

UCNI benchmark

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inside this issue

- \$2M Schott Foundation gift lifts new Molecular Therapeutics Program** 2
- Genes hint at aneurysm location** 3
- New-Onset Seizure Clinic gets patients onto optimal treatment path** 3
- You're the Doctor** 4
- Soar into Fourscore** 4
- Depression educational program** 5
- Upcoming events** 5

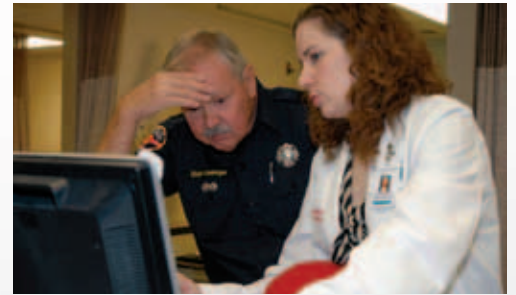
UCNI centers & programs

- Brain Tumor Center
- Cerebrovascular Disease and Stroke Center
- Epilepsy Center
- Neurosensory Disorders Center
- Neurotrauma Center
- Gardner Family Center for Parkinson's Disease and Movement Disorders
- Waddell Center for Multiple Sclerosis
- Memory Disorders Program
- Mood Disorders Program
- Neuromuscular Disorders Program

For this EMT, the signs of stroke pointed to UCNI

As a firefighter who attends regular EMS drills, Dick Koeniger was well versed in the signs and symptoms of stroke. While driving home with a friend one evening last June, he suddenly noticed that his peripheral vision was slightly impaired. Odd, he thought. Was it related to the tension headaches, right behind the eyes, that he had suffered while working as a high school teacher and principal? He continued driving. After arriving home about 20 minutes later, he realized that he had a slight loss of motor control with his left hand. "It was very slight, but as it began to progress you notice – holy buckets! What's going on?" Mr. Koeniger recalled. "I added one plus one and thought, guess what: I'm having a stroke."

Continued on page 4



Dick Koeniger looks over his scans with Laura Heitsch, MD, during a return visit to the emergency room.

Alison's story: a marathoner sprints toward recovery

She has completed medical school, has won the Flying Pig Marathon and has reached the summit of two of Colorado's 14,000-foot peaks. Today Alison Delgado, MD, is tackling a mountain of a different kind. Step by hard-earned step, word by remembered word, the 28-year-old pediatric resident is coming back from an October 2010 bicycle accident that caused serious injuries. Physicians at the UC Neuroscience Institute have helped her through a series of procedures and treatments, while her husband, Tim Delgado, MD, an emergency medicine resident, has been her No. 1 cheerleader.

Continued on page 3

Drs. Alison and Tim Delgado, at home with feline friends.

Photo by Mayfield Clinic.



\$2M Schott Foundation gift lifts Molecular Therapeutics Program



Tom and Francie Hiltz, trustees of the Harold C. Schott Foundation
Photo by Mayfield Clinic.

Having lost two family members to metastatic brain tumors, Francie Schott Hiltz and L. Thomas Hiltz knew that more research in the area of brain metastasis was needed. That knowledge, combined with their legendary generosity, inspired them to establish the Harold C. Schott Chair for Molecular Therapeutics with a \$2 million gift from the Harold C. Schott Foundation.

An additional \$4.5 million committed by the University of Cincinnati College of Medicine and its Departments of Neurosurgery and Radiation-Oncology and its Division of Hematology-Oncology will enable development of the UC Brain Tumor Center Molecular Therapeutics Program, an interdisciplinary program dedicated to translational research, original clinical trials and the tertiary care of patients with brain metastasis.

The Molecular Therapeutics Program will wed the research and clinical talents of UCNI's Brain Tumor Center, directed by Ronald Warnick, MD, Professor of Neurosurgery and a Mayfield Clinic neurosurgeon, and the rapidly evolving UC Cancer Institute, directed by George Atweh, MD, Professor of Hematology-Oncology.

The new program will allow UC to build a subspecialized research team, and the endowed chair will fund the recruitment of a nationally recognized expert to lead the program.

Olivier Rixe, MD, PhD, Director of UC's Experimental Drug Trials Program, said that until now patients with brain metastases have been excluded from most of the world's clinical trials that test new cancer therapies. "We hope to develop new clinical trials at UC, and we will not exclude patients with metastatic disease from Phase 1 or Phase 2 studies," he said. "We will also develop specific trials for patients with brain metastases and test new drugs in this context."

