

Cardiovascular Services Expand to Meet Demand

As real estate agents say, location is key. For Lahey Clinic's cardiovascular services, being in suburban Burlington, convenient to Route 128, has brought patients who once would have gone to Boston.

"If someone is having a heart attack or stroke in Concord, Newburyport, or Lowell, it makes no sense to drive by Lahey Clinic," says Richard W. Nesto, MD, chair of the Department of Cardiovascular Medicine. "Response time is critical.

"There needs to be more streamlined transfer of patients from community hospitals to centers like Lahey that offer high-tech services, such as emergency angioplasty, for patients with acute heart disease," adds Nesto.

To keep pace with the needs of patients and to become the tertiary cardiac referral center of the region, the Clinic is creating a new Cardiovascular Center. The center will offer comprehensive heart care, including preventive medicine, advanced diagnostics, life-saving interventions, cardiac rehabilitation, and cutting-edge research and training.

Construction has already begun on the new center, which will feature three catheterization (cath) labs and two electrophysiology (EP) labs (an increase of one each from the present), several operating rooms designed for cardiothoracic procedures, and a total of 16 cardiac patient beds. State-of-the-art equipment will enable cardiologists, interventional cardiologists, and surgeons to deliver the best care possible. The expanded facilities will also feature an attractive family waiting area with a private consultation room as well as a patient education center.

Strong Demand for Service

More than 5,000 cardiac lab procedures and approximately 600 heart surgeries were performed at the Clinic last year. Together, cardiac medicine, cardiac surgery, and vascular surgery account for nearly one-quarter of the patients hospitalized at Lahey.

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Richard W. Nesto, MD, chair of the Department of Cardiovascular Medicine (left), and David M. Shahian, MD, chair of Cardiovascular and Thoracic Surgery, outside a catheterization lab.



You're Invited

Join us at Alumni Reunion 2003! on Tuesday, June 10, at Lahey Clinic in Burlington. Meet in the boardroom (4th floor) at 6 p.m. for cocktails and a light buffet.

David M. Barrett, MD, chief executive officer, will share news of the exciting advances at the Clinic and plans for the future. Wrap up the evening by taking a special tour. Highlights will include the Alumni Auditorium and Alumni Conference Room, both recently renovated, thanks to alumni donations.

Alumni are also invited to attend the Postgraduate Recognition Day the following morning (Wednesday) in the Alumni Auditorium. The event, which begins with a continental breakfast and poster session at 7:30 a.m., honors all residents and fellows completing their training. A select few will present research papers judged to be especially laudable by a review committee of Lahey Clinic physicians.

Please take this opportunity to hear about Lahey's future and relive some of the past. A block of rooms has been reserved for this occasion at the Burlington Marriott Hotel. To reserve a hotel room, call 781-229-6565 or 800-228-9290 and ask for the special \$99 Lahey Alumni Reunion rate. For more information on the reunion, call Lahey's Department of Philanthropy at 781-744-3333. ■

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The demand for cardiovascular services in general is on the rise due to the aging population, advances in interventional procedures, and increased efforts to prevent heart disease.

As the patient pool has grown, so has the safety of procedures. "We can now do bypass operations in 80-year-old people, angioplasty in 90-year-old people, and aortic valve replacement in 75-year-old people," says Nesto.

Overall, cardiac care has become more high tech. Heart disease, once thought of as a chronic disease that required pills and frequent visits to the doctor, is now treated with interventional procedures. Today, cardiologists spend more time taking care of people with cardiac emergencies than with chronic disease.

"My stethoscope hardly ever comes out of my pocket now," says Nesto. "When we see people in the office, we're usually just making sure they're following the recipe given to them after their last high-tech procedure."

Doctors who handle the heart's "plumbing" in the cath lab and those who handle "electrical" problems in the EP lab have seen dramatic increases in patient vol-

ume. In the past five or six years, for example, the number of procedures in the cath lab has doubled.

