addition to the right ventricle, was now affected. Again, Ms. Parker knew too much. "Once that occurs," she says, "you're talking heart transplant."

### Insult to Injury

Just when Ms. Parker thought her situation couldn't get worse, it did. One of the hazards of being a nurse is needle stick injuries, which can expose workers to dangerous diseases. Ms. Parker contracted hepatitis C from a needle stick injury years before. There is no cure for hepatitis C, and her liver was damaged as a result. If she were to receive a heart transplant, she would need a liver transplant at the same time. Her liver, weakened by the hepatitis, would not tolerate a major surgery such as a heart transplant.

Her physician referred her to Cleveland Clinic because of its reputation as the No. 1 heart center in the nation, according to *U.S. News & World Report*. When she learned she might be the first heart/liver transplant patient at Cleveland Clinic, her confidence didn't waver.

"Expertise-wise, they were at the top of the list of the best hospitals," she says, citing Cleveland Clinic's overall ranking as one of America's top hospitals by *U.S. News & World Report*.

Randall Starling, M.D., Head of Heart Failure and Cardiac Transplant Medicine, and Medical Director of the Kaufman Center for Heart Failure at Cleveland Clinic, evaluated Ms. Parker and agreed that she needed both a heart and liver transplant.

In the fall of 2006, following a complication with her kidneys and the threat of dialysis, Ms. Parker was placed on the transplant list. She remembers thinking that she might be on the list months — even years — but at least she was on it.

### A Donor is Found

Then in the early hours of November 14, her nurse came into her room and said, "I've got good news and bad news. The bad news is I need to draw a whole lot of blood. The good news is that we've got a donor for you."

Her transplant was scheduled for noon that day. "It was just so fast that I didn't have time to be afraid!" says Ms. Parker.

In an 11-hour operation, cardiothoracic surgeon Nicholas Smedira, M.D., transplanted Ms. Parker's heart, and general surgeon Charles Miller, M.D., transplanted the liver. Seven days later, she was discharged to a special transplant unit. A month later, she was back home.

Today Ms. Parker feels good. Her strength has improved. She has energy. She's not short of breath, and she's able to walk up and down stairs with no problem. Tests to check for rejection have so far been negative. Because of the transplants, her immune system is delicate. Rather than return to nursing, which would be risky, Ms. Parker is interested in being involved in organ procurement, perhaps mentoring candidates for transplant.

"I tell people not only how important it is to donate organs, but also that things can happen to you when you're young, not necessarily when you're old. I'm living proof." ■

## the Surgeons



Nicholas Smedira, M.D.



Charles Miller, M.D.

Cleveland Clinic surgeons **Nicholas Smedira, M.D.**, and **Charles Miller, M.D.**, performed Ohio's first heart/liver transplant late last year.

"My concerns for a multi-organ transplant are to make sure that both organs are needed and that we will not put the patient or the organs at increased risk," says Dr. Smedira, who transplanted the heart into Ms. Parker. "The heart/liver teams must make sure the patient and organs have a high probability of survival to justify taking two organs, which, in the case of a heart and a liver, technically could save two patients' lives. Multi-organ transplants should only be considered when the surgeons have tremendous experience with all solid organ transplants."

Since Cleveland Clinic's heart transplant program began in 1984, more than 1,000 hearts have been transplanted. Cleveland Clinic's liver transplant program recently reached that same milestone, performing its 1,000th liver transplant.

## Cancer Survivor Reaches

# 100

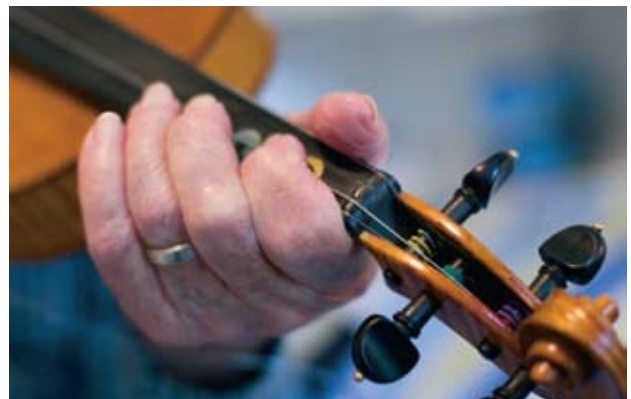
*When Charles O'Brien turned 100 years old on January 9, he took stock of his life: he was in good health, "living high on the hog," and still had 16 of his own teeth!*



He was also a cancer survivor, and wanted to express his gratitude to the Cleveland Clinic doctors who treated him 10 years earlier.

