

## Hamilton's influence still beats within heart hospital

**B**AYLOR HEALTH CARE SYSTEM FOUNDATION is mourning the loss of board member and philanthropist **Jack Hamilton**, a great supporter and friend of the Foundation and Baylor Health Care System. Jack passed away on January 25th.

"We will all miss our dear friend, Jack, who meant so much to the Foundation as well to each and every person he met," said Foundation president Rowland K. Robinson.

Easily recognizable with his bow tie and his wide smile, Jack loved Baylor. He and his wife, **Jane**, frequently made gifts to improve the quality of its care and advance research.

Jack learned from personal experience about the effects of heart disease and the importance of cardiovascular care. In 1994, he underwent an angioplasty. Shortly thereafter, he and Jane began making donations in support of Baylor's cardiovascular clinical research and education of new and established physicians.

So when Baylor University Medical Center at Dallas announced that it was developing plans to build North Texas' first hospital dedicated solely to heart and vascular patients, the Hamiltons presented the medical center with a major gift. Baylor Jack and Jane Hamilton Heart and Vascular Hospital is named in their honor.

"Jack was a genuinely kind and thoughtful individual. The support he provided paved the way for a hospital focused on heart and vascular care to succeed," said **Nancy Vish**, president of Baylor Hamilton Heart and Vascular Hospital. "He was proud of the work accomplished by the hospital and staff and took great pleasure in seeing the awards and recognitions achieved by this hospital over the years."

**Michael Taylor**, senior vice president of operations at Baylor, worked with the Hamiltons as the first president of the heart hospital.



Jack Hamilton

*Continued on page 5*

## Discovery Foundation grant supports skinny solution for one of nation's fattest cities

**M**EN'S *HEALTH* magazine's latest list of the nation's fattest cities includes Dallas at No. 4. But research being conducted in the same city could help fight the problem.

**The Discovery Foundation** has provided a \$200,000 grant that will help fund a three-year study of a gastric bypass procedure that may help severely obese people lose weight.

The research is being conducted by **John Fordtran, M.D.**, and **Joe Kuhn, M.D.**, physicians on the medical staff at Baylor University Medical Center at Dallas.

"We are pleased to be able to provide funding for exciting research that has the potential to help so many," said **David Winter, M.D.**, the president and chief executive officer of The Discovery Foundation.

**The Southwest Digestive Disease Foundation** also made a \$100,000 gift in 2009 to help fund Dr. Fordtran's research.

"Without this support, we would not be able to conduct this research," Dr. Fordtran said.

The Roux-en-Y bypass procedure (RYGB) involves creating a small stomach pouch that empties food into a narrow outlet called the Roux limb. Bile acids and pancreatic enzymes are secreted into a biliopancreatic limb (the BP limb),

and the two limbs are joined directly to the small intestine. This limits the amount of food a person can eat and the amount of fat that is absorbed.

The RYGB procedure is helpful for people with mild obesity, but not for the severely obese. So the Roux limb was lengthened from 30 centimeters to 150 centimeters to further reduce fat absorption.

The "long-limb RYGB" has become the operation of choice for severely obese people who cannot lose weight by dieting.

However, Baylor researchers recently reported the results of a study that showed

long-limb RYGB did not significantly reduce intestinal absorption of ingested food calories. (Odstreil, et al., *American Journal of Clinical Nutrition* 92 (2010): 704-13). However, they found that in two patients whose BP limbs were 70 to 75 centimeters, as opposed to the standard 40 centimeters, fat absorption was decreased to the level that would cause and sustain weight loss.

The current study seeks to understand the effects of inversely changing the lengths of the two limbs on fat absorption. The study will enroll 20 severely obese patients. Half will receive the standard RYGB procedure (150 cm Roux limb and 40 cm BP limb), and the other half will receive the experimental RYGB (110 cm Roux limb and 80 cm BP limb).



Dr. John Fordtran

## Swim Across America takes cancer fight to water

**S**WIM ACROSS AMERICA, an organization dedicated to raising money and awareness for cancer research, prevention and treatment through swimming-related events, is teaming up with Baylor University Medical Center for its first Dallas-area event this summer.

On June 11, SAA will hold an event at The Harbor complex on Lake Ray Hubbard in Rockwall, with proceeds supporting the Innovative Clinical Trials Center at Baylor Charles A.

Sammons Cancer Center at Dallas. There will be options for participants to raise money while swimming a half-mile, mile or two-mile loop in open water.

A pre-swim event will include a youth swimming clinic and gold-medal Olympians visiting cancer patient families. The event also offers numerous opportunities for corporate sponsorship.

For more information, contact Ellen Dearman at 214.820.7877 or [Ellen.Dearman@BaylorHealth.edu](mailto:Ellen.Dearman@BaylorHealth.edu).



### DEPARTMENTS

Focus on Research	2
Gift Planning	3
President's Letter	5
Chairman's Letter	7

### EVENTS

Mark your Calendar	6
--------------------	---

### PROFILES

Dr. Raymon Aggarwal	6
David Burgher	7
Karen Key	8

### NEWS, PROJECTS AND CAMPAIGNS

Discovery Foundation funds gastric bypass study	1
Hamilton's influence still beats within heart hospital	1
Swim Across America takes cancer fight to water	1
Halls contribute time and resources to McKinney	2
Peek leads the way at Baylor McKinney	2
Baylor, financial advisors strengthen ties	3
Scholarships help advance nursing at Baylor	3
It's been a banner year for Foundation	4
Rep. Pitts' gift benefits Baylor Waxahachie	5
Young patient receives Super Bowl tickets	6
Coca-Cola Foundation funds anti-obesity program	6
How what you eat affects your health	7
Palliative care helps with end-of-life situations	8
Physician sees results of Employee Giving Campaign	8

## Halls' contributions of resources, time help create lasting legacy in McKinney

**D**ECADES BEFORE JAN HALL and her husband arrived in Collin County, farsighted settlers had established several fine communities that would eventually grow and prosper.