Dr. Warnick said the new program "will be dedicated to developing new therapies for patients and, ultimately – if I may be so bold – to preventing brain metastases from happening."

Eleven studies target brain tumors

Eleven clinical trials are underway at the UC Brain Tumor Center, underscoring its commitment to the discovery of new treatments for brain tumors. That commitment embraces translational research -- the translation of laboratory discoveries into treatments -- and clinical trials involving new drugs, treatments and technologies.

The clinical trials comprise studies for a broad range of brain tumors: acoustic neuroma, glioblastoma, recurrent glioblastoma, high- and low-grade glioma and metastatic tumors. The Brain Tumor Center also offers patients who are treated for brain tumors the opportunity to participate in the Ohio Brain Tumor Study.

While revealing risk of aneurysm, genes can also hint at location

When Jason Mackey, MD, was offered a fellowship in stroke research at the UC Neuroscience Institute following his residency, the young neurologist grabbed the opportunity. "UC has the best stroke fellowship in the world," Dr. Mackey said. "This is one of the world's longest-running comprehensive stroke centers and has an international reputation for its clinical expertise and multiple research endeavors." Now, 18 months into his fellowship, Dr. Mackey has made his own contribution to that reputation. While synthesizing data from the Familial Intracranial Aneurysm (FIA) study, Dr. Mackey arrived at an intriguing finding: in those individuals who have a genetic predisposition to developing aneurysms, genetics also play a role in where in the brain an aneurysm might develop. Dr. Mackey was honored for his research with the prestigious Mordecai Y.T. Globus New Investigator Award in Los Angeles in February.



Jason Mackey, MD, a Fellow in the Department of Neurology, helped members of the Cerebrovascular Disease and Stroke Center celebrate Go Red for Women at University Hospital in February. The team reminded visitors that stroke, like heart disease, is a primary source of death and disability in women and can often be prevented.

Photo by Mayfield Clinic.

The Ohio study seeks to answer questions about the origins of brain tumors and risk factors. "When I see patients, usually the first thing they ask is, "How did I get this?" says Christopher McPherson, MD, a neurosurgeon with the Brain Tumor Center.

Our translational research team includes investigators, technicians, molecular epidemiologists and biostatisticians. Their laboratory efforts focus on cell interactions, development and regeneration. They also study how and why healthy cell processes go awry. Our clinical research team includes physicians in all neuroscience specialties, neuro-imaging specialists, research nurses and regulatory experts. Any patient who seeks treatment at our center will be offered the opportunity to participate in available clinical trials for which he or she qualifies.

Alison's story, continued from page 1

Alison Delgado, who was wearing a bicycle helmet, suffered numerous fractures to her neck and body. The impact also caused a blood vessel to tear and spill blood into the space around her brain. Further, the injury either led to the development of a dangerous aneurysm – a bulge in the blood vessel wall -- or aggravated an existing aneurysm. (A second aneurysm, on the opposite side of her brain, was discovered during testing.)

UCNI's neurosurgical specialists worked to treat the first aneurysm and stop the bleeding. When it ruptured a second time, she came under the care of Mario Zuccarello, MD, Chairman of the Department of Neurosurgery. Dr. Zuccarello rerouted the blood flow around the damaged artery in a delicate intracranial-extracranial bypass and then shut off blood flow to the aneurysm once and for all with a clip. (He would clip the second aneurysm in a "routine" brain operation 10 weeks later.)

Throughout her recovery and rehabilitation, Alison has been literally sprinting, working out at the gym and using her iPad to strengthen her brain. She reads medical articles and attends bedside rounds

Drs. Alison & Tim Delgado, who have attracted national media attention, appeared on The Today Show on March 10. You can view the segment online at <http://on.today.com/h35jG9>

at Cincinnati Children's. "Everyone has been great and supportive," Alison says. Adds Tim: "We are focused on one goal: getting her back to work."

Finding relief from trigeminal neuralgia, a thousand miles from home

It was Thanksgiving 2010, and Carol Hemker of Kimball, Neb., was ready to give up. For 10 years she had suffered from trigeminal neuralgia, an inflammation of a cranial nerve that controls feeling and movement in the face. When the pain struck, it struck like lightning. Mrs. Hemker would drop to the floor in agony, holding her face.

She had undergone previous surgical procedures, but the relief never lasted. Now even her doctor said there was nothing more he could do. But an emergency room nurse urged her not to lose hope. "Be relentless," the nurse said. "There must be someone who can help you."

