

# MAGEE

WINTER 2013

A PUBLICATION OF MAGEE-WOMENS RESEARCH INSTITUTE & FOUNDATION



## The Green Issue

CARING FOR PATIENTS —  
AND THE PLANET

Our Annual  
PHILANTHROPY REPORT

Magee Pioneers  
NEW BIOPSY PROCEDURE

Researchers Hope to Unravel  
MYSTERIES OF PLACENTA



# MAGEE

VOLUME 7 | WINTER 2013

*MAGEE* is published two times a year for supporters of Magee-Womens Research Institute & Foundation (MWRIF).

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The Green Issue

WINTER 2013

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# NOTE WORTHY

## RESEARCH INSTITUTE'S LONGTIME CHAIR PASSES THE TORCH

When Margaret Joy joined the board of Magee-Womens Research Institute & Foundation in the early 1990s, the institute was just getting off the ground. Nine years ago, when she assumed the role of chairwoman, the research facility was poised for an expansion to more than double its size. Now, as she relinquishes the position, Magee-Womens Research Institute is the nation's premier center for research in women's and infants' health.

"I came onboard during its infancy, was there during its adolescence and early adulthood, and it's now poised for full-fledged adulthood with worldwide implications for women's health," says Joy, a founding partner of the law firm McCarthy McDonald Schulberg & Joy. "I enjoyed every minute of it — and still do."

Joy will remain on the board and play a leading role in a comprehensive campaign designed to put the Research Institute "on very solid financial footing into the future," she says. "If the campaign is successful, as we know it will be, it will take this institute to the next level."

A successful campaign would help the institute recruit top researchers in emerging fields and purchase cutting-edge lab equipment, among other things. "One of our priorities is to have funds available for young scientists with wonderful ideas who may not be able to get funding from the National Institutes of Health," Joy adds. "The NIH funding environment is so very restrictive right now."

5 FACTS ABOUT MARGARET JOY



*In addition to Magee, she donates her time as a*

**BOARD MEMBER**

*for half a dozen organizations, including the YMCA of Greater Pittsburgh and Imani Christian Academy.*

MWRI Director Yoel Sadovsky, MD, calls Joy an "invaluable" asset to the institute. "Peggy has been a champion for reproductive sciences research and women's health in our community," he says. "The Margaret Prine Joy Lectureship, which is a keynote event at our annual Research Day, speaks of her commitment to provide opportunities for young investigators to connect with nationally and internationally recognized scientists."

Joy is a passionate advocate for women's health research in part because she has experienced firsthand the cutting-edge care at Magee-Womens Hospital of UPMC. In her late teens and 20s, she underwent surgeries for ovarian cysts. In 1980, she gave birth to her daughter at Magee, and her daughter has gone on to have two babies at Magee. "All those experiences made me love the place," she says.

Joy, who also served on the hospital's board of directors, has full confidence in her successor as MWRIF chair, forensic accountant David Kaplan. "We are in terrifically good hands," she says. "He is one of the smartest people I know and passionately dedicated to Magee and the Research Institute."

— Anna Dubrovsky

## Best Lawyers

named her 2013  
“Lawyer of the Year”  
in Pittsburgh for  
family law.

She has been  
practicing family  
law for more than

30  
years.

Girl Scouts of  
Western Pennsylvania  
named her 2013

## “Woman of Distinction”

in the field  
of law.

She  
entered  
Princeton  
University  
in 1970,

one year after the school  
first admitted women as  
undergraduates.

## CERVICAL CANCER PATIENTS ARE BETTER OFF AT HIGH-VOLUME FACILITIES

Women with locally advanced cervical cancer are less likely to die from the disease if they receive care at a medical facility that handles a high volume of cases, according to a recent study led by **Jeff Lin, MD**, a fellow in the Division of Gynecologic Oncology at Magee-Womens Hospital of UPMC.

The study found that patients treated at the highest volume facilities were 82 percent more likely to receive brachytherapy, or internal radiation therapy, and 30 percent more likely to receive chemotherapy than those treated at the lowest volume facilities. Both therapies have been part of the standard of care – along with external radiation therapy – since 1999. On average, patients treated at the highest volume facilities lived 13.7 months longer than those treated at the lowest volume facilities.

“Successful treatment requires that multiple specialists, including gynecologic oncologists and radiation oncologists, coordinate complex treatment modalities,” Dr. Lin explains, “and high-volume centers like Magee are more likely to take this multidisciplinary approach.”

Previous research has shown that ovarian cancer patients treated at high-volume facilities also have better outcomes than those treated at low-volume facilities. Dr. Lin presented his findings at this year’s meeting of the Society of Gynecologic Oncology. — *A.D.*

### MAGEE MAGAZINE *AROUND THE WORLD*



Magee-Womens Research Institute Director Yoel Sadovsky, MD, (fourth from left) visited Indian Wells, California, earlier this year to speak on women’s health research at MWRI and how it impacts families around the globe. Pictured with him are (from left) Margaret Joy, former chairwoman of the Magee-Womens Research Institute & Foundation board of directors; co-host Keith Schaefer; MWRIF Vice President Arthur Scully; guest Anne Zacharias; co-host Larry Lucchesi; guest Sam Zacharias; and MWRIF board member Carrie Coghill.

*We are accepting photos like this for future issues. Please submit photos with captions to [info@mwrif.org](mailto:info@mwrif.org).*

## UPMC INVESTS IN WIND POWER

Data centers, which house computer systems, use a great deal of electricity. Over the past three years, UPMC has consolidated computer systems and installed advanced cooling equipment in an effort to reduce power consumption at its data centers in Oakland and Shadyside. Now the health system has gone a step further by purchasing renewable energy credits (RECs) equal to its data centers' annual energy usage.

UPMC purchased 15,400 RECs from Pittsburgh-based EverPower Wind Holdings Inc., which operates four wind farms in Pennsylvania. Each REC represents 1,000 kilowatt-hours of wind power. "Purchases like this allow more wind farms to be built in Pennsylvania, thus creating economic growth and environmental benefits," says Jim Spencer, president and chief executive officer of EverPower.

Wind energy and other "green" energy sources reduce the need for fossil fuel power plants, which release carbon dioxide and other pollutants into the atmosphere. UPMC's investment in wind power is expected to reduce carbon dioxide emissions by more than 11,000 metric tons.

UPMC is the first health system in the state to commit to wind power for its data facilities. — *Janie Robertson*



### Study exploring balance and mobility among breast cancer survivors

University of Pittsburgh researchers are seeking breast cancer survivors who currently take an aromatase inhibitor (AI) such as Arimidex®, Aromasin®, or Femara® to participate in a study exploring balance and mobility. You may be eligible for this study if you are at least 40 years of age, have had surgery to remove breast cancer, and have been taking an AI for no more than three years.

Participation in the study requires a single research visit, during which you will answer questions and perform tests of your balance, mobility, and daily function. This 2 ½-hour visit can be completed at certain UPMC CancerCenter locations, at the University of Pittsburgh campus, or at your home (depending on location). Free parking and compensation up to \$50 will be provided.

*For more information and to see if you qualify, please contact Kaitlyn Swisher at 412.383.6728 or kds44@pitt.edu.*

### Study exploring effect of stress on pregnant women

Researchers are seeking pregnant women to participate in the Measurement of Maternal Stress (MOMS) study. You may be eligible if you are at least 18 years of age, less than 21 weeks pregnant, and pregnant with only one baby.

Participation in the study requires two visits to Magee-Womens Hospital of UPMC to answer questions about stressors in your life and give samples of blood, hair, and saliva. The study also calls for a four-day at-home assessment, during which you will wear a heart monitor, complete an electronic diary, and collect samples of saliva and urine. Participants will be paid up to \$480.

*If you have questions or would like to participate, please contact study coordinator Melissa Bickus, RN, at 412.641.4072 or mbickus@mail.magee.edu.*





## STUDY SUGGESTS LINK BETWEEN POOR SLEEP AND PREGNANCY COMPLICATIONS

It's no secret that sufficient shut-eye is important to good health. A new study by Magee-Womens Research Institute member **Michele Okun, PhD**, suggests that pregnant women who don't sleep well are at increased risk of adverse pregnancy outcomes such as preterm birth. Women with poor sleep and depression are at even greater risk.