Inspired by the impact of McKinney's pioneering Heard family, Jan, the chairman of the community fundraising committee for Baylor Medical Center at McKinney, hopes to create a similar legacy.

"The early settlers led by example," Jan said. "The Heard family motivates us to give so that future generations will experience a better place to call home. Collin County is so fortunate to have the Heard Wildlife Sanctuary and the Heard Center for the Arts because of their commitment to future generations."



Jan and Bryan Hall

*"There is tremendous enthusiasm for the work of the hospital and the Foundation. We have a dedicated committee made up of some of McKinney's finest citizens and volunteers. I feel honored to be working with them."*

— JAN HALL

Following that example, Jan and **Bryan Hall** have pledged a \$100,000 gift in support of Baylor McKinney, which is scheduled to open in July 2012. A terraced garden at the hospital will be named in their honor.

"We feel that we have been very blessed in life to have been raised in Christian homes and to have the love and support of our families," Jan said. "We learned by example how important it

is to give back to the church and to serve the community."

Jan has taken those early lessons to heart and firmly decided that Baylor was a cause worthy of her significant personal commitment.

"I attended the groundbreaking ceremony, and I knew I wanted to be a part of this hospital," she said. "Working with Baylor Health Care System Foundation has become my mission. Bryan and I want this hospital to have advanced facilities and the latest in medical equipment so that Baylor can provide the best of care for the people of our community now and for generations to come."

"We have a dedicated committee made up of some of McKinney's finest citizens and volunteers, and I feel honored to be working with them."

"We are trying to bring awareness of Baylor to the community and to encourage people so blessed to share their talents and resources with the Foundation," she said. "As the hospital construction continues, the responses in McKinney and the other communities in Collin County are encouraging. There is tremendous enthusiasm for the work of the hospital and the Foundation."

Jan and her family have long been active in the McKinney area, where they have lived for 23 years. She is the president of her family's business, Brandon Industries, which manufactures decorative exterior lighting and street signage systems for master planned communities and municipalities across the nation. Bryan is its chief financial officer, and their son, Brandon, is its namesake and vice president of marketing and product development.

For more information about Baylor McKinney, contact Jayne Grimes at 214.820.4771 or Jayne.Grimes@BaylorHealth.edu.

## Peek leads way at Baylor McKinney

**C**OMMUNITY EXCITEMENT is building, and some of the finest area physicians are eagerly awaiting the opening of Baylor Medical Center at McKinney in July 2012.

Before that can happen, however, **Scott Peek** has a big job to do.

The president of this new hospital is actively recruiting and hiring the key members of his leadership team and formalizing physician engagement roles in critical specialty areas. He is also working closely with Baylor Health Care System



Scott Peek

Foundation and continuing to meet with civic and community leaders to cultivate support.

"Baylor has served North Texas for more than 100 years with a steadfast commitment to serving patients through our Christian ministry of healing," Scott said. "It is an honor and blessing to be able to work with the System leaders in bringing quality care to the residents of McKinney and surrounding communities."

As the McKinney area grows, so will the hospital. Our 58-acre site is designed to accommodate the future needs of this region and has the potential to ultimately become a 400-bed facility.

## FOCUS ON RESEARCH

### Premier researcher works to develop Innovative Clinical Trials Center

**D**ANIEL VON HOFF, M.D., is working with Baylor Charles A. Sammons Cancer Center at Dallas as it develops its Innovative Clinical Trials Center (ICTC).

Dr. Von Hoff, who served on President George W. Bush's National Cancer Advisory Board, is an internationally known cancer researcher who has played a role in the development of more than 200 cancer drugs.

"We're very excited about working with Dr. Von Hoff and building upon our already robust cancer research programs," said Baylor Health Care System chief of oncology **Alan Miller, Ph.D., M.D.** "He is a leader in precision medicine – sometimes called personalized medicine – which tailors cancer treatment to the biology and genetics of each individual patient's tumor. Precision medicine will be one of the primary focuses of researchers at the ICTC."

The research facility will be located within Baylor's new, 467,000-square-foot outpatient



Dr. Daniel Von Hoff

cancer center, which will open in March.

When it opens, it will be the largest outpatient cancer center in North Texas.

The ICTC will be the centerpiece of cancer clinical research at Baylor, offering access to clinical trials that may be available only at a limited number of facilities in the world,

Dr. Miller said.

"The ICTC will be the home of our Phase I clinical trials, which provide patients with the option to participate in clinical research, especially those patients whose cancers have resisted standard treatments," Dr. Miller said. "These early trials also will advance knowledge in the field of cancer treatment, hopefully leading to treatments that become available to all patients in the future."

Besides helping guide Baylor's precision medicine program, Dr. Von Hoff will assist Baylor investigators in identifying and bringing promising clinical trials and studies to Baylor, as well as help recruit physician scientists to the ICTC.