Mrs. Hemker sent letters of inquiry to four centers around the U.S. and soon heard back from John M. Tew, MD, Clinical Director of UCNI. Bob Hemker and his wife, pictured at right, then drove the 1,100 miles to Cincinnati, where Dr. Tew provided a treatment of last resort: a sensory rhizotomy. He made a small hole in her skull, then severed the nerve, leaving the right side of her face completely numb. "I feel I've been released," Mrs. Hemker said. "It's the most wonderful feeling you can imagine."



Photo by UC Health.

New-Onset Seizure Clinic gets patients onto optimal treatment path



David Ficker, MD

The Epilepsy Center at the UC Neuroscience Institute offers a specialized clinic for individuals who have experienced a recent seizure or seizure-like episode. The New-Onset Seizure Clinic, headed by David Ficker, MD, gives patients rapid access to epilepsy specialists and the most accurate diagnostic techniques available. As a result, patients can receive advanced epilepsy care within a week of their diagnosis.

The clinic is designed to meet the need for prompt access to specialists who focus solely on epilepsy and who are trained to make timely referrals to an epilepsy monitoring unit (EMU) for comprehensive evaluations, including evaluations for epilepsy surgery. Delays in accurate diagnosis and appropriate treatment of epilepsy can result in memory deficits, loss of the ability to work and drive, and loss of self-esteem.

Studies show that U.S. patients with epilepsy are referred to a comprehensive epilepsy center an average of 20 years after their first

seizure. Often, these patients have been striving to manage their epilepsy with medication and lifestyle adjustments, but without access to complete testing for underlying problems which, if treated, could reduce or even eliminate their seizures.

Not all patients who are evaluated at the clinic are diagnosed with epilepsy. Those who do not have epilepsy receive a rapid evaluation and treatment for their non-seizure diagnoses.

Those who see an epilepsy specialist early in their treatment are most apt to be prescribed medication that is suited to their current and future needs. When prescribing medication, our epilepsy specialists place a premium on:

- Minimization of a medication's bothersome side effects, such as drowsiness, cognitive impairment, or weight gain
- Avoidance of drug interactions involving epilepsy medications and other drugs the patient might be taking
- Minimization of skin rash risk
- Safety during pregnancy

Specialists at the clinic see patients at the Medical Arts Building adjacent to the University Hospital in Cincinnati and at University Pointe in West Chester, Ohio. To make an appointment, please call **(513) 475-8730**.

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UCNI Friends' Blog

You're the Doctor **By Joseph P. Broderick, MD Research Director, UCNI**

The two scans show the head of the same patient, who suffered an acute stroke (image at left). Members of the Greater Cincinnati/Northern Kentucky Stroke Team reopened a blocked artery in the patient's brain with t-PA, a clot-busting medicine (right). If the blocked artery can be opened quickly enough, the restoration of blood flow can salvage damaged brain tissue. If reopening occurs too late, brain tissue will die, even if blood flow is restored, and the patient will have a poorer recovery or can die.

Current national guidelines state that t-PA must be administered within how many hours after onset of stroke symptoms:

- 1) 8 hours
- 2) 6 hours
- 3) 4 1/2 hours
- 4) 3 hours
- 5) 2 hours



2.0 hours after onset



6.5 hours after onset

For correct answer, please visit

www.ucneuroscience.com/our_community

Gardner Center is named regional Parkinson's Info & Referral Center



Fredy J. Revilla, MD

The American Parkinson's Disease Association (APDA) has designated the James J. and Joan A. Gardner Family Center for Parkinson's Disease and Movement Disorders at UCNI the official Information and Referral Center for Ohio, southern Michigan and portions of Indiana and Kentucky.

The Information and Referral Center is located in the Stetson Building, 260 Stetson Street, on the UC Academic Health

Center Campus. The Center will assist people with Parkinson's disease, as well as their families and caregivers, said Fredy J. Revilla, MD, Director of the Gardner Center. "We will be the place to call for resources, education and medical care for Parkinson's disease."

Dr. Revilla will serve as medical director of the Information and Referral Center. Maureen Gartner, RN, will be the information and referral nurse. To contact the Gardner Center, please call (866) 941-8264 or visit www.ucgardnercenter.com.