But part of the focus of cardiologists is on preventing future heart disease. And people nowadays are more aware than ever of the importance of lowering cholesterol and maintaining good heart health.

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Who We Are and Where We Are

Growth in cardiovascular services can be attributed, in part, to attracting new patients from outside the Lahey Clinic system. Many are drawn by Lahey's reputation for excellence. *U.S. News & World Report* has named the Clinic as one of "America's Best Hospitals" for cardiovascular services for the last three years in a row.

"People come here because of who we are and where we are," says Nesto, who joined Lahey after working at the Deaconess Hospital in Boston's competitive Longwood medical area.

"Angioplasty," he notes, "has become a commodity. Many hospitals have high patient volumes and the outcome of these procedures are so good, it's hard to say we do it so much better than anyone else. What we can offer is service. Patients are treated humanely, returned to their local doctors, and stay in the community."

The Cardiovascular Department has established a variety of partnerships with area community hospitals and private practice doctors. In some cases, Lahey has agreed to provide emergency treatment for heart attack patients with the promise that their care will remain in the hands of their primary care doctors. In other cases, Lahey has allowed

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ALUMNI NEWS

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World-Renowned Surgeon Joins Lahey Clinic

A leading authority in laparoscopic surgery, Ingolf “Harry” Tuerk, MD, PhD, has joined the Department of Urology as the director of minimally invasive urologic surgery.

Tuerk is one of the first surgeons in the world to use laparoscopic techniques to remove a diseased bladder and reconstruct a new one. He will enhance Lahey’s transplant program by removing kidneys laparoscopically from donors. He also performs laparoscopic surgery in patients with prostate cancer (radical prostatectomy), kidney cancer (partial or radical nephrectomy) and testis cancer (retroperitoneal lymph node dissection).

In addition, he will work closely with members of General Surgery and Colon and Rectal Surgery to make Lahey Clinic a leading center for minimally invasive surgery.

A native of Germany, Tuerk grew up in East Berlin. He received his medical degree from the medical school at

Humboldt University. During his residency at Charite Hospital in Berlin, he witnessed the collapse of the Berlin Wall.

“I never dreamed I would be practicing medicine here,” says Tuerk. “I am very excited. Patients here are much more demanding than in Germany; they know more and want to know their physician better. I am looking forward to working closely with my patients and colleagues.”

After serving as chief resident in the department of renal transplantation for the divisions of oncology, endourology and stone treatment, Tuerk was an assistant professor and section chief of minimally invasive urology at the Charite Hospital.

Tuerk spent six months last year as a visiting professor in the Department of Urology at Eastern Virginia Medical School in Norfolk, Virginia. It was there that Lahey Clinic urologist Leonard Zinman, MD, met Tuerk. He

*Ingolf
“Harry”
Tuerk,
MD, PhD,
director of
minimally
invasive
urologic
surgery*



returned to Lahey and told John Libertino, MD, chair of Urology, that the Clinic needed Tuerk.

“I had a good job in Germany, some good opportunities,” says Tuerk. “But Dr. Libertino offered me a future, and more freedom to focus on developing and establishing new techniques.” ■

The Tops

Forty-eight Lahey physicians made *Boston Magazine’s* recent list of “Top Doctors.” The editors chose Boston’s best specialists by asking hundreds of local physicians, “If a loved one were sick, what doctor would you use?”

Named in 20 of the 24 specialty categories, Lahey had more physicians listed than any other health care facility. “I’m so proud of our physicians,” said David Barrett, MD, chief executive officer. “It’s an honor to be recognized among the best in this highly competitive medical community.”

The following Lahey doctors were named:

- ◆ **Allergy and Immunology:** John M. O’Loughlin, John A. Saryan
- ◆ **Cardiology:** Bruce E. Mirbach, Richard W. Nesto
- ◆ **Cardiovascular Surgery:** Richard S. D’Agostino, Brian J. deGuzman, David M. Shahian, Christina Williamson
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Giving to the Clinic

William L. Healy, MD, went from Needham High School to Amherst College to become a teacher, like his mother, his grandfather, and others in his family. But he soon recognized that teaching didn't have to be confined to a classroom.