Dr. Von Hoff is currently physician-in-chief at the Translational Drug Development Institute in Phoenix and also chief scientific officer for both Scottsdale Healthcare and US Oncology. Last year, he received the Karnofsky Award from the American Society of Clinical Oncology.



## Scholarships help send nursing students to head of the class

**M**ANY HOSPITALS across the nation are experiencing a shortage of experienced nurses, and Baylor Health Care System is no different. It is different, however, in the way it is dealing with the problem.

In 2009, Baylor created the *Advancing Nursing Excellence* program, which creates access to higher education in nursing for its staff. The program recently awarded scholarships to six staff members who are pursuing nursing degrees:

**Tiffany Hardman** is an access services representative at Baylor Regional Medical Center at Plano studying for her bachelor's in nursing at the University of Texas at Arlington, as are **Sarah Kennedy**, a unit secretary at Baylor Plano, and **Maria LaNear**, a patient care assistant/unit secretary at Baylor University Medical Center at Dallas.

**Staci McKean, R.N.**, a cardiovascular nurse educator at the Center for Nursing Education and Research, is pursuing her Adult Clinical Nurse Specialist degree at Angelo State University.



Seated left to right are: Staci McKean, R.N., Sarah Kennedy and Stephanie McNeese; standing are: Nicole Valetutto, Maria LaNear and Tiffany Hardman

Meanwhile, **Stephanie McNeese**, a pharmacy technician at Baylor All Saints Medical Center at Fort Worth, and **Nicole Valetutto**, an exercise physiologist at Personal Edge in Dallas, are working toward bachelor's degrees in nursing from UT-Arlington.

"We are extremely pleased to be able to provide this opportunity for members of our staff," said **Rosemary Luquire, R.N., Ph.D.**, senior vice

president and corporate chief nursing officer for Baylor Health Care System. "Not only does it help them as they advance in their careers, but ultimately, it helps Baylor attain a higher number of bachelor's degree-educated nurses, which benefits our patients."

By 2020, the United States will be short 1 million registered nurses, and on any day, Baylor Health Care System needs 500 additional registered nurses.

Advancing Nursing Excellence enables staff seeking advanced nursing education to work part time while in school and receive a full-time salary. An annual scholarship costs \$30,000, and \$60,000 funds a full two-year scholarship.

These scholarships bring the number of Advancing Nursing Excellence scholars to 16 since the program's inception.

For more information about Advancing Nursing Excellence, please contact Ellen Dearman at 214.820.7877 or [Ellen.Dearman@BaylorHealth.edu](mailto:Ellen.Dearman@BaylorHealth.edu).

## GIFT PLANNING

### Put your IRA to work for Baylor

**O**N DECEMBER 17, 2010, President Obama signed the Tax Relief, Unemployment Insurance Reauthorization and Job Creation Act of 2010, which includes an extension of the IRA charitable rollover. The extension allows individuals 70½ and older to donate up to \$100,000 from their IRAs tax-free to Baylor Health Care System Foundation. This special opportunity lasts through December 2011.

Here are answers to questions we've received about this gift option:

#### Who qualifies?

Individuals age 70½ or older at the time of the contribution

#### How much can I transfer?

Up to \$100,000 per individual in 2011

#### Does this transfer qualify as my minimum required distribution?

Yes. Once you reach age 70½, you are required to take minimum distributions from your retirement plans each year, according to a federal formula. IRA charitable rollovers count toward your minimum required distributions for the year.

#### What are the tax implications to me?

You do not recognize the transfer to Baylor as income, provided it goes directly from the IRA provider to us. However, you are not entitled to an income tax charitable deduction for your gift.

#### What is the procedure to execute an IRA charitable rollover?

E-mail us at [Foundation@BaylorHealth.edu](mailto:Foundation@BaylorHealth.edu) (subject line: IRA) with no obligation for a sample letter you can print out, complete and send to your plan provider to initiate a rollover. For additional information, contact your plan provider to learn its procedures. Make sure that you contact us when you direct the rollover so we can look for the check from your plan provider.

For more information about IRA charitable rollovers and gift planning, contact Cynthia Krause at 214.820.7928 or [Cynthia.Krause@BaylorHealth.edu](mailto:Cynthia.Krause@BaylorHealth.edu).

*Baylor Health Care System does not provide legal, accounting or tax advice. Please consult your professional advisors for assistance in these areas.*

### Baylor, financial advisors strengthen ties



Cynthia Krause, Mike McClellan, Debbie Cox and Jayne Grimes



Bill Carter, Joel and Diane Allison, and Marc Vilfordi



Debbie Cox and Jayne Grimes



Vester Hughes and Debbie Cox



Ed Copley and Richard Bernstein



Anne Motsenbocker, Daffan Nettle, Rowland K. Robinson and Audrey Spangenberg

**D**ALLAS IS one of the nation's most generous philanthropic communities. But there's one group of people without whom much of this charitable giving would not be possible: the area's talented financial advisors.

"We want to acknowledge the vital role advisors play in furthering philanthropy," said Baylor Health Care System Foundation president Rowland K. Robinson. "It takes a highly responsive community of donors and a group of competent advisors to bring something like this about."

That collaboration among advisors, their clients and the Foundation was celebrated at the second annual Philanthropic Leadership Award Dinner in December at the Crescent Club.

One advisor in particular was recognized for her dedication to helping clients realize their philanthropic goals: **Debbie Cox**, managing director and wealth manager at JPMorgan Private Bank.