"Our results highlight the importance of identifying sleep problems in early pregnancy, especially in women experiencing depression, since sleep is a modifiable behavior," says Dr. Okun, assistant professor of psychiatry at the University of Pittsburgh School of Medicine.

The study evaluated the relationship between sleep and inflammatory cytokine concentrations in 168 depressed and non-depressed pregnant women. Cytokines are chemical messengers that regulate immune responses. They're important for numerous pregnancy-related processes, but an overproduction of cytokines can inhibit the body's ability to ward off disease. "It is plausible," the study concluded, "that a woman who experiences both sleep disruption and depression may substantially increase her risk for adverse outcomes as a function of an exaggerated inflammatory response."

The study was published in the September issue of the journal *Psychosomatic Medicine*. — A.D.



Dr. Jules Sumkin, DO

## Magee Leads the Way in Breast Biopsy

BY KATY RANK LEV



**MAGEE-WOMENS HOSPITAL OF UPMC MADE** medical history this summer, becoming the first U.S. center to offer a new biopsy procedure to women with abnormal mammograms.

The procedure makes use of cutting-edge imaging technology called tomosynthesis, which produces three-dimensional x-rays of the breast. Three-dimensional imaging makes it easier for radiologists to identify certain abnormalities and has been shown to increase cancer detection by approximately 30 percent over traditional mammography, says Jules Sumkin, DO, chief of radiology at Magee. “The lesions we’re finding are significant, invasive cancers which we sometimes cannot see any other way,” he says. In June, radiologists at Magee performed the country’s first tomosynthesis-guided breast biopsy. A biopsy is a procedure to remove a small piece of tissue for testing.

Magee has played a pivotal role in the development of breast tomosynthesis, often referred to as 3-D mammography. Since 2005, Dr. Sumkin and colleagues have been working with Hologic Inc., a Massachusetts-based developer of healthcare products, to test and refine the promising technology. Breast tomosynthesis was approved by the U.S. Food and Drug Administration in 2011, thanks in no small part to the research conducted at Magee. “The researchers and clinicians at Magee have been instrumental in advancing this technology, which is fast becoming the gold standard in breast cancer screening,” says Loren Niklason, vice president of imaging clinical research at Hologic. Breast tomosynthesis technology is now available in every state except Maine and more than 50 countries, according to Hologic.

A biopsy using tomosynthesis can take less time and expose the patient to less radiation than a

PHOTOS COURTESY OF HOLOGIC INC.



traditional biopsy. The new biopsy option is especially valuable for women with arthritis or other physical conditions that make standard biopsy procedures difficult. Currently, most breast biopsies are performed with the patient lying on her stomach on a table. Tomosynthesis allows the patient to sit upright in a chair.

“The ability for us to provide 3-D guided biopsy to our patients represents an exciting new example of our innovative approach to breast imaging,” Dr. Sumkin says. “Magee radiologists continue to play a pivotal role in the development and advancement of this tool and other cutting-edge technologies.”



# Magee Welcomes New Chef

BY CHRISTINE H. O'TOOLE

**CHEF ANDREW GUILLOT HAS A** weakness for gumbo, a flair for fresh ingredients, and a secret identity as a master builder of gingerbread houses. Before joining Magee-Womens Hospital of UPMC as executive chef earlier this year, he ran his own New Orleans-themed restaurant, Andrew's French Quarter, near St. Louis.

“I've done everything I've wanted — country clubs, casinos, my own restaurant. But I hadn't done healthcare,” says the 40-year-old St. Louis native, whose mother had a 49-year career as a nurse. “I liked the idea of building awareness about sustainable, healthy foods.” An employee of food management company Sodexo, Guillot oversees

a staff of two dozen responsible for serving 1,600 meals daily to patients and visitors.

“His strong culinary background really stood out,” says Chris Vitsas, director of Food and Nutritional Services, who led the chef search. Vitsas challenged the top candidates to prove their skills by having them prepare a meal on the spot with ingredients he provided. “Andrew made a salmon dish with sunflower seeds, cornmeal, and blue cheese for our management team,” Vitsas recalls. “They loved it.”

Guillot is taking advantage of Magee's own gardens to provide fresh flavors whenever possible. “One of the things that attracted me to Magee was the gardens,” he says. “We're leading by example, showing patients and staff how to produce sustainable foods.” For a recent luncheon meeting, he harvested green onions for a tomato-cucumber salad, baby spinach and baby zucchini for grilled vegetable wraps, and crunchy romaine for Buffalo chicken wraps.

Guillot enjoys the challenge of creating healthy variations on old favorites. “My role is to help educate people. I like to refine the elements — maybe using a light broth instead of gravy,” he says. The health-conscious chef exercises daily and walks the nutritional walk: this fall, he harvested the bounty from the garden he planted at his Baldwin Township home.



TURN TO PAGE 16 FOR  
A LOOK AT MAGEE'S  
ORGANIC GARDENS.



# on the *green* frontier

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MAGEE'S ENVIRONMENTAL INITIATIVES  
HAVE EARNED NATIONAL RECOGNITION AND MADE IT  
A ROLE MODEL FOR OTHER HOSPITALS.

STORY BY CHRISTINE H. O'TOOLE  
ILLUSTRATION BY DAVID POHL

**NATURAL. ORGANIC. HEALTHY. SAFE.  
ECO-FRIENDLY. RENEWABLE.**

As companies jump on the green bandwagon, those reassuring adjectives have been applied to countless products and services, from applesauce to Zipcars. However, despite the obvious connections between green practices and physical health, hospitals have been slow to get onboard. One notable exception: Magee-Womens Hospital of UPMC. It's driving the wagon.

The hospital's greening efforts have received national recognition. *Becker's Hospital Review*, a leading hospital magazine, recently named Magee one of the 50 greenest hospitals in America. And for the second consecutive year, Magee was named to the Environmental Leadership Circle by Practice Greenhealth, a nonprofit that advocates for environmentally friendly practices in the healthcare sector. Induction into the circle is Practice Greenhealth's most competitive and prestigious award. Only 29 hospitals made the cut this year, and Magee is the only one in Pennsylvania.

Magee has been at the frontlines of green healthcare for nearly a decade. It has reduced waste and energy consumption, increased recycling, eliminated toxic chemicals, and developed innovative education programs for both staff and patients. It may be the first U.S. hospital to grow its own organic fruits and vegetables.

Now, Magee is taking on a new role: that of mentor to other hospitals seeking advice on everything from dimming unused computer monitors to using gardens for environmental education.

Credit the growing environmental awareness of a post-industrial city and a strong philanthropic partner for Magee's quiet revolution. In 2006, The Heinz Endowments, one of Pittsburgh's major charitable foundations, invited Magee leaders to explore the effects of long-term exposure to toxins on childbearing families. Evidence was mounting that repeated small doses of everyday chemicals could be as harmful as a single megadose, leading to cancers, birth defects, asthma, and infertility. A prominent example is phthalates, a class of common additives in plastics, lubricants, shampoos, and even pharmaceutical coatings.

"The Endowments thought we would have an interest," recounts Judy Focareta, RN, MEd, coordinator of Environmental Health Initiatives at Magee. "We received a planning grant that allowed us to educate ourselves for a year. We did a literature search, bringing in experts in the field." The hospital

## progress by the numbers



Judy Focareta (in green) and other members of Magee's "green team"

Magee's green team proves its progress with numbers. "Linda Antonelli, our vice president for Facilities and Support Services, always says you can't tell if you're getting better unless you're

measuring," laughs Judy Focareta, coordinator of Environmental Health Initiatives. From labs to pharmacies to the mailroom, her team keeps careful track of materials reduced, reused, and recycled.

