



## GLOBAL IMPACT

- Rambam worked with Given Imaging to develop the PillCam™ for diagnosing gastrointestinal disease.
- Rambam is working on a cancer vaccine as part of a US-Israel research effort.

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## Bringing Science to Life

The search for health and well-being is as old as humankind's history. Among the historical influencers of modern medicine are Egypt, Babylon, China, Greece, and Italy.

Moses ben Maimon, the great Jewish rabbi, physician, philosopher, and Torah scholar believed that the search for truth was an integral part of medical practice. Today, Israeli physicians take his oath when they graduate.

Since the industrial revolution, scientific discoveries have exponentially increased. New discoveries have led to multiple treatments and therapies never before imagined.

A university teaching hospital, Rambam Health Care Campus is affiliated with the Technion's Ruth and Bruce Rappaport Faculty of Medicine and Rappaport Institute (both on the same campus) and with the University of Haifa's Department of Nursing and School of Public Health. Hence research and medical care intertwine daily—bringing science to life.

This issue of the Christian Friends of Rambam is dedicated to medical research. Nearly all the medical discoveries available today began with the seemingly cold process of scientific research. Research, however, is changing lives as new treatments are

developed. We hope you will be inspired by the different ways that Rambam is impacting the world of medicine through clinical research.



**In 1964 Prof. David Erlik performed the first successful blood vessel transplant in Israel; in 1965 he performed the first kidney transplant in Israel—both at Rambam.**

## Research Fellowship Paves the Way

Dr. Liran Shlush is an Israeli member of the Toronto research team that discovered an adult stem cell that may be responsible for initiating leukemia and triggering relapses in patients with acute myeloid leukemia (AML). Dr. Shlush (photo) began his research via



receipt of the Itai Sharon Rambam Atidim Award, a fellowship at the Rambam, while serving his residency there.

The Fellowship is donor-funded and aims to encourage Rambam residents to pursue basic research. The award enables residents to

spend 50% of their time pursuing research in a Technion laboratory adjacent to the Rambam campus.

Please pray for Dr. Shlush and other researchers to receive wisdom from above in using their discoveries to help people suffering from diseases such as AML.

**[Learn More About the Research](#)**

## What is PubMed and Who Cares?



PubMed is an online index of biomedical literature maintained by the United States National Library of Medicine. This index is used by researchers worldwide looking for reliable information on scientific subjects. Hence, inclusion in PubMed is according to strict standards. New journals must be in

publication, usually for several years, before being accepted for indexing by PubMed.

Since July 2013, Rambam Maimonides Medical Journal, published through Rambam Health Care Campus, is indexed by PubMed—yet the journal is barely three years old! In addition, Rambam Maimonides Med J is the only

academic publication coming out of a medical center in Israel. Published articles include reviews, contributions from Nobel Laureates, research, history, and perspectives of Jewish medicine.

An open-access journal you can access it free, online at <http://www.rmmj.org.il>.

## A Good Night's Sleep IS Important



In a study published in the *Journal of Cancer Research* (2014 Mar 1;74(5):1329-37), Dr. Fahed Hakim of Rambam Health Care Campus, concluded that poor-quality sleep marked by

frequent awakenings can speed cancer growth, and increase tumor aggressiveness, malignancy, and invasiveness. This is the first time a connection has been made between poor

sleep and cancer.

For the project, Dr Hakim, a pediatric pulmonary and sleep expert at Rambam, spent two years at the University of Chicago, and led a joint team, composed of researchers from that institution and the University of Louisville.

While studies have long connected fragmented sleep with fatigue and irritability, this research project indicated far more dramatic effects. According to Dr Hakim, over the long term, disrupted sleep

dampens the immune system's ability to get rid of tumor cells and contributes to the spread of the disease.

There is an important message in this research for the lay person—make sure you get enough rest! When one considers the importance of sleep, it puts a whole new perspective on this verse from the book of Psalms:

*It is in vain that you rise up early and go late to rest, eating the bread of anxious toil; for he gives to his beloved sleep.*

## Hidden Message in Handwriting



The reliability of handwriting analysis has long been up for discussion. Some businesses use it for screening job candidates; courts of law in some countries permit it for evidence; yet others laugh and say it has no meaning.

Collaborative research between Rambam and Haifa

University has discovered a hidden message in handwriting—a message enabling early diagnosis of Parkinson's disease.

Dr. Ilana Schlesinger, a senior neurologist at Rambam explains that early diagnosis is the key for treating Parkinson's patients; there is no reliable test for early

detection. However, new research now indicates that a simple handwriting test can detect Parkinson's early—with 97.5% accuracy! This research offers significant hope for patients at high risk for Parkinson's disease.

**[Read the Research Video to Learn More](#)**

# Research in Medicine

“These also are proverbs of Solomon which the men of Hezekiah king of Judah copied:

*It is the glory of God to conceal a matter, But the glory of kings is to search out a matter.”*

Proverbs 25:1–2 (NKJV)

I once saw this sign posted in a hospital: “Taking care of patients is the loveliest aspect of medicine, research is the noblest.”