"Thank you, Dr. Wood, for doing such a marvelous job on the cancer in my right ear," he wrote in a letter. "You and Dr. Hughes, with the help of almighty God, almost performed a miracle – although it took you 13 hours to do it!"

Mr. O'Brien was on a family trip to Ireland in 1997 when he began bleeding from his ear. Once home in Conneaut, Ohio, he learned from his primary care physician that there was a suspicious growth in his ear canal.



Charlie O'Brien learned to play the violin as a child from his father, who entertained at area square dances. After retiring in his late 60s, Charlie rekindled his interest in the "fiddle" and took lessons again. Although he can no longer see the music, Charlie plays his favorite old songs from memory.



### **Extensive surgery successful**

The 90-year-old was referred to Cleveland Clinic otolaryngologist Gordon Hughes, M.D., who performed a biopsy to diagnose cancer. Within days, Dr. Hughes and colleague Benjamin Wood, M.D., performed a complex operation that involved removing his eardrum and salivary gland, along with affected bone and tissue in his ear and neck.

Mr. O'Brien was out of bed on the third day and went home soon thereafter.

### **A swift recovery follows**

He credits his quick and thorough recovery to a couple of factors – first of all, the skill of his caregivers. “I have high praise for all of the staff at Cleveland Clinic...although the food could have been better!” he jokes.

He also believes his healthy lifestyle, which included good nutrition and exercise, played a role. Raised on a 60-acre farm, Mr. O'Brien was the second of 10 children born to strict Irish Catholic parents. He dropped out of school at 16 to help out when his father was injured in an accident.


### **Working, playing hard**

“I got plenty of exercise running the farm, and I never missed a Saturday night square dance,” he remembers. In his limited spare time, Mr. O'Brien learned telegraphy from a family friend. At age 22, he left the farm to train with Western Union in Valparaiso, Ind. A long and fulfilling career followed, along with a happy 71-year marriage that yielded two children.

Mr. O'Brien's wife died in 2004, and he eventually moved to Macon, Ga., to live with his daughter, Pat Blaha. “I am in good hands and she gives me a happy home,” he says.

### **Contentment through the years**

What other factors were responsible for him reaching his 100-year milestone? “The beautiful people I associated with and learned so much from,” he says. “If you are content with your environment — with the people you meet and the people you know — it certainly adds to your longevity. I am lucky to have had that contentment.” ■



Charlie spent the better part of his career on the Nickel Plate Road, living in several cities in Ohio and New York that were served by the railroad. His starting salary of \$165 per month was nearly twice what he had been making in his first job as a telegrapher for Western Union.

## Doctors Give Iraqi Baby Chance for a Normal Life



*Jonathan Ross, M.D., a pediatric urologist at Cleveland Clinic, corrected an Iraqi infant's abdominal deformity, giving him the chance to live a normal life.*



Last year, American soldiers on patrol in Alanbar, Iraq, heard a young boy's anguished cries and found 6-month-old Omar Mahummad crying in his mother's arms. Omar was suffering from bladder exstrophy, a

birth defect in which the skin covering the abdomen does not form properly, so part of the urinary tract lies exposed on the outside of the body.

The soldiers took Omar and his father, Mothana, to a military base, where physicians insisted the boy should be brought to the United States for treatment.

"He cried constantly, since birth," Mothana Mahummad remembers. "We took him to many doctors in Iraq and Syria, but they could do nothing to help him. Since all of Iraq's top doctors had left the country, we were advised to take him outside the country."

Army officials contacted Cleveland Clinic and Dr. Ross. Since 2000, he has volunteered with "Healing the Children," an international organization that brings ill children in developing countries to the United States for treatment. And several times, he has traveled to Guatemala to assist physicians there.

"My philosophy is if someone asks for my help, I'll do whatever I can," Dr. Ross says. "I have a blessed life, and if I can use my training to help someone who hasn't had the same opportunities that I have, then I'll do it."

Dr. Ross realized that Omar's situation was going to be a challenge. Children born with bladder exstrophy usually undergo an operation within the first few days of life; Omar had been living with this condition for months, and his body was developing around it.