Since 2009, Magee has reduced regulated medical waste by more than 50 percent and increased recycling by nearly 30 percent. Last year, the hospital recycled nearly a quarter of its total trash.

partnered with a national nonprofit, Health Care Without Harm, that helped set a framework for a new preventive approach. Educating staff and administrators was an important first phase. When Magee hosted Pittsburgh's first-ever conference on Women's Health and the Environment in 2007, Magee President Leslie Davis introduced Teresa Heinz Kerry, who spoke passionately about the need for medical leadership to inform the public on the issue. "Leslie has supported our work wholeheartedly ever since," Focareta says.

The hospital formed its "green team" in 2006. A general invitation to an organizing meeting promptly drew 50 volunteers — evidence that green healthcare was an idea whose time had arrived. "Our team is terrific. It comes from every department in the hospital," Focareta says. Staff members from education, dietary, facilities, surgical services, the mother-baby unit, orthopaedics, genetics, and laboratories brainstormed ways to advance sustainability. Staff education, energy savings, hospital supplies, and food became early targets.

Housekeepers found safer cleaning products and switched to microfiber mops. (The switch, later adopted throughout the UPMC network, saves

Magee an estimated 210,000 gallons of water each year.) Nurses invited environmental experts to in-house seminars. The Dietary Department streamlined menus and reviewed ways to reduce pesticides and hormones in produce and milk. At one green team meeting, Dietary Services manager Anna Ardine planted the idea of turning hospital courtyards into organic gardens. "Right away, everybody loved it," Focareta recalls. "Since we're always talking about reducing patients' exposure to chemicals, it makes sense for us to serve fresh, organic vegetables. And since they're more costly to purchase, it makes sense to grow our own."

Even before being approached by The Heinz Endowments, Magee had moved to eliminate mercury from all equipment. By 2006, it had removed phthalates from all plastic IV tubing in its neonatal intensive care unit. Next, it focused on reducing regulated medical waste. Since 2009, Magee has slashed this "red bag" waste by more than half. Sensors turn off lights in empty rooms. The heating and cooling system is programmed to minimize energy use in unused operating rooms.

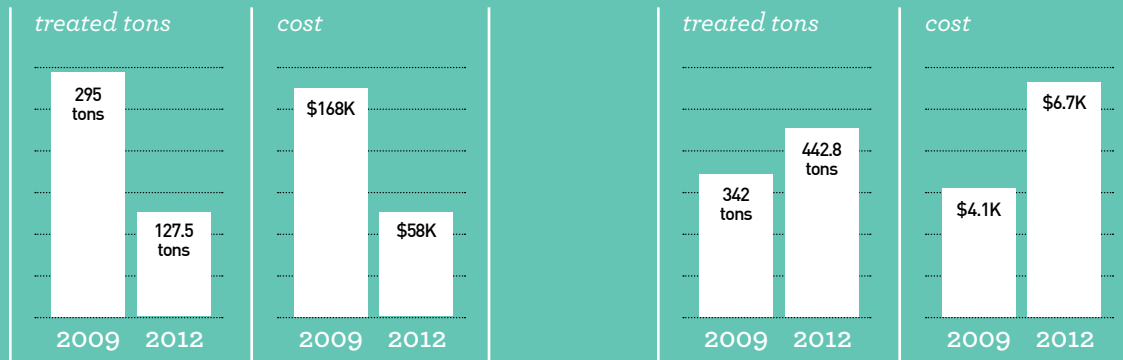
Colleen O'Hare, a green team member and manager of surgical pathology, saw an opportunity to reuse AA batteries used in surgical instruments. "The OR always used fresh batteries, then threw them away," she explains. "But we use them, too. Our pathology assistants use voice recognition software to dictate specimen descriptions. They wear a wireless headset that runs eight hours a day. So now, we take the single-use batteries from the OR and put them to work again."

Magee is installing a new piece of laboratory equipment that O'Hare says will have another substantial impact on waste. The hospital processes nearly

## regulated medical waste



## recycling



90,000 Pap smears a year. Normally, the plastic vials, each holding a few tissue cells, are collected in large drums and trucked to a landfill. The new equipment, known as the Vyleater, drains the methanol and tissue from the vial, segregates the medical waste, and shreds the plastic, which can be recycled. “In general, we’re doing better trash segregation,” O’Hare says. “We started in the gross room, then worked on the clinical laboratories. Now the new CLB building” — the centralized lab that serves all of UPMC’s Oakland hospitals — “has adopted the program. Magee has become a model for the whole system.”

### A MISSION TO EDUCATE

With its staff imbued with the greening gospel, Magee turned its attention to educating patients — particularly expectant and new parents. “We offer healthy pregnancy, healthy women, and healthy family classes to thousands of people each year,” says Cindy Blasko, coordinator of consumer education at Magee, “and we try to incorporate some environmental health information into all of them.” Four years ago, the hospital launched a class called It IS Easy Being Green to teach parents about protecting their families from environmental toxins. “Initially, this was new information for a lot of people. Now, it’s much more mainstream,” notes Blasko. “A lot of people have already started to make changes, and we’re learning from them as well.”

With support from The Heinz Endowments, Magee also produced a DVD, Baby Steps to Green Parenting, that has been distributed to thousands of patients and healthcare providers.

Magee took greening to a higher level last year, during a construction project that added two stories to a section of the hospital. It recycled more than 90 percent of its construction debris, purchased local and recyclable materials, and eschewed flooring and other materials containing hazardous chemicals. The new units feature large windows providing natural light, which not only saves electricity but also has been shown to help patients heal faster. Earlier this year, the U.S. Green Building Council gave the project a major stamp of approval: Silver-level LEED (Leadership in Energy & Environmental Design) certification.

UPMC has its own “green team,” which draws inspiration from Magee’s efforts. For Focareta, who represents Magee on the system green team, it’s gratifying to see other hospitals following suit. But Focareta says the most rewarding aspect of her work is teaching patients and their families about safe, non-toxic environments. “Environmental health education is Magee’s unique strength, because we started with education. All our practices bubbled up from there.” Magee’s first decade of greening is only a prelude, she adds. “The Practice Greenhealth award encourages us not to sit on our laurels, but to continue to work.”



# operation **OR** greening

BY CHRISTINE H. O'TOOLE





Dr. Noedahn Copley-Woods

#### AS PROFESSIONAL DEVELOPMENT

opportunities go, trudging through a landfill might not be a first choice. But recently, a team of doctors, nurses, and managers from Magee-Womens Hospital of UPMC did just that.

Led by Magee gynecologist Noedahn Copley-Woods, MD, the field trip was part of the hospital's effort to "green" its operating rooms — voracious users of energy and disposable supplies. "The basic message of sustainability is that stuff comes from somewhere and goes somewhere, so staff education on where your trash goes is important," Dr. Woods explains.

Operating rooms (ORs) are one of the largest users of supplies within hospitals. A recent national survey found that supplies outweigh salaries in OR budgets, comprising more than 50 percent of total costs. Operating rooms also produce an estimated 20 to 30 percent of a hospital's total waste, according to Practice Greenhealth, a national organization that advocates for greener practices in healthcare. That's why Magee and other hospitals committed to reducing their environmental impacts have made greening surgical suites a priority.

Two colors — red and blue — dominate the discussion of green ORs.

Several years ago, Magee formed a committee to look into its "red bag" waste. Red bags are

*"THERE IS NO NATIONAL MODEL, SO THIS IS A NEW ENDEAVOR. WE'RE TRYING TO QUANTIFY WHAT GREENING INITIATIVES ARE REALLY EFFECTIVE. LIFE CYCLE ANALYSIS HAS HELPED US TARGET OUR INTERVENTION EFFORTS TOWARDS THE HIGHEST YIELDS."* DR. WOODS

reserved for regulated medical waste — blood, cultures, soiled gowns, and the like. But the committee found that pizza boxes, coffee cups, and other everyday materials were also being tossed into red bags. "We pay about 3 cents a pound for municipal waste, and we pay about 10 times that for red bag waste because it has to be specially handled and treated before it can go to a landfill," says Judy Focareta, RN, MEd, coordinator of Environmental Health Initiatives at Magee. "So we were losing a lot of money, but more importantly, we were wasting energy and resources by putting this stuff on a truck and sending it to be autoclaved."

