

# The **Future** of Medicine at **Lahey Clinic**

V o l u m e 1



Dr. David M. Barrett **Q** & **A**  
Chief Executive Officer

## *"What is the Future of Medicine at Lahey Clinic?"*

**Q** What is the Future of Medicine at Lahey Clinic?

**A** The Future of Medicine at Lahey Clinic is an initiative to quickly expand the Clinic and improve technology to assure Lahey's future among the best medical centers in the world. The Future of Medicine at Lahey will soon become the future of medicine for patients from New England and around the globe.

**Q** What is the current economic climate in health-care?

**A** The decline of public and private reimbursements for medical care has caused many hospitals to close, shrink or consolidate. Most of the care medical centers provide to patients is paid for by insurers or by Medicare and Medicaid. Massachusetts is the only state in which none of the three funders is meeting the cost of the care being provided. In a time when medical science is advancing

rapidly with cancer cures, heart repair, disease prevention, and much other progress, providers nationwide are financially stressed.

**Q** How is Lahey responding to those challenges?

**A** Lahey makes daily advances in the quality of care. Every time we make a technological improvement and every time we improve a procedure, we find that better care is more efficient care. It saves both patients and the Clinic time and money. As a result, more people trust their care to Lahey, and we manage our resources more effectively.

**Q** What are the trends and technologies that you believe will greatly impact healthcare in the near future?

**A** Lahey Clinic is investing in the areas with the most promise. Some examples are minimally invasive surgery; new forms of cancer intervention; new high-definition diagnostic imaging; laser surgery for hearts, sinuses, eyes; nonsurgical stroke

reversal; and spine repair. These new services are showing spectacular results, with more on the way monthly.

**Q** What role does philanthropy play in the advancement of medicine and technology?

**A** Most of our qualitative improvements are funded in large part by gifts from patients and friends. Operating revenue alone does not fund such complex care or the programs necessary to meet your needs today and into the future. The funding for research that improves a procedure or the purchase of new diagnostic equipment comes from philanthropy. Philanthropy has a huge impact on the quality and progress of medical care here and around the world. We won't build the new Lahey Cardiovascular Center by charging patients more; we will build it because many patients and their families provide gifts to make it possible. Simply put, Lahey must raise new capital, and we count on your generosity to keep your Clinic in the forefront.

## Lahey's Proposed Expansion

Will feature seven Centers of Excellence throughout the Clinic. One primary focus of the Future of Medicine Initiative is cardiovascular disease, which affects half of the US population.

Lahey Clinic, one of the nation's leading sites for cardiac care, is a source of outstanding progress in cardiology and cardiovascular surgery. The Clinic staff and technicians are successfully caring for record numbers of heart patients, performing more than 3,500 cardiac procedures and 700 heart surgeries each year. Lahey's mortality rates are among the lowest in the country, and demand for these services is growing rapidly.

Understanding that there's a good chance that heart disease has already touched your life in some way, Lahey Clinic continues to improve medical expertise, technology, treatment and services to meet your individual needs. As more people choose Lahey for their care, we realize the need to expand our Cardiovascular Clinic's capacity and capability to serve you better. We intend to do so in ways that take advantage of the enormous advances in technology and provide even better care for our patients—your loved ones.

"The heart is the heart of the matter," says Richard W. Nesto, MD, chair of Lahey Clinic's Department of Cardiovascular Medicine. "This center will combine a superb staff and the best in technology to give every Lahey Clinic patient the best care available."

The region's newest Cardiovascular Center will build upon Lahey's world-renowned diagnostic expertise and dominance in heart surgery. A redesign of our entire 5 East wing will include the latest in heart technologies and patient-focused care to complement our integrated cardiology, vascular medicine, thoracic and



The award-winning architects of Shepley, Bulfinch, Richardson & Abbott are now designing the new facility.

**INTERNATIONAL AND EXECUTIVE HEALTH CENTER**  
will offer new facilities and specialized services for international patients and executives.

**CARDIOVASCULAR CENTER**  
will integrate all of Lahey's heart and vascular specialties into new state-of-the-art facilities to provide world-class results.  
  
For the second year, Lahey has been ranked among the top 100 cardiovascular hospitals in the country, by *US News & World Report*.

**NEUROSCIENCE CENTER**  
will provide patients with the most advanced diagnostic, surgical and therapeutic techniques.

**SURGICAL CENTER**  
will create new state-of-the-art operating rooms that enable Lahey to offer its patients the latest and least-invasive surgical solutions.

**BONE and JOINT CENTER**  
will integrate Lahey's Departments of Orthopaedic Surgery and Rheumatology with Physical Therapy.