Omar's parents accompanied him to Cleveland Clinic, where surgery was performed on March 24, 2006. Dr. Ross invited Richard Grady, M.D., a urological specialist from Seattle Children's Hospital (who trained at Cleveland Clinic), to help. In addition, Cleveland Clinic orthopaedic surgeon Thomas Kuivila, M.D., and a dozen other nurses, technicians and specialists pitched in on the daylong procedure.

Omar's urinary tract was corrected into its normal position; his pelvic bones were joined together and the opening on his skin was closed. Six weeks after the operation, he returned to Iraq.

Omar's father occasionally emails Dr. Ross video clips that show how his son is doing.

"There's a huge difference in Omar now," says Mothana. "He's able to play, run around, ride his bicycle, and he loves to play soccer with the other neighborhood kids. I never imagined I'd ever see him like this. I extend my sincerest thanks to everybody at Cleveland Clinic – especially the employees of Global Patient Services and the nurses who cared for Omar around the clock." ■

## Trail Leads to Orthopaedic Specialists in Florida

### Patients Get Back to Hiking, Biking

#### Woman Hiking Without a Cane

An avid hiker, swimmer and gardener, Joan Becker led a very active life until hip pain began to slow her down. Because surgery of this area can be among the most complicated in the body, Ms. Becker and her doctors explored non-surgical options first. It wasn't until she found herself needing a cane for support that she took the next step.

After meeting with several doctors back home, the 62-year-old Connecticut resident was still uneasy. However, after a family friend recommended that she travel to Florida to meet with Len Remia, M.D., at Cleveland Clinic's Florida campus, Ms. Becker knew she'd made the right choice.

Dr. Remia is one of very few doctors performing a new minimally invasive technique called MIS anterolateral hip replacement. This procedure allows the surgeon to place the patient's new hip through a smaller incision without cutting the muscles and tendons around the hip.

"By not cutting the muscles or tendons in the pelvis, Ms. Becker made a very quick recovery and was able to get back on her feet in no time," says Dr. Remia.

Just a few months after surgery, Ms. Becker is back on track and has regained full mobility. This spring, she even took a hiking holiday through Portugal—without her cane. "I can't even remember why I waited so long (for the procedure)," she says. ■

#### Reverse Shoulder Prosthesis Gets Man Back to Biking

For fishing enthusiast and active traveler Paul Hahn, it was shoulder pain that was holding him back. After a full shoulder replacement and six arduous months in rehab, the 61-year-old saw no improvement. That's when he sought the help of Cleveland Clinic's orthopaedic team in Florida.

"When I met with Mr. Hahn for the first time, he was very skeptical," noted Gregory Gilot, M.D., orthopaedic surgeon at Cleveland Clinic in Florida. "He had undergone multiple surgeries to repair his shoulder and was experiencing a great deal of pain and discomfort."

Dr. Gilot and his team performed a revision surgery called reverse shoulder prosthesis to undo the damage and repair Mr. Hahn's shoulder. This difficult procedure was the only option Mr. Hahn had and his doctors were determined that it be a success.

After surgery, the Cleveland Clinic staff worked together to ensure that Mr. Hahn received regular follow up and intensive physical therapy.

"Before I came to Dr. Gilot, I couldn't reach the controls on my car stereo," said Mr. Hahn. "This morning, I went on an 8-mile ride through the mountains on my bike. I can't express how grateful I am."

Due to Cleveland Clinic's multidisciplinary approach, patients are able to seek the help of a team of physicians from all areas of medicine who work together and provide a comprehensive individualized treatment plan. From diagnosis to treatment and follow-up care, Cleveland Clinic's orthopaedic surgery program offers state-of-the-art services. ■

For an appointment with an orthopaedic specialist at Cleveland Clinic or at Cleveland Clinic in Florida, call 800.884.9551. If calling from outside of the United States, call 001.631.439.1578.



Cleveland Clinic in Florida orthopaedic surgeons Len Remia, M.D. (left), and Gregory Gilot, M.D. (right).

## Age Well with Fish Oil



Tanya Edwards, M.D.

*Chronic inflammation is a leading marker for conditions such as stroke, Alzheimer's, diabetes, rheumatoid arthritis, Crohn's disease and many more diseases associated with aging. Every disease has inflammation as part of its process – even heart attacks.*

**Tanya Edwards, M.D.**, Director of the Center for Integrative Medicine, discusses managing inflammation using fish oil and an anti-inflammatory diet.

