The University of Chicago Medicine

Imagine

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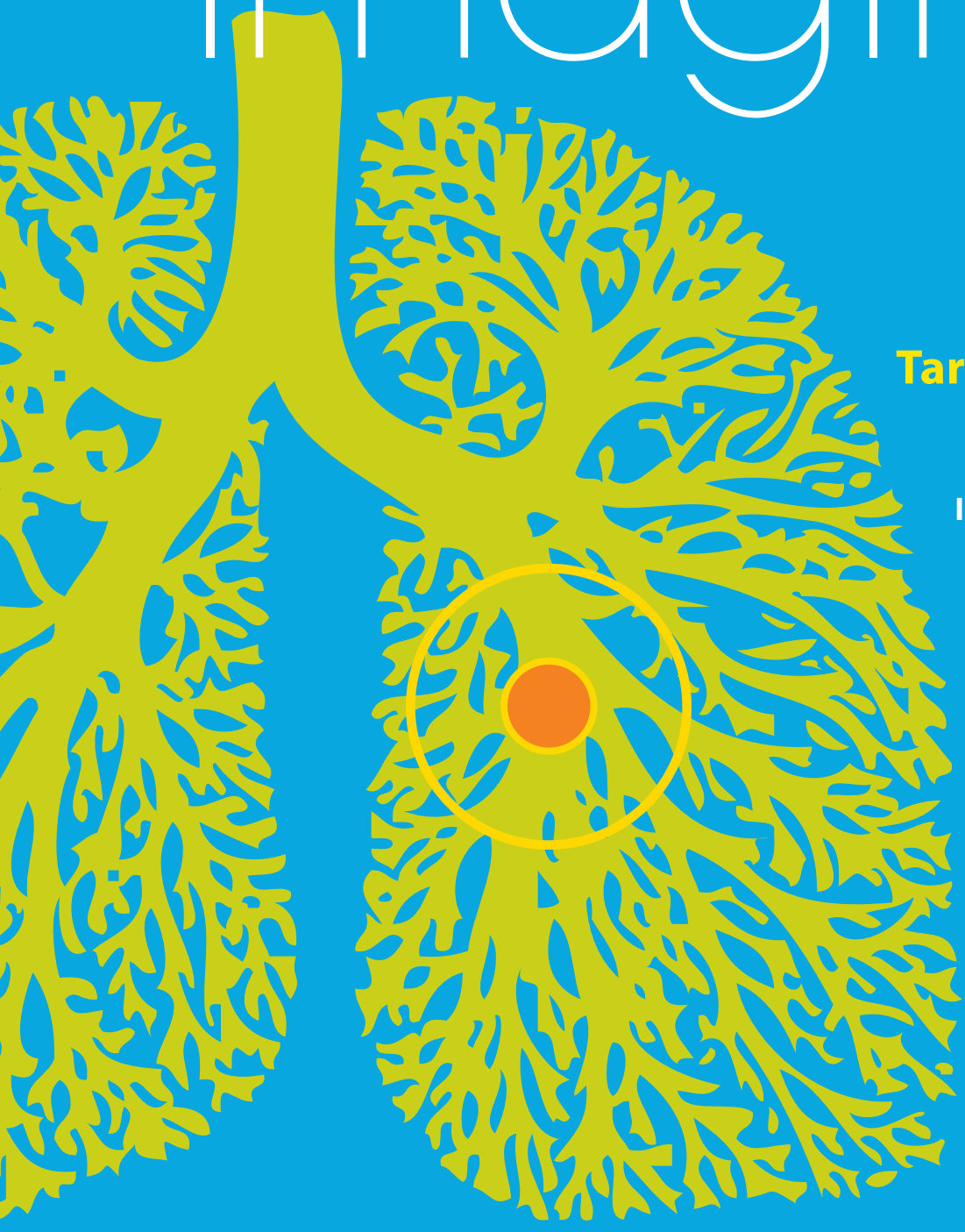

Targeting lung cancer

Imagine reaching deep into the lungs to detect and heal without surgery

ALSO INSIDE

Kids Health

THE UNIVERSITY OF CHICAGO MEDICINE

GREETINGS FROM THE FOREFRONT OF MEDICINE,

Welcome to *Imagine*, our new quarterly magazine to keep you updated on all that's happening at the University of Chicago Medicine.

To be at the forefront of medicine requires the best minds working in collaboration, imagining and exploring the possibilities of curing and preventing disease. Our physicians and researchers go beyond "what if" and lead the way in making state-of-the-art diagnoses and treatments available to patients throughout the Chicago area and different parts of the world.

It's an exciting time at the University of Chicago Medicine, as we will open a brand new hospital in less than a year. We imagined a setting where the patient always comes first, where world-class expertise and research give patients hope and where compassion is threaded through everything we do. This new 10-story hospital will transform the patient experience and serve as an inspiration as our physicians and researchers perform the most complex specialty care. It is truly at the forefront of care and discovery.

In this issue of *Imagine*, you will read about how the University of Chicago Medicine is addressing the greatest health challenges in lung cancer, end-stage heart disease, brain tumors and children's sleep problems. You will meet some extraordinary physicians and clinicians who are solving the problems of heart defibrillators, helping parents who have adopted overseas keep their children healthy, and even one who has written a play about community violence.

