

CENTER *express*

THE UNIVERSITY OF KANSAS HOSPITAL • UNIVERSITY OF KANSAS MEDICAL CENTER

KUMC Researcher's *Alzheimer's Discovery* Grabs National Attention

It's not every day you receive calls from CNN, ABC News and *USA Today*, or that Katie Couric mentions your research on the evening news.

It was, however, that kind of week for **Jeffrey Burns,**

MD, director of KUMC's Alzheimer and Memory Center and assistant director of the General Clinical Research Center. Ever

since his groundbreaking study appeared detailing the possible effects of exercise and fitness on Alzheimer's disease, the phones haven't

stopped ringing. Newspapers from coast to coast carried the story of Burns' study.

His research is published in the July 15 issue of *Neurology*, the medical journal of the American Academy of Neurology. The journal sent an embargoed news release about Burns' study before the publication date to alert national media. News organizations from CBS to Bloomberg to AP have contacted KUMC to request interviews with Burns.

Burns' Study

Here's how Burns' study worked: 121 people age 60 and older took a fitness test on a treadmill. They also underwent brain scans to

measure the white matter, gray matter and total brain volume. Of the group, 57 were in the early stages of Alzheimer's disease. The others did not have dementia.

Burns' study is among the first to explore the relationship between cardio-respiratory fitness and Alzheimer's disease.

The Findings

Burns' study results revealed people with early Alzheimer's disease who were less physically fit had four times more brain shrinkage than those in better shape. The results remained the same regardless of age, gender, severity of dementia or frailty.

In other words, people with early Alzheimer's disease may be able to preserve their brain function longer by exercising regularly.

Exercise potentially may reduce the amount of brain volume lost. Evidence shows decreasing brain volume is tied to poorer cognitive performance, Burns noted. Therefore, preserving more brain volume may translate into better cognitive performance.

The Next Step

However, he cautioned people about interpreting the study results. Scientists observed the fitness level of a relatively small group of participants, and only one time, Burns explained. The next step will be to conduct a study with a larger group.



Jeffrey Burns, MD

Hospital Makes Top 100 Among Wired Hospitals

When it comes to being tech savvy, The University of Kansas Hospital has it covered, and then some.

The hospital is among the nation's 100 "Most Wired Hospitals" for 2008, named

in the July issue of *Hospitals & Health Networks* magazine. The award recognizes the breadth of the hospital's use of information technology in support of clinical and business processes, customer service, safety and quality, workforce and public health and safety.

"Most Wired looks at the integration of information

technology into patient care in a manner that empha-



sizes quality and outcomes," said **Chris Hansen,** hospital chief information officer.

"By focusing on the needs of the patient, ITS can deliver systems designed from the ground up with standardization and automation to reduce errors and improve patient care."

Achieving the award was based largely on advancements the hospital made with O₂, materials management,

continued on page 2, column 1

continued from page 1

pharmacy and bed management, Hansen said.

More than 1,200 hospitals throughout the U.S. applied for the honor. No other Kansas hospital earned the title. The Most Wired Survey and Benchmarking Study, conducted annually since 1999 by *Hospitals & Health Networks* magazine, uses the results to name the 100 Most Wired hospitals and health systems. Judges are from the American Hospital Association and the College of Healthcare Information Management Executives.

According to the Most Wired Survey results, the 100 Most Wired Hospitals and health systems help consumers take charge of their health care by providing tools and resources through the Internet. These institutions also use information technology to improve quality, satisfaction and patient

care by investing in technology to streamline business and clinical practices, reduce medical errors and improve clinical outcomes.

eXtra: To learn more about the "Most Wired Hospitals" award, visit hnnmag.com.

HERO Program Supports Bike Safety Events

The H.E.R.O. volunteer program at The University of Kansas Hospital is a supporter of the Headstrong for Jake Foundation, which promotes bicycle safety and the importance of bike helmets.

Hospital staff members are encouraged to help with the organization's bike rodeos throughout the summer and fall. Events include a bike safety clinic where kids and adults are properly fitted with free bike helmets, a bike safety inspection, and a bike skills and safety course.

Volunteers are needed for these events:

- **Headstrong for Jake Bike Rodeo** (during National Night Out) 6 to 8 p.m., Tuesday, Aug. 5
Grassy area near Wal-Mart Supercenter, 1000 N.E. Sam Walton Lane, Lee's Summit, Mo.
- **Shawnee Bike Safety Rodeo** 9 a.m. to noon, Saturday, Aug. 23
Mill Valley High School, 5900 Monticello, Shawnee, Kan.
- **Roefest Bike Safety Rodeo** 11 a.m. to 1 p.m., Saturday, Oct. 4
Roeland Park Community Center, 4850 Rosewood Dr., Mission, Kan.