Magee's education department made posters to help staff and patients distinguish between red bag and general waste. Dr. Woods spread the message at staff meetings. Brian Kovaly, environmental services manager for Magee, saw to it that receptacles for general waste were prominently placed. Their efforts paid off. "In a year we reduced the red bag waste by 50 percent, and we increased our recycling by 20 percent," Focareta says.

Next up: "blue wrap." Surgical instruments come wrapped in swaths of disposable polypropylene, which keeps out contaminants and allows for steam sterilization. It's ubiquitous and effective, but not easily recyclable or biodegradable.

A major step toward sustainability came earlier this year, when the waste management staff located a company that can reuse blue wrap to make durable vinyl siding for construction.

“We now send more blue wrap to recycling than we do to trash. The balance has shifted,” says Vicki Dinsmore, RN, BSN, an OR nurse who has spearheaded greening projects along with Mary Altmeyer, MEd, CRNA, manager of the Anesthesia Department.

OR staff also work with SterilMed, an outside contractor that reprocesses medical devices so they can be safely reused.

“You have to make it easy,” Dr. Woods says of the new practices. “Doctors don’t have time and don’t make decisions about trash, but they’re data-sensitive. If you can show them data, you can convince them. Nurses are very focused on patient outcomes and patient experience. Having their buy-in is important.”

## CRUNCHING THE NUMBERS

As a leader in hospital greening, Magee is collaborating with Practice Greenhealth to collect data on sustainable practices. Dr. Woods, a board member of Practice Greenhealth, has joined forces with University of Pittsburgh engineering faculty on a life cycle assessment for Magee’s operating rooms. Life cycle assessments are used in many industries to measure and assign values to the environmental impacts of products and services, from manufacture, to transport, to use and disposal. Until recently, however, hospitals have not attempted such analyses.

“There is no national model, so this is a new endeavor,” Dr. Woods says. “We’re trying to quantify what greening initiatives are really effective. Life cycle analysis has helped us target our intervention efforts towards the highest yields.”

Dr. Woods, an assistant professor of obstetrics and gynecology at Pitt’s School of Medicine, and Melissa Bilec, PhD, assistant professor in the Swanson School of Engineering, recently published the first life cycle assessment on delivering infants in the U.S., comparing vaginal and C-section births at Magee. They found that production of disposable supply packs, use of the hospital’s heating, ventilation, and air-conditioning (HVAC) system, and waste disposal comprised the lion’s share of the procedures’ environmental impacts, with C-sections creating more impacts overall.

Their recommendations included reducing reliance on disposable products, optimizing HVAC control, and modifying waste management.

Next, they focused on the environmental impacts of hysterectomy, a surgery to remove all or part of the uterus. Hysterectomies are the second most common surgical procedure among women, with more than 600,000 performed annually in the U.S. Dr. Woods and team compared four hysterectomy techniques used in 60 cases at Magee. They found that production of disposable surgical instruments accounted for 20 to 99 percent of the environmental impacts from laparoscopic and robotic surgeries. “With the exception of vaginal surgery, we found that the smaller your incision, the larger the instruments and the greater the waste,” she says.

Dr. Woods acknowledges that replacing single-use surgical instruments with reusable ones will be hard. “That’s a tough nut to crack,” she admits. But she points out that tackling other environmental issues in the OR will be easier. For example, Magee’s ventilation system changes the air of an OR 20 times an hour, meeting regulatory standards; slowing down the cycle when an OR is not in use could save energy. Based on the results of the Magee life cycle assessment, UPMC is now targeting HVAC in operating suites as part of its systemwide greening efforts.

“We all hope there’s a single, simple solution that technology will provide,” Dr. Woods says. “That is not gonna happen; there’s no magic bullet. If you use resources, you deplete resources. Truly sustainable technology looks different. When that happens in healthcare, it will look healthier.”



PHOTO BY REBECCA DROKE



PHOTO BY LYNN JOHNSON



Left: David Davis, logistics and warehouse manager for Global Links, loads a donated hospital bed into a shipping container at the organization's Pittsburgh headquarters. Right: A medical team in Bolivia keeps an infant alive using a manual resuscitator provided by Global Links.

## saving lives through reuse

One of the most dramatic examples of Magee's commitment to sustainability is its partnership with Global Links, a Pittsburgh-based organization that collects surplus materials from U.S. hospitals and sends them to countries where they are desperately needed. Since its inception in 1989, Global Links has shipped more than 400 tractor-trailer loads of medical materials — everything from sutures to IV poles to exam tables — to countries including Haiti, Jamaica, Nicaragua, and Guatemala. It not only prevents needless suffering and deaths but also keeps millions of pounds of materials out of landfills.

U.S. hospitals throw away large quantities of unused or still-useful materials for a variety of reasons, including new technologies, regulatory requirements, and vendor changes. Medical products are often packaged together in kits designed for a specific procedure — wound closure, for example, or knee replacement surgery — and doctors don't necessarily use the entire contents.

Magee donated more than two tons of supplies — some 4,451 pounds — in the first eight months of this year. Other UPMC hospitals also support Global Links. Donations from the health system recently helped furnish

an entire operating suite in the labor and delivery ward of a hospital in Guyana. Previously, women who required a C-section had to be wheeled down the street to the closest OR, which posed a risk to both mother and baby, says Hayley Brugos, medical outreach manager for Global Links.

Magee's participation is particularly important, Brugos adds, because its labor and delivery, neonatal intensive care, and post-partum supplies are critically needed. One example is bilirubin lights, used to stimulate liver function in newborns. "They are extremely valuable," Brugos says. "We get

requests for them all the time, and just recently Magee was able to donate two." The hospital gives Global Links unused supplies that patients leave behind, including diapers, baby wash, and hospital socks. Each operating room and patient floor has a donation bin. Magee has even held "scrub drives" for gently used scrubs and lab coats.

"Magee is great to work with," Brugos says. "Their waste minimization team studies the issues and looks at the metrics. Their staff members are truly invested in this project. It's part of their culture."

— Christine H. O'Toole

# cultivating awareness

MAGEE'S GARDENS PROVIDE FRESH FOOD —  
AND AN OPPORTUNITY TO EDUCATE PATIENTS AND STAFF.

PHOTOGRAPHY BY ADAM MILLIRON

**HOSPITALS AREN'T EXACTLY KNOWN FOR** fresh food. But Magee isn't most hospitals. Here, you can sidle up to a salad bar stocked with vegetables grown just steps away. You can nosh on bruschetta made with just-picked tomatoes or rub a sprig of rosemary between your fingers and inhale the fragrance.

Long known for cutting-edge healthcare, Magee has recently emerged as a trailblazer in environmental education. Its onsite gardens — thriving since 2009 — may be its most effective teaching tool. “The gardens aren't just supplying healthy foods,” says Judy Focareta, RN, MEd, the hospital's coordinator of Environmental Health Initiatives, “they're a demonstration of our commitment to environmental health.” Designed in

partnership with Phipps Conservatory, the all-organic gardens are dotted with informational signage about the environmental and health benefits of organic, locally grown foods. They're a perfect setting for “lunch and learns” on topics such as healthy eating and sustainable food systems. They're included on prenatal tours, reminding the thousands of women who give birth at Magee each year that the foods they eat and the air they breathe affect their baby's health.

Fresh food and a valuable educational tool: reasons enough to continue the organic gardening program. There's another reason. Green spaces have been shown to promote patient healing and staff satisfaction, which in turn reduces medical errors.

TO MAKE A DONATION TOWARD GARDEN MATERIALS AND MAINTENANCE, PLEASE VISIT  
[WWW.MWRIF.ORG/DONATE](http://WWW.MWRIF.ORG/DONATE) OR CALL MAGEE-WOMENS FOUNDATION AT 412.641.8949.





1.



2.



3.



4.



5.



6.

1. Magee grows organic vegetables and herbs in two enclosed gardens. 2. Head gardener David Slowik harvests tomatoes. 3. Slowik carries a bucket of tomatoes, which will be delivered to the kitchen. 4. This year, the gardens yielded nearly 2,200 pounds of vegetables and herbs, including carrots, eggplant, cucumbers, and basil. 5. Chef Andrew Guillot prepares salads with fresh-picked vegetables. 6. Finished salads await delivery to patients.

