



# Rambam



*Sincerely,*

**PROF. RAFI BEYAR**

Director and CEO  
Rambam Health Care Campus

**שנה טובה**  
**בריאה ומתוקה**  
**A SWEET, HEALTHY AND**  
**HAPPY NEW YEAR**

 **RAMBAM**  
Health Care Campus

*R. Beyar*  
Professor Rafi Beyar  
Director & CEO

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**Letters to the Editor:**  
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**Healthy Lifestyle:**  
Dan Lev



### Departmental Rounds

### Radiation Therapy Unit

Marina Borovichik, Head Nurse, 41, Married + 3 children



#### 1 What does your work entail?

I am responsible for the unit's nursing staff. I assist the nurses and encourage their professional development, support them during difficult moments and share in their satisfaction. I am concerned with the morale of the team, and also try to be open to their ideas and adopt those that can improve the work environment in the unit. Our unit is unique in that we hold a weekly discussion with all the staff, patients and their families, which is intended to make everyone feel at home.

#### 2 Why did you choose this unit?

When I finished my studies, I was offered a position in the Bone Marrow Transplant Unit, where I was first exposed to oncology. Gradually I came to appreciate the work in this very special field, with all the emotional involvement. I have the opportunity to give a lot, and to receive in return.

#### 3 Are there difficult moments?

The most difficult moments are the frustration and sadness that come when you confront the unfairness of a young person facing a fatal illness. There are also patients who particularly touch my heart and they remain in my thoughts even outside of the hospital. Yet in spite of the difficulties, I don't find myself disheartened. On the contrary, I think I am very privileged to accompany a person during their final days of life.

#### 4 And happy moments?

Visits from former patients who have recovered. There was a patient who came to us with a very poor prognosis. The day he arrived there were no disposable cups in the unit. Since he left the hospital, every time he visits, he brings a stock of disposable cups. When I see the new cups, I know he is still with us, and continuing to care for others. I am also happy when one of our nurses shares good news: a paper accepted for a professional conference, a new pregnancy, are all reasons to celebrate.

#### 5 What are you especially proud of?

Of my staff. The nurses who work here are all professional, dedicated and caring. There is great comradery among them and they trust one another. If someone needs something, they all contribute. Professionally, many of them have advanced remarkably.

#### 6 How does your family view your work?

My work doesn't interfere with my family. On the contrary. My family actually benefits from it. When you spend time around people whose life expectancy is short, you learn to appreciate every moment in life. And I am indeed grateful for every moment with my children, and am hardly ever annoyed by trivial things.



**08:30** A patient who came for a biological treatment at the unit's outpatient service receives her treatment smoothly and painlessly. She was referred by the Emergency Department a year ago with debilitating knee pain. **Dr. Yolanda Braun**, a Senior Rheumatologist, confirms that the treatment has indeed helped.

**09:20** A young patient was referred to the unit with bleeding detected in her lung. A CT scan ruled out a tumor but found aneurysms in the arteries to the lung, and the Imaging Department confirmed the diagnosis of Behçet syndrome. Senior Rheumatologist, **Dr. Doron Markovits** and Nurse **Naomi Schultz** meet with the patient and prescribe an intensive treatment regimen.

**11:15** **Dr. Muhammad Naffaa**, an intern in rheumatology, attends to a patient with pain and swelling of the hand. He treats her with an injection to the affected area.



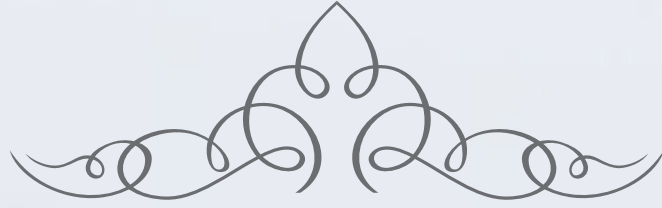
**12:00** **Dr. Rema Bishara**, an intern in rheumatology, and **Dr. Alexandra Balbir-Gurman**, Director of the Rheumatology Unit, examine a young patient with pain and swelling of the knee. After the exam finds fluid in the knee, they decide to drain the knee and inject medication with the assistance of ultrasound imaging. The treatment is performed successfully; the patient experiences significant relief, and is able to walk.

**13:30** The unit's team of Clinical Research Coordinators (**Rinat Lasker**, **Savion Liron**, **Vika Shataylo**, **Luba Klein**, **Rita Erlich**), secretaries **Miri Laredo** and **Sigal Arvetz**, and **Dr. Yolanda Braun** in a meeting with **Dr. Balbir-Gurman**, who presents the results of a clinical study showing the effectiveness of a new treatment which may offer hope to many patients suffering from inflammatory joint diseases.

**14:00** The previous day a patient was admitted to the unit with severe joint inflammation. In the afternoon rounds, **Dr. Markovits** presents the patient to the unit staff, **Dr. Balbir-Gurman**, **Dr. Naffaa** and Nurses **Naomi Schultz** and **Nataly Reichin**. They discuss the patient's condition and make a decision regarding continuation of treatment.







# 12

# Golden Rules

For Healthy Living  
In the Golden Years

>> Erela Tarlev Ben-Shahar





**L**ife in the golden years is not what it used to be: a confined routine of doctor's appointments, knitting for the grandchildren or sitting around with a cup of tea. These days, with longer life expectancies, many older adults are enjoying this chapter of their lives with travel, studies, work and entertainment. Yet it is still a time of physical and cognitive challenges.

For some people, remaining healthy and fit comes easy. Or, as Professor Tzvi Dwolatzky, Director of Geriatric Services at Rambam, explains, "It doesn't hurt to be born to parents who lived busy and active lives until they were 100." Yet the truth is that most of us can't rely entirely on our genes, and need to work overtime to grow old gracefully. "You can definitely slow the aging processes," explains Prof. Dwolatzky, "by adopting an active and engaged lifestyle." Here are 12 guidelines on how to do just that.



## Exercise

Physical activity has numerous beneficial effects. Studies show it reduces the risk of developing heart disease, diabetes, falling (and associated injuries) and even certain types of cancer. Exercise improves flexibility and strengthens the joints. Even more, it has been found that people who exercise regularly have better memories than their sedentary counterparts.

## 2. Cook – even if only for yourself

Many people find it difficult to cook for only one person, and instead rely on sandwiches and processed foods. Yet giving up fresh fruits and vegetables can lead to deficiencies in essential vitamins and nutrients. Make sure to eat a regular, balanced and varied diet, preferably based on the Mediterranean Diet, that includes fresh fruits and vegetables, grains, pulses, fish, olive oil and nuts, and even a glass of wine. If you really feel like indulging, enjoy a small piece of cake occasionally. And if you want to be sure all your nutritional needs are being met, consult with a dietician.

## 3

### Avoid extreme diets

Don't be tempted by extreme diets for losing weight. They can deplete essential calcium and iron reserves and reduce bone and muscle mass which is difficult to replace. That said, studies have shown that older adults who are "full figured" have a longer life expectancy than those who are thin, and that the BMI recommended for older people is higher than that of younger folks.



## 4

### But watch your weight

Still, it is important to avoid becoming overweight. Even if a small degree of extra weight can be good for your health, being seriously overweight remains a health hazard. Extra weight increases the risk for diabetes, cardiovascular disease and chronic joint diseases. Furthermore, overweight seniors are less mobile, less able to exercise and enjoy fewer social activities – all of which reduce quality of life.



## 5. Depressed? Tell your doctor

If you are feeling down, unmotivated and un-engaged, tell your doctor about it and learn your options. Sometimes just a change in lifestyle can improve your mood, or else treatment with a medication can help.