For more information or to volunteer, contact **Liz Carlton, RN**, manager, Trauma Program, at 8-5428, lcarterl@kumc.edu.

The Jake Clough Headstrong Foundation established Headstrong for

Jake in memory of the late Jake Clough. The 14-year-old Johnson County boy was struck by a vehicle while riding his bike in February 2005. His bike helmet saved his life. He was a patient at The University of Kansas Hospital, where he was successfully treated for a brain injury. According to his family, he had an excellent prognosis for recovery, but died of unrelated causes after he was discharged.

His family and friends created the foundation shortly after Jake's death. A big fan of Lance Armstrong, Jake had worn a Livestrong wrist band when he was hit. Since 2005, the foundation has provided more than 1,900 free, properly fitted bike helmets to cyclists throughout the greater Kansas City metro area.

eXtra: To learn more about Headstrong for Jake, visit headstrongforjake.org.



Switchboard Team Donates Toys, Games to Pediatrics

Third-shift switchboard operators, under the team name C.A.M.P. Cares, recently donated a large basket of new toys, books, stuffed animals, pocket games, movies, art supplies and more to Pediatrics. **Brenda Paige**, supervisor, Switchboard/Technology (left), and **Madalyn Simmons**, shift supervisor (center), delivered the basket to **Kristine Brees, RN**, nurse manager, Pediatrics. "Our department wanted to give back to the hospital – to do something that makes a difference," Paige said. The contributing team (not shown) included **Coretta Arrington, Patty Coy, Angela LaViolet** and Simmons. Three other switchboard teams – Smooth Operators, Code Busters and Front Lines – also are planning projects.

eXtracurricular

Please send news and calendar items to mmurphy@kumc.edu or contact Marli Murphy at 5-5192. Items must be received by noon on the Monday prior to publication.

Thursday, July 17

PROSTATE CANCER SUPPORT Group: Third Thursdays, 7-9 p.m., Rieke Auditorium. Information: 8-1227.

Friday, July 18

NEUROLOGY/NEUROSURGERY Grand Rounds: "Surgical Techniques in the Treatment of Epilepsy," Maria Li, MD, 7-9 a.m., Lied Auditorium.

MULTIDISCIPLINARY TUMOR Conference: 7:30-8:30 a.m., 3015 Sudler Auditorium.

ONCOLOGY JOURNAL CLUB: Anne O'Dea, MD, and Joaquina Baranda, MD, 8:30-9:30 a.m., 3015 Sudler Auditorium.

LONDON CENTER ON AGING Chat 'n' Chew: Final free family movie of the season, "Bee Movie," rated G, 6-8 p.m., 200 Landon Center. Information: Hallie Kates-Calloway, 8-0606.

Saturday, July 19

BREASTFEEDING Parenting Class: 11 a.m.-12:30 p.m., Wyandotte Room. Fee is \$15. Register: 8-1227.

Monday, July 21

HEPATOCELLULAR CARCINOMA Conference: 7-8 a.m., Radiology Conference Room.

BONE MARROW/STEM CELL Conference: 8-9 a.m., Atrium Conference Room, Westwood Campus.

REFRACTIVE SURGERY Seminar: Innovations in laser vision correction, John Sutphin, MD, 11:30 a.m.-12:30 p.m., Lied Auditorium.

NEURO-ONCOLOGY Conference: 5:30-6:30 p.m., Lied Auditorium.

Tuesday, July 22

CENTRAL PLAINS GERIATRIC Education Center continuing education program: "Dementia: Diagnoses, Planning and Management," 9 a.m.-4:45 p.m., Landon Center on Aging. Fee is \$60. Register: Wujeong Duncan, 8-1464.

ETHICS JOURNAL CLUB: 4-5 p.m., 6061 Delp.

Wednesday, July 23

HEAD & NECK DISEASE Work Group: 7-8 a.m., 3001 Eaton.

LONDON CENTER BROWNBAG Lunch Series: "History and Treatment of Mental Health Through the Ages," Myra Hyatt, noon-1 p.m., 200 Landon Center. Register: Matt Chandler, 8-3094.

