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THE HEMI Q&A

DANIEL RADCLIFFE ON
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LEADING MAN

WINTER IS COMING

25 REASONS WE CAN'T
WAIT TO HIT THE SKI
SLOPES THIS SEASON

QUEEN OF CARDS

MEET THE WINNINGEST
WOMAN IN PRO POKER

JUST WHAT THE DOCTOR ORDERED

HOSPITALS ACROSS AMERICA SHARE THEIR LATEST INNOVATIONS AS THEY INVEST IN PATIENT FACILITIES AND THE FUTURE OF HEALTH CARE

WORDS BY RACHAEL MOON



The U.S. invests massively in its health system, a sizeable \$8,508 and the most expensive in the world, according to a new report from the Commonwealth Fund. The considerable investment, for many hospitals, appears in the form of new technologies, advancements in academic research and greater access to high-quality care for patients.

These technological developments are most apparent at Memorial Hermann, especially at its Mischer Neuroscience Institute. As the largest and most comprehensive neuroscience program in Texas, it is at the forefront of stroke

to the community,” says Alisse Pratt from Memorial Hermann. “We hope to expand the telemedicine program so that it’s more than just strokes.”

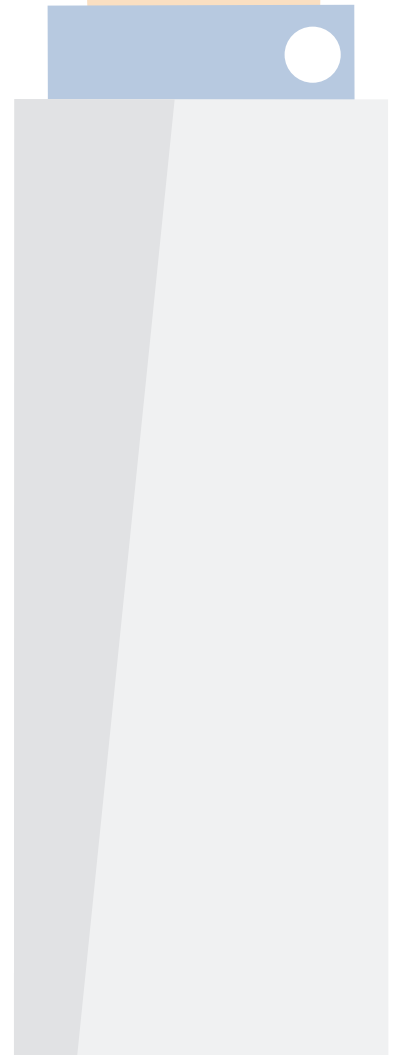
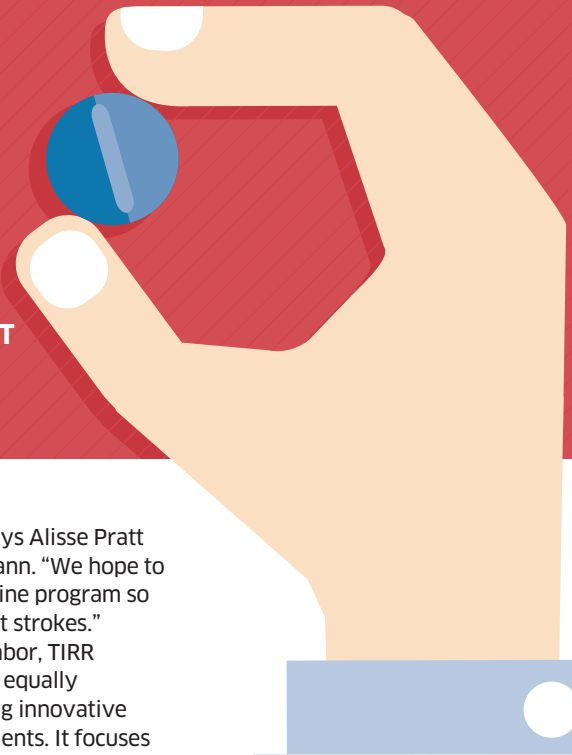
The hospital’s neighbor, TIRR Memorial Hermann is equally involved in developing innovative treatments for its patients. It focuses on rehabilitation for those who have suffered traumatic brain or spinal injuries. The facility’s inpatient care includes daily physical, occupational and speech therapy and it’s currently researching therapies using functional electrical stimulation. “This is put onto a person’s hands or legs and stimulates their muscles, giving them signals to move,” says Sunnye