"Doctors, I realized, were also teachers," he says, "and they could help people in more ways than education."

From the start, he knew orthopaedic surgery was the field for him. As a college football and rugby player and wrestler, he had seen injuries to fellow athletes and was impressed by the care given by orthopaedic surgeons. But after completing medical school at the State University of New York's Downstate Medical Center, he opted for a medical internship at Baltimore City Hospital to broaden his education. He then went on to Johns Hopkins Hospital for general surgery and orthopaedic surgery training. After his residency, he spent a year as a fellow in trauma and reconstructive surgery at Landeskrankenhaus in Graz, Austria.

He joined the Lahey Clinic staff in 1985, and six years later, was appointed chairman of the Department of Orthopaedic Surgery and medical director of Physical and Occupational Therapy. Today the department has 15 surgeons, three times as many as when he came to the Clinic. This growth, he says, reflects the rise in orthopaedic subspecialties—joint replacement, sports medicine, spine surgery, hand surgery, foot and ankle surgery, and shoulder surgery. Healy himself, who once performed a broad spectrum of orthopaedic surgery, now specializes in hip and knee replacements.

Taking care of patients is what he likes best about his practice. But his colleagues come in a close second. "The professional and support staff are knowledgeable, competent, caring and kind," he says. "Just about everybody I work with is willing to do whatever it takes to solve a problem whether it's

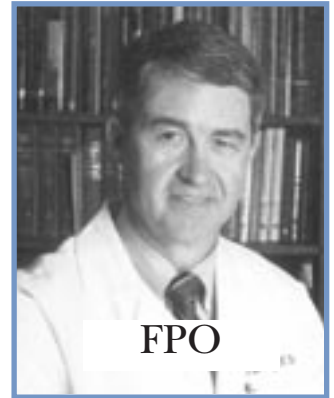
clinical or administrative. We have a terrific team at Lahey."

In addition to seeing patients, Healy conducts clinical research and, yes, he teaches. Currently, he is a full professor at Boston University (BU) School of Medicine. Orthopaedic residents from BU spend one year of the four-year training program at the Clinic. Healy served as director of the Orthopaedic Surgery Resident Training Program from 1991 to 2002, when he turned over the reins to Richard Iorio, MD.

Of teaching, he says, "I enjoy watching young men and women accumulate knowledge and learn surgical techniques that can help other people. I like watching them grow personally and professionally into competent and confident orthopaedic surgeons."

Healy and his wife, Angela, who is also a Lahey physician, support the Clinic financially as well as professionally. They donate dollars from a family charitable trust as well as money earned through consulting. In 1992, with donations received through "an incredible outpouring of support," they set up an orthopaedic surgery research and education endowment fund in memory of their daughter, Kathleen C. Healy, who passed away at the age of 4. Furthermore, when grateful patients ask about helping Lahey Clinic, Healy enthusiastically explains the wide spectrum of opportunities to support the mission of the Clinic. One

William L. Healy, MD, chair of the department of Orthopaedic Surgery



of the lessons, Healy says, that he would like to teach his four children is to give back to the world in which we live.

In his spare time, Healy can often be found on the golf course, where he enjoys the competition, the fellowship, and the exercise. And he stresses, "We walk; we don't ride carts."

The author of nearly 80 professional papers, he also has found time to dabble in poetry. One poem, "Ode to Total Hips," published in 2001 in *The Journal of Bone & Joint Surgery* parodies Joyce Kilmer. It begins:

*I think that I shall never see
A hip as lovely as a tree.
Trees grow and change in ev'ry season,
While hips can fail for any reason.
Trees stand up tall, and shade provide,
While hips get loose, migrate, subside.*

And after six more verses, it concludes:

*The moral of this rhyme is clear,
And should spread grins from ear to ear.
Hips are put in by fools like me,
But only God can make a tree.*