**Q: What causes inflammation?**

**A:** Inflammation comes in two forms: the kind you can see when you cut, scrape, bruise or burn your skin, and the more dangerous and life-threatening type known as chronic internal inflammation. Inflammation has to do with the natural oxidation process of the body. When food metabolizes, it causes the release of natural by-products called oxygen radicals. When we eat an excess of saturated and trans fats, our bodies produce way too many oxygen radicals, also called free radicals. These unstable molecules steal electrons from healthy cells. This can lead to inflammation.

**Q: How does diet affect the inflammation process?**

**A:** People really underestimate the damage caused by a lifestyle full of hamburgers and french fries. If you look at the eating history of the human species, you see that we've moved away from a diet where the ratio of omega-6 (primarily from red meat) to omega-3 essential fatty acids (from fish, plants and nuts) was 1-to-1. In the last 50 years, that ratio has gone anywhere from 16-to-1 to 25-to-1 depending on which research you reference. This increase is cause for concern.

**Q: How can fish oil supplements avert this process?**

**A:** Some studies show that getting the diet back to a ratio of 3-to-1 means a significantly decreased risk for everything from skin cancer to high blood pressure. Here's how it works: Proper diet and supplements with highly antioxidant properties donate an electron to free radicals, thereby eliminating the cause of inflammation. When we eat diets high in good oils – polyunsaturated and monounsaturated fats – the body turns them into anti-inflammatory molecules. Adding a fish oil supplement ranging from 2,000 to 6,000 milligrams each day often can counteract the cell damage caused by free radicals. This means that many age-related diseases brought on by inflammation become less inevitable.

**Q: How has fish oil helped your patients?**

**A:** A patient of mine lowered her blood pressure from 150/90 to 125/75 with the addition of fish oil supplements. A co-worker reduced her flare-ups of Crohn's disease from every week to none at all after a six-week regimen. It's also a good supplement to take for over-use injuries and chronic pain.

**Q: Where can you buy fish oil and what dosage is best?**

**A:** The Food and Drug Administration just approved a new fish oil product. It has the highest level of omega-3, and you need a prescription. Other brands of fish oil are available over-the-counter. Whatever brand you buy, make sure you look for the highest levels of docosahexaenoic acid (DHA) and eicosapentenoic acid (EPA). The combined amount of DHA and EPA should make up more than 50 percent of the total milligrams of the dosage. ■

*Excerpted from the winter 2007 issue of Cleveland Clinic Magazine.*

## eCleveland Clinic

### MyConsult Provides Alabama Man with Second Opinion: No Surgery

**MyConsult** is an online second opinion service available for patients with life-threatening or life-altering diagnoses.

John Haygreen is many things: a retired professor, an avid golfer, and a devoted husband and father. What he isn't is at risk for complications from surgery, due in large part to the **MyConsult** online second opinion service.

Mr. Haygreen, 76, was diagnosed with normal pressure hydrocephalus (NPH) in March 2006, shortly after experiencing difficulty walking, an activity that is central to Mr. Haygreen's quality of life. "When the symptoms first started, my handicap (golf) was down around 12-15," says Mr. Haygreen. "I was playing two or three times a week, and I was walking a couple of miles each day."

That would change as Mr. Haygreen began experiencing NPH-related symptoms that included difficulty with balance and coordination. With NPH—a specific form of hydrocephalus also known as "water on the brain," stemming from the literal Greek "watery head" definition—the brain's ventricles enlarge at the expense of the substance of the brain, though the pressure of cerebrospinal fluid (CSF) in the brain remains normal. NPH usually occurs because of a gradual blockage of the drainage pathways for the CFS due to a brain infection, hemorrhage or as in Mr. Haygreen's case, no known cause.

Mr. Haygreen, who lives in eastern Alabama (Dadeville) says three neurologists from his area couldn't be absolutely certain that all of his difficulties were due to NPH. And then a neurosurgeon in Auburn suggested a common NPH treatment involving the surgical implantation of a shunt system to reroute excess fluid from the brain to another part of the body. Rather than schedule the surgery, Mr. Haygreen felt the need for another opinion, which led him to **MyConsult**.

As I was researching NPH on the Internet," says the former professor of forestry at the University of Minnesota and Auburn, I found the eClevelandClinic website, and I was impressed by the chance it offered me to gain a second opinion."