# 6

## Challenge your mind

Start studying Italian, Spanish or French. Playing bridge or chess, going to concerts or lectures, can do the job, as well as solving crossword puzzles, sudoku or computer games. Studies show that all of these help preserve cognitive alertness. Regardless of what you choose, when an activity no longer feels challenging, it's time to look for a new one.

## 7. Take Vitamin D supplements

If you maintain a balanced diet and are generally healthy, there is no need to take vitamins, except for this one. Why? Because with age, the body loses its ability to produce Vitamin D from sunshine. Vitamin D plays a role in a number of bodily functions, including those related to bone, heart, skin and the respiratory system. Consult with your physician about the best dosage for you.



The Geriatric Unit at Rambam has developed The Golden Age Program for promoting the care of older patients. A specially trained health care team working with volunteers identifies those older patients at risk for functional decline and complications, and provides them with individual support and advice. This empathetic, humane approach is a cornerstone of care at Rambam.

### Get involved

The Geriatric Unit is in need of \$50,000 annual support to expand the Golden Age Program

[ROC@rambam.health.gov.il](mailto:ROC@rambam.health.gov.il)

## 8. Sign up for group activities

Over time, one's circle of friends may become smaller, and making new friendships can be a challenge. It has been shown that an active social life helps maintain cognitive functioning and prevent depression, and joining a group activity can be an excellent solution. Find out which classes, clubs or other activities are available in your area, and expand your circles.



# 9



## If necessary, use a hearing aid

If you are constantly raising the volume, or asking "What?" have your hearing checked. Impaired hearing interferes with the ability to socialize and with general mental health. Today there is a wide range of hearing devices that are effective and practically invisible, that can significantly improve your quality of life.

# 10

## Turn off the TV

Every extra hour of television watching during the day increases the risk of losing cognitive functioning.

Passively sitting in front of the TV isn't good for your body or your mind. Read, cook, take care of plants or the garden, or just get out of the house.



## 11. Say no to early retirement

Studies find that people who retire from work at an early age tend to be more susceptible to illness and die younger compared to their friends who continue to work until age 65. In other words, work as long as you can.

## 12. Volunteer

After retirement, find volunteer work in a place where you feel your contribution can be valuable. This activity will help make your life active, meaningful and fulfilling, with interpersonal interactions that prevent depression.



Medical Consultant:  
Professor Tzvi Dwolatzky  
is Director of Geriatric  
Services at Rambam Health  
Care Campus





### Get involved

You can help prepare the Sammy Ofer Fortified Underground Emergency Hospital for the next emergency. A gift of \$3000 purchases one hospital bed, and \$5000, one children's bed.

.....  
[ROC@rambam.health.gov.il](mailto:ROC@rambam.health.gov.il)

# Ready For Any Emergency

When wartime struck, and Rambam found itself unable to provide a secure environment for patients and staff, a bold decision was made:

To build the  
**Largest Fortified Hospital**  
of its kind in the world

» Amitai Gazit





**V**isitors to the new underground parking lot at Rambam Health Care Campus may notice some unusual features. The lighting is especially bright for a parking lot, the clean floor shines, and boxes with strange locks line some of the walls. All of this is part of the infrastructure that will enable this underground facility to convert within 72 hours into a 2,000 bed hospital, extending three floors underground.

The **Sammy Ofer Fortified Underground Emergency Hospital** is the largest of its kind in the world. Just to compare, the fortified hospital at Ichilov Hospital in Tel Aviv has 650 beds, and in Singapore, a fortified hospital considered to be one of the leading facilities in the world, has only 400 beds. Rambam's underground hospital was planned to provide secure medical care for the residents of Northern Israel during emergency situations. "After the Second Lebanon War, it was clear to us that the hospital needs to be able to continue functioning under all circumstances," explains Professor Shimon Reisner, Deputy Director of Rambam Health Care Campus. "Furthermore, patients, visitors, and staff all deserve the same level of protection as the rest of the population."

**Professor Reisner, what were the criteria used when planning the fortified hospital?** The hospital was planned and built to provide needed medical services during conventional or non-conventional warfare, particularly for the type of chemical weaponry found in our region. The dual-purpose functionality, as a parking lot during peacetime and hospital during emergencies, enabled tremendous savings on space and costs.

The lowest level contains the most critical areas, including operating rooms, a large intensive care unit, delivery rooms and dialysis stations. On the first level there is



a large decontamination area for treating patients exposed to chemical weaponry and an ambulatory treatment area. There are also accommodations for the medical staff and even a day-care center for their children.

### The challenge: preventing sea water seepage

Over four years, three underground levels were excavated and built, covering some 200,000 square feet, in the face of serious construction challenges. The project was led by Ariye Berkoviz, Director of the Department of Engineering at Rambam Health Care Campus. In an interview, he defines the operation as a "mega project," planned by a team of 20 Israeli planners and consultants from different fields: architects, builders, engineers, hydrologists, electricians, and more.

### Mr. Berkoviz, what obstacles did you face with a project of this scale?

"The main challenge came from the site itself, just 80 meters from the Mediterranean Sea. To reach a depth needed for three

Professional Consultants:



Professor Shimon Reisner is Deputy Director at Rambam Health Care Campus



Ariye Berkoviz is Director, Department of Engineering, at Rambam Health Care Campus



L-R: Professor Reisner and Dr. Hannah Admi during the Emergency Drill

Ariye Berkoviz

underground floors, we had to contend with natural and hydraulic forces from sea water seepage. A drainage system operated over two years to ensure that the excavation site remained dry. Now the structure is insulated to prevent water damage.”

### Independent infrastructure in case of systems failure

Another challenge the planners faced was the need to provide electricity and water during emergency situations or infrastructure failure.

#### What happens in the event of general infrastructure failure?

“The system was planned and built in accordance with extreme scenarios, to ensure that the hospital can continue functioning without electricity and other outside services for 24-72 hours. There are also water reserves for drinking and sanitation for everyone in the hospital. Stockpiles are available to feed the entire hospital for 24-48 hours in the event that we are cut off during a chemical attack,

when the hospital will be sealed like a submarine.”