In Memoriam

We sadly note the following recent alumni losses:

Stewart Armstrong ('46 GS)

Hans J. Bruns ('48 GE, IM)

George J. Hayes ('46 NS)

J. Lawrence Manuell ('52 IM)

Russell Page ('48 OTO)

Hanns C. Schwyzer ('48 GS)

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Charles R. Webb ('60 PD)

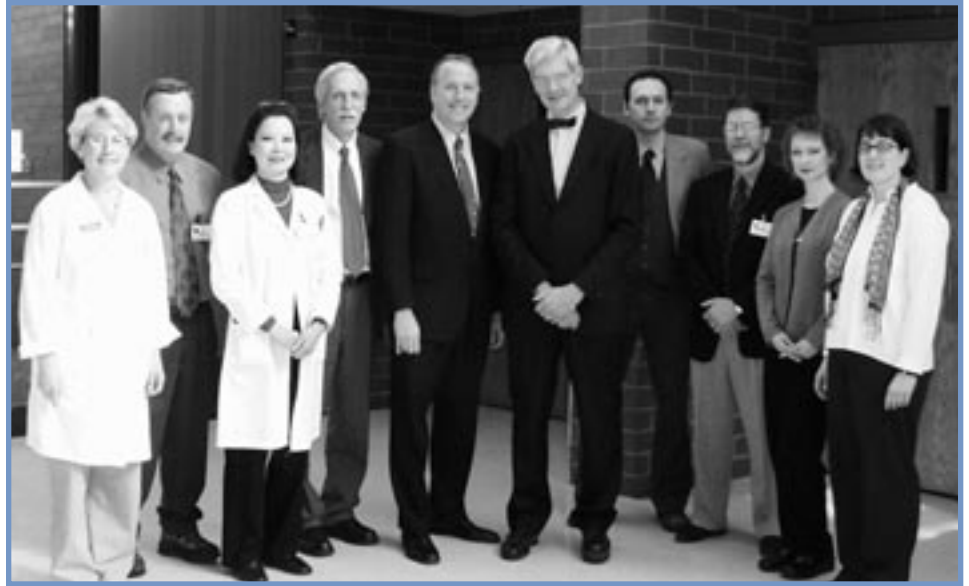
Lectureship Honors Jacoby

The Department of Infectious Diseases has launched a lectureship in honor of physician George A. Jacoby, MD, who headed the department for eight years. While retired from clinical practice, Jacoby is still active in research at Lahey. In fact, he recently received National Institutes of Health funding for further lab investigations.

An international authority on antibiotic resistance mechanisms, Jacoby also served until recently as editor-in-chief of the journal *Antimicrobial Agents and Chemotherapy*.

The first George A. Jacoby, MD, Lectureship in Infectious Diseases was held March 14. Louis B. Rice, MD, a former fellow of Jacoby and now professor and chief of the medical service at the Cleveland Veteran's Administration Hospital, spoke on "Antibiotic Use and the Emergence and Spread of Antibiotic Resistance."

This year's lecture was presented during Medical Grand Rounds. An endowment fund has been established for future Jacoby lectures. ■



At the Jacoby lecture are: Sandy Willey, MT; Daniel McQuillen, MD; Winnie Ooi, MD, DMD, MPH; Donald Craven, MD; Louis B. Rice, MD; George Jacoby, MD; Francesco DeRosa, MD; Robert Duncan, MD, PhD; Debora Sentochnik, MD, and Eva Piessens, MD, MPH.

Lahey alumni make presentations by renowned experts possible. In the past year, the Alumni Association has given financial support to the David P. Boyd Lecture in Cardiothoracic Surgery; the Neil W. Swinton, Sr., Professorship in Colon and Rectal Surgery; the Robert E. Crozier Lecture in Gastroenterology; and the L. B. Sanders Memorial Lectureship in Surgical Education.

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subspecialists from outside the Clinic to perform procedures, such as angioplasty, using its facilities.

