

CENTER *express*

THE UNIVERSITY OF KANSAS HOSPITAL • UNIVERSITY OF KANSAS MEDICAL CENTER

Study gauges exercise's impact on brain power

Is exercise good for your brain? If so, how much is needed to boost your memory and brain power? The KU School of Medicine has launched a study to find the answers.

The KU Alzheimer and Memory Program, led by **Jeffrey Burns, MD**, has received a \$780,000 grant from the National Institutes

said Burns. "This study will be an important step to more precisely define the optimal amount of exercise to promote healthy brain aging."

Evidence from studies in animals suggests that physical exercise may improve aspects of memory and thinking, but rigorous studies in humans are lacking.

The KU Alzheimer and Memory Program is collaborating with the Greater Kansas City YMCA to conduct the one-year study. A total of 100 participants who are not already exercising will be assigned to one of four groups to assess the cognitive benefits of varying amounts of exercise.

"Unlike with medications, we do not know the minimum effective amount of exercise needed for brain benefits, nor do we know if increasing amounts of exercise provide greater benefits," said Burns.

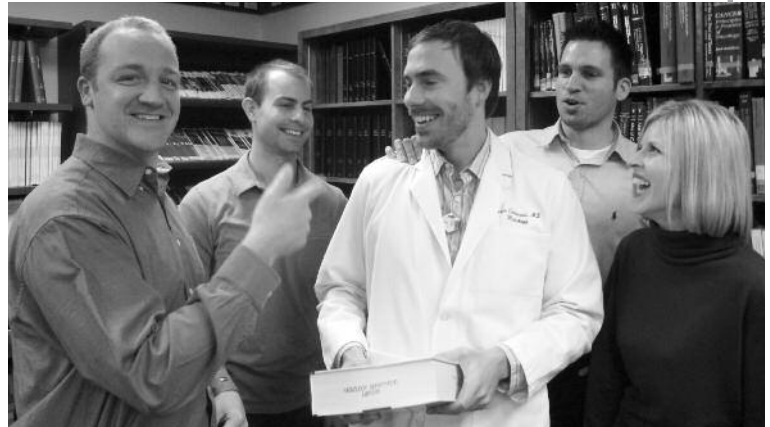
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of Health to study the effect of different "doses" of exercise on the brain in healthy adults over age 65.

"Physical exercise may represent an important strategy for combating the rise of age-related disorders such as Alzheimer's disease,"



Jeffrey Burns, MD, and his team at KUMC will work with patients such as **Howard Kemper** to study the effect of different "doses" of exercise on the brain in healthy adults over age 65.



KUMC's senior Radiology residents had reason to celebrate: As a team they placed in the top 5 percent nationally in an important exam. The residents, all MDs, include **John Riekhof** (from left), **John Leever**, **Jason Gatewood**, **Ryan Ash** and **Julia Neperud**. Not pictured: **Shelby Fishback** and **Brett Meggison**.

Radiology residents top of class

Hats off to senior Radiology residents at the University of Kansas Medical Center. As a team, the seven residents scored in the top 5 percent nationwide in the American Board of Radiology Certification's written exam this fall.

KUMC residents tend to do well in the test: In the last five years, three of the university's senior classes have placed in the top 10 percent nationally, said **Philip Johnson, MD**, director of KUMC's Radiology Residency program.

"Our program prepares them well, but really the residents deserve all the credit," he said.

'Downtime' printers ready to back up O₂

With The University of Kansas Hospital moving more of its vital patient data to the O₂ system, you may wonder: What happens if there's a power outage?

The answer: Look to the printer. The hospital has created a system of "business continuity access" printers. During a disaster or unplanned extended downtime, the printers can access current patient data and information in a report form.

Also known as "downtime" printers, they've been installed throughout the hospital since the first go-live event in November 2007. They're located in various areas within departments – some in managers' offices, others out on the units.

A downtime printer can provide an abundance of information, starting with a list of patients by unit. A sampling of other data for each patient: MAR, allergies, account number, medical record number, demographics, diagnoses, weight, height, date of birth, attending and admitting physicians, and lab and radiology orders and their status.

Nurse and department managers can identify your downtime printer. Those managers also are designating someone for training to access patient information from the printers.

eXtracurricular

Monday, January 4

PATHOLOGY & LABORATORY Medicine Grand Rounds: "Notch Signaling in Adult T-cell Leukemia," Christophe Nicot, PhD, noon-1 p.m., Lied Auditorium.