#### What was the budget for such a project?

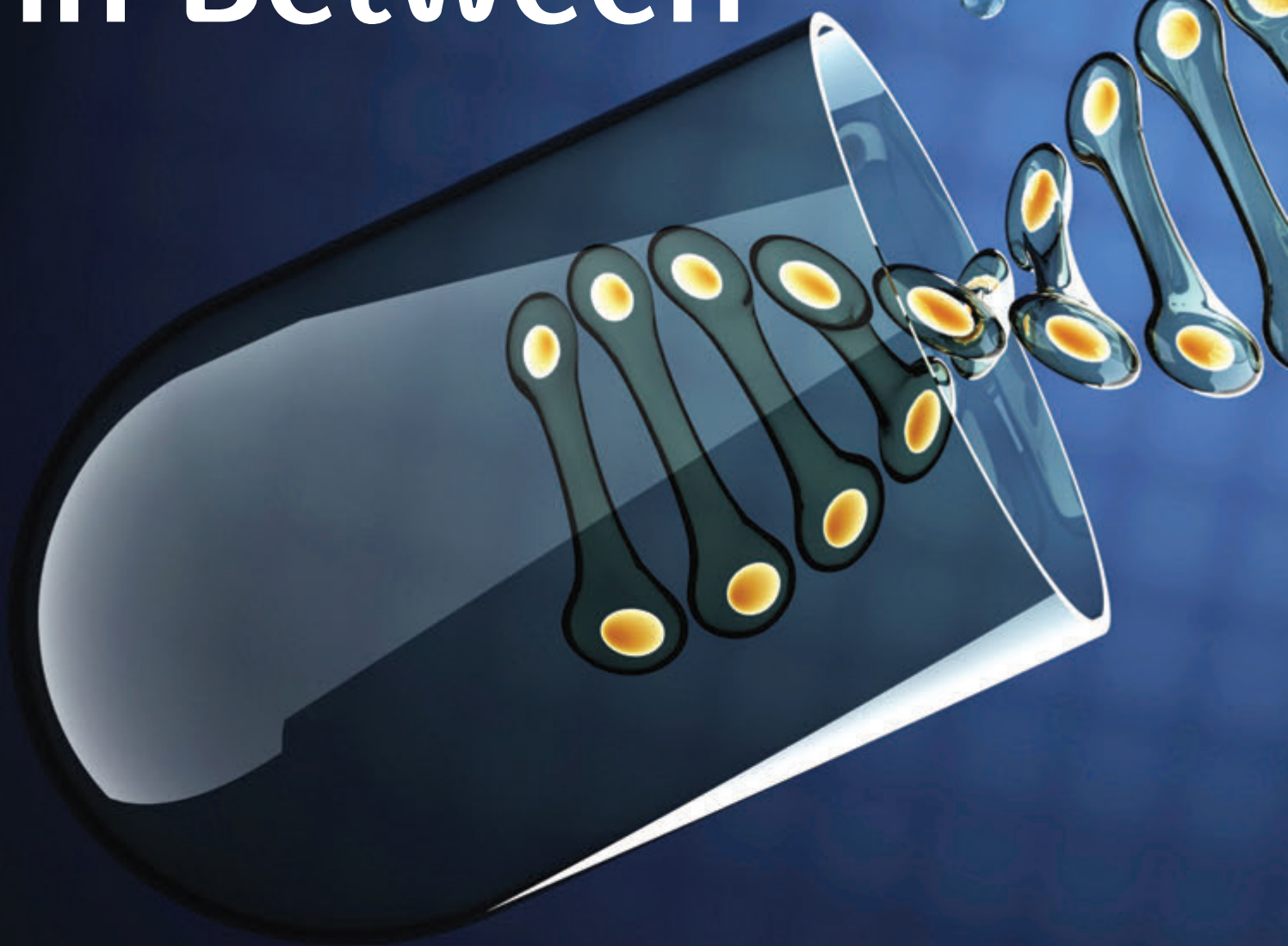
“Over \$100 Million. The funds came from several sources. First of all from an extremely generous contribution made by the late **Sammy Ofer**, for whom the hospital is named. We also received important support from **The Leona M. and Harry B. Helmsley Charitable Trust**, the **International Fellowship of Christians and Jews**, the **Claims Conference**, our own funds, loans and many other donations.”

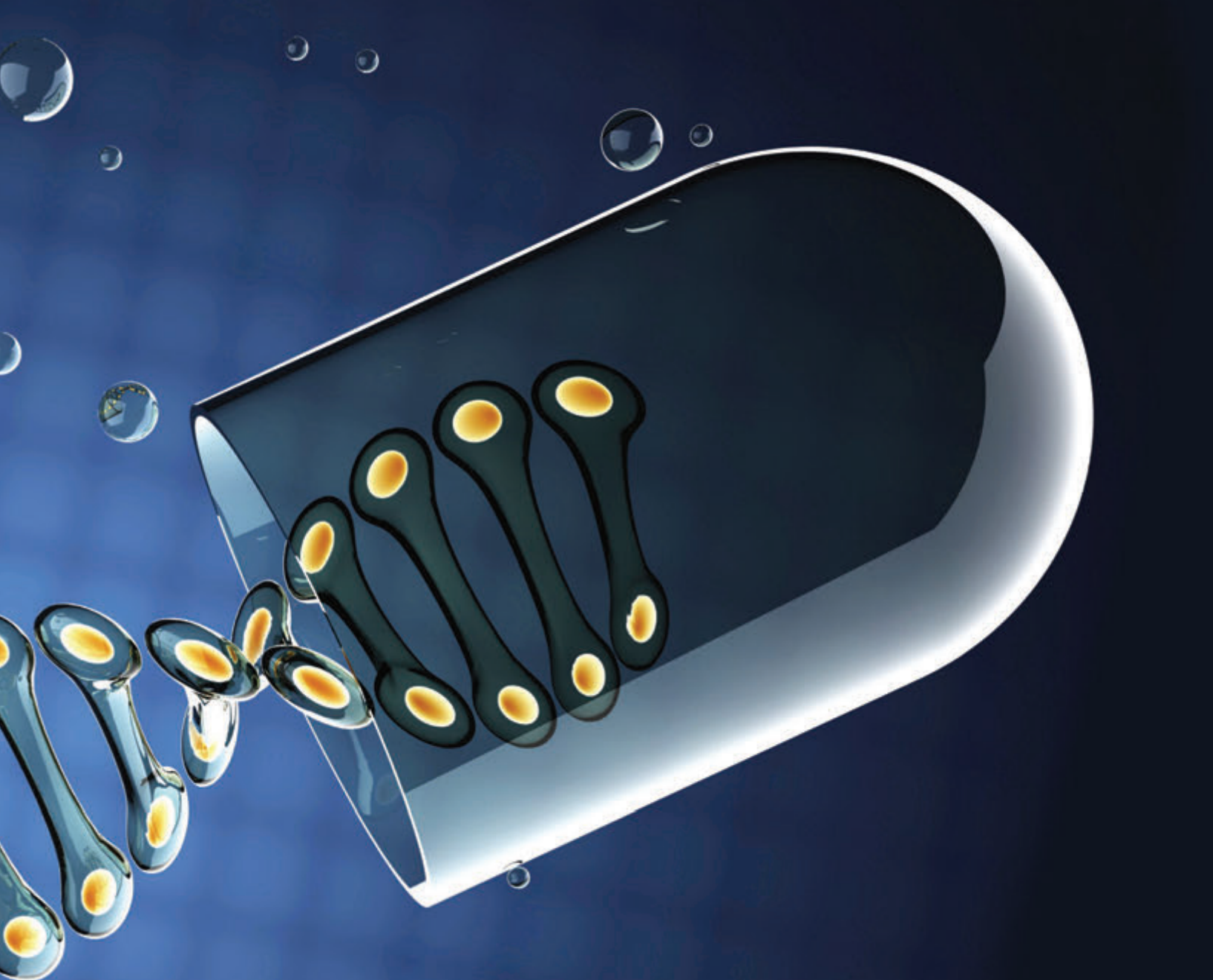
#### During peacetime, is there any activity in the fortified hospital?

“We need to maintain the existing systems to make sure they will work properly when they are needed. There are maintenance plans for every machine and system, but unfortunately, there is a shortage of manpower to carry these plans out. We have applied to the Ministry of Health and hope to receive their assistance. In the meantime, the complex serves as a giant 1,500-vehicle parking lot. We all hope that it will continue to serve only this purpose.”



# Drugs, **Genetics** and the Patients in Between





Forget about one-size-fits-all prescriptions, and meet “pharmacogenetics,” the newest development in pharmacology that is tailoring medications to an individual’s genetic profile.

Amitai Gazit





Who isn't familiar with the plastic pill carrier, divided by days and filled with pills of different shapes and colors? With age, many of us have our own systems for keeping track of medications for high blood pressure, cholesterol or other chronic conditions. "The problem," explains Dr. Daniel Kurnik, Director of the Clinical Pharmacology Unit at Rambam Health Care Campus, "is that over time, many people don't remember what condition is treated with which medicine, and what their side effects are." This is one of the main challenges the Clinical Pharmacology Unit faces. "We look at the patient in a holistic way," explains Dr. Kurnik. "We examine the diagnoses and medications prescribed, check if any changes have occurred in the patient's condition, and if the treatment needs to be

continued or the dosage can be adjusted, and then we build a monitoring program for the patient."