In accepting the Foundation's Philanthropic Leadership Award, Debbie spoke about what advisors get back when they help clients give.

"Each one of us is a philanthropist," she said. "We believe in the power of gifts. We serve on boards, serve as pro bono guardians. We give money. Why do we do this? More than the community obligation or reward we get in return. It's that special feeling you get when you contribute

to something worthy."

Debbie also encouraged her fellow advisors to engage clients in conversations about their legacies.

"Those of us in the wealth management world – attorneys, CPAs, trust officers – have an important role," Debbie said. "We are uniquely qualified to counsel clients who are donors and/or have the capacity to give. Helping people with their philanthropic vision – being 'Santa's elf' – is the best part of my job."

In 2009, Debbie contacted Foundation director Jayne Grimes on behalf of clients of JPMorgan advisor **Daffan Nettle**. Shortly after, Daffan and her client, **Audrey Spangenberg**, were hosted on a tour of the Blanche Swanzy Lange Neonatal Intensive Care Unit. Audrey was so impressed with the work being done on behalf of Baylor's most vulnerable patients that she and her husband, **Erich**, made a \$500,000 pledge through their foundation.

"We are so blessed to work with competent, committed professionals who provide the right advice at the right time to amplify and refine extraordinary charitable gifts," Jayne said. "By using the tools of their trade to enhance their clients' generosity, more people are fed, more lives are saved, and more comfort is provided than would otherwise be possible. We think that's worth celebrating."



# The Foundation’s top donors

**B**AYLOR HEALTH CARE SYSTEM FOUNDATION raises and manages charitable funds for Baylor Health Care System. Since it was created in 1978, the Foundation has distributed more than \$369 million to Baylor. The Foundation has an active donor base of more than 8,000 individuals, corporations and foundations. We would like to thank the generous donors who have supported our mission throughout the years. Here is a look at those who gave \$2,500 or more during calendar year 2010:

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## It’s been a banner year for Foundation

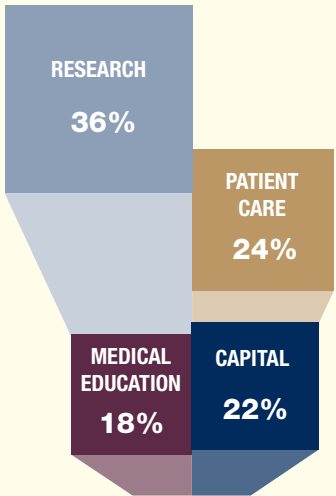
**B**AYLOR HEALTH CARE SYSTEM FOUNDATION bucked national trends in fiscal year 2010, having one of its best years on record by raising more than \$27 million for Baylor Health Care System initiatives.

“This success demonstrates the value that Baylor provides to the community,” said Joel Allison, Baylor’s president and chief executive officer. “Even when giving to others falls off, support for Baylor remains a priority.”

Over the past five years, the Foundation has raised \$129 million to support Baylor initiatives.

Baylor treats nearly 1.4 million patients annually, including more than 127,000 who require admission to a hospital. The cost of caring for some of those patients is included among the \$514 million in unreimbursed care and services Baylor provided to the community in fiscal year 2010.

### How your gifts make a difference at Baylor



“We are always grateful and amazed by the sustained backing we receive from our donors,” said Foundation president Rowland K. Robinson. “This kind of support enables Baylor to do so much more for its patients.”

## Rep. Pitts gives gift that hits close to home

**W**HEN STATE REP. JIM PITTS raised funds for area charities last fall, he had little difficulty deciding which organization he wanted to support.

“There was never a question regarding which charity I would choose to be the recipient of the funds received through the party in October,” said Rep. Pitts, whose District 10 includes Waxahachie and Ellis and Hill counties. “Baylor Medical Center at Waxahachie has been an integral part of my family’s life for many years.”

The funds were raised at an annual party hosted by Rep. Pitts and **state Sen. Florence Shapiro** in Dallas on the weekend of the Texas-OU game. This year, guests were treated to a performance by **Huey Lewis and The News**.

Rep. Pitts raised \$100,000 to support Baylor Waxahachie, but his family’s involvement with the hospital doesn’t end there.

“My late wife, **Evelyn**, served on the board of trustees at Baylor Waxahachie, and she enjoyed her association with that board,” Rep. Pitts said. “I am pleased to serve on the Baylor Waxahachie Board of Trustees, and I am very proud of the quality of health care the hospital provides. I know that I can depend on Baylor, its well-trained doctors and nurses, its administrative staff and the variety of services it offers. That is truly a blessing.”



Joel Allison, Bob Dyess, Albert Black, state Sen. Florence Shapiro, state Rep. Jim Pitts and Baylor Waxahachie president Jay Fox

Baylor Waxahachie’s 500 employees provided more than 116,000 patient services in fiscal year 2010.

Because Ellis County is one of the fastest-growing areas in North Texas, Baylor Health Care System has recently purchased 83 acres at the corner of the intersection of Interstate 35 and U.S. Highway 87 that is earmarked for future expansion of the hospital.

“The fact that Baylor offers quality, local health care to the residents of Waxahachie and Ellis County is very important to our community and its citizens,” Rep. Pitts said.

For more information about supporting Baylor Waxahachie, contact Melissa Hamm at 214.820.2705 or [Melissa.Hamm@BaylorHealth.edu](mailto:Melissa.Hamm@BaylorHealth.edu).

