

# Rambam

ISSUE No. 18 | SEPTEMBER 2016

*on call*

21st Century Medicine

**The Robotic  
Advantage**  
for Gynecological  
Surgery

**24/7**  
In the  
Psychiatric  
Emergency  
Room

**Putting  
our Heads  
Together**

at the new Head and  
Neck Surgery Center

**Swim from  
the Heart**

to benefit  
ground-breaking  
heart research

**How to Stay  
Trim and Fit**  
in the Winter  
Months Ahead



**RAMBAM**  
Health Care Campus  
Creating the future of medicine.





*Dear Friends,*

One can't go to a doctor these days without recognizing the impact technology has had on the practice of medicine. But from our perspective here at the cutting edge of medical research, it is clear that we are poised to enter a new, more personalized phase in the way health care is delivered. Important developments in biomedical technologies, genetics and other medical fields are opening up new possibilities for diagnosis and treatments that are tailored to each patient's unique profile. We are proud of the contributions our gifted researchers have made in bringing about this personalized medicine revolution.

In this issue of **Rambam on Call**, you can read about personalized treatment approaches employed at Rambam in the fields of gynecology, cardiology and urology. Often, a personalized, multi-disciplinary approach that takes a patient's entire condition into account is what's needed to reach an effective treatment plan, as you can read about in the article "More Heads are Better Than One."

The promise of digital medicine was one of the subjects highlighted at the 7th annual Rambam Summit. For those of you who weren't able to attend this extraordinary event, we are pleased to share with you in these pages some of the Summit's highlights. If you are as fascinated as we are by the latest developments in medical science, I encourage you to consider attending our next Rambam Summit in the spring of 2017!

In the meantime, we look forward with anticipation to the year ahead, and to fulfilling our commitment to promoting a healthier world for one and all.

*Yours,*

**PROF. RAFI BEYAR**

*R. Beyar*

Director and CEO

Rambam Health Care Campus

**Best Wishes for a Happy,  
Healthy and Sweet New Year**



**RAMBAM**  
Health Care Campus

*R. Beyar*  
Professor Rafi Beyar  
Director & CEO



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**Chief Medical Consultant:**  
Prof. Shimon Pollack

**Director of the Marketing Department:** Oded Mayer

**Editor:** Abbie Rosner

**Producer:** Merav Ganot

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**Photographers:**  
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**Executive Editor:**

Dorit Kravchik

**Graphic Editor:**

Michal Herbstman

**Concept Director:**

Aviva Mezamer

**CEO:** Shoshi Asael Malka

**Production:** CONCEPT-

Content Solutions

Tel: 972-3-6386615

e-mail: aviva-m@yediath.co.il

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**Letters to the Editor:**  
[ROC@rambam.health.gov.il](mailto:ROC@rambam.health.gov.il)



**On the cover:**  
**Swimmers from above.**  
**Swimming From the Heart**  
Photo: Tzachi Asher



## Team Work

>> Erela Tarlev Ben-Shahar

### Departmental Rounds

Obstetrics Department

Ella Aharonson-Ruth, Head Nurse, 37, Married + 3



#### 1 What does your work involve?

I am responsible for a team of 32 nurses. We believe that the new parents are full partners in the process, from the birth through their discharge home. Our team is responsible for providing the mother and her partner with the basic skills and emotional support to prepare them for life as parents, and in general, create a pleasant and positive experience for them. I try to be attentive, open and accessible with my team, help develop ways to work more efficiently, and encourage them to participate in research in the obstetric nursing field.

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

I really love obstetric nursing. I was offered the job when I was a student, and remained here ever since. It's a very upbeat, dynamic and challenging environment that focuses more on promoting health than on illness. Our nurses are very independent, and if there aren't any unusual problems, they do most of the work without a doctor present, which is both challenging and empowering.

#### 3 Are there difficult moments?

Yes. When smiles turn to tears. When we need to deliver bad news to a mother and family about a problem with an infant. These are very difficult moments indeed, and we try to provide the maximum support and guidance.

#### 4 And happy moments?

In fact, there is a positive atmosphere in the department just about all the time, which is very satisfying for the staff. Every healthy baby born into our department; every mother who is able to breastfeed, and every underweight child that grows and thrives, brings us joy. I am gratified by every thank you letter and positive feedback we receive.

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

I'm proud of the level of dedication, compassion, and professional investment of my team, which exceeds all expectations. Our nurses are constantly engaged in professional enrichment courses, and many have advanced degrees. I am proud of the ability of my team to constantly grow and advance, to maintain the highest professional standards.

#### 6 How does your family cope with your work?

My husband and three daughters know how important my work is to me and fully support me. My job takes up a lot of time and energy, but I make every effort not to miss the important moments in my daughters' lives, and to spend quality time with each one. My husband is simply wonderful; without him I would never manage to balance between work and family.



24/7

## In the Psychiatric ER



**06:15** Dr. Irit Meretyk Director of the Psychiatric Emergency Service, reviews the previous evening's cases with Dr. Chaya Vachtel. Of three patients admitted for attempted suicide, one was admitted and the other two released for continued care in the community.