### A New Methodology: Pharmacogenetics

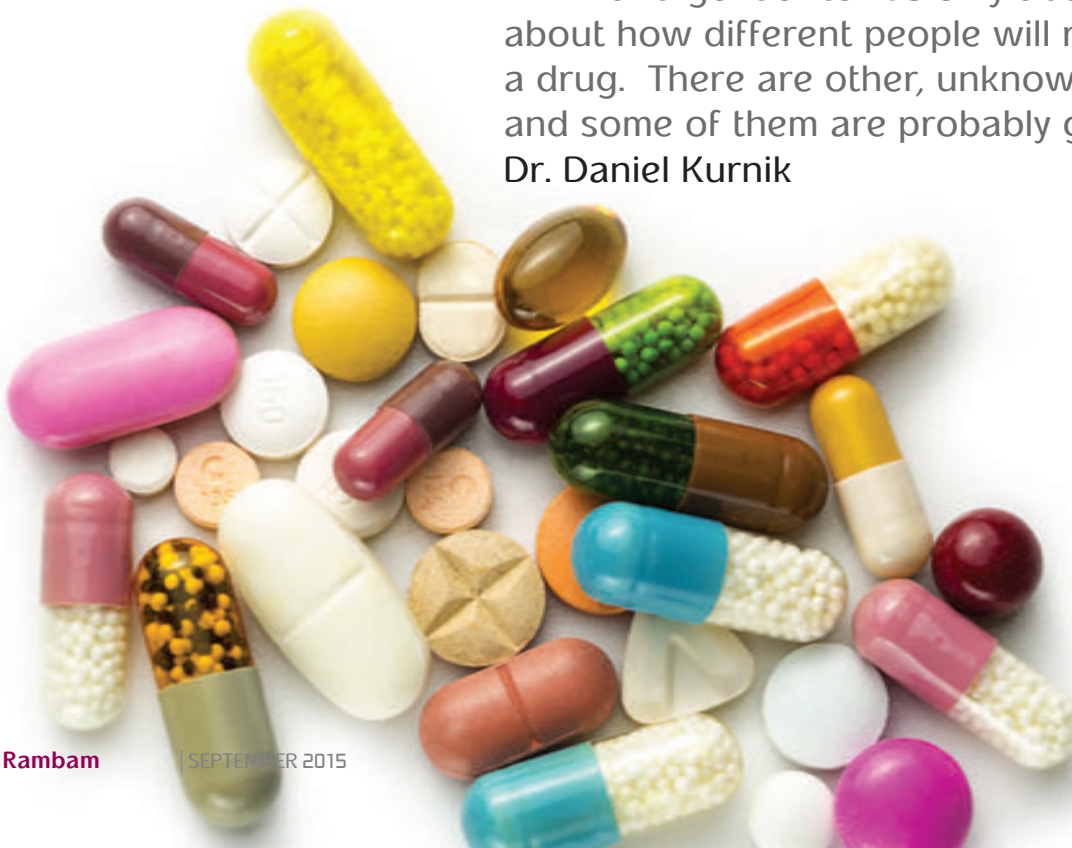
One of the advanced approaches used by Dr. Kurnik in his work is pharmacogenetics. "These are genetic tests that enable us to predict in advance the level of toxicity or benefit a drug will have on an individual patient, and then recommend the appropriate dosage," he explains. "This is a new field, and I believe that in the next few years it will become standard medical practice."

The case of a patient with an autoimmune disease who came to the Clinical Pharmacology Unit provides a good example of this new methodology. The patient was prescribed a medication that



"Parameters such as height, weight and gender tell us only about 20% about how different people will respond to a drug. There are other, unknown variables, and some of them are probably genetic."

Dr. Daniel Kurnik







depresses the immune system. Yet for a small segment of the population, there is a genetic change in the protein that breaks down the drug, and these individuals need to receive a dosage 50% lower than other patients, otherwise it can cause life-threatening complications. Genetic testing by the Toxicology, Pharmacology and Pharmacogenetics Labs revealed that the patient did in fact belong to this risk group and needed to receive the lower dosage.

Dr. Kurnik is also responsible for analyzing tests measuring drugs in the bloodstream that have a small treatment window.

"These are drugs in which the difference between the concentration in the blood that allows for treatment, and the amount that is dangerously toxic, is very small," he explains.

**Why can't you just rely on calculating dosages according to weight, age, gender and height of the patient?**

"Parameters such as height, weight and gender tell us only about 20% about how different people will respond to a drug. There are other, unknown variables, and some of them are probably genetic. Furthermore, two people will respond differently to the same drug even if the concentration in their blood is the same."

**In what cases is a blood concentration test required?**

"It is necessary mainly with drugs that have a short treatment range. The most outstanding examples are anti-epileptic

drugs. There are cases where we see that the regular dosages don't sufficiently raise the blood concentration level and the effect isn't perceptible in the patient. We also test for blood concentration with drugs that depress the immune system, such as those administered after organ transplants. This testing is also needed with chemotherapy, where too high a dosage can be life threatening".

### Coming soon: software to cross-check dosages and effects

"As an expert in internal medicine with a specialization in pharmacology, Dr. Kurnik has a broad knowledge of illnesses, medications and how they interrelate. He consults on questions of pharmaceutical treatments, side effects, dosages, cases involving multiple drugs (polypharmacy) and determining individualized treatment plans based on the patient's genetic profile. As much as the field of clinical pharmacology has advanced at Rambam, a new software system will soon check every prescription issued at the hospital. "The new program will access the patient's file and check if the prescribed drug is compatible with the other medications the patient receives, if the dosage is correct, and more" explains Dr. Kurnik. "We believe this will be a major step in improving treatment and preventing errors."

Medical Consultant:



Dr. Daniel Kurnik is Director of the Clinical Pharmacology Unit, Rambam Health Care Campus



# Juvenile Diabetes Just for Children

Type 1 diabetes, also known as “juvenile diabetes” first occurs mainly in children but affects people of all ages. What is on the treatment horizon for sufferers of this chronic disease?

Professor Naim Shehadeh, Director of the Department of Pediatrics “A” and the David and Jacqueline Simon Childhood Diabetes and Obesity Center, explains

» Etī Dor





**Get involved**

A gift of \$2500 will purchase a blood pressure monitor for pediatric diabetes patients.

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### Professor Shehadeh, what exactly is juvenile diabetes?

**P**rofessor Shehadeh, what exactly is juvenile diabetes? “Diabetes is a metabolic disease that occurs in about 6% of the population, which affects the body’s ability to produce the hormone insulin responsible for regulating the level of sugar in the blood. The vast majority of diabetes sufferers have type 2 diabetes, which generally develops in adults and can usually be controlled with oral medication and a balanced diet. In type 1 diabetes, however, insulin production is completely impaired and there is a total reliance on insulin injections. Most individuals with type 1 diabetes are under the age of 20 when they develop the disease, hence the term ‘juvenile diabetes.’ Because type 1 diabetes is a life-long condition, and can occur at all ages, the term ‘juvenile diabetes’ is no longer commonly used.”

### How is diabetes diagnosed?

“Someone” suspected of having diabetes undergoes tests to measure the glucose level in their blood. If after an eight-hour fast it is above 126 mg or at any given time above 200 mg, and these results recur in two consecutive blood tests, they most probably have diabetes. Additional blood tests are performed to reveal antibodies against the insulin-secreting cells in the pancreas (beta cells), and to determine insulin levels and glycated hemoglobin levels (HbA1c). In most new cases of type 1 diabetes, the blood sugar levels are especially high and the symptoms are extreme.”

### What causes the disease?

“Despite the large number of people with diabetes, the causes underlying its appearance are not known even today. We believe that a number of factors are responsible for its development, including heredity and certain environmental factors such as nutrition and viral diseases.”

### What are the symptoms?

“The most common initial symptoms include extreme thirst, frequent urination, weight-loss, fatigue and increased appetite. Without proper diagnosis and treatment, accelerated breathing, stomach pain and vomiting can develop and the condition can become life-threatening.