## Jack Hamilton

*Continued from page 1*

“Mr. Hamilton was one of the most humble, soft-spoken people I have ever met,” he said. “He was occasionally embarrassed when we reached out to recognize him for his kindness and gifts, as he felt it was simply part of his responsibility and duty to his community. He was one of the most kind and thoughtful people I have ever met. I just hope he and Mrs. Hamilton know how many people have been reached and cared for as a result of their sincere and abundant generosity.”

**Cara East, M.D.**, director of the Soltero

Cardiovascular Research Center, noted Jack’s enthusiasm for advancing science.

“Jack loved research and passing on our values to young people,” she said. “He had a twinkle in his eye whenever we presented exciting research with opportunities to change medicine and grow people. He made you want to earn that smile and his words, ‘good for you.’ ”

He is survived by Jane, his wife of 63 years; his children, **Dan Hamilton** and wife **Gena**; and **Diane Hamilton Buford** and husband, **Kim**; and seven grandchildren and seven great-grandchildren.

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Ms. Jane B. Ramsland  
Dr. and Mrs. Warren Y. Randall  
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George and Fay Young Foundation, Inc.  
Ms. Elizabeth Youngblood  
Ms. Karen R. Zwernehan



*From the President*

“I am dying. At age 41, I am facing my second recurrence of cancer. I was first diagnosed with an advanced and rare type of breast cancer in 2001. This led to a large tumor in my brain last year. Now the cancer has spread to my spinal fluid, which will likely seal my fate within weeks.”

— *Adriana Jenkins, Forbes, February 9th, 2011*

**A**s I read this poignant testimony, I realized again how important the new Baylor Charles A. Sammons Cancer Center is. We have created a model for the world of how outstanding medicine can be when the patient is at the center.

**Cancer. We’ve got its number.**

That’s the new tagline for our cancer center.

However, the only number that’s important to our patients and their families is zero: “You’re cancer free.”

Adriana participated in a clinical trial evaluating a so-called personalized medicine drug targeting a mutation believed to be driving her cancer. Baylor is committed to conducting clinical trials that will advance our familiarity with advanced pharmaceuticals. This may save, or make life better for, the next Adriana.

Baylor is exploring the next exciting phase of medicine – genomics. This involves identifying genetic variation related to therapeutic response. Using this information, we can effectively screen patients, optimize dosing and enhance drugs’ safety and efficacy. This personalized medicine initiative parallels the opening of our cancer center. Adriana reminded us that the patient is the point, the center of our science, the purpose of our effort.

Unfortunately, Adriana lost her battle with cancer on February 11th.

**Our friend, Jack**

The quest to make life better for others was exemplified by our friend, supporter and board member **Jack Hamilton**. Jack was taken from us a few weeks ago.

He said, “**Jane** and I haven’t made gifts. We’ve made investments. And we’re thrilled with how our investments have performed at Baylor.”

Jack and Jane started making “investments” in Baylor in 1988, including grants for diabetes and cardiovascular initiatives. The Baylor Jack and Jane Hamilton Heart and Vascular Hospital has improved life for thousands of patients since 2002.

Jack never gave to make a name for himself. He was simply interested in helping other people.

We are most grateful for the support from Jack, Jane and the thousands of friends who made our heart hospital and new cancer center a reality. Your support and generosity, and the confidence in Baylor’s mission that they represent, are very much appreciated.

We’ll miss you, Jack.

Rowland K. Robinson  
President

Baylor Health Care System Foundation  
[Robinson@BaylorHealth.edu](mailto:Robinson@BaylorHealth.edu)



## Shared Technologies, Foundation send 10-year-old to Super Bowl

**O**N A DAY when hundreds of football fans were denied the seats they had paid for at Super Bowl XLV, one lucky fan and his father got a suite deal.

**Dalton Young**, a 10-year-old being treated at Our Children's House at Baylor, and his father, **Eddie**, joined Irving-based **Shared Technologies** at the big game. They sat in a suite at the 35-yard line to watch Dalton's favorite team, the Pittsburgh Steelers, take on the Green Bay Packers.

*"Baylor has been phenomenal. From the housekeepers to the top dog, these people are just wonderful people. I don't know where we'd be without them."*

— EDDIE YOUNG

"We do community events all the time, but this one is really special," said **Glenn Means**, president of Shared Technologies. "The Super Bowl's only once a year, and it only comes to your town maybe once in a lifetime."

Eddie couldn't believe his ears when he found out about his son's good fortune.

"I dropped the phone," he said. "When the lady told me, I said, 'You're kidding, right?'"

It was a welcome bit of good news after the incident that brought Dalton to Baylor.

Dalton, who lives in Powderly, Texas, suffered a head injury in a family tragedy in October.

Doctors originally expected Dalton to be in the hospital for four to six weeks, but he was out of inpatient care within a month.

"He would definitely classify as a miracle," said **Rajashree Srinivasan, M.D.**, a physician on the medical staff of OCH.

Three months after his injury, Dalton still had difficulty moving his left side, but he was able to return to school and friends he hadn't seen in



Eddie Young, Dalton Young, and Greg Bosworth and Glenn Means of Shared Technologies

three months at the end of January.

"Baylor has been phenomenal," Eddie said. "From the housekeeping to the top dog, these are just wonderful people. I don't know where we'd be without them."

"He's my pride and joy, and to see that smile on that baby's face every day is worth it," Eddie said.