Mr. Haygreen says the energy and time he spent gathering copies of his MRIs and CAT scans was well worth it. When the consult came back from Mark Luciano, M.D., a Cleveland Clinic neurosurgeon, Mr. Haygreen learned that his difficulties could be related to spinal stenosis—a narrowing



of the spaces in the spine, resulting in compression of the nerve roots or spinal cord by bony spurs or soft tissues, such as disks, in the spinal canal, and that the pain could be the result of the pressure on the lower part of the spinal cord.

"I took that information to one of my neurologists and he ordered an MRI on my back, and I discovered that I had spinal stenosis in three of the five lumbar vertebrae," says Mr. Haygreen. "This led my doctor here (in Alabama) to conclude that my walking problems are partially due to NPH and the spinal stenosis, and to me declining the surgery because of the risks involved." In Mr. Haygreen's case, the risks are excessive bleeding due to the blood thinners he takes.

So, at least for now, the best treatment for Mr. Haygreen is no treatment at all (except for pain pills for his back). "My condition will probably get worse," reasons Mr. Haygreen. "But no one knows whether it will get worse quickly or gradually."

#### What Mr. Haygreen says he does know is this:

- "I might have had surgery that could have caused problems down the road had it not been for **MyConsult**."
- "When I called with questions, I was satisfied with the answers I received (from Lucille Love, an eClevelandClinic triage nurse)."
- "I'm still golfing." Instead of 18 holes, Mr. Haygreen says he plays nine holes; and instead of a 12 handicap, it's now 24. That's all right, he says, because "I'm still getting around."

#### Get Connected!

In addition to second opinions, **MyConsult** allows you to evaluate your eligibility for a particular procedure or treatment, or obtain a personal nutrition consultation.

Connect to **MyConsult** through [eclevelandclinic.org](http://eclevelandclinic.org).

## 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 and Cleveland Clinic in Florida.*



The National Center and the International Center, which make up Global Patient Services, provide facilitated access to appointments and professional services. Like the concierge at a fine hotel, the trained, expert concierge staff of Global Patient Services is available to assist out-of-state and international patients before, during and after their stay in Cleveland. Whether you need to be here for a day or a month, our staff will help arrange travel (with airline discounts when available) and hotel accommodations, provide interpreters for all clinical appointments, accompany you to your medical appointments, arrange any necessary transportation from your hotel, 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, our 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.

### U.S. Patients (outside of Ohio)

If you are from the United States but outside of Ohio and would like more information about the medical concierge service, please call 800.223.2273, ext. 55580, weekdays between 8 a.m. and 5 p.m. (EST). You also can visit [clevelandclinic.org/gps](http://clevelandclinic.org/gps) and click on “U.S. Patients” or email your questions to [medicalconcierge@ccf.org](mailto:medicalconcierge@ccf.org).

### International Patients

If you are a patient from outside the United States and would like more information about the International Center’s services, please call 216.444.6404. You also can visit [clevelandclinic.org/gps](http://clevelandclinic.org/gps) and click on “International Patients” or email your questions to [clevelandclinicgps@ccf.org](mailto:clevelandclinicgps@ccf.org).

### Helping You Choose Quality Healthcare

Cleveland Clinic offers online information to help our patients make informed decisions about their healthcare options. You’ll find outcomes books on more than 30 medical and surgical specialties that explain the latest treatments and show our results for many different procedures and surgeries. You’ll also find information on the criteria most often used to measure quality in healthcare, as well as details about the regulatory agencies accrediting Cleveland Clinic. To access this information, visit [clevelandclinic.org/quality](http://clevelandclinic.org/quality).

For information on more than 900 health topics – including listings for support groups and clinical trials, please visit [clevelandclinic.org/health](http://clevelandclinic.org/health).

### Obtaining a Second Opinion from Home

With MyConsult, our electronic medical second opinion request, you can obtain a personal and confidential consultation from a Cleveland Clinic expert from anywhere in the world. All information you submit online is secure and confidential and can be read only by you and Cleveland Clinic.

## Informational Resources

### General Information

For general information about Cleveland Clinic's services, physicians and news, visit [clevelandclinic.org](http://clevelandclinic.org) or call 216.444.2200 or toll-free 800.223.2273.

### Cleveland Clinic in Florida

For information about Cleveland Clinic in Florida located in Weston (near Ft. Lauderdale), visit [clevelandclinic.org/florida](http://clevelandclinic.org/florida) or call 954.659.5124 or toll-free 877.463.2010.