### How is type 1 diabetes treated?

“It is treated with insulin, which cannot be administered orally but only by injection. Usually individuals with type 1 diabetes receive 3-6 injections of insulin a day or use an insulin pump which administers insulin in a measured and continuous manner. Additionally, these individuals need a controlled and balanced diet as well as regular physical activity to maintain a desired blood sugar level.”

### What are the latest developments in insulin treatment?

“Advances in genetic engineering have recently led to the development of new, genetically altered ‘insulin analogs.’ They improve the uptake of insulin into the body, which significantly improves the ability to achieve an optimal metabolic balance.”

For children with diabetes in Northern Israel, the opportunity to live a healthy life has improved dramatically, thanks to our friends **David and Jacqueline Simon**, whose generous support enabled the establishment of the Childhood Diabetes and Obesity Center which bears their name. Many young diabetes patients are hospitalized in Pediatrics Department “A”, whose modern, new facilities in Ruth Rappaport Children’s Hospital will soon be opened through a generous gift from our esteemed friends and neighbors, **Effi and Eli Goldhar**, of Haifa.





## One Family's Story

With no known family history of diabetes, Sylvia was completely unprepared when her eldest daughter was diagnosed with the disease. Even before her next three children were diagnosed, Sylvia knew what to look for. With time, she became an expert at detecting when her children's sugar levels were low, administering their insulin injections, preparing the balanced diet that they needed, and ensuring they got enough exercise. "I discovered that I have much more strength than I imagined. But I never would have gotten by without the ongoing guidance of the Diabetes Center staff."

Like the families of hundreds of other children with diabetes, Sylvia receives dedicated assistance from



the **David and Jacqueline Simon Childhood Diabetic and Obesity Center**. According to Milena Levy, the Diabetes Coordinator at the center, "We monitor the physical and emotional development of each child, and teach them and their families the techniques and strategies to effectively manage the child's condition. We are an anchor for the families, available for them 24-hours a day to help them cope with any problems that arise."

### Is there an alternative to insulin injections on the horizon?

"Currently, researchers are developing an artificial pancreas that will automatically administer insulin in response to changes in glucose levels. Its basic elements: the insulin pump, glucose sensor and software, are already in advanced stages of development. Additionally, transplants of islet of Langerhans cells - which contain the beta cells that produce insulin - have recently been reported, with limited success. The next stage is to find alternative sources for islet of Langerhans cells in animals such as cows and pigs, which produce insulin similar to humans, or from beta cells produced from embryonic stem cells. While tremendous progress is being made, until there is an

actual solution for patients, the road is long."

### Until an alternate solution is found, will diabetes patients still need to inject insulin several times a day?

"There are alternatives like the insulin pump which is worn attached to the body. The new generation of insulin pumps is extremely accurate, reliable, about the size of a cell phone, and can be carried in your pocket or attached to your body.

### And how does one cope with the need to check one's glucose level several times a day?

"New, non-invasive glucose sensors has been developed that offer real time monitoring without drawing blood, and can also serve as an alarm when glucose reaches dangerous levels."

#### Medical Consultants:



Professor Naim Shehadeh is Director of the Department of Pediatrics "A" and the David and Jacqueline Simon Childhood Diabetes and Obesity Center



Milena Levy is the Diabetes Coordinator at the David and Jacqueline Simon Childhood Diabetes and Obesity Center





# The Fast Track

Do you keep promising yourself that tomorrow you will start to exercise? Here are 7 tips to get onto, and stay on, the exercise track.



### 1 Choose an activity that is enjoyable, simple and accessible

Choosing an activity you enjoy will increase the chances you stick to it. But any activity can be made more fun by including a partner, music, or an interesting location. Accessibility and financial factors are also important. Walking or running can be done close to home and don't require a large investment or special planning.

### 2 Adjust the activity to your own condition

Match a type of activity to your health and body type. For example: if you suffer from knee pain, lower back pain or are overweight, it could be that at the beginning, activities such as walking or swimming could be more appropriate than high impact sports like running.

### 3 Start gradually

Setting your exercise goals too high early on increases your chances of injury and loss of interest. Start with short periods of exercise several times a week - for example, 10 minutes 3 times a week. After a week or two, increase to 15 minutes, and after two weeks, to 4 times a week. Slowly but surely, you'll reach the desired goal.

### 4 Bring along a partner and accessories

An exercise routine with a steady partner like a friend, an exercise group or even your energetic dog, along with gadgets like a music player, exercise app or straps, will increase your chances of enjoying and maintaining your exercise plan.

### 5 Don't forget to warm up before, and cool down after

A warmup is important to prepare the muscles and body, particularly before intense exercise. It could be short stretches focused on the main muscles to be used, and a longer aerobic activity before the main workout (running, swimming, bicycling). Afterwards, release and relax with light aerobic activity for a few minutes, and static stretches of the main muscles used.

### 6 Make your life active

Walking 10 minutes 3 times a day is considered to be the equivalent of a workout of half an hour each day. Even if you walk briskly to the bus or climb several flights of stairs, your body will appreciate it. Try to make these short activities last more than 10 minutes, and this will significantly contribute towards the desired metabolic changes.

### 7 Remember that it is never too late

Illnesses, physical limitations and advanced age are not excuses for stopping exercise, but in fact, are excellent reasons to start. Before modifying an exercise plan, consult with your family physician or a sports physician to determine what exercise plan is best for you.

**Medical Consultant:** Dr. Ronen Bar-Yosef is a Pediatrician and Pediatric Pulmonary specialist, Sport Physician and Director of the Children's Healthy Lifestyle Clinic, Rambam Health Care Campus



## Relax

Is modern life stressing you out? Here are 13 tips that will help you relax.

**1 Prioritize**  
Divide your tasks into high priority and those that can be postponed. Take your mind off the ones that can be put off for later, and focus on the most pressing ones.

**2 Be realistic**  
Give up the illusion that you can do everything today, and define a limited number of agenda items to carry out.

**3 Leave room for the unexpected**  
A realistic plan is an excellent way to deal with stress, but don't forget to allocate time for the unexpected, to minimize stress when surprises arise.

**4 One at a time**  
When you are busy with a task, focus on that task only and don't think about the other ones that are waiting for you..

**5 Learn to say no**  
If you have a hard time saying no, you are probably overloaded with things to do. But if you are over-extended, a polite no can be preferable to having to admit that you can't fulfill what you agreed to do.

**6 Plan down-time**  
In your daily agenda, budget down-time that isn't spent working or doing other tasks. Instead, use that time for a hobby, to spend with the children, or with your partner, take a walk, or just quietly read a book.

**7 Delegate responsibilities**  
No one can be everywhere all the time. If



you are in a management position, delegate part of your responsibilities to other workers.

**8 Meet with friends**  
Your instincts may tell you to skip that cup of coffee with a friend and continue working, but that would be a mistake. Make time for social activities.

**9 Don't cut short sleep time**  
Some people will give up on sleep just to get more done. Yet fatigue increases stress on the one hand, and reduces efficiency on the other, not to mention the many kinds of damage that a lack of sleep has on your health.

**10 Practice relaxation**  
You don't need to take a course for this. Just a few minutes spent lying down with your eyes closed and practicing deep breathing can do the job.

**12 Sign up for yoga or meditation**  
Activities such as guided relaxation, yoga and meditation are proven to be very effective for reducing stress.

**13 Don't let the stress get you stressed**  
Don't get stressed when you feel stress. It doesn't mean you are losing the race, but simply that you live in our fast-paced world.

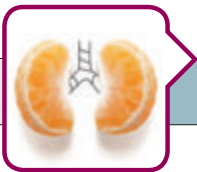
### Did you know?