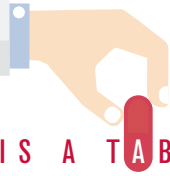
“TELEMEDICINE HELPS US PROVIDE INSTANT, EFFECTIVE STROKE CARE WITHIN THE THREE-HOUR TIME FRAME”

care with its life-saving telemedicine program. “Our neurologist will be able to speak with the emergency room physician at a community hospital. He’ll be visible on a robot and he can view scans, analyze the kind of stroke and whether the patient is eligible for the TPA drug. There’s a strict three-hour time frame so it helps us provide instant, effective stroke care

Owens-Garrett at TIRR. “We have a host of outpatient care facilities. Rehab can take years to achieve the new normal but that’s our goal for our patients.”

CEO Carl Josehart added, “Our robotics and adaptive technology programs are at the forefront of rehabilitative medicine. The growth and innovations that we have planned





“PROJECT EMERGE IS A TABLET APPLICATION THAT COORDINATES AND INTEGRATES ALL DATA FROM ALL MONITORING EQUIPMENT AND INFORMATION SYSTEMS”

for the next several years and decades really push all boundaries.”

At the University of Texas Medical Branch, the state’s oldest medical school, investment comes in the form of a cutting-edge laser for the ablation of prostate cancer. The new non-surgical treatment transforms the way the disease is tackled as an MRI-guided laser is able to pinpoint the tumor and remove it without damaging the prostate and causing side effects like impotence and incontinence. The chairman of radiology, Dr. Eric Walsler, explains, “In 2004 the FDA approved the three-tesla MRI magnet. We found that using a special sequence we were able to see cancer in the prostate for the first time, even when it’s very small. From that we could just take out the cancer like we do for other organs.”

For The Johns Hopkins Hospital—a regular in the *U.S. News & World* rankings—the attention is always firmly focused on new research. Its recent checklist to eliminate line infections in patients inspired hospitals nationally and its latest initiative, Project Emerge, is no less impressive. Dr. Peter Pronovost, senior V.P. for patient safety and quality, says the hospital hopes to eliminate all potential harms: “Project Emerge is a tablet app that coordinates and integrates all data from all monitoring equipment and information systems. Rather than scavenge medical records and devices to ensure patients receive all the appropriate care, clinicians can use

the tablet app to quickly see all data in one location.” The app began piloting this year in the hospital’s intensive care unit and the patient and family dashboard will roll out in late 2015.

FORWARD-THINKING RESEARCH

Houston Methodist hospital is strongly committed to new research for the future, specifically biotherapeutics and regenerative medicines. President and CEO Dr. Marc Boom says, “They’re about finding new ways to restore injured or diseased parts of the body through cutting-edge materials, stem cells and programmable drug delivery systems.

“Physician scientists are already making progress. They’re working on a fracture putty that supports bone regrowth in about a month, to be used in complex fractures and injuries that would otherwise require months of healing time, or not at all.”



From top: Dr. Walsler examining MRI scans; the University of Texas Medical Branch campus; UTMB at night

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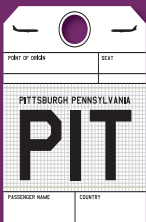
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UPMC LIFE CHANGING MEDICINE



From top: The Cancer Treatment Centers of America; a patient takes part in physical therapy



For Dr. Stephen Bartlett at the University of Maryland Medical Center, his research into life-altering procedures such as face transplants has astounding implications for future patients. He says, "We've noticed that when there's vascularized bone, the donor bone marrow is accepted in the recipient and they have a level chimerism, meaning that donor blood cells are present in the recipient at a measurable level—that's predictive of partial tolerance. The organ is accepted without the need for immunosuppression. We hope to find ways to achieve partial or complete tolerance across all kinds of organ transplants."

Although this level of research into the future of health care is hugely beneficial, Dr. Markman from Cancer Treatment Centers of America is adamant that their work in genomic medicines be used to help current patients. He says, "Most use it for

4 things every cancer patient must do.