Wednesday, January 6

INTERNAL MEDICINE Grand Rounds: "Dostoevsky and DNR Orders: Decision-making at the End of Life," Martha Montello, PhD, 8-9 a.m., 3015 Sudler Auditorium.

Limited outpatient pharmacy hours

The University of Kansas Hospital's Outpatient Pharmacy continues to observe holiday hours:

- Thursday, Dec. 31 – 8 a.m.-7 p.m.
 - Friday, Jan. 1 – closed
- Information: **Randy Lutz**, 8-2370.

Send calendar items to centerexpress@kumc.edu. Items must be received by noon on the Monday prior to publication.

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"Our prior studies suggest that maintaining fitness through exercise may slow changes in brain structure associated with Alzheimer's disease. This study takes these important observations to the next level by rigorously testing how and why exercise impacts the brain and by defining the optimal amount of exercise for maximizing brain benefits," said Burns.

Information or to participate: KUAlzheimer.org, or 8-0555.

CLASSIFIEDS: Find this week's classifieds on the hospital intranet, 24/7, <http://intranet.kumc.com>.

Student group looking for medical supplies

The Student Governing Council at the University of Kansas Medical Center is collecting medical supplies that will be donated to student groups conducting health fairs.

If your department has extra supplies or has recently upgraded, you can donate supplies to the council. New supplies also are welcome.

The student council's supply list includes clipboards, penlights, temperature probes, Snellen eye charts, blood pressure cuffs (pediatric, adult, large adult), stethoscopes, rapid A1C meters, rapid hemoglobin meters, rapid cholesterol meters, audiometers and ophthalmoscopes.

Other supplies also are welcome. Information: **Ryan Gove**, 8-6681, or SGC@kumc.edu.

In Memoriam

Carolyn Manley, RN, died Dec. 16 after a long illness. She was 57. Ms. Manley joined The University of Kansas Hospital in 1988. During those 21 years, she worked in several departments, primarily Unit 51. She moved to her most recent position, as a nurse in 3F Rehab, about two years ago.

Co-workers praised her pleasant and outgoing nature with every person, from patients and fellow nurses to housekeeping and physicians. "Everyone knew Carolyn. She always made people smile and laugh," said **Lois Easton, RN**, 3F Rehab. "She had a way of making everyone feel special. She would talk to complete strangers and would have them laughing and talking."

"She worked the night shift, but she overflowed into everyone," added **Cathi Johnson, RN**, Rehab unit coordinator. "She was so nice and easy to work with."

"She was such a hard worker as a nurse and for her family," said **Nicole Saucedo-Weathers, RN**, unit coordinator on Unit 51. "She never forgot a name and was always so interested in other people and what was going on with their lives. Carolyn was a ray of sunshine, always bringing a sense of humor to the floor as well as extreme compassion for all her patients. She will be missed by all on Unit 51."

Services were held Dec. 22. Ms. Manley is survived by three daughters and eight grandchildren, all of Raytown.

Snow, weekends can mean garage parking

Next time a winter storm restricts parking lots on a weekend, remember you may park in garages on the main campus.

If access gates are in the up position, feel free to park in any of the garages. This provision applies only to weekends. If the entry gates are in the down position, you should park in your normal parking location.

Note: Garages are always open to staff on holidays, regardless of the weather.

KUMC Landscape Services, which is responsible for snow removal and ice control, monitors weather conditions 24 hours a day, seven days a week, Nov. 1 through March 30. Whether it's freezing drizzle or a major snowstorm, these crews are on-site responding to conditions.

With the exception of the Emergency Room drive and the entrances to patient care facilities, all locations are treated equitably. However, in order to perform an efficient and safe removal of snow, priorities are established as conditions change.

Wreath decorations runneth over

A record 38 wreaths were entered in The University of Kansas Hospital's annual wreath-decorating competition (and 925 votes were cast), enabling more patients than ever to enjoy a special bit of holiday cheer.

Wreaths were entered in two categories – traditional decorations and "green," meaning they were decorated with recycled products. Here are the winning departments:

Hospital

Traditional – PAT & Infusion Therapy
Green – Medical Records

KU MedWest

Traditional – Family Practice
Green – Outpatient Therapy

Westwood Campus

Traditional – Contracting & Materials Management
Green – Breast Imaging

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