What does research really involve, but the energetic search for an answer to a specific issue? This is also the etymology of the term research. When we meet a situation in which the truth as we see it does not fit accepted beliefs, it is best to put our theory to the test. Scientific methods continue to be refined so as to approach truth through good research. As Maimonides, the Rambam after whom our hospital is named said: “Truth does not become

more true by virtue of the fact that the entire world agrees with it, nor less so even if the whole world disagrees with it.” (from *The Guide for the Perplexed*).

Historically, people of faith have been involved in research. Today, as then, seeming conflicts are often proven to be true—washing hands does save lives! Researchers continue to shed light on the unclear issues and ideas that challenge us.

Research is one of the three pillars of every good hospital, alongside clinical care and teaching of medicine. At Rambam Health Care Campus, extensive research is encouraged and practiced at many levels. Unlike many medical schools, the Technion’s Faculty of Medicine requires each medical student to present an independent research thesis—a mandatory requirement for graduation. This approach encourages

young physicians to be curious, to ask questions, and to learn how to find the answers, moving medicine ever forward.

King Solomon—the wisest, Maimonides the great physician, and physicians and innovative and curious researchers in our own times have brought medicine forward to serve humankind. May it be God’s will that we continue to increase our understanding by promoting, supporting, and dedicating ourselves to medical research.

Jesse Lachter, MD  
Clinical Assistant Professor  
and Gastroenterologist  
Rambam Health Care Campus



*“Truth does not become more true by virtue of the fact that the entire world agrees with it, nor less so even if the whole world disagrees with it.”*

**Moses Maimonides (Rabbi Moshe Ben Maimon, the Rambam)**

*Language,  
and  
Rambam*

## To Know—*Ida'at*—לְדַעַת

The verb in Hebrew for *to know* is *la-da'at* (לְדַעַת). While the idea of “knowing” is similar to the English understanding of knowing, it is much broader, more personal, and intimate. In Biblical Hebrew, knowing involves personal intimacy. God said of Abraham “*I know him*” (Genesis 18:19), meaning he has a very close relationship with Abraham. Of Moses, we read, “*I know thee by name, and thou hast also found grace in my sight*” (Exodus 33:12). In Genesis 4:1 it says that Adam “*knew Eve his wife*” implying a very intimate physical relationship.

The three letter root of *la-da'at* is *yd'* (יָדַע). Clues into the depth of the meaning of this word are found in the many Hebrew words created from this root. The table here provides just a few examples.

There is clearly a deep spiritual connotation to the Biblical word for knowledge. Perhaps one of the best

Transliteration	Hebrew	Meaning
Yeda, Ydi'ah	יָדַעַת, יְדִיעָה	Knowledge, know-how, awareness
Da'at	דַּעַת	Knowledge, wisdom
De'ah	דְּעָה	Opinion
Mada'	מַדָּע	Science
Meda'	מֵדָע	Information

loved verses expressing God’s love for his people is in Jeremiah 29:11. “For I **know** (*yada'ti*—יָדַעַתִּי) the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.”

Modern Hebrew has maintained this idea of intimate knowing via the many words used to represent the knowledge gained by learning, as well as the term for science (*mada*). Students are expected to know their subject matter and are graded accordingly. Experts are expected to have a full understanding of their field.

No one wants a doctor who has a passing acquaintance with medicine—Band-Aids cannot cure cancer! Likewise, a person involved in medical research must have a profoundly deep knowledge of the subject at hand in order to make discoveries to the benefit of mankind. Knowledge at this level requires the honesty and humility to admit what you do not know as well.

May all of Rambam’s researchers attain knowledge in every sense of the word—for their own benefit and for the benefit of others.



# RAMBAM Health Care Campus

Creating the future of medicine.

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### For more information:



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[rambamhospital](https://www.youtube.com/rambamhospital)



[Rambam Health Care Campus - Hospital](https://www.facebook.com/RambamHealthCareCampusHospital)



## Ways to Give

We depend on people like you to help us replace old equipment, build new facilities, perform research, and care for our patients. Your gift counts—whatever the amount. Click on the links below for more information on how you can help support the people of Israel via Rambam Health Care Campus.

**Pray for Us and Share with Others:** Visit our [Christian Friends of Rambam Facebook page](#) often for prayer requests and regular updates about what is happening at Rambam.

**Friends Organizations:** Tax-deductible donations can be made via a Friends organization near you (listed above).

**Giving:** Please [visit our webpage](#) for more information about how you can

make a difference in the lives of the people served by Rambam Health Care Campus.

**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 a general fund. 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 Northern Israel and the patients served at Rambam Health Care Campus.

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

**Ecclesiastes 11:1**

## Purim at Rambam

The Feast of Esther (Purim) is a time of fun and gift-giving for adults and children. The holiday celebrates Esther and Mordecai's victory over evil Haman, who wanted to destroy the Jewish people.



**"Hello Kitty!"** Sivan, 7, was in Meyer Children's Hospital, where the Happiness for Children non-profit organization gave a party. Merav Badash applied makeup so the children could enjoy their masks long after the party was over.

Photo Credit: Gonen Shemer and Carnit Yadid