For this EMT, continued from page 1

Under normal circumstances, the rule for stroke is to call 9-1-1 immediately so that treatment can be given in time to be effective. But Mr. Koeniger was at home in rural Indiana, and he knew that summoning his local emergency response unit for an initial assessment and then waiting for a helicopter to transport him to a primary stroke center would eat up valuable time. He made his decision: He told his friend to drive him to University Hospital in Cincinnati, home of the UC Neuroscience Institute. Though the trip would take 40 minutes,

Stroke Team in action

- 20:50 Mr. Koeniger arrives at UH
- 20:53 CT scan is performed
- 20:54 Dr. Heitsch summoned from home
- 21:17 Dr. Heitsch arrives at bedside
- 21:38 Dr. Heitsch administers tPA

Mr. Koeniger reasoned that he would arrive within the window of time when stroke treatment could help maximize his chances of avoiding long-term disability.

When he pulled into the emergency department at 8:50 p.m., Mr. Koeniger was met by someone he knew well. Donald Locasto, MD, an emergency medicine physician, recognized him from EMS training and asked, "Dick, what are you doing here?"

Mr. Koeniger replied, "Don, I think I'm having a stroke."

In a rapid-fire sequence that showcased the best in healthcare at a primary stroke center, physicians examined Mr. Koeniger carefully and performed a brain scan, which revealed that a blood clot had lodged in a blood vessel just above and behind his right ear. Laura Heitsch, MD, a stroke team member summoned from home, administered t-PA, a drug that would dissolve the clot, less than 90 minutes after Mr. Koeniger's arrival and just over 4 hours after his stroke was presumed to have begun.

"He was past the three-hour window that is considered ideal," Dr. Heitsch said. "But he was still within the larger, four-and-a-half-hour window of effectiveness that is now considered appropriate for some patients."

Mr. Koeniger spent two nights in the Neuroscience Intensive Care Unit at University Hospital and was then discharged, his vision problems and diminished left-hand capacity restored. Ever grateful – "They brought their 'A' game!" – he is back working full throttle for the Colerain Township Fire Department.

Soar into Fourscore

How does a bird soar? Researchers have found that the albatross, a master glider, uses variations in near-surface winds to catch the crest of a wave of air and ride it, just as a surfer rides an ocean wave below. As we age we can also "catch the waves" that flow through our lives, thereby staying busy and vibrant. Grandchildren are the most obvious source of contagious energy: they sweep us up and carry us forward when we might otherwise sit back. Volunteer work can also buoy us. If you're becalmed in an airless retirement, create your own wave and ride it by volunteering. Call us at (513) 584-8989 and we'll find you a place on our team.



John M. Tew, MD
Clinical Director, UCNI

Depression, suicide prevention are focus of educational program



The Mood Disorders Program at UCNI will hold two special events on Saturday, April 30, at Xavier University's Cintas Center.

- The morning educational event (8-12:15 am), *Depression in Special Populations*, is for healthcare professionals, requires registration and offers CME credits.
- The afternoon event (1-5 pm), *Depression and Suicide: What You Should Know*, is free and open to the public.

The community program will feature a presentation by Eric Hipple, above, the former NFL quarterback who played for the Detroit Lions for 10 years. Mr. Hipple has devoted his life to building awareness of depressive illness and to reducing stigma since the suicide of his 15-year-old son, Jeff. A panel discussion will feature a Cincinnati couple, Karen and Dave Troup, who lost their 20-year-old son, Jake Ober, to suicide in 2010. Program Course Director is Stephen Strakowski, MD, the Dr. Stanley & Mickey Kaplan Professor and Chair of the Department of Psychiatry and Behavioral Neuroscience at UC; Co-Director is Henry Nasrallah, MD, Professor and Director of the Schizophrenia Program and Director of Department of Psychiatry CME programs.

Seating for both programs is limited. Please RSVP to **(877) 263-2882**.



Upcoming events

April 28, 2011: Brain Tumor Center Wine-Tasting. RSVP to **(513) 558-6903**.

April 29, 2011: You Can't Ice the Brain! A Sports-Related Head Injury Course. RSVP to **(513) 558-8773**.

April 30, 2011: Managing Depression in Special Populations (CME) and Depression & Suicide: What You Should Know (Community). RSVP to **(877) 263-2882**.

May 14, 2011: Stroke Survivor & Caregiver Day. RSVP to **(513) 558-6903**.

June 17-19, 2011: Acoustic Neuroma Association's 20th National Symposium: Navigating the Future. www.ANAUSA.org.