Studies show that heightened stress increases the risk of heart attack, high blood pressure, and diabetes. For those who suffer from injuries, chronic pain, financial or relationship problems, or work in high-stress professions, the need to relax is even more critical.

#### Medical

##### Consultant:

Avi Levy, MSW, is a Psychotherapist and Director of Social Services in the Psychiatry and Mental Health Division, Rambam Health Care Campus



# Smoke Screen

Want to quit smoking but don't know how? Ten suggestions will help kick this destructive habit.

## 1 Write the Pros and Cons

Put down on paper all the reasons why you want to quit smoking and next to that, all the reasons why you don't. No surprise which list is longer...

## 2 Set a date you will be cigarette-free

If you commit to a specific date, it will be harder to convince yourself you will quit tomorrow, next week...

## 3 Make a savings jar

Every day deposit into it the money you would spend on cigarettes, and see just how much this habit is costing you. What you save over one smoke-free year could pay for a great vacation.

## 4 Find a new place for coffee

When your old coffee ritual is connected to the cigarette that went with it, find a new coffee spot that is easier to enjoy without the smoke.

## 5 During the first month, avoid situations where "you need a cigarette"

Whether it's going to a bar, drinking alcohol, or meeting with friends who smoke, plan your first month without those temptations.

## 6 Let your phone screen saver save you

Install a picture on your phone screen that symbolizes what smoke-free life means, for a special reminder every time you make or get a call.

## 7 Tell your friends you quit

They will become your support group. That said, be careful not to confide in anyone who is not as firmly behind your commitment as you are.

## 8 Hit the produce stand

Cut yourself carrot, cucumber and celery sticks, and enjoy a healthy, low calorie alternative when tempted to put something in your mouth.

## 9 Keep a bottle of water handy

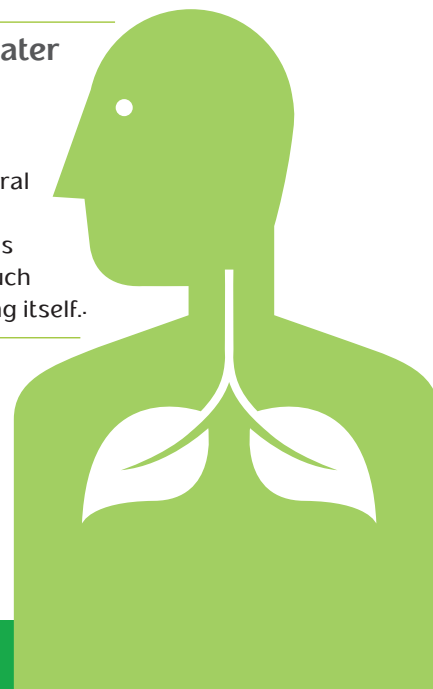
When cigarettes are out of the picture, water keeps the metabolism moving. In general don't be concerned about minimal weight gain, which is generally temporary and much less dangerous than smoking itself.

## 10 Just one drag?

No such thing. Once you quit, don't touch a cigarette. Don't fool yourself that "just one drag won't do anything," before the damage is done.

## Did you know?

Only 4% of smokers successfully quit the habit on their own. A combination of nicotine-replacements with workshops and prescription medicines raises the success rate to about 80%.





# Rambam Summit 2016 Save the Date

Join us this year to celebrate the achievements, discoveries, and development of Rambam Health Care Campus.

Witness with your own eyes how a medical vision becomes a reality of excellence.

- Learn about the latest research being performed on our campus.
- Glimpse the new cutting edge medical technology, breakthrough treatments and recent healing innovations.
- Meet top Rambam physician-scientists.
- Enjoy our gala evening celebrating Rambam's accomplishments and honoring recipients of the 2016 Rambam Award.

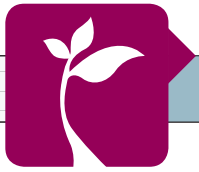
Sun-Tue  
May 29-31, 2016  
Rambam  
Health Care  
Campus  
Haifa, Israel

Please save the date.  
A formal invitation and detailed  
agenda will follow.



**RAMBAM** Summit  
Medicine. Technology. Humanity.





# Rambam Summit 2015

JUNE 7-9, 2015

### From Vision to Reality

The Sixth Annual Rambam Summit took place over three exciting and event-packed days in June, under the theme “From Vision to Reality.” Every year the Summit highlights the meeting place between medicine, technology and humanity, and honors extraordinary individuals who have made seminal contributions in the field of medical care and research, at Rambam and beyond.



Among this year’s esteemed Summit guests were past Rambam Award recipients **Meri Barer, Relly and Brent Dibner** and **Ruth Rappaport**, as well as the President of the Technion and representatives from Rambam’s Friends organizations around the world, **Anita Alexander-Passe** (UK), **Michele Segelnick** and **Lea Bernstein** (US), **Joelle Abitbol** and **Annie Wax** (France), **Dr. Robert Stern** (Spain), and **Kerry Auriat** (Canada).

A special VIP tour gave Summit guests an inside look at the latest developments at Rambam Campus, including the Joseph Fishman Oncology Center and Ruth Rappaport Children’s Hospital. Among those on the tour were **Cynthia Lois Ta Thomsen** (Denmark), **Hendrik Ros** and **Marjan van der Hoek** (Netherlands), and **Dr. Norman and Florence Dungwa** (South Africa). 2015 Rambam Award recipients **Mariita** and **George Feldenkreis** were accompanied on the tour by three generations of their family, along with their friends **Moreno** and **Zenaida Habif** and **Rose Chorowski**.




Summit guests participating in the Rambam-Haifa Health of Tomorrow Conference, held in the Spencer Auditorium, gained invaluable insight from a fascinating program of lectures and panel discussions on the nature of science and the future of medicine. In a session on “Grand Challenges and Creative Solutions,” moderated by **Professor Marcia Javitt**, Director of Medical Imaging, presentations were made by **Professor Peter Fitzgerald** of Stanford University Medical School and Rambam Award recipient **Professor Mary-Claire King**. This was followed by panel discussions on “Making Haifa Healthy for Future Generations,” with the participation of **Dr. Marc Wilkenfeld** of Winthrop University Hospital, Haifa **Mayor Yona Yahav**, and **Professor Jonathan Javitt** of Johns Hopkins School of Medicine, and among others.



**RAMBAM** Summit  
Medicine. Technology. Humanity.



At the Summit Gala, against its awe-inspiring backdrop, the new Joseph Fishman Oncology Center was dedicated. Words of appreciation and celebration were expressed by distinguished guests including Mayor of Haifa, 2014 Rambam Award recipient, **Yona Yahav**, American Friends of Rambam President, **Adam Emmerich**, and esteemed friend **Eitan Wertheimer**. The Rambam Awards are traditionally presented at the Rambam Summit, and this year they were bestowed upon six outstanding individuals. Each recipient was specially honored by the Rambam Awards Committee including a screening of films documenting their lifetime achievements.

 **The role of science is to take things apart to understand how they work. The role of religion is to put things together to see what they mean.**



Rabbi Lord Jonathan Sacks

**SAVE THE DATE -**

**Rambam Summit 2016**

**May 29-31**





# Rambam Awards 2015

## Honoring Individuals of Vision

The theme of the 2015 Rambam Summit, *From Vision to Reality*, aptly describes each of the 2015 Rambam Awardees. In their respective fields of medical research, statesmanship, spiritual leadership and business, each of the 2015 Rambam Award recipients has translated his or her unique vision into reality, and made a transformative contribution to ever-widening circles of society.

**Rabbi Lord Jonathan Sacks** - The former Chief Rabbi of the United Hebrew Congregations of the Commonwealth, knighted and made a Life Peer by Her Majesty the Queen, Rabbi Lord Sacks has devoted himself through teaching and writing to cultivating a meaningful and ethical Judaism to communities throughout the world.