And in each issue we'll introduce you to our wonderful South Side community, where the arts, science, architecture, music and more are burgeoning. In this issue, we feature our long-time partner in scientific endeavors, the world-renowned Museum of Science and Industry.

Being part of the prestigious University of Chicago means our physicians and researchers are collaborating with other scientists and researchers to imagine what is possible on behalf of our patients and community.

We are proud to share our stories with you. Thank you for your support. We hope you enjoy learning more about us.

Kenneth S. Polonsky, MD

Dean of the University of Chicago Biological Sciences Division and the Pritzker School of Medicine, and executive vice president for Medical Affairs for the University of Chicago

Sharon O'Keefe

President of the University of Chicago Medical Center

The University of Chicago Medicine and Biological Sciences has been at the forefront of medical care, research and teaching for more than 90 years. Located in historic Hyde Park on the South Side of Chicago, the University of Chicago Medicine and Biological Sciences includes:

Patient Care:

- Bernard A. Mitchell Hospital (adult)
- Comer Children's Hospital
- Duchossois Center for Advanced Medicine
- Numerous outpatient locations throughout the Chicago area

Teaching Programs:

- Pritzker School of Medicine
- Master's and doctoral degree programs
- Postdoctoral programs

Research:

- Medical and basic science units

Among our many honors and acknowledgements: 12 Nobel laureates; ranked 10th of all U.S. medical schools; one of only 40 National Cancer Institute-designated comprehensive cancer centers; 21 adult and pediatric specialties ranked among the best in the country by U.S. News & World Report; ranked second in nation for National Institutes of Health grant support per researcher.

University of Chicago Medicine and Biological Sciences Executive Leadership

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Sharon O'Keefe, president of the University of Chicago Medical Center

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<conversation> with the Dean

Kenneth S. Polonsky, MD, is Dean of the Biological Sciences Division and the Pritzker School of Medicine, and executive vice president for Medical Affairs. He also is a leading diabetes researcher.

>> What's new at the University of Chicago Medicine?
As we prepare for the opening of our new hospital in January 2013, we are transforming the patient experience to deliver compassionate, expert care with ease of access and state-of-the-art technology. It's not only a magnificent facility, but a setting that provides support for our clinicians and staff to do their best work. And we have teams working on all the details of your visit, from additional parking we're planning to new signage that will make it easy to get where you or your family need to be.

>> How does the new building reflect the commitment to compassionate patient care?
Many of our patients face complicated procedures and extended stays. The new hospital will have private rooms spacious enough for family members to comfortably spend the night. And the nights can be tranquil and quiet, thanks to blackout shades and a state-of-the-art communications system that does not rely on overhead paging. The building also will support very advanced technology for day-to-day care of patients with complex diseases.

>> What inspires you about the University of Chicago Medicine?
Every day, I'm inspired by our brilliant, dedicated physicians, researchers and care teams who collaborate to heal, to teach, to discover and to solve even the most difficult and challenging cases.

>> What makes you excited about the future?
We are ideally positioned to be among the leaders in translational research, and therefore patient care, as we translate basic discoveries made in the laboratory into bedside care. That means our patients often have access to innovative treatments before they are widely available.

>> Tell us about diabetes research at the University of Chicago Medicine.
The University of Chicago has a rich history of diabetes research dating back more than 100 years. Our groundbreaking work on the genetics of diabetes has received international recognition. We are at the forefront of customized diabetes diagnosis and treatment based on genetics, as well as research that may lead to novel therapies for this common disease.

IMAGINE THAT!

Helping Your Fellow Rat

Calling someone a rat is no compliment. Maybe it should be. A team of University of Chicago neuroscientists found rats show empathy for fellow rats in distress. In the study, published in *Science*, rats repeatedly acted to free fellow rats from a clear plastic tube. And they were equally likely to free their cage mates as they were to nudge open a tube filled with chocolate chips, a favorite treat. "This is the first evidence of helping behavior triggered by empathy in rats," said Jean Decety, PhD.

Secrets to Living to 100

People born in September, October or November have higher odds of cracking the century mark, a new study found. Seasonal differences in diet and infection rates may be why. In past studies, researchers Leonid A. Gavrilov, PhD, and Natalia S. Gavrilova, PhD, of the University of Chicago's Center on Aging, also found that chances for longevity are higher for people born to young mothers, those who have a slender or medium build at age 30 or who are farmers or spend their childhoods on a farm.

Time to Try Diet, Exercise First

Middle-aged adults recently diagnosed with diabetes and hypertension have time to learn how to control their high blood pressure without medication, but not too much time. The consequences of delaying effective hypertension treatment for up to a year were small — a two-day reduction in quality-adjusted life expectancy, University of Chicago Medicine researchers found. "Our results indicate that it's OK to spend from six months to a year, perhaps even longer, to make the difficult lifestyle changes that are necessary and will pay off in the long run," said study author Neda Laiteerapong, MD.

Finding a Fin-Limb Link

University of Chicago professor Neil Shubin's 2004 discovery of the fossil *Tiktaalik roseae* made *National Geographic*'s list of 10 projects "that have made the greatest difference in understanding the Earth" — out of 10,000 projects the magazine has funded to date. *Tiktaalik*, which has fishlike features with limb joints, provided the missing link between fish and the first animals that walked on land.

Read more at sciencelife.uchospitals.edu.