HEAD/NECK CANCER Support Group: Second and fourth Wednesdays, 4-5 p.m., Atrium Conference Room, Westwood Campus. Information: 8-1227.

BREAST TUMOR BOARD: 4:30-5:30 p.m., Conference Room A, Westwood Campus.

Thursday, July 24

HEMATOLOGY JOURNAL Club: James Watkins, MD, 8-9 a.m., Boley Conference Room.

THORACIC CONFERENCE: 10-11 a.m., Radiation Oncology Conference Room.

Friday, July 25

NEUROLOGY/NEUROSURGERY Grand Rounds: "Musculoskeletal Mimics – Effectively Identifying and Treating Extremity Pain," Erik Ensrud, MD, 7-9 a.m., Lied Auditorium.

MULTIDISCIPLINARY TUMOR Conference: 7:30-8:30 a.m., 3015 Sudler Auditorium.

Scrubs Drive to Aid Area Families

Every year, about 150 families in Wyandotte County lose their homes to fire, flooding or other disasters. They need clothing to wear the next day as they begin the heart-breaking process of cleaning up and moving on.

That's why The University of Kansas Hospital, the University of Kansas Medical Center and Kansas University Physicians, Inc. (KUPI), are teaming up to hold a Scrubs Drive. All new and gently used scrubs collected will be donated to the Wyandotte County Chapter of the American Red Cross for families who lose their homes.

The all-campus drive is Monday, July 21, through Friday, Aug. 1. Drop-off box locations include:

- Outside the hospital cafeteria
- Department of Nursing Central, 2nd floor, Wescoe Pavillion
- Hospital floors 4, 5 and 6 by the elevators
- Front desk, Center for Advanced Heart Care
- Student Lounge, KU School of Nursing
- Calkins Student Center, G005 Orr-Major
- Front desk, Cancer Center and Medical Pavilion, Westwood Campus
- Front desk, KU MedWest

For more information, contact **Paula Baum**, Community Affairs, 8-1017, pbaum@kumc.edu.

Join Race for the Cure Team by July 28

Monday, July 28, is the registration deadline for joining The University of Kansas Hospital's team in the annual Komen Kansas City Race for the Cure.

The 5K event begins at 7:30 a.m. Sunday, Aug. 10, at Union Station in downtown Kansas City, Mo. There will be a competitive and non-competitive race and a 1K family fun walk. The race supports the Susan G. Komen Breast Cancer Foundation.

Online registration fee is \$20 at komenkansascity.org. Click *Register Online*, then *Register Now*. After login, click *Team Registration*, then *Teams 5K Run/Walk*. Choose *KU Hospital/ Cancer Center* for Team Name.

Program Supports Women with Cancer

"Look Good – Feel Better," a program for women with cancer, is from 1 to 3 p.m. Friday, July 18, in the Atrium Conference Room, Westwood Campus.

Created by the American Cancer Society, the program helps women undergoing cancer treatment learn to cope with appearance-related concerns.

Registration at 8-1227 is required for the free presentation. The program will be repeated from 2 to 4 p.m. Thursday, Aug. 21, in the Radiation Oncology Conference Room.

eXchange

Vehicles

2006 KIA SEDONA LX, 6K, fully loaded, DVD, remote start, 1 owner, \$17,000. 913-439-7399.

2000 GRAND AM SE, 120K, green, new battery, slight cosmetic damage, runs great, \$1,500. 816-517-4118.

1996 GMC SONOMA PICKUP, 98K, 4-cylinder, 2WD, 5-speed manual, 1 owner, \$2,500. 816-584-1915.

For Sale

TOM PETTY CONCERT, 2 tickets, Tuesday, July 22, Sprint Center, \$240 for both. 816-810-6409.

TOM PETTY CONCERT, 2 tickets, Tuesday, July 22, Sprint Center, \$100 each OBO. 785-342-1399.

SOFA AND LOVE SEAT, gray/green microfiber, good condition, \$150 OBO, you pick up. 314-650-5938.

LADIES CARDIOWEIGHT SYSTEM, 8 lbs. of adjustable weights, 2 hand straps, includes carrying case and 4 workout DVDs, paid \$55, asking \$20. 816-363-8696.

BEDROOM FURNITURE, pine with medium finish, full/queen head and footboard, night stand, double dresser with mirror, lingerie chest, computer desk with chair, excellent condition, \$1,000 for set. 913-522-4373.