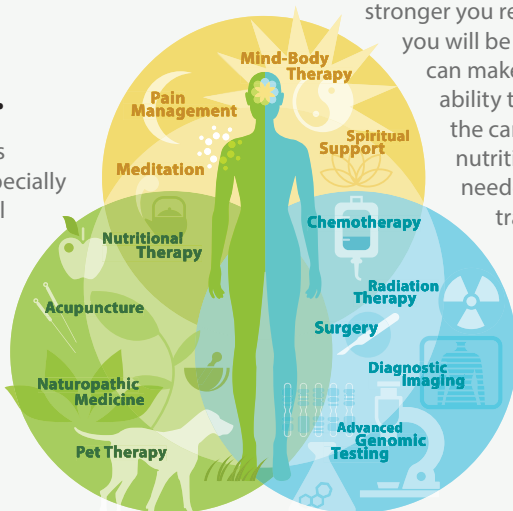
Tremendous advances have recently been made in the treatment of cancer. Breakthroughs unimaginable a generation ago are now saving lives as a matter of course. And the one consistent enabling truth in the fight against cancer throughout the years has always been this: Knowledge is power.

1 Get a second opinion.

A patient needs to be aware of all treatment options and to feel confident and informed about his or her treatment decision. Initial diagnoses are not always right. A second opinion is a chance to gain more knowledge and insight into the accuracy of the initial diagnosis and to better understand additional needs like nutritional planning, the management of side effects, and the power of family support during cancer treatment.

2 Find the right doctors.

Getting advice from top cancer doctors about what to do when diagnosed, especially with advanced-stage cancer, is a critical step in developing the right treatment plan. Fully one out of five patients who receive a cancer diagnosis learn their disease is already in an advanced stage. Advice from physicians experienced in treating the specific type of cancer is especially important for these individuals.



3 Know what questions to ask.

Gaining knowledge starts with asking the right questions. Cancer Treatment Centers of America® (CTCA) has compiled a list of 10 questions to help newly diagnosed patients understand the nature of their disease, and be more prepared, knowledgeable, and better able to understand the recommended approach to their treatment.



The complete set of questions and a richer discussion of the benefits of getting a second opinion may be found at: cancercenter.com/secondopinion

4 Stay strong for the fight.

If you're a cancer patient, your body is not only fighting the disease, but coping with potentially difficult side effects. The stronger you remain during treatment, the more prepared you will be for the fight. The side effects of treatment can make eating difficult, which affects the patient's ability to fuel the healing process. A dietitian on the care team is therefore critical to monitor nutrition and prescribe a plan to build much-needed muscle mass. Cancer care that integrates traditional treatments like chemotherapy, radiation and surgery where indicated, with additional therapies that boost energy and strengthen the immune system, helps patients tolerate treatment as they fight their disease.

CTCA® is a national network of five hospitals in the U.S. with expertise in treating patients who are fighting complex or advanced-stage cancer, although many patients with an early-stage diagnosis seek our expertise as well. We combine world-class treatment with an integrative approach to care to reduce side effects and maintain quality of life during cancer treatment. If you or someone you love has advanced-stage or complex cancer, call **855-587-5528** or go to cancercenter.com.



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research purposes; we are using it to treat individual patients. Genomic medicines are new ways to treat advanced cancers and the abnormalities within the tumor. You might use a drug for the abnormalities that you might not otherwise use for that tumor because of where it starts.”

While America is investing thousands into its health care, some innovations come with very little equipment. The latest research from the University of Pittsburgh Medical Center requires just a tape measure and popsicle stick. According to Dr. Michael Collins from the Sports Medicine Concussion Program, the simple test can detect concussion symptoms that current tests often miss. He says, “The Vestibular and Ocular Motor Screening (VOMS) test could and should become a tool in the medical toolbox of every concussion clinician. It assesses vestibular and vision issues and is just one of the many steps we continue to take in developing new pathways and tools, determining scientific utility and finding new answers for a complex injury.”

“THE VOMS TEST COULD AND SHOULD BECOME A TOOL IN THE MEDICAL TOOLBOX OF EVERY CONCUSSION CLINICIAN”

Right and below: Dr. Pronovost speaking at the Johns Hopkins Hospital; the University of Pittsburgh Medical Center