"We have at least five or six doctors, who work within a 40-mile radius, who come here to do their procedures," says Nesto. "They are private practice doctors from Winchester, Concord, Lowell, and Newburyport who realize that procedures can be done faster and cheaper here than in Boston.

"It makes perfect sense for Lahey," he says. "Patients come in and the hospital gets reimbursement."

Added Value

As patient demand has increased, so has the need for additional staff. In the last few years, Cardiovascular Medicine

In addition to carrying on the tradition of excellence in patient care, cardiovascular physicians are conducting more research studies than ever before.

has recruited physicians who bring "added value" to the department. These include experts in new coronary devices, drug-eluting stents, and heart failure. Nesto himself is an expert in diabetes and coronary disease.

The Cardiovascular and Thoracic Surgery Department distinguishes itself by offering state-of-the-art surgical options. Lahey's program also includes the "maze" procedure, in which precise incisions are made in the heart muscle to restore a normal heart rhythm. In

addition to traditional coronary bypass and valve operations, the department provides minimally invasive and "off-pump" surgical procedures as well as thoracic and aortic surgery. Meanwhile, the Vascular Surgery Department features endovascular surgery.

In addition to carrying on the tradition of excellence in patient care, cardiovascular physicians are conducting more research studies than ever before. Research protocols increased significantly from 2000 to 2002. Patients now have the opportunity to participate in numerous clinical trials, including some sponsored by the National Institutes of Health.

"Patients benefit in the end," says Nesto. "They know they are not missing out on something they could have gotten someplace else." ■

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The Alumni Association gratefully acknowledges the contributions of its members during FY '02 (October 1, 2001 - September 30, 2002) via special contributions and/or dues to the Association.

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Albert H. Voegele, MD
Michael D. Walker, MD
Norman M. Wall, MD
Joseph F. Walsh, MD
Andrew S. Warner, MD
Neil J. Weiner, MD
Timothy M. Whitney, MD
William Wickman, MD
Christine E. Winger, MD
Peter F. Winter, MD
Robert E. Wise, MD
Bartholomew O. Woods, MD
Marvin S. Wool, MD
Kenneth A. Wright, PhD
George G. Young, MD
Amir A. Zamani, MD
Richard J. Zangara, MD
Gary M. Zartarian, MD
Russell S. Zide, MD

Your Dollars at Work

It's a Monday afternoon in the Cattell Memorial Library. Four residents are conducting on-line searches at the computers lined up along the wall. In a study carrel on the opposite side of the room, a medical student is poring over a dermatology textbook. At a table by the windows, a staff member is preparing a presentation for a national meeting, away from the distractions of his department.

Alumni support has made it possible for Lahey's library to offer medical students, residents, fellows, and staff up-to-date information vital to patient care and research. Donations have allowed the library to acquire 30 medical textbooks, three new computers, two new printers, and a scanner.

"We also hope to invest in some on-line subscriptions in the coming year," says Carol Spencer, Lahey's long-time librarian.

Pressed for time, residents and fellows appreciate the computer capabilities the library now offers. Many say it's easier to go on line than look through journals or textbooks.

Yet others still appreciate the printed page. "I like to leaf through the pages of journals and enjoy a moment's quiet," says Patricia L. Roberts, MD, of the Department of Colon and Rectal Surgery.

To Frank J. Scholz, MD, of Diagnostic Radiology, the library is the most peaceful place in the Clinic. Although he rarely manages to be there, he comes when he needs to put the finishing touches on a paper or a lecture.

At other times, Scholz sends information requests to Carol Spencer via e-mail. In this way, he is able to keep current and follow debates in journals relating to new research.

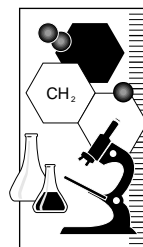
"Carol is the library," says Roberts. "I can give her a list of journal articles, and she'll get them. She'll conduct literature searches and request articles from other libraries."

