



HISTORY

- Opened on December 22, 1938
- New building designed by Jewish architect from Berlin, Erich Mendelsohn
- Three years to construct
- Cost: 120,000 Palestinian Pounds

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New Year—New Hope

As the new year begins, people worldwide review the past year. This practice helps us see our lives from a healthy perspective.

In December, Rambam celebrated our 75th anniversary. Rambam has been an active participant in Israel's modern history—first as a governmental hospital under the British Mandate, and later as a hospital for the State of Israel. Today, we provide health care services for the people of Northern Israel and throughout our nation. We have also cared for patients injured in the Syrian conflict, sick adults and children from the Palestinian Authority, and

tourists and visitors in need of our expertise.

We are proud of the many doctors, nurses, and specialists

There have also been tragedies. We have walked with families through their darkest moments and wept with those who wept.

Through it all, Rambam has been surrounded by friends who pray for and support us. Guests from Finland, Norway, India, the Americas, Thailand, China, and

elsewhere, have encouraged us and returned home to share our story with others.

Rambam Health Care Campus wishes you a happy 2014! May you, with us, look back and find new reasons to be thankful, with hope for the future.



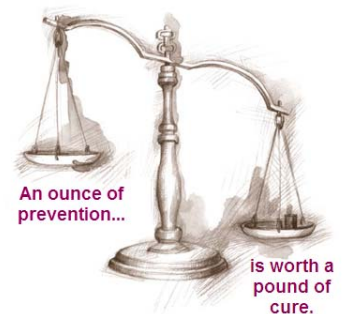
Healthy Resolutions

It is a tradition to make New Year's resolutions—and to just as quickly break them. Perhaps this happens because the resolutions are not realistic. They are hopeful, but simply do not fit in with our lifestyle.

Sometimes our resolutions are uninformed. It's one thing to make a resolution to exercise regularly. It's another thing to resolve to actually do it.

We hope the articles in this issue will help you to make healthy resolutions. For example:

- Get that medical exam you've been putting off.
- Have a more positive attitude towards a medical consultation.
- Tell others about a medical discovery that might help them.



This year, we hope you will make an active decision to take care of yourselves and those you love. Health is a precious gift we must not take for granted.

Early Diagnosis of Colon Cancer



In the US and Europe, colon cancer is the second most common cancer-related cause of death. If a person is diagnosed at an advanced, metastatic stage, the chance of cure is very low, less than 5%. But there is hope—if the disease is diagnosed at an early stage, the chance of cure is 90%.

Since the symptoms of colon cancer occur at a later stage, early diagnosis is best accomplished by being tested while you feel fine. At highest risk are people 50 years of age or older, and those with a family member who was diagnosed with colon cancer. If you are in a high risk category, a colon cancer

screening test could save your life.

This year, make a gift to your family by taking care of yourself: make an appointment with your doctor today to determine the screening test most appropriate for you.

[Read the Full Article](#)

Hope for Essential Tremor Patients



Mr. Sami Zangi
Essential Tremor Patient

It had been years since Jerusalemite Mr. Sami Zangi, 73, could bring a filled cup to his lips, tie his shoelaces, or most frustrating of all for this hardware store owner, use the simplest tools. When Mr. Zangi asked to communicate with his doctors in writing, his shaking hand could produce only an illegible scrawl.

Mr. Zangi suffers from essential tremor (ET), a slowly progressive movement

disorder characterized by uncontrollable shaking, or *tremors*, in different parts and on both sides of the body. The cause rests deep in the brain.

In November of 2013, for the first time in Israel, and with only a handful of precedents in the world, doctors at Rambam Health Care Campus *ablated* a dysfunctional area of Mr. Zangi's brain using MRI-guided focused ultrasound rather than invasive surgery.

The procedure was performed using the ExAblate

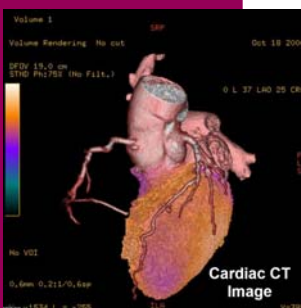
Neuro System developed by an Israeli company, InSightec. The procedure, which targets and ablates brain tissue through an intact skull, has been made possible by the marriage of MRI-guidance and ultrasound-ablation expertise.

Following the procedure, Mr. Zangi got up from the MRI table close to tremor-free and then wrote in a steady and beautiful hand, "If you will it, it is no dream" (*editor's note*: Theodor Herzl).

[Read the Full Article](#)

[Watch the Video](#)

Early Atherosclerosis Detection



Cardiac CT
Image

Coronary atherosclerosis is a disease in which fatty deposits accumulate on the walls of the coronary arteries, which supply blood to the heart muscle. This leads to narrowing of the arteries which may lead to a heart attack.

Despite substantial awareness about heart attacks, most people are not diagnosed in time. This might be due to

fear of the tests or of the bad news associated with the discovery, or perhaps the belief that "this can't happen to me." In fact, early diagnosis of the disease could save thousands of lives every year.

The good news? A cardiac CT scan can provide a quick diagnosis in a painless manner, with minimal risk to you. After you receive an intravenous injection (to

color the blood vessels), the CT machine begins scanning your heart. The scan lasts only 20 seconds! Afterwards, you can return to your daily routine with no restrictions.

The link below provides more information about the benefits of a CT scan. Consult with your cardiologist to find out if this test is appropriate for you.