## PHYSICIAN PROFILE

RAYMON AGGARWAL, M.D.

**R**AYMON AGGARWAL, M.D., has been an associate attending physician in the department of internal medicine at Baylor University Medical Center at Dallas since 1999. He was listed in *D Magazine's* The Best Doctors in Dallas issues each year from 2008 to 2010. Dr. Aggarwal has helped extend medical knowledge by giving presentations and participating in research, joining a research team led by the world-renowned **Evan Simpson, Ph.D.**, that studied breast cancer treatments. He graduated magna cum laude from Duke University and completed medical school at The University of Texas Southwestern Medical School.

### What do you like most about Baylor?

There is a friendly environment and patient-centeredness. We're always looking at new ways to deliver the best care.

### What is a special story that you have about an experience with Baylor?

One of the first patients I treated was a rancher in McKinney. He had an extremely loving and supportive family. He unfortunately had a damaged heart valve from a prior infection. I assembled a large team of doctors, including a cardiothoracic surgeon, cardiologist, infectious disease doctor, pulmonologist and orthopedist. The level

of care he received was amazing, and most likely he would not have had as much quality time with his family at another institution. After years, at



Dr. Raymon Aggarwal

the end of his life, this team of doctors continued to provide the best possible care for him and his family. The family continues to choose Baylor as their home for health care.

### Describe your family.

I have three kids (13, 10 and 6). My wife works as an event planner.

### What is the highlight of your career?

Being involved in the shaping of our health care system, both at Baylor Dallas and in the HealthTexas Provider Network.

### What are your goals in life?

Be a good father and husband, be compassionate toward my patients and have some quality time with my family.

### Describe your leadership style.

Stay approachable and honest. Be decisive after hearing all sides.

### To what do you attribute your success?

Hard work, a lot of studying and excellent mentors.

### What are your hobbies or interests?

Basketball, half marathons and electronic gadgets.

## Coca-Cola Foundation donation helps fund anti-obesity program

**T**HE DIABETES HEALTH AND WELLNESS INSTITUTE (DHWI) in South Dallas received a boost from the Coca-Cola Foundation in the form of a \$25,000 grant. The funds are earmarked for DHWT's innovative Total Recreation™ program, which is one of the first wellness programs in the nation to integrate sports and recreation activities, community outreach and health education programs for children and adults in underserved communities.

"We have a long-standing commitment to improving access to community programs that foster physical activity, exercise and nutritional education," said **Ingrid Saunders Jones**, senior vice president of The Coca-Cola Company and chair of The Coca-Cola Foundation. "Our goal is to make a positive difference in communities by strengthening and creating healthy active lifestyle habits for families."

One of the main objectives of the program is eliminating childhood obesity.

"The program is designed to create not only personal accountability for one's own health, but also promote a communal commitment to helping each other get healthier," said **Donna Rice**, president of the Southern Sector Health Initiative, which includes the DHWI.

The program is primarily aimed at youth coaches or aspiring youth coaches who participate in City of Dallas Parks and Recreation and community sports leagues. It provides certification, training and ongoing support to coaches in topics including diet, exercise, training, diabetes prevention and management, and physiology.

About 100 coaches and 1,000 kids are participating in the program, which is based at the DHWI, located in the Juanita J. Craft Recreation Center in South Dallas.

## Mark your calendar:

*Outpatient cancer building to open March 26*



**T**he 467,000-square-foot outpatient cancer building at the Baylor Charles A. Sammons Cancer Center at Dallas is scheduled to open March 26.

The new building, which will be the largest outpatient cancer center in North Texas, will be home to expanded cancer research and outpatient radiation and chemotherapy services, as well as additional support groups, educational resources and programs.



## How what you eat affects your health

**W**E'VE LONG HEARD that lifestyle choices, including what we eat, can have an impact on our health. What many haven't heard, until recently, was the many benefits that curcumin can provide.

**Ajay Goel, Ph.D.**, a researcher at Baylor Research Institute, helped fill that void in December at a meeting of the Baylor Health Care System Foundation board. Along with **Rick Boland, M.D.**, chief of the division of gastroenterology at Baylor University Medical Center at Dallas, Dr. Goel touted the anti-inflammatory, anti-oxidant, antimicrobial and anticarcinogenic qualities of curcumin, a component of the herb turmeric. Turmeric is commonly used in Indian curries and provides the yellow color of mustard.

Studies of colorectal cancer incidence around the world have shown relatively low rates in India, where turmeric is consumed on a daily basis. In contrast to commercially available drugs, curcumin can provide safe, inexpensive and multi-

targeted treatment of cancers.

"Naturally, the best way to prevent deaths from colorectal cancers is not to get them in the first place," Dr. Boland said. "Colorectal cancers are very common in the United States, even though they may be the only type of cancer that is truly preventable."

Treatment of colorectal cancers, which account for 10 to 11 percent of cancers nationwide, is more effective when the disease is discovered in an early stage. When discovered during Stage I, colorectal cancers are curable more than 90 percent of

the time. But when discovered in later stages, less than 5 percent of these cancers can be cured.

To prevent these cancers from reaching those later stages, Drs. Boland and Goel have devised a fecal screening test that can detect early-stage colorectal cancer – before it even shows symptoms – without the need for a colonoscopy.

For more information about oncology at Baylor, contact Ellen Dearman at 214.820.7877 or Ellen.Dearman@BaylorHealth.edu.