But the library, of course, cannot function without resources. We ask you to continue your support. To date, 68 alumni have given over \$13,409 to the 2002-2003 Cattell Memorial Library appeal. If you would like to contribute to this fund, please call Stephen Mally at 781-744-3908. ■

Research Round-up

Exciting projects now under way at the Robert E. Wise, MD, Research and Education Institute at Lahey Clinic include the following:

- ◆ The isolation of stem-like cells in rats that can differentiate into various cell types when exposed to chemical signals. These cell lines will be used to advance work in nerve regeneration.
- ◆ A major discovery that shows promise for improving the health of patients with hepatitis C following liver transplantation. This research may lead to a method that will prevent infection of transplanted livers by blocking the entry of the virus from the patient's blood into the cells of the transplanted liver.
- ◆ Research to identify cellular and molecular events that cause cells to leave primary tumors and spread. This enhanced understanding of the biology of disease progression may produce more effective treatments for bladder, prostate, and breast cancer.
- ◆ A program that brings together neuroscience and computer science to simulate the workings of neurons may eventually help doctors understand movement disorders. The aim is to adapt software for clinical applications in movement disorders, such as Parkinson's disease, epilepsy, dystonia, and tremor.
- ◆ A plastic and reconstructive surgeon and his team are studying a gene transfer technique that uses vascular endothelial growth factor in animals to improve the survival of transplanted tissue.
- ◆ A team of scientists at Lahey is working on a method to detect tumor cell contamination of autologous peripheral stem cell collections. This new technique will potentially rid transplants of all malignant cells, thereby reducing the chance of relapse in patients with multiple myeloma. ■



Continuing Medical Education

May 23 - 26

Topics in Internal Medicine

The Colony Hotel

Kennebunkport, Maine

Course Director: John F. Beamis, MD



May 31

Hand Access Laparoscopic Surgery Course

Lahey Clinic Medical Center

Burlington, Mass.

Course Director: Peter W. Marcello, MD



June 21 - 23

Cardiovascular Disease: State of the Art 2003

Ocean Edge Resort & Conference Center

Brewster, Cape Cod, Mass.

*Course Directors: Albert B. Levin, MD,
and Sherif B. Labib, MD*

July 31 - August 3

Current Topics in Gastroenterology & Hepatology

Ocean Edge Resort & Conference Center

Brewster, Cape Cod, Mass.

Course Director: Frederick W. Heiss, MD



September 20

Hand Access Laparoscopic Surgery Course

Lahey Clinic Medical Center

Burlington, Mass.

Course Director: Peter W. Marcello, MD



November 15

Hand Access Laparoscopic Surgery Course

Lahey Clinic Medical Center

Burlington, Mass.

Course Director: Peter W. Marcello, MD

To register or for further information, call Continuing Medical Education at 781-744-8969.

Calendar of Events

All events will be held at Lahey Clinic Medical Center in Burlington.



**"Communicating with Patients"
Medical Ethics Panel Discussion
and 2003 Patient Care Awards**
Wednesday, June 4, 2003
12:15 - 1 p.m.
Alumni Auditorium



Alumni Reunion
Tuesday, June 10, 2003
6 - 7:30 p.m.
Boardroom



Postgraduate Recognition Day
Wednesday, June 11, 2003
7:30 - 9 a.m.
Alumni Auditorium

Alumni Chairs

Display your Lahey Clinic heritage with a laser-engraved insignia chair. Choose a black, solid maple hardwood Boston rocker or captain's chair (with arms and crown in a cherry finish). Also choose either the Lahey Clinic logo or Lahey Clinic Alumni Association logo.

A chair can be yours for only \$248 plus a \$25 shipping charge for a total of \$273. The cost of each chair includes a tax-deductible gift of \$50 for the Cattell Memorial Library. The chairs are shipped via UPS fully assembled (except for the rocker runners, which are easily attached). Allow 12 weeks for delivery.

Send your order and check payable to Alumni Association, LCF, to:

*Alumni Association, Lahey Clinic Medical Center
41 Mall Road, Burlington, MA 01805*