**Shimon Peres** - A visionary leader who helped shape the history of the modern State of Israel, Peres began as a fighter in the pre-state Hagana, and went on to serve as the nation's Prime Minister and President. A Nobel Peace Prize laureate and tireless advocate of regional peace, he recognizes the key role of technology and medical research for Israel's future.

**Prof. Mary-Claire King** - A pioneer in the field of human genetics, Prof. King is renowned for her discovery of the gene responsible for disposition to breast and ovarian cancer, which led to the development of new screening methods, saving the lives of countless women and enabling them to make informed healthcare choices.

» Prof. King's prize was presented by Yana Darom, a young mother who is a BRCA gene carrier and breast cancer survivor.

**Eyal Ofer** - A gifted business leader and magnanimous philanthropist, Haifa-born Eyal Ofer's acumen and sweeping vision have distinguished him throughout the international business world. With his dedicated support for Rambam Health Care Campus, Eyal Ofer carries on his family's extraordinary philanthropic enterprise for the wellbeing of the citizens of Northern Israel.

» Eyal Ofer's award was presented by Roni Tsur, a survivor of a horrific accident, who now volunteers at Rambam.

**Mariita and George Feldenkreis** - Highly esteemed members of the Miami business community, Mariita and George Feldenkreis are honored for their outstanding leadership, generosity and efforts on behalf of Rambam Health Care Campus, the State of Israel, and numerous other causes. At a moving ceremony, George Feldenkreis dedicated the **Eva Feldenkreis Feig Ovarian Cancer Center** in the Fishman Oncology Center, in honor of his late sister, Eva Feldenkreis-Feig.

» The Feldenkreis' award was presented by George's daughter, Fanny Hanono.



L-R: Rabbi Lord Jonathan Sacks, Prof. Rafi Beyar, Prof. Yehuda Hayuth



L-R: Yana Darom, Prof. Mary-Claire King, Prof. Yehuda Hayuth and Prof. Rafi Beyar



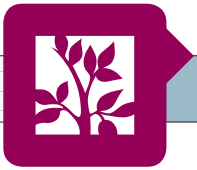
L-R: Eyal Ofer, Prof. Rafi Beyar, Prof. Karl Skorecki, Prof. Yehuda Hayuth and Marilyn Ofer



L-R: Shimon Peres and Prof. Rafi Beyar



L-R: Prof. Rafi Beyar, George Feldenkreis, Mariita Feldenkreis, Prof. Karl Skorecki, Prof. Yehuda Hayuth



## A Vision for Humanity Fulfilled

**A**gainst the impressive backdrop of the new Joseph Fishman Oncology Center, guests at the Summit Gala celebrated the vision of Joseph Fishman and his family, to create a place where cancer patients would receive the best treatment possible, in dignity and comfort.

In a moving speech, Michal Nin-Nun, the late Mr. Fishman's daughter, spoke of the hard work that Rambam leadership invested over the past seven years, and how the building, now completed, is exactly how her father wanted it to be. Addressing her father, she explained, "Every time I came to see the progress in the building, I was told 'This building has a special energy' ... And they were right. It is because of the remarkable people and much good will. But I also believe it has much to do with you - your modesty, humor and goodness which managed to touch the hearts of the people here."

"It is a pity you aren't with us to see what you have accomplished. What an improvement it will make in the quality of life of those suffering such a difficult disease. You, the same child who survived the horrors of the Holocaust and managed, with your own two hands, to build such an empire. I imagine you standing here, your eyes filled with tears."





The Fishman family, proudly represented by Hanna Fishman and her children Moti, Aliza, Sigal, Ilanit, and Michal, was honored with Certificates of Recognition by Professor Rafi Beyar, CEO, Dr. Esty Golan, Managing Director of International Relations and Chief of Strategic Development and Professor Ron Epelbaum, Director of Department of Oncology. ➤



The ceremony reached its joyous conclusion as the Fishman grandchildren unveiled the plaque for the new center. ▼



Phase One of the plan to complete and equip the Fishman Oncology Center is underway, thanks to generous gifts from the Israel Cancer Association (R.A), the Claims Conference, the Administrator General, the Leir Charitable Foundations and the Feldenkreis-Feig families.



## Snapshots March 2015 - July 2015



*Rabbi Aron Grinshtein speaking about Rambam to community members in South Africa*

*At a festive event held in South Africa by **Rabbi Aron Grinshtein**, **Prof. Gil Bolotin**, Director of the Department of Cardiac Surgery and a former military pilot, entertained guests with a lecture on "Flying and Cardiac Surgery." A month later, Rabbi Grinshtein visited Rambam, where he was able to see firsthand the vast progress taking place at the health care campus.*

*March 2015 and April 2015*



*(L-R): Dedi Levinger, Ella Waldman, Prof. Rafi Beyar, Prof. Benjamin Brenner, and Rahamim (Ramo) Ben Shushan*

*A new Hematology Research Center was dedicated with six research labs for some 40 Rambam and Technion researchers. The new center was made possible by donations from **Eyal and Ella Waldman**, **Rahamim (Ramo) Ben Shushan**, **Menachem Noah Yechiely**, **Dedi Levinger** and **Israeli Friends of Rambam**, among others.*

*March 2015*



*(L-R): Udi Angel, Prof. Rafi Beyar, Avi Angel, Dr. Esty Golan, Amnon Angel and Prof. Shimon Meretyk*

*Patients undergoing surgery at Rambam can now take care of all their advance prep work at one convenient time and location. The newly opened Pre-Surgery Clinic was established thanks to a generous donation by the **Angel Family**, longtime friends and supporters of Rambam, in memory of their parents. A moving dedication ceremony was held in their honor.*

*April, 2015*



*(L-R): Prof. Hagit Baris-Feldman, Paul Ramsbottom, Prof. Rafi Beyar, Dr. Esty Golan, Michal Notser Segal and Shifra Steindler*

***Paul Ramsbottom** of the **Wolfson Foundation**, met with the heads of the Genetics Institute and other departments which received sophisticated medical and research equipment purchased with support of the foundation. Prof. Rafi Beyar presented Mr. Ramsbottom with a Certificate of Appreciation, followed by a visit to the Genetics Institute to unveil a plaque honoring the foundation.*

*May 2015*





(L-R): Lea Bernstein, Michele Segelnick, Jesse and Carol Schwartz and Prof. Skorecki

Longtime friends and supporters, **Carol and Jesse Schwartz**, opened their New York home for "An Evening of Discovery" where guest speaker **Prof. Karl Skorecki**, Rambam's Director of Research and Development, presented a fascinating inside look into the latest medical innovations that will be impacting our lives.

May 2015



(L-R): Yoram and Zahava Cedar, Prof. Gepstein and Sari Katz

**Zehava and Yoram Cedar** hosted a cocktail reception for San Francisco area guests, with a lecture by **Prof. Lior Gepstein**, stem cell pioneer and Cardiology Department Director.

June 2015



(L-R): Top Row: Prof. Gepstein and Dr. Maddahi. Bottom Row: Katherine Kahen, Sari Katz, Angela Maddahi, and Michele Segelnick

**Dr. Jamshid and Angela Maddahi** hosted friends of Rambam, including **Herta and Paul Amir, Leno and Paul Sislin and Younes and Soraya Nazarian**, at the annual "Keeping Hearts Beating in Israel" event, with guest speaker **Prof. Lior Gepstein**.

July 2015



(L-R): Prof. Rafi Beyar, Dr. Esty Golan, Prof. Myriam Ben-Arush, Huguette Elhadad, and Rebecca and Sydney Boukhris.

Representatives from Israel and France from the **Adelis Foundation** (founded by **Andre Deloro**) visited Ruth Rappaport Children's Hospital and met with **Prof. Myriam Ben-Arush**, Director of the Pediatric Oncology-Hematology Division, to observe how their very generous donation has benefitted cancer research in adolescents.