Dr. Ajay Goel and Dr. Rick Boland

### 'Super foods' with cancer preventive potential

In addition to turmeric, there are other foods that have the potential to lower the risk of developing cancer:

- Tomatoes (lycopene)
- Turmeric (curcumin)
- Cinnamon (coumaric acid)
- Cashews (anacardic acid)
- Artichoke (silamyrin)
- Apples (phlorethin)
- Soybeans (genistein)
- Tea (EGCG)
- Grapes (resveratrol)
- Carrots (beta-carotene)
- Citrus (hesperidin)
- Broccoli (isothiocyanates)
- Garlic (allyl mercaptan)
- Red chili (capsaicin)



**D**AVID BURGHER'S CAREER has taken him through several steps and to many places. But he feels his latest stop at Baylor Health Care System Foundation was the result of a higher calling.

"I am convinced that the Lord sent me here for His purposes," David said. "I was working in financial services, and I had been bringing clients here for education. After Foundation board member **Darrell Lafitte** called and Baylor Health Care System president **Boone Powell Jr.** called, I thought maybe the Lord was trying to tell me something."

Nearly 21 years later, that kind of faith plays an even greater role in his daily work.

"I started out doing planned giving, and I would bring people down here. They would also see if I would visit friends of theirs who were in the hospital," David said. "We redid my job description, and I started to spend more time visiting patients. Most of the time, I offer to pray for them. About 99 percent of them say, 'Yes.'"

David and his wife, **Nancy**, have been married for 56 years, and their family includes five children, 19 grandchildren and two great-grandchildren. All of them are based in Texas.

The entire family will have a cause for celebration in April, when David will reach his 80th birthday.

"For my 70th, we had some people in, but it's hard to get everyone together," he said. "We have a family celebration once a year. Nancy and I take



David Burgher

all who can make it on a trip. We plan to do that again this year."

Another family tradition was celebrated at Christmas, when David and Nancy had their grandchildren select gifts for those they don't even know via the Samaritan's Purse catalog. The organization lists things people in third-world countries need, such as tents, goats, cows and sheep. The kids made their choices, and David and Nancy funded the gifts.

"We used to buy them presents and give them cash, but that's not really what this event is all about," David said. "The focus was on other people, and this got the kids used to thinking about that."



### From the Chairman

**E**very so often in the life of a great institution, there is a watershed moment.

Baylor Health Care System is on the verge of just such a moment. On March 26, it will open the outpatient building of the new Baylor Charles A. Sammons Cancer Center at Dallas.

This is important for many reasons. As Baylor celebrates 35 years of providing cancer care, this 10-story, 467,000-square-foot building will enable us to provide more comprehensive cancer care for the citizens of North Texas and beyond.

The new building represents a significant capital investment that will enhance many of the services that make this kind of care possible. It will house:

- A patient navigation program that will guide patients and their families through the cancer journey, which is an emotional, trying experience
- Advanced technology and integrative therapies for cancer treatment
- Treatments for every type of cancer
- Top-tier medical staff and health care providers, including educating tomorrow's cancer specialists
- Expanded outpatient radiation and chemotherapy
- Expanded support groups, educational resources and programs

But it's not just facilities in which Baylor invests. Baylor has invested heavily in research – including the new Innovative Clinical Trials Center – because we want to see better outcomes for patients in our lifetime. The focus is on clinically relevant research, which is clinical trials and patient-based research, supported by new technology that moves them forward. Our research brings advanced care to patients. And that brings quality physicians and scientists to Baylor. It makes better tomorrows for patients today.

Another important focus is our investment in medical education.

The excellence in patient care for which we strive begins with excellence in medical education. Since Baylor was founded in 1903, it has been active in medical education. Baylor Dallas is a major teaching hospital for the Southwest, and we are always seeking to expand our medical education program to keep up with the growing demand for cancer care.

The Baylor Charles A. Sammons Cancer Center will help us bring all of these facets together in a way that will enable us to continue to provide the exemplary health care, education and research that is our mission.

After watching this building rise from the ground to become such a magnificent structure, I think you'll understand why I am so excited to be part of this moment. I believe we should all be.

Erle Nye  
Chairman, Board of Directors  
Baylor Health Care System Foundation



## Palliative care services can provide answers during difficult end-of-life situations

**W**HEN A PATIENT faces a life-limiting condition, a complicated situation is created.

The health care system in the United States is in many ways inadequate for patients who are facing these end-of-life issues. Currently, medical personnel are trained to prolong life at all costs. And medical science has become good at doing so. So good, in fact, that technology can now sustain our organs until we are no longer aware or coherent.

This raises the important question of knowing when and where to stop treatment.

Having a plan is important in these situations. Fortunately, Baylor University Medical Center at Dallas has one. It has developed a palliative care program to help confront these issues and help provide the best possible outcome when death is certain.

**Robert Fine, M.D.**, the director of the office of clinical ethics and palliative care at Baylor Dallas, and **Carl Couch, M.D.**, vice president of health care improvement, addressed some of these issues at the February meeting of the Baylor Health Care System Foundation board.

“It’s really hard to think about our own mortality,” Dr. Fine said. “We have to work on new hopes and goals, such as ‘living till the day you die.’”

Most families find themselves unprepared to answer the tough questions that accompany end-of-life situations, even though most have known for some time about terminal conditions.

The most important way to prepare for these situations is by creating an advance directive.

“If you can’t speak, a Living Will is the greatest

gift you can give to your surrogates,” Dr. Fine said. “It takes the burden of a decision off of them.”