## UPMC to snuff out smoking during work day

BY JANIE ROBERTSON

UPMC, WHICH BANNED SMOKING on its campuses in 2007, has taken a harder line against tobacco. Starting in July, UPMC staff will be prohibited from smoking cigarettes or using other tobacco products during their work day, including breaks and lunch time. About 11 percent of the health system's staff report tobacco use, compared with 18 percent of the U.S. population.

"Our patients are best cared for, and both patients and visitors have the best experience when our employees are at their very healthiest and when the workplace is free of tobacco," says Gregory Peaslee, UPMC's senior vice president and chief human resources and administrative services officer.

UPMC will still hire smokers and will provide smoking cessation coaching and other support to current and newly hired staff. Hundreds of staff have already kicked the habit with the help of a comprehensive behavior modification program that includes one-on-one counseling and online support.

Tobacco use is the single largest preventable cause of death and disease in the U.S., according to the Centers for Disease Control and Prevention.

## it is easy being green

If hearing or reading about toxic substances leaves you scratching your head, you're not alone. Environmental health is a broad and growing field, and keeping current is no easy task. Fortunately, a little bit of knowledge can go a long way in reducing your exposure to common toxins. Magee offers a crash course in environmental health geared toward expectant and new parents. The 2 ½-hour class, It IS Easy Being Green, covers topics such as mercury levels in fish, pesticides in produce, and toxins in toys. To register, call 412.802.8299 or visit <https://classes.upmc.com>. The cost is \$10.

### HERE ARE A FEW RECOMMENDATIONS FROM THE CLASS CURRICULUM:



- Leave your shoes at the door to avoid tracking in pesticides and pollutants.



- Wash your hands with regular soap. Avoid antibacterial soaps, which contain a pesticide linked to cancer.



- Buy locally grown produce. Visit farmers markets or join a CSA (community supported agriculture) program to connect with area farmers. Consult the Environmental Working Group's Shopper's Guide to Pesticides in Produce ([www.ewg.org/foodnews](http://www.ewg.org/foodnews)) to learn which fruits and vegetables have the most pesticide residues.



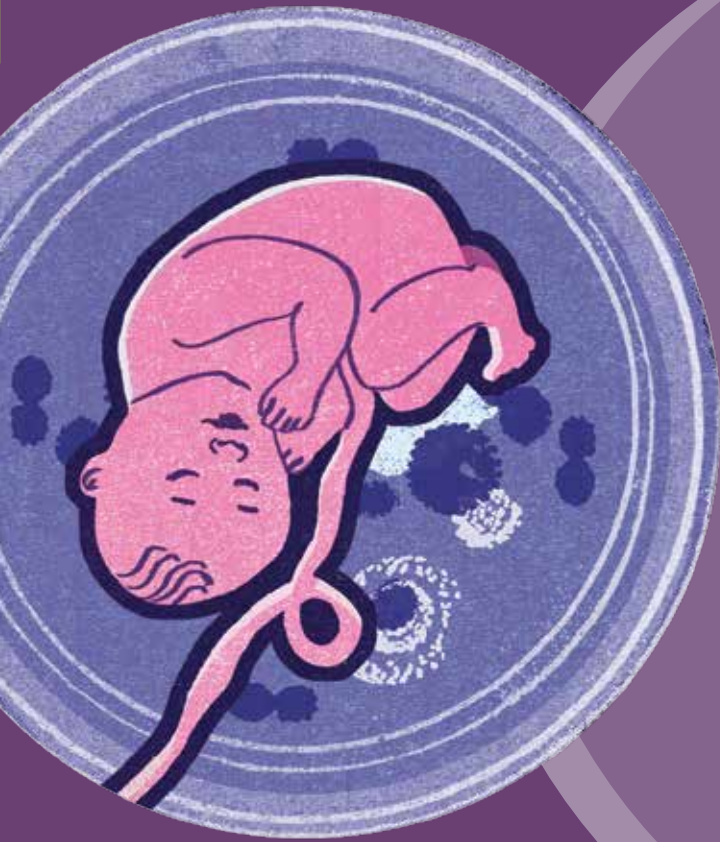
- Visit the Skin Deep database ([www.ewg.org/skindeep](http://www.ewg.org/skindeep)) to find safety scores for thousands of personal care products, including shampoos, deodorants, and sunscreens. As a general rule, use fewer products, and use them less frequently.



- Opt for fragrance-free products. A fragrance may contain hundreds of chemicals.



- Try to avoid plastic food and beverage containers, especially those marked #3, 6, or 7. Never put plastic in the microwave.



# NOT GOING VIRAL

*A team of investigators is solving the mystery of how the placenta protects the fetus from infection.*

**STORY BY JOE MIKSCH  
ILLUSTRATION BY DAVID POHL**

**A VIROLOGIST WITH A SUDDEN PERSONAL** interest in the fetus. A grad student looking for a dissertation project. Said student coincidentally sitting in on a lecture given by a man who has dedicated his research life to women's and fetal health. These are apparently the optimal preconditions for creating one of the first teams to begin sorting out how the placenta protects the fetus from viral infection.

Carolyn Coyne, PhD, associate professor of microbiology and molecular genetics at the University of Pittsburgh, was the virologist. In 2008, while pregnant, she started asking questions. "I was sitting under a tissue culture hood, purifying viruses. It was pretty early on in my pregnancy, and I thought, *Should I be doing this?*" She wondered whether the viruses she'd been working with might harm her developing baby. To Google she went.

"And there was nothing! *How is this not known?!*" Perhaps, Dr. Coyne thought, grad student Elizabeth

Delorme-Axford (now a postdoctoral associate in microbiology and molecular genetics at Pitt) would be interested in helping her turn the unknown into the known. And she was.

"I'm really interested in women's health," Delorme-Axford says, "and I know that it's not as studied as you might think it would be."

During one of her graduate school rotations, she attended a lecture by Yoel Sadovsky, MD, director of Magee-Womens Research Institute and Elsie Hilliard Hillman Professor of Women's Health Research. Delorme-Axford knew that Dr. Sadovsky worked with primary placental cells, or trophoblasts, which play an important role in embryo implantation and interaction with the uterus. These cells, she and Dr. Coyne thought, were likely to play a vital role in keeping viruses hosted by the mother from infecting the developing fetus. Delorme-Axford wondered if Dr. Sadovsky would be interested in lending his mind — and some of those placental trophoblasts — to their research.

He was. "He's such a positive personality," Dr. Coyne says.

Dr. Sadovsky does fairly beam, even when he talks about prospective bad outcomes or things not yet understood. Not because any of it is funny, but because bad things and lingering questions afford the opportunity to ferret



Dr. Yoel Sadovsky

out the unknown. Recently, he related the story of his collaboration with Dr. Coyne's lab. "Viral infections," he says, "are one of the major insults during pregnancy. They can cause fetal death, small brains, abnormalities in the eyes, the ears, the heart. Babies can be too small at birth [because of such infections], which causes complications later on."

A gang of pathogens known collectively as TORCH (toxoplasma, "others," rubella, cytomegalovirus, and herpes) is responsible for various congenital defects. Also, about four million children who contracted HIV in utero have died of AIDS since the epidemic began. Yet, most viruses carried by the mother are thwarted, somehow, before they can cross the placenta and invade the fetus.

"There is very little understood about how viruses cross the placenta," Dr. Sadovsky continues. "Some do, and some don't. Some infect at delivery, others throughout pregnancy, and others, none of the above."

So, equipped with Dr. Sadovsky's primary placental cells, Dr. Coyne and Delorme-Axford went to work. "We work with viruses that are highly infectious," Dr. Coyne says. "They infect many human cell types. But when we tried to infect these placental cells, there was almost zero infection."

"I remember saying to Elizabeth, 'This is really odd... Go to the freezer and let's see what other viruses we have.' We found that nothing we had on hand could infect these placental cells."

Interesting? Sure. Entirely unexpected? Not really. But — and this is the big question — why was this the case?