July 21-23, 2011: 11th International Vasospasm Conference <http://www.vasospasm11.com/>.

Sept. 9-11, 2011: Sunflower Revolution Weekend www.sunflowerrev.org.

Oct. 1-2, 2011: Midwest Regional Brain Tumor Conference and Walk Ahead for a Brain Tumor Cure. **Save the Date!**

A special friend moves on

The UC Neuroscience Institute has been privileged to receive gifts of all sizes, from five dollars to more than five million. But few gifts have brought as much sheer enjoyment as those provided by Richie Hawley, the acclaimed Principal Clarinetist with the Cincinnati Symphony Orchestra. Richie, who has shared his remarkable talent in short recitals at three special UCNI events, has chosen to support our research efforts because of his interest in Parkinson's disease and his personal connection to UC, where he heads up the clarinet faculty. Richie will be leaving Cincinnati after the conclusion of the CSO's season to become Professor of Clarinet at Rice University in Houston. Although we will miss him immensely, we wish Richie the very best at Rice and hope he returns now and then for an encore performance!



A UC medical mission to Haiti saves lives, changes others

During a one-week medical mission to Haiti in February, neurocritical care specialist Jordan Bonomo, MD, and a team of University Hospital volunteers provided care to hundreds and saved countless lives. Dr. Bonomo, the Emergency Department's Liaison for International Medicine, organized the Haiti trip through Project Medishare, a Florida-based organization affiliated with the University of Miami School of Medicine. Dr. Bonomo posted signs about the trip around the hospital and, in a span of four days, had a waiting list.

His 35-member team included nine volunteers affiliated with UCNI's neuroscience intensive care unit (pictured below). Team members purchased their own airline tickets, gave each other vaccinations against disease and used vacation days to cover their time away.

"My experience in Haiti will be ever life-changing for me," said Jennifer Jackson, MSN, CNRN, Chief Nursing Officer at University Hospital. "I felt our team truly helped each person we touched."

Said Dr. Bonomo: "The hospital was operating at 100 percent capacity. So you really had to choose. You had to choose when to discharge patients, so that you could allow someone else in to be resuscitated."



Members of the NSICU team, from left: Marie Lamut, RN; Judy Berra, RN; Heidi Salyer, RN, CNRN; Jordan Bonomo, MD; Linda Dempsey, RN, CNRN; Lauren Rosenberg, RN, CNRN; Debi Terrell, RN; Richard Curry III, MD; and Joanne Kash, RN.

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For an expedited physician referral or more information about any of our programs, including those not listed, please call **(513) 584-2214** or, toll-free, **(866) 941-UCNI**. You can also reach us by e-mail at **ucni@healthall.com** or visit our Web site, **www.UCNeuroscience.com**.

Newsworthy

Milestone honors for UCNI leaders



Joseph Broderick, MD



John Tew, MD

February was a milestone month for Joseph Broderick, MD, and John M. Tew, MD.

Dr. Broderick, UCNI Research Director and Chair of the UC Department of Neurology, was appointed incoming

Vice Chair (2011-2013) and Chair-Elect (2013-2015) of the American Heart Association Stroke Council.

John M. Tew, Jr., MD, UCNI's Clinical Director and a neurosurgeon with the Mayfield Clinic, was honored as a Great Living Cincinnati by the Cincinnati USA Regional Chamber. Dr. Tew served as Professor and Chairman of UC's Department of Neurosurgery for 20 years before co-founding and taking the helm of UCNI.

62 UCNI specialists on 2011 'Best Doctors' lists

Sixty-two UCNI specialists are included on one or both of the latest regional and national lists of leading physicians. In December, Cincy magazine published the 2011-2012 list of area physicians named by Best Doctors in America®, a national database that includes more than 40,000 physicians in more than 40 specialties. In January, Cincinnati Magazine published its 2011 listing of Top Doctors who practice in the eight counties that make up the Greater Cincinnati region. The list included 388 physicians in more than 40 specialties. Cincinnati Magazine featured three UCNI physicians for their ground-breaking efforts: neurologist Alberto Espay, MD, for his role in the study of a new way to deliver medication for Parkinson's disease; Olivier Rixe, MD, PhD, for his work in the development of targeted molecular therapies to combat brain cancer; and neuro-intensivist Lori Shutter, MD, for her role in the development of the next generation of brain monitoring. For a complete list of UCNI's Best Doctors, please visit <http://bit.ly/h3PNh0>.