June 2015



**Rabbi Yitzchak Sakhai** of the **Sephardic Tradition and Recreation (S.T.A.R.)** youth organization brought 40 teens from Los Angeles to Rambam Health Care Campus. With games and arts and crafts projects, the youth brought joy and smiles to children hospitalized at Ruth Rappaport Children's Hospital.

June 2015





# Rambam International Relations



## Israel

Eighth grade Reali School students raise funds to benefit Ruth Rappaport Children's Hospital  
February 2

Representatives of Keren Hayesod (UIA) visit Rambam  
March 19

Women's Rotary Club of Israel, "Inner Wheel", visits Rambam  
May 3

Ribbon cutting ceremony for the Goldhar family, donors to the Department of Cardiology  
May 18

"Swim and Donate" campaign held at the Technion to benefit Ruth Rappaport Children's Hospital  
May 22



## USA

Yael Eckstein from IFCJ and Penny Young Nance, CEO of Concerned Women for America in **Washington DC**, visit Rambam  
April 20

AFORAM board member Alan Mendelson, friend and donor, from **NY**, visits Rambam  
May 4

Dalia Melamed, friend and donor from **LA**, and her sister, Ilana Benhuri from **NY**, visit Rambam  
May 5

Healthcare professionals from **Maryland**, visit Rambam  
May 11

Renie Carniol, friend of Rambam from **NJ**, visits Rambam  
June 15

## International



Healthcare executive leaders from **Kazakhstan** visit Rambam  
March 16



MEDinISRAEL 2015 - Delegation from **China** visits Rambam  
March 23



MEDinISRAEL 2015- Delegation from **Korea** visits Rambam  
March 23



Andreas Bausewein, Mayor of Erfurt, **Germany**, visits Rambam  
March 24



Angela Rabinovich of the Israel Export and International Cooperation Institute visits Rambam  
March 26



Event in Geneva, **Switzerland** to support medical clowns, hosted by Phillippe Nordman  
April 14



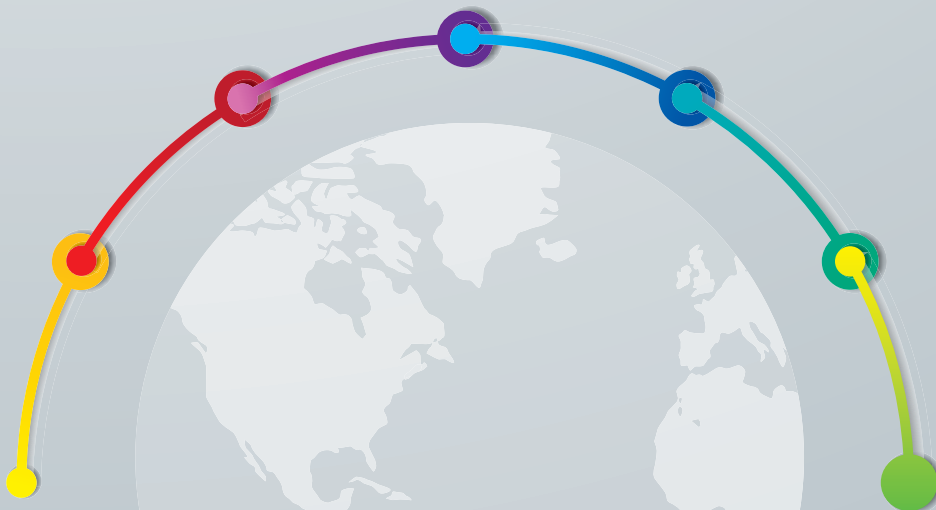
Representatives of Le Groupe Vedici, **France** visit Rambam  
May 11



Lisa Douek, Chairman of Maria Rossi Ascoli Foundation from **Italy**, visits Rambam with Prof. David Hahn, Administrator General of Israel  
May 13



Dinner in **Paris** hosted by French Friends of Rambam, with the Israeli ambassador  
May 19



# Sandy Weill Visits the new Joan and Sanford Weill Pediatric Hematology–Oncology Division



L-R: Eitan Wertheimer, Dr. Esty Golan, Prof. Rafi Beyar, Sandy Weill, Prof. Myriam Ben-Arush and Prof. Amos Etzioni

**O**n June 14th, **Sandy Weill** arrived at Rambam for an Appreciation Ceremony honoring the Weills and their magnanimous gift which enabled the establishment of the new **Joan and Sanford I. Weill Pediatric Hematology–Oncology Division** at Ruth Rappaport Children’s Hospital. Mr. Weill, who together with his wife Joan, was honored with the 2012 Rambam Award, was accompanied by his friend and longtime Rambam supporter, **Eitan Wertheimer**. The guests toured the new division with its Director, **Professor Myriam Ben–Arush**. They also met with Palestinian patients and physicians at the new **Joan and Sanford I. Weill Israeli–Palestinian Friendship Center**, which was established in the division as part of the Weills’ vision and through their support. The Weills were honored with the Golden Maimonides Circle Certificate which was presented by **Professor Rafi Beyar**, followed by a ceremonial ribbon–cutting and unveiling of a plaque at the entrance to the new division.

The guests were treated to a musical performance by twelve year–old Gita Ilabouni, who was diagnosed with cancer as an infant and recovered after receiving treatment at Rambam.



## American Friends of Rambam Medical Center

[www.aforam.org](http://www.aforam.org)  
[info@aforam.org](mailto:info@aforam.org)  
Tel: (212) 292-4499

## Canadian Friends of Rambam Medical Centre

[www.cfram.ca](http://www.cfram.ca)  
[info@cfram.ca](mailto:info@cfram.ca)  
Tel: (416) 481-5552

## British Friends of Rambam Medical Centre

[www.rambamuk.co.uk](http://www.rambamuk.co.uk)  
[anita@rambamuk.co.uk](mailto:anita@rambamuk.co.uk)  
Tel: (208) 371-1500

## Spanish Friends of Rambam Medical Center

[www.amigosderambam.org](http://www.amigosderambam.org)  
[info@amigosderambam.org](mailto:info@amigosderambam.org)  
Tel: (609) 580-268

## French Friends of Rambam Medical Center

[joelleabitbol16@gmail.com](mailto:joelleabitbol16@gmail.com)  
Tel: 07 82 53 71 10

## Israeli Friends of Rambam Medical Center

[www.rambam.org.il](http://www.rambam.org.il)  
[y\\_aguda@rambam.health.gov.il](mailto:y_aguda@rambam.health.gov.il)  
Tel: (04) 852-0670

## Israel Main Office & All Other Countries

[www.rambam.org.il](http://www.rambam.org.il)  
[ContactUs@rambam.health.gov.il](mailto:ContactUs@rambam.health.gov.il)  
Tel: +972 (4) 777-2919

# The Opening of the Joseph Fishman Oncology Center is \$1.5 M Away

To complete Phase One of our progressive two-phase occupancy sequence in the newly constructed Joseph Fishman Oncology Center, additional funds in the amount of US\$1.5M are needed.

Every gift towards this goal is an investment in cancer care for residents of northern Israel. Your contribution will help fund unparalleled oncology treatment for patients as they face the toughest challenges of their lives.

In addition to inpatient facilities, the new Joseph Fishman Oncology Center will house a complimentary medicine center and ambulatory treatment facility. State-of-the-art clinical research will be integrated with treatment and prevention.

When Rambam receives funding to complete this visionary project, we will realize our goal of providing Israel's citizens with the most comprehensive model for cancer care.

Your help will change the lives of cancer patients who have placed their trust in Rambam.

[Contactus@rambam.health.gov.il](mailto:Contactus@rambam.health.gov.il)



**RAMBAM**  
Health Care Campus