Dr. Coyne also has an abiding interest in innate immunity, the essential immune system of individual cells that allows them to fight off infection. And

one of the hallmarks of cellular innate immunity is the cell's ability to spit out antiviral factors as a means of tripping up viral invaders.

"Wouldn't it be cool if these placental cells just happened to release certain cytokines that are antiviral?" Dr. Coyne recalls thinking.

She then came up with a way to verify her suspicion. She asked Delorme-Axford to take the medium in which Dr. Sadovsky's primary placental cells were growing (it's called a "conditioned medium" as opposed to the fresh-out-of-the-bottle stuff), drop in some cells that are very prone to viral infection, and see what happens when these cells are exposed to viruses. "What we found was that just using that conditioned medium protected the recipient cells from the same panel of viruses [that the primary placental cells were subjected to]. And that's when we knew we had something really interesting," Dr. Coyne says.

But, Dr. Coyne says, she wasn't sure what. As a virologist, she found the question was a bit outside her bailiwick. "And that's when we went back to Yoel. Had he not made some suggestions pretty early on as to what to look at, I think this project would have taken a much different turn."

Dr. Sadovsky's work told him that placental cells produce all manner of vesicles (bubbly little organelles that play roles in metabolism, cellular transport, and enzyme storage, among other functions). Some of these vesicles, called exosomes, contain microRNAs, which help regulate gene expression. And, Dr. Sadovsky says, certain microRNAs are produced in great abundance only in the placentas of humans and other primates.

"We couldn't find anything else that was unique in placental cell vesicles except for the release of these microRNAs. So we said, 'Wow! This is an interesting candidate to potentially play a part on the effect we're seeing,'" he says.

There's the hypothesis. Now, the test. The group exposed the placental trophoblast medium to sonication, a process involving sound waves that can destroy membranes, like those that are part of microRNA-carrying vesicles. When the trophoblast-conditioned medium was subjected to sonication, nonplacental cells introduced into it could no longer resist viruses. That's because sonication destroyed the microRNA-laden exosomes that target the microRNAs to the cells, eliminating the antiviral protection conferred by the conditioned medium.

"If you depleted these little microvesicles from the medium, you completely lost the antiviral effect," Dr. Coyne says. But, she adds, if you reintroduce lab-cloned microRNA to the mix, the effect is restored. These exosomes and their microRNAs, then, seemed to be the key to the placenta's defense system.

MicroRNA was discovered in 1993. This class of noncoding RNAs is commonly understood as a source of gene regulation, assisting in the vital task of keeping cells healthy. Benjamin tenOever, PhD, professor of microbiology at Mount Sinai School of Medicine and an RNA expert, says the Pitt team has made a significant leap forward by discovering RNA's role as an antiviral in fetal health. "It's an amazing body of work," he says. "These findings change the way in which we think about how the body can deal with viral infection."

Yet having identified the placenta's armor isn't enough. "We then spent a good amount of time figuring out what sort of mechanism is at work on the cell biology side," Dr. Coyne says. "And I think the credit here goes to Elizabeth. As we started going through the process of thinking about what host cell pathways are involved, ... she suggested autophagy."

Autophagy (from the Greek *auto*, meaning "self," and *phagein*, "to eat") is the process by which cells degrade unnecessary or broken parts. When the process takes place in this milieu, it destroys the virus by shuttling the viral vesicles to the cell's lysosome, which is full of enzymes that digest the bad stuff.

"So," Dr. Sadovsky says, "if we take the microRNA, and we put [it] on the recipient cells, we not only cause resistance to viruses, but we also stimulate autophagy. And if we block autophagy, we block this resistance. We're not sure if this is the only [process involved] or exactly how it works, but we are pretty sure that this is true."

The resulting paper was published in the *Proceedings of the National Academy of Sciences* in July. Dr. Coyne had previously presented the research at a meeting of the American Society for Virology, "and it was a huge hit," she says. "I think that was because, to virologists, this was something they hadn't thought about. Perhaps it required the aligning of the stars, getting the right people together at the intersection of several disciplines."

The team is aching to find out exactly what these very helpful microRNAs target. "Yoel is pursuing the target gene," Dr. Coyne says. The researchers are also identifying pathways leading to ramped up autophagy. Along the way, they hope to find clues that will allow doctors to stymie the viruses that are able to slide past the placenta's defenses and attack the fetus.

There may be more to the story. It's possible that this collaboration will bear fruit outside the confines of the womb.

"Perhaps we can use the vesicles or the microRNAs from the placenta to bestow viral resistance outside of pregnancy," Dr. Sadovsky posits. "This could become a new paradigm for treating viruses in humans."

“

As a physician-scientist interested in early human development and its connection to health across the lifespan, I believe that the work we do here at Magee has the potential to affect not only the health of women here in our community, but around the nation and the globe.

DR. YOEL SADOVSKY

”

## DR. SADOVSKY ELECTED TO INSTITUTE OF MEDICINE

Yoel Sadovsky, MD, director of Magee-Womens Research Institute, has been elected to the Institute of Medicine (IOM), one of the highest honors in the medical field.

"This is truly a great honor," Dr. Sadovsky says. "As a physician-scientist interested in early human development and its connection to health across the lifespan, I believe that the work we do here at Magee has the potential to affect not only the health of women here in our community, but around the nation and the globe."

The election of 70 new members was announced in October at IOM's 43rd annual meeting.

"These individuals have inspired us through their achievements in research, teaching, clinical work, and other contributions to the medical field," IOM President Harvey V. Fineberg said in a statement. "Their knowledge and skills will deeply enrich the IOM."

Established by the National Academy of Sciences in 1970, IOM provides independent, scientifically informed analysis and recommendations on health issues. Members volunteer their time on IOM committees, boards, and research projects. The recent election brought IOM's active membership to 1,753.

# GENEROSITY *IN ACTION*

Turning the spotlight on our donors



Jason, Madeline, and their son Jason share a moment with Aiden in Magee's neonatal intensive care unit.

## Infant's Death Lights Fire Under Family

**AIDEN JOSEPH STRACK CAME INTO THE WORLD ON APRIL 2, 2012 — 14 WEEKS BEFORE** his due date — and lived just 48 days. But his life had a profound impact on those who loved him, inspiring an initiative that will impact many others.

The loss of a child is life-changing. For some, the grief overwhelms, devastating families. For others, it is a catalyst, bringing new purpose out of great sorrow. In the months following Aiden's death, his mother, Madeline, decided to return to school. She is now studying to become a neonatal intensive care nurse.

Madeline and her husband, Jason, wanted to do even more. To help other parents with premature infants, and to show their appreciation for the excellent care Aiden received at Magee-Womens Hospital of UPMC, they founded the Strack Foundation. Its inaugural event, the Aiden J. Strack Golf Classic, was held in May, raising \$5,000 for Magee's Patient Care Fund. The fund is used for expenses not covered by insurance, including travel and lodging for families of babies in the neonatal intensive care unit.

"Although we only had him here for a short time, we knew Aiden was sent to us for a reason," Madeline says. "Our job as his parents is to recognize his purpose and do all we can to honor his memory. Supporting Magee's program is the perfect way to do just that." — *Janie Robertson*



## Marathoner Honors Friend Lost to Cancer

**FOR FOUR AND A HALF YEARS, CHRISTINA RADZILOWICZ RAN AN UPHILL RACE** against ovarian cancer. Throughout her marathon battle, she stayed the course, inspiring friends, caregivers, and other cancer patients to press on, never give up, never quit fighting. In January, Christina's race ended when she succumbed to the disease that claims the lives of about 14,000 U.S. women each year.

Christina and Carolyn Newkirk were friends, brought together, as is often the case, through their children. Like many, Carolyn was inspired by Christina's spirit and determination to beat the disease and help others who were going through it.

This year, Carolyn ran a different race — the Pittsburgh Marathon — in honor of Christina's courageous fight. She encouraged friends and relatives to support her by donating to the Ovarian Cancer Research Fund at Magee-Womens Research Institute & Foundation in memory of Christina. "Christina was a source of strength and inspiration throughout my whole run, especially in those last four miles," Carolyn says, "I am filled with overwhelming emotions and gratitude for all of the support from my family and friends."