Currently, 25 percent of Medicare and Medicaid costs are created by 5 percent of patients in the last year of life. With planning, these costs are preventable.

“We want to avoid futility,” Dr. Couch said. “The default is to do everything. Without planning, efforts will be made to extend life. With planning, most would rather die at home in comfort.”

For more information about supporting palliative care, contact Cynthia Krause at 214.820.7928 or [Cynthia.Krause@BaylorHealth.edu](mailto:Cynthia.Krause@BaylorHealth.edu).



Dr. Robert Fine and Dr. Carl Couch

## Physician witnesses results of Employee Giving Campaign

**I**N 2010, the *Employee Giving Campaign* raised more than \$1.1 million for several initiatives throughout Baylor Health Care System’s many campuses.

**Jim Walton, D.O., M.B.A.**, the vice president and chief health equity officer for Baylor Health Care System, gives through the EGC to the Volunteers in Medicine fund. He



Dr. Jim Walton

had the opportunity to see first-hand how EGC donations helped others when he was part of a Faith in Action mission trip to Haiti in January 2010 to help those affected by the earthquake.

Faith in Action supports worthy faith-based initiatives in the community Baylor Health Care System serves and in places around the world in need of help.

Its efforts to help the people of Haiti were included as an option at each campus. Baylor employees came through, donating more than \$30,000 and in excess of 3,000 pounds of medical supplies.

While in Haiti, Dr. Walton helped a relief medical team that treated the wounds of countless crisis victims and taught local physicians how to use donated medical equipment.

One of the most rewarding moments of the experience, Dr. Walton said, was seeing a healthy baby born in the middle of the chaos.

“In the midst of all the disability, death and destruction I saw in Haiti, seeing this healthy newborn baby and her happy mom illustrates the hope we can have in the midst of so much suffering and difficulty,” he said. “Being in Haiti helped to drive this point home to me by providing human stories of sharp contrasts at a fairly rapid-fire pace. As I think about it, it is the story of people overcoming incredibly difficult circumstances that brings me hope that God’s story is still evolving in front of us, and we are being given the incredible privilege to join in.”

Dr. Walton was also inspired by the Haitians’ unshakable faith as their homes fell down around them.

“The Haitian people love to sing about their love for God, and it is not uncommon to hear those sounds around here as well,” he said. “They have taught me to be more thankful and to see God’s hand even in suffering. It is these moments that can teach us all about how we might bring our faith into action.”

For more information about Faith in Action, contact Jayne Grimes at 214.820.4771 or [Jayne.Grimes@BaylorHealth.edu](mailto:Jayne.Grimes@BaylorHealth.edu).

## ON THE BOARD

KAREN KEY

**K**AREN KEY HAS BEEN A MEMBER of the Baylor Health Care System Foundation board since 2010. As a breast cancer survivor who was treated at Baylor, she has been active with the Foundation’s cancer advocacy group and given for the last 20 years to many initiatives, primarily the *Celebrating Women* campaign. A native of Tyler, Karen earned her bachelor’s degree from Baylor University and an MBA from SMU. She worked in accounting before leaving to become “money manager and CEO of our household.”



Karen Key

**What Foundation project are you passionate about?**

Cancer projects. I led support groups for the Cvetko Center for 12 years, and I volunteered at Jonsson Hospital for years. I wanted to give back because I had my care here. It’s been 21 years. We need to volunteer instead of just giving money with no connection. It means so much more when you find out what’s going on.

**What is one of your favorite connections to the Foundation?**

**Lindalyn Adams** is a unique lady and makes it fun to be a part of the Foundation. Also, **Robin Robinson** and **Jayne Grimes**!

**Describe your family.**

I have a husband, **Donald**, a stepdaughter, a grandchild, two parents who are both 89, a sister, four nephews and nieces and a stray cat!

**What are your hobbies or interests?**

My hobbies are working out with weights, spin class and walking. My interests are movies, plays, travel, dinner and lunch with friends, reading and social events with my husband. We’re going to Italy in May – Rome for five days, then Sorrento and the Amalfi coast. I’m going to have to brush up on my Italian!

**What role do you have in a cause or non-profit organization?**

I participate in visitation at nursing homes for my church, Preston Hollow Presbyterian Church, which is a natural carryover from the work I did with cancer patients at Baylor. I also like to buy birthday presents for the kids at Buckner Children’s Home.

**What are your goals in life?**

Stay healthy and make a difference in the lives of others.

**What is the most influential book you’ve read?**

*Same Kind of Different As Me*. I saw Ron Hall speak, and he’s just awesome. His wife went through cancer, and he was such a changed man.

**What lesson did you have to learn the hard way?**

Trying to change people. You can’t change anyone but yourself.

**I’m most proud of ...** my surviving breast cancer.

**Most would be surprised to know that ...** I am an introvert – but I love people and social events.

**The best day I ever had was ...** when I was told my cancer hadn’t spread to my lymph nodes, and when I married my husband.

**My worst vice is ...** perfection. I like order, and I like everything to be neat and clean. If I do something, I want to do a good job.

To learn more about any Baylor Health Care System Foundation initiative, contact the Foundation at 214.820.3136 or e-mail [thetorch@BaylorHealth.edu](mailto:thetorch@BaylorHealth.edu). Write to us at 3600 Gaston Avenue, Barnett Tower Suite 100, Dallas, TX 75246-1800.