[Read the Full Article](#)

A Second Opinion or Another Consultation?

Medicine is part art, part science. The science of medicine is based on as objective evidence as possible—a standard strongly supported by Maimonides, for whom our hospital is named. As each physician and patient attempts to arrive at a course of action, or inaction, best suited to a new medical situation, the issues of certainty and the risks versus benefits for each possible therapeutic plan come into play. When you as a patient leave the physician's office feeling most uncertain and most at risk, a meeting with another physician for consultation seems most advisable. Should this be called a *second opinion* or *another consultation*? The terminology used for this important visit can impact the attitude with which you approach a new physician.

Second can imply something less valued; hence, the term *another* may be more appropriate. Likewise, the word *opinion* may give the impression

that the new physician is giving an opinion regarding the decisions of the previous physician. However, in most cases, people are actually seeking out the new physician as a consultant and potential caretaker. If the second physician is only providing an opinion on the medical plan proposed by the first physician, it is indeed only an opinion.

In Proverbs 11:14 we read, “in an abundance of counselors there is safety.” Today, as then, there is considerable uncertainty in the difficult decisions we face. *Another consultation* can often shed new light on the best medical course to follow. A critical component of such a consultation is to help you wade through the vast ocean of research and medical evidence, so as to understand how this information may relate specifically to your condition.

When we feel our medical options are uncertain or could pose a serious risk,

getting *another consultation* may make it easier for us to discern the best medical path to consider or choose. Of course, varying proposals or opinions place us in a situation where we must make a choice. However, by obtaining *another consultation* instead of a *second opinion*, that choice is no longer based on our own experience, personal knowledge, or a judgment call about the first physician—rather, we are empowered by evidence-based information to make health care choices or decisions which make the most sense to us.

Jesse Lachter, MD
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“Grant me the wisdom to listen to the voice of the genuinely wise of my art who strive to instill knowledge.”

Moses Maimonides (Rabbi Moshe Ben Maimon, the Rambam)

*Language,
Culture,
and
Rambam*

Hope—Tikvah—תִּקְוָה

The word for *hope* in Hebrew is *tikvah*—תִּקְוָה. The root for *hope* is *kaveh* (קָוָה); a different root with the same spelling means *to gather* or *to collect* (for example, see Gen. 1:9 and Is. 22:11). Hope itself is connected to waiting with expectation, as in Gen. 49:18, “For your salvation I wait (קָוִיתִי) O Lord.” Yet another usage, however, is surprising. In Joshua 2:18 and 21, Rahab’s scarlet cord is referred to as a “תִּקְוָה”—the word which, in modern Hebrew, means hope.

Jeremiah 14 uses a word play with these two different roots: Jeremiah speaks about the lack of rain resulting in drought. The drought is due to the nation’s sin, yet there is hope—

God is *mikveh Israel* (מִקְוֵה יִשְׂרָאֵל). The word *mikveh* is derived from *kaveh*—to gather, particularly a place where water is gathered. The water motif is dominant in Jeremiah; in 17:30, God is the source of living water. Eventually (in Ezra 10:2), *mikveh* is used as a synonym for hope (תִּקְוָה).

Gathering, waiting with expectation, a scarlet cord that saves a life based on a promise—does the modern word for *hope* have a deeper meaning? Most of the usages of this word for *hope* or *expectation/waiting* are active. You don’t hope for something and sit back and do nothing. If Rahab had only *hoped* that she would be saved, but had not hung the scarlet cord out of her window, she would have died

with all the others in Jericho. Her salvation rested on an action (hanging the scarlet cord out of a window), and then waiting and trusting that the spies would do as they had promised.

This is the kind of hope we need, not only in our relationship with God, but also in our attitude towards life, including medical care. We often go to the doctor *hoping* they can help us. But our hope is active: we go to the doctor and do what he or she recommends; then we wait with the expectation of seeing positive results.

May your New Year be filled with active hope!



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Ways to Give

Philanthropy helps Rambam Health Care Campus replace old equipment, build new facilities, and fund research. Your gift counts—whatever the amount. Following are just a few ways you can support the people of Israel via Rambam Health Care Campus.

Pray for Us and Share with Others:

Visit our Facebook page for special news, prayer requests, and other information of interest. Please [LIKE us on Facebook](#) and share our articles with your friends.

Friends Organizations: Tax-deductible donations can be made via a Friends organization near you (listed above). If sending checks, please use the full name of the organization (for example, American Friends of Rambam Medical Center).

PayPal and Credit Card: [PayPal donations](#) can be made via our website. Alternatively, download a credit card [donation](#) form and fax it to +972-4-851-5527, or email it to y_aguda@rambam.health.gov.il.

Information to Provide: Please send your full name and address so that we can send you a receipt. Be sure to specify what your donation is for; otherwise, it will be applied to general funding. We would also like to know how you heard about Rambam (for example, at the Feast, on TV, or via the *Christian Friends Newsletter*).

Thank you in advance for your prayers, concern, and gifts for the health and well-being of the people of Northern Israel and the patients served by Rambam Health Care Campus.

*Cast your bread on the waters, for you will find it
after many days...*

Ecclesiastes 11:1

Christmas at Rambam

There is a large Christian Arab community in Haifa. This year, as in past years, several members from the community visited children in our pediatric department to sing carols and wish them a happy Christmas.

We hope that you too had a wonderful Christmas filled with the joy of the season.

[View the Photo Album](#)