Carolyn ran her personal best, raising more than \$2,700 in the process. "I feel like I won by raising money for such a deserving organization, in memory of an extraordinary woman," she says. "This has been such a rewarding experience." — *J.R.*



Carolyn Newkirk ran the Pittsburgh Marathon in memory of her friend, Christina Radzilowicz. Carolyn crossed the finish line at 4:18:43, a personal best.

## Make a Difference

### SUPPORTING MAGEE

allows you to impact the lives of countless women. Designate your gift to research, patient care, education, or any area of Magee that is important to you.

By supporting ...

... Research, you provide a chance for our scientists to discover breakthrough treatments and cures.

... Patient care, you help enhance care programs and provide resources for patients in need.

... Education, you offer opportunities for the community and staff to stay informed of medical advancements and treatment options.

Your gift helps us to remain at the forefront of medicine, transform lives, and make a difference. For more information, call 412.641.8949. Donate online at [www.mwrif.org/donate](http://www.mwrif.org/donate).



Kaitlyn Snyder of Gym Dandy's participates in the Pink Invitational meet to support women with breast cancer.

## Unite for HER, Gymnasts Make Great Fundraising Team

### ONCE IN A WHILE IN LIFE, YOU SCORE A PERFECT 10.

When Sue Weldon and Unite for HER team up with scores of young gymnasts to help women battling breast cancer, they do just that.

A breast cancer survivor, Sue founded Unite for HER to educate women and girls about healthy lifestyle choices and to provide wellness resources to breast cancer patients. Its “Wellness Days” events introduce patients to complementary therapies such as acupuncture, massage, and meditation. Unite for HER also provides financial assistance to patients who cannot afford such therapies. Eight women being treated at Magee-Womens Hospital of UPMC are recipients of Unite for HER grants.

Rallying the gymnastics community to support its efforts, Unite for HER hosted its first Pink Invitational gymnastics meet in 2009. Each year, participating teams are challenged to raise money in support of women with breast cancer. The annual event has raised more than \$1 million. The top three fundraising teams receive a cash award to give to a hospital of their choice. The Gym Dandy's of Washington, Pennsylvania, have presented Magee with nearly \$24,000 over the past three years.

“We are so honored to partner with Magee, a hospital that is very forward-thinking when it comes to healing the entire woman — body, mind, and spirit,” Sue says. “It is important for us to have the young women who raise these funds see their efforts benefit the programs provided by Unite for HER but also have the ability to directly affect their hometown community — women who are their neighbors, friends, coaches, teachers and loved ones.” — *J.R.*



## A GLIMMER OF HOPE FOUNDATION

MOVING TO A NEW CITY CAN BE BOTH exciting and sad as you bid goodbye to friends to start a new life. For Diana Napper, the goodbyes were harder than for most. When she and her husband moved to Pittsburgh from New Jersey in 1990, Diana left behind her best friend, Carol Jo Weiss Friedman, who was dying of breast cancer. That Christmas Eve, Carol lost her fight against the devastating disease.

In memory of her friend, Diana started A Glimmer of Hope Foundation, which raises money for innovative research in premenopausal breast cancer, the leading cause of cancer death in young women.

Partnering with the Pittsburgh Steelers and community and business leaders, A Glimmer of Hope hosts fun fundraising events such as the Bid for Hope auction, the Par-Tee for Hope golf tournament, and Clays for the Cure, a sporting clays shoot. The foundation also raises money through sales of a pin and other jewelry that Diana designed. To date, it has donated more than \$1.1 million to Magee-Womens Research Institute & Foundation to support breast cancer research and patient care programs. “Partnering with Magee has given us great hope that we can set protocol for women under 40 battling breast cancer and eventually raise the funds to find a cure,” Diana says.

To purchase A Glimmer of Hope jewelry or learn more about the foundation, visit [www.symbolofthecure.com](http://www.symbolofthecure.com). — *J.R.*



**Sharon Achilles, MD, PhD**, gave talks on her research on hormonal contraceptives and HIV prevention at the annual meeting of the American Society for Reproductive Immunology in Boston and a meeting organized by the National Institute of Allergy and Infectious Diseases, Division of AIDS. The latter meeting, held in Miami, was titled Long-Acting Therapies for HIV Treatment and Prevention: State of the Science and Implications for Adherence.”



**Lisa M. Bodnar, PhD, MPH, RD**, is a principal investigator on a new four-year \$1.9 million R01 grant from the National Institute of Nursing Research for “Informing evidence-based maternal weight gain guidelines for twin pregnancies.” Katherine P. Himes, MD, is a co-investigator on the research project.

In addition, Dr. Bodnar received a 2013 Chancellor’s Distinguished Research Award in the junior scholar category for her research on the role of maternal nutrition in adverse pregnancy outcomes. The award is given to faculty members within the University of Pittsburgh Graduate School of Public Health.



**Judy Chang, MD, MPH**, received a two-year \$250,000 grant from the Pennsylvania Commission on Crime and Delinquency for “Men embracing nonviolence and safety (MEN/S): an ethnographic study of batterers intervention programs.”



**Beatrice A. Chen, MD, MPH**, and MWRI’s Center for Family Planning Research received a seven-year \$350,000 contract from the National Institute of Child Health and Human Development for continued participation in the Contraceptive Clinical Trials Network.



**Steffi Oesterreich, PhD**, received a two-year \$250,000 grant from the U.S. Department of Defense for “Understudied orphan receptors: novel treatment targets in ovarian cancer?”



**Aleksandar Rajkovic, MD, PhD**, received a perfect score on a five-year \$1.9 million National Institutes of Health R01 grant application titled “Transcriptional regulation of early folliculogenesis.”



**Carl A. Hubel, PhD,** and colleagues received \$180,000 in bridge funding from the University of Pittsburgh for their National Institute of Child Health and Human Development-sponsored program project (P01) on preeclampsia.



**Marie Menke, MD, MPH,** received a one-year \$20,000 grant from the Clinical and Translational Science Institute at the University of Pittsburgh for “Contribution of adipocyte lipolysis to adipocyte function and metabolic phenotypes.”



**Judith Yanowitz, PhD,** was selected to be a mentor in a new Society for Developmental Biology program called Choose Development. Funded by the National Science Foundation, the program pairs undergraduates with disabilities and those belonging to under-represented minority groups with developmental biology research faculty. The students will spend two summers conducting research in their mentor’s lab.



**Lisa Rohan, PhD,** received a 225th anniversary medallion from University of Pittsburgh Chancellor Mark A. Nordenberg. The commemorative medallion is awarded to distinguished alumni.



**Hyagriv Simhan, MD, MS,** and colleagues received a two-year \$697,000 grant to research maternal stress as part of the National Children’s Study. Dr. Simhan also received a four-year \$218,000 U10 network grant from the National Heart, Lung, and Blood Institute for “Pregnancy as a window to future cardiovascular health.”



**Robert P. Edwards, MD, and Francesmary Modugno, PhD, MPH,** are the local principal investigators on a new ovarian cancer SPORE (Specialized Programs of Research Excellence) grant from the National Cancer Institute.

In addition, Dr. Edwards was cited in a *Today* story about the death of actor Pierce Brosnan’s daughter from ovarian cancer and gene mutations that put women at high risk for the disease. “While a lot of people know they’re at some risk, they don’t understand the degree and how deadly this cancer is,” he told *Today*.

## BOARD MEMBER RECEIVES 2013 ATHENA AWARD

**Laura Ellsworth**, a member of the Magee-Womens Research Institute & Foundation Board of Directors, received the 2013 Greater Pittsburgh ATHENA Award. The award recognizes women who demonstrate professional excellence, contribute to their community, and mentor other women. Ellsworth, partner in charge of law firm Jones Day's Pittsburgh office, was chosen from among 50 nominees. Board member **Terri Bone**, vice president and corporate controller at EQT Corp., was among the five finalists.