### Cleveland Clinic Canada

For information about Cleveland Clinic Canada, visit [clevelandcliniccanada.com](http://clevelandcliniccanada.com) or call 416.507.6600 or toll-free 888.507.6885.

### Health Information

To subscribe to Health Extra, our free online health newsletter, visit [clevelandclinic.org/healthextra](http://clevelandclinic.org/healthextra). For health information, visit [clevelandclinic.org/health](http://clevelandclinic.org/health).

### Online Services

eCleveland Clinic is your online resource for a second opinion. For more information about how to use this service, visit [eclevelandclinic.org](http://eclevelandclinic.org).

### Quality Measures

For information on the criteria most often used to measure quality in healthcare, visit [clevelandclinic.org/quality](http://clevelandclinic.org/quality).

You will need your credit card number and a copy of your medical record before you begin, and you will be required to send this information to Cleveland Clinic in the United States.

Follow these steps to obtain a consultation:

- Go to [eclevelandclinic.org](http://eclevelandclinic.org) and select MyConsult Remote Second Medical Opinion

**Please note:** Once you have selected the MyConsult Remote Second Medical Opinion information link, we suggest reading through each of the "Topics to review before starting" in order to gain a thorough understanding of the online medical second opinion service and process. Please pay special attention to the "Frequently Asked Questions," which cover our service in depth. Once you have read through each of the topics, the process of registering should be simplified for you.

Next Steps:

- Select "Click Here to Register"  
(No Social Security number needed for international patients)
- Complete the seven-step Request for Second Opinion process
- Submit your medical records and consent forms

You will receive your second opinion within approximately 10 business days after your medical record is received at Cleveland Clinic. We'll send you an email when your opinion is ready for review online, and we will mail you a hard copy of the physician's medical second opinion report approximately one week after the consultation is complete.

If you require additional information, please contact us by phone at 800.223.2273, ext 43223, or 216.444.3223 or by email at [eclevelandclinic@ccf.org](mailto:eclevelandclinic@ccf.org).

### Hotel Accommodations on the Cleveland Clinic Campus

The InterContinental Hotel and Bank of America Conference Center features 300 luxury guestrooms, including 29 suites, two lounges, a fitness center, and two specialty restaurants.

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

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 216.707.4100 or toll-free 877.707.8999. Out-of-state patients from the United States also may call 800.223.2273, ext. 55580. Patients outside of the United States may call 216.444.6404 for assistance.

### Visit Us Online

Global Patient Services website – [clevelandclinic.org/gps](http://clevelandclinic.org/gps) – reflects the strength and diversity of our programs and includes many new features. You can:

- refill prescriptions, schedule appointments, book travel and hotel accommodations and more by submitting secure online request forms
- view our comprehensive staff directory
- take our online satisfaction survey and be entered in a raffle to win a gift certificate
- read *Health Advantage* online and subscribe to receive it and periodic updates via email and postal mail
- read testimonials from patients around the world.

visit [clevelandclinic.org](http://clevelandclinic.org)

## Do You Have a Question about Your Heart or Vascular Health?

If you have heart or vascular disease or are at high risk for heart disease, you may have questions about how to treat or prevent progression of the disease. Or you may have questions about the latest treatments or new therapies on the horizon. Now you can get answers to your questions directly from Cleveland Clinic cardiologists and cardiothoracic surgeons through our new Web chats. These online, interactive chats cover a wide range of topics. Log on to [clevelandclinic.org/webchat](http://clevelandclinic.org/webchat) to view a schedule of Web chats and to register.

## Health Information You Trust, as Close as Your Email

Get the health and medical information you want, delivered to you electronically, for free. Cleveland Clinic newsletters cover a range of topics, all designed to keep you informed on the latest healthcare news. To sign up, go to [clevelandclinic.org/newsletters](http://clevelandclinic.org/newsletters) and select the newsletters you'd like to receive. It's that easy.

## Get Your Monthly Dose of Health News

Join thousands of people reading Health Extra, a free monthly email newsletter. You'll find articles on the latest medical advances, as well as quizzes and seasonal health advice. Health Extra delivers wellness tips, gourmet recipes and stories from real patients. It's information for your health, your life. Subscribe at [clevelandclinic.org/healthextra](http://clevelandclinic.org/healthextra).

## Don't Just Read It!

See and hear the latest in Cleveland Clinic health and medical information on the Web. Check out our audio and video podcasts. Visit [clevelandclinic.org/healthedge](http://clevelandclinic.org/healthedge).



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