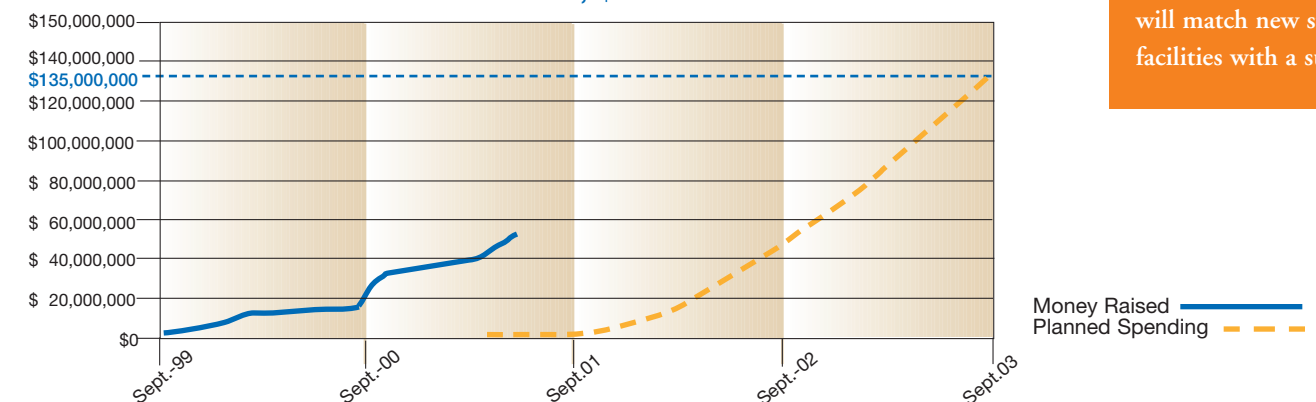
**IMAGING CENTER**  
expansion will provide state-of-the-art technology to make X-rays and scans instantly accessible to patients and physicians.

**Cancer Center**  
will match new state-of-the-art facilities with a superb staff.

cardiovascular surgery, and cardiac rehabilitation staff. The center will train the country's best and brightest cardiovascular specialists and provide medical leadership throughout the world to ultimately deliver the most superior cardiac care to you, our patients.

When this ambitious undertaking is complete, Lahey's expanded Cardiovascular Center will provide the latest diagnostic equipment and medical technology, and innovative research programs that will enhance Lahey's world-class reputation of success in treating heart disease, saving lives, and restoring patients and families to good health.

The Future of Medicine, \$135 Million Initiative





*“Having the opportunity to be a part of this study is fantastic,” says Elliott. “The doctors are magnificent, and the care at Lahey is second to none. If it wasn’t for the time and consideration that my doctors gave in helping me make this decision, I don’t think I would have taken part in this study and ultimately benefited my health the way that I have.”*

Last December, Elliott Margolis, in his mid-fifties with previous heart problems and newly diagnosed with diabetes, decided it was time to join a health club and begin working out toward better health. Elliott thought the exercise would be good for him. But after one jog on the treadmill, he realized he was feeling pain in his chest—a feeling that was frighteningly familiar.

Elliott has type 2 diabetes, a reality that makes him two-to-four times more likely to experience stroke or heart attack than similarly aged people without diabetes. Elliott called his primary care physician and immediately underwent a stress test and cardiac catheterization at Lahey Clinic. The news wasn’t good: An artery was blocked in Elliott’s heart, and immediate care was essential.

That’s when something extraordinary happened: Elliott met with his doctors and was introduced to an alternative approach to his heart condition. His cardiologist, Richard W. Nesto, MD, chair of Lahey Clinic’s Department of Cardiovascular Medicine, told Elliott there was a chance he wouldn’t need another angioplasty and instead might treat his new heart condition with a more proactive and productive approach.

Elliott’s doctors explained that Lahey is the only site in Massachusetts to be included in a groundbreaking National Institutes of Health study that is comparing various treatment methods for patients with both diabetes and coronary heart disease. The study is investigating whether diabetic patients with coronary heart disease are better off being treated—as Elliott was five years ago—with angioplasty and

medication OR if patients might experience a healthier recovery with a more standard treatment program of medication and exercise alone. Elliott was a perfect candidate for the study.

Elliott agreed to participate in the study. At first he was anxious about his treatment, preferring the instant gratification that his angioplasty provided five years earlier. But after much consideration and conversations with his doctors, who took the time to discuss the study and its options with him, Elliott soon realized that the more proactive approach just might ensure a healthier future.

Today, Elliott Margolis feels great. His health has improved both physically and emotionally because he knows he is doing something proactive.

“It’s a win-win situation for me and my family. The odds are stacked up in my favor. I’m just glad to be with Lahey so that I can be exposed to such innovative healthcare options.”

Even as Lahey provides the newest treatment options to patients like Elliott, we continue to enhance existing programs. The new Cardiovascular Center will allow us to provide the most superior cardiac care available and to fully utilize technological advancements for the benefit of our patients.

## The Future of Medicine at Lahey Clinic

### “Initiative News”

◆ The chairman of Lahey Clinic’s Board of Trustees, Bernie Gordon, and his wife, Sophia, pledged a lead gift of \$20 million to name the upcoming Cancer Center at Lahey Clinic.

◆ Lahey is currently involved in a master planning process with the award-winning architectural firm of Shepley, Bulfinch, Richardson & Abbott. The planning process has involved a series of meetings with the architects and senior staff at Lahey Clinic. The first phase produced a plan to address the Clinic’s growth needs and opportunities to enhance patient care. Future issues of this newsletter will update further progress toward the Future of Medicine at Lahey Clinic.

### “Breaking News”

◆ Lahey Clinic’s cancer program has been granted approval from the Commission on Cancer of the American College of Surgeons. Approval is given only to those facilities committed to providing the best in diagnosis and treatment of cancer, based on a rigorous evaluation process and a review of performance. One in four hospitals that treat cancer receive this special approval.

◆ In another first at Lahey Clinic, a 38-year-old man was diagnosed with a large sarcoma (a type of cancer) surrounding his vena cava (the large vein that stretches from the heart to the pelvic area and brings blood from all vital organs back to the heart). Roger Jenkins, MD, head of Lahey’s transplant program, with his partner, W. David Lewis, MD, replaced the man’s entire vena cava—from his heart to his pelvis—with a Gore-Tex graft. The operation is considered curative. There is no known report in any medical journal describing such an operation.

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