Laura Ellsworth

## ENDOWED CHAIR HOLDERS DELIVER INAUGURAL LECTURES



Dr. Aleksandar Rajkovic



Dr. Sharon Hillier

**Aleksandar Rajkovic, MD, PhD**, and **Sharon L. Hillier, PhD**, delivered lectures as part of the University of Pittsburgh's Inaugural Lectures series, which features newly appointed distinguished professors and endowed chairs. Dr. Rajkovic holds the Marcus Allen Hogge Chair in Reproductive Sciences, and Dr. Hillier holds the Richard L. Sweet, MD, Chair in Reproductive Infectious Diseases.

Appointment to an endowed chair is a top honor in academia and provides

the holder with additional resources for research and teaching. Endowed chairs help universities recruit and retain outstanding faculty. Pitt's Department of Obstetrics, Gynecology & Reproductive Sciences, based at Magee-Womens Hospital of UPMC, has five endowed chairs.

*For information about making a donation in support of ob-gyn research, please contact Arthur Scully, vice president of Magee-Womens Research Institute & Foundation, at 412.641.8949 or [ascully@magee.edu](mailto:ascully@magee.edu).*

## RISING STARS

→ Prizes and praises  
for our trainees



**Mandy Bell, PhD, RN**, a postdoctoral scholar in the lab of Carl Hubel, PhD, received a perfect score on a two-year National Research Service Award grant application titled "Mechanisms modulating the association between the ENG pathway and preeclampsia." She also received two grants for her preeclampsia research: a two-year \$101,728 grant from the National Institute of Nursing Research and a one-year \$25,000 Vision Grant from the Preeclampsia Foundation.

# OUR DONORS

Listed below and on the following pages are those who have made a donation in support of Magee-Womens Research Institute & Foundation from July 2012 through June 2013. Thank you for your support. We would also like to extend a special thank you to our many anonymous donors.

*Every attempt has been made to ensure the accuracy of this list. If you find an error or omission, please contact Jean Nelson at [nelsonsimsrj@magee.edu](mailto:nelsonsimsrj@magee.edu) or 412.614.8968.*

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**For more information about The Magee Society, please contact Colleen Gaughan at [cgaughan@magee.edu](mailto:cgaughan@magee.edu) or 412.641.8978.**

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			In Memory of David Thomas Kowcheck • Kristine M. & Larry Antonucci • Christopher & Alyssa Cilia • David D. & Rose M. Kowcheck • Timothy & Lesley Pacitto	In Memory of David Thomas Kowcheck • Kristine M. & Larry Antonucci • Christopher & Alyssa Cilia • David D. & Rose M. Kowcheck • Timothy & Lesley Pacitto

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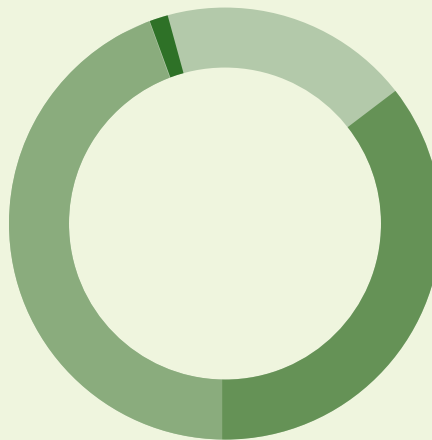
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# FY13 FINANCIAL OVERVIEW

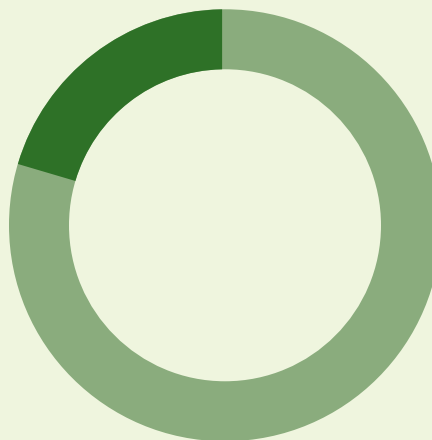
## Annual Campaign

■ Planned Giving / Wills, Trusts, Bequests	97,353.60	2.70%
■ Businesses / Organizations	1,335,827.46	37.01%
■ Foundations	1,508,508.25	41.80%
■ Individuals	667,312.71	18.49%
<b>TOTAL</b>	<b>\$ 3,609,002.02</b>	<b>100.00%</b>



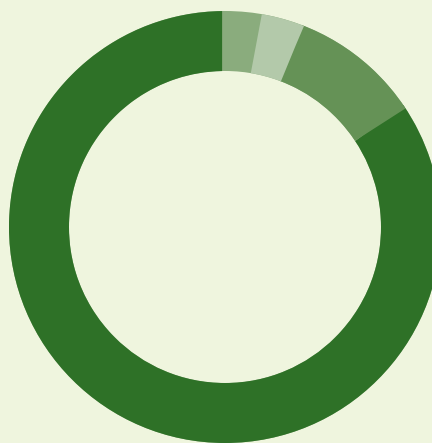
## Donation Focus

■ Patient / Community	711,149.57	19.70%
■ Research	2,897,852.45	80.30%
<b>TOTAL</b>	<b>\$ 3,609,002.02</b>	<b>100.00%</b>



## MWRIF Research Support

Source	Percent
■ NIH & State Funding	84%
■ Philanthropy	9%
■ Industry Grants & Contracts	3%
■ Endowment Income	4%
<b>TOTAL</b>	<b>100%</b>



# HAPPENINGS

To stay updated about upcoming events, please visit [www.mwrf.org/calendar](http://www.mwrf.org/calendar). To learn about event sponsorship opportunities, contact Denise Wickline at 412.641.8911 or [dwickline@magee.edu](mailto:dwickline@magee.edu).

## DECEMBER

### 3-18

#### Winter In-House Sales

WHERE: Magee-Womens Hospital of UPMC  
 VENDORS: Jewelry Cares, Joyce's Homemade Cookies, Fudgie Wudgie, Aunt Carol's Dips, Pretzel Crazy  
*Proceeds benefit Girls on the Run at Magee*

## JANUARY

### 9

INVITE ONLY

#### The Cumberbund Society's Annual Pool Tournament

WHERE: The Duquesne Club, Pittsburgh PA  
 WHEN: 6 p.m.  
*Proceeds benefit neonatal patient care and research*

### 11

#### Follow the Stars Gala

WHERE: LeMont, Pittsburgh, PA  
 WHEN: 6 to 9:30 p.m.  
*Proceeds benefit the Fetal Diagnosis and Treatment Center at Magee*

## MAY

### 17

#### Aiden J. Strack Golf Classic

WHERE: Indian Springs Golf Course, Indiana, PA  
*Proceeds benefit families of premature infants*  
[www.aidengolf.com](http://www.aidengolf.com)

## JUNE

### 1

#### Annual NICU Reunion

WHERE: Pittsburgh Zoo & PPG Aquarium, Pittsburgh, PA  
*Proceeds benefit the neonatal intensive care unit at Magee*

### 8

#### 25th Annual Cancer Survivor's Day Celebration

WHERE: Sheraton Station Square, Pittsburgh, PA  
 WHEN: 9 a.m. to noon

### 22-23

#### 7th Annual Noah Angelici Memorial Golf Outing

WHERE: Mystic Rock at Nemaquin Woodlands Resort, Farmington, PA  
*Proceeds benefit the Fetal Diagnosis and Treatment Center at Magee*  
[www.noahshouseofhope.com](http://www.noahshouseofhope.com)

### NICU REUNION 2013



More than 200 NICU graduates and their families gathered at the Pittsburgh Zoo & PPG Aquarium for a day filled with excitement, raffles, and refreshments.

### SAVOR PITTSBURGH 2013



Savor Pittsburgh sponsors Chuck and Janice Hackett of C. Hackett Motors (top left) and Abe Liezerowski and Leslie Davis (bottom left) sampled foods from Bar Marco (right) and other local restaurants at the annual event, which benefits the fight against prematurity.



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Create an income stream for your life while also making a gift to Magee.



There are many gift options to choose from including bequests, gifts of real estate, and gifts of stock.

For more information about making a meaningful gift to Magee, please contact **Arthur Scully** at [ascully@magee.edu](mailto:ascully@magee.edu) or **412.641.8973**.



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