Garage Sale

MOVING SALE, 4811 W. 66th St., Friday-Saturday, July 18-19, toddler clothes, women's shoes, storage cabinets, sofa table, TV, home décor. 913-940-4121.

Housing

• FOR SALE

OLATHE HOME, 1008 E. Layton Dr., 5 BR, 2 BA, walking distance

Please send classified ads to centerexpress@kumc.edu. Items must be received by noon on the Monday prior to publication and run on a space-available basis.

to schools and park, \$175,000. 913-338-1880.

WEST PLAZA HOME, 4519 Liberty, 2 BR, 1 BA, kitchen appliances, washer/dryer, basement, AC, new windows/doors, carport, covered deck, \$179,500. 816-941-8416.

KCK HOME, 3 BR, 1 BA, newly remodeled, large shower, Jacuzzi tub, 2+ acre lot, \$125,000. 913-515-0091.

• FOR RENT

DUPLEX, 2 BR, 1 BA, refrigerator, stove, washer/dryer hookups, maintained yard, garage, \$780/month includes trash pickup. 913-649-4069.

TIME SHARE at Big Cedar Lodge, RCI Resorts. 816-833-0499.

HOUSE, 5430 Ash St., 2 BR, 1 BA, hardwood floors, gas fireplace,

washer/dryer, appliances, basement, sunroom, 1-car garage, yard, deck, close to KUMC, \$1,000/month. 316-993-3778.

Carpool

PECULIAR to KUMC, work hours, M-F, 7 a.m.-3:30 p.m. 816-716-0928.

Wanted

MATTRESS, gently used, crib or toddler size. 816-277-8105.

Pets

FREE TROPICAL FISH with aquarium, 30-gallon tank and stand, 10-gallon tank and stand, several species of tropical fish, you pick up by Friday, July 18. 913-963-6261.

FREE COCKATIEL, male, gray with yellow face, 3 years old, talks and whistles tunes, includes cage, stand, food and toys; someone experienced with caring for birds preferred. 913-962-9963.

eXtra: Find these and other classifieds on the hospital intranet, 24/7, <http://intranet.kumc.com>.

KUMC Promotes ALS Walk to Raise \$30,000

The University of Kansas Medical Center is joining the fight against ALS as a major sponsor of the ninth annual Walk to Defeat ALS. The event begins at 10:30 a.m. Saturday, Sept. 20, at Corporate Woods in Overland Park. Registration is at 9 a.m.

KUMC's goal is to raise \$30,000 and recruit at least 100 participants for the three-mile walk. Department chairs are strongly encouraged to select a team captain or co-captains. **Kirk Benson, MD**, senior associate dean, Clinical Affairs, is the medical

center's honorary chair for the event. **Barbara Atkinson, MD**, executive vice chancellor, is corporate recruitment chair.

Kickoff Luncheon

A team captain kickoff and informational luncheon is noon to 1 p.m. Thursday, July 31, in the KU School of Nursing Auditorium. Lunch will be provided. To attend, contact **Paula Baum**, manager, Community Affairs, 8-1017, pbaum@kumc.edu, by Monday, July 21.

Contact Baum if you would like to be team captain. Monthly team captain breakfasts are planned in August and September to relay updates.

Often referred to as Lou Gehrig's Disease, amyotrophic

lateral sclerosis is a progressive neurodegenerative disease affecting nerve cells in the brain and spinal cord. Over time, patients lose muscle control and become disabled and unable to care for themselves. They often die from complications related to respiration and swallowing. There is no cure. Once diagnosed, an ALS patient's average life expectancy is three years.

"In honoring our commitment to enhance health and be a good neighbor in our community, it is important we step up to the plate and make a strong showing at this year's walk," Atkinson said. "Together, we can make a powerful difference in the

lives of those living with and affected by ALS."

To register for the walk or to donate, visit alsa-midwest.org.

CENTER eXpress

Bob Page

President and CEO
The University of Kansas Hospital

Barbara Atkinson, MD

Executive Vice Chancellor
University of Kansas Medical Center

Staff

Marli Murphy, Editor
Kirk Buster, Graphic Designer
Kimm Fromm Foster,
Communications Manager
Dana Spoor, Communications
Manager
Mary King, Communications
Services Director

Center Express is a weekly employee publication published by The University of Kansas Hospital Communications Services. Send story ideas to Marli Murphy, 2330 Shawnee Mission Parkway, Suite E110, Westwood, KS 66205, e-mail mmurphy@kumc.edu or call 5-5192.