**08:30** A 30 year-old man arrives in an extremely agitated and severe psychotic state. Nurse Maggie Steiner Pizante takes his vitals, draws blood and administers a sedative. The patient is evaluated by ER neurologist, Dr. Luvov Rapoport, and is transferred to a psychiatric hospital

**14:00** The department's multidisciplinary team of physicians assembles for their weekly meeting, led by Dr. Sarah Marmor. The team discusses the patients currently being cared for in the department.



**18:00** A 19 year-old soldier is admitted with acute anxiety, with a referral from his unit's medical officer. He explains that he can't continue serving because he has never slept away from home. Dr. Meretyk diagnoses him with an adjustment disorder characterized by anxiety. He is discharged with sick-leave and will remain under observation by the medical officer in his unit.

**22:00** A 45 year-old man arrives escorted by an emergency medical team, in what appears to be a psychotic state. He is talking to himself continuously, and is found to be under the influence of both drugs and alcohol. Dr. Koranit Rishpon, an intern in the department, and Dr. Meretyk, examine the patient and draw up his hospitalization orders.

**23:30** A 79 year-old woman suffering from Alzheimer's disease arrives with her daughter and son, after she tried to hit her caretaker and leave the house. She accuses the caregiver of stealing and lewd behavior. After examining the patient, Dr. Isabella Grinberg, the on-duty doctor and a specialist in psycho-geriatrics, concludes that she is capable of following a medication regimen, and releases her with instructions for continued care in the community.



# Everything Swam Before my Eyes



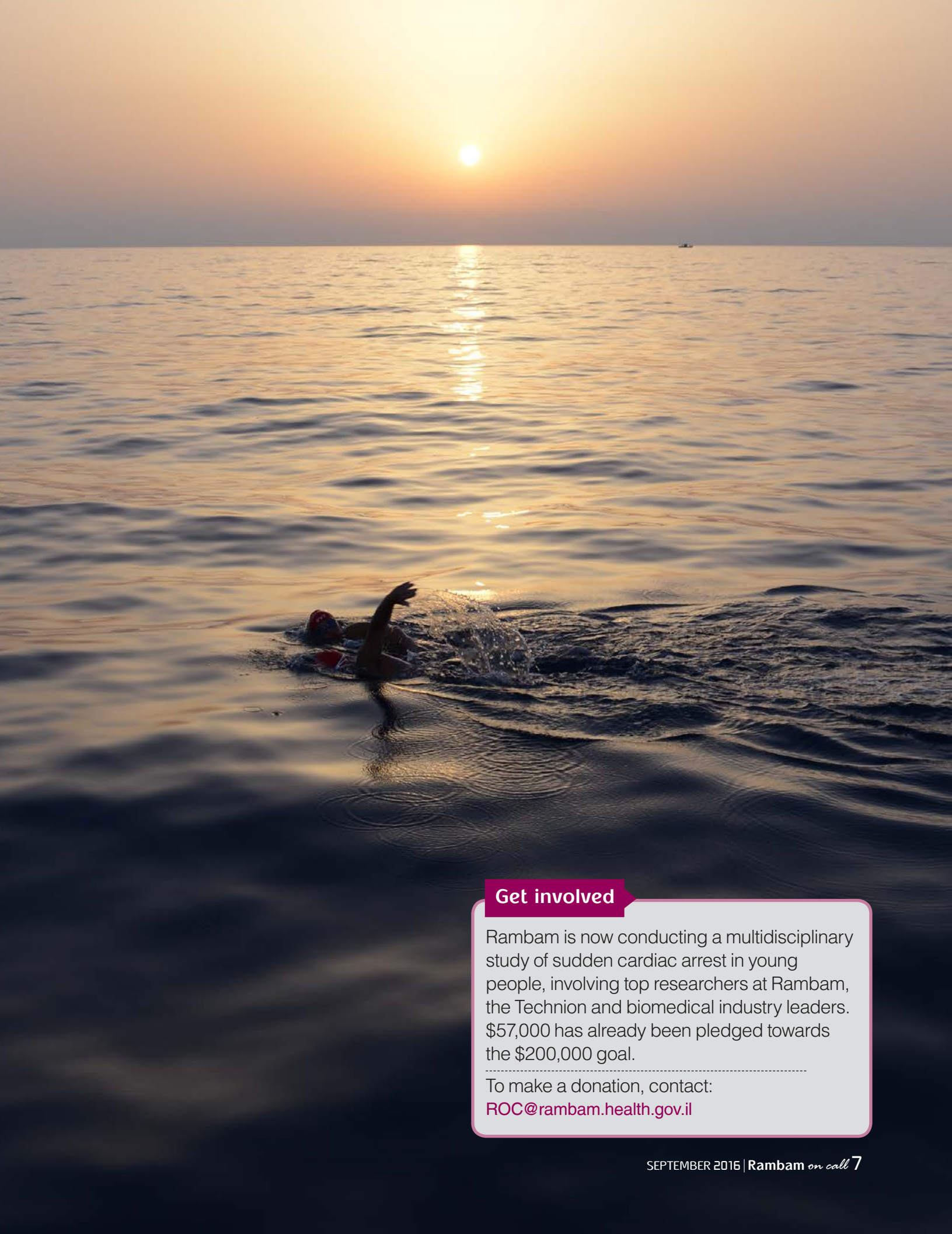
15 years ago, without warning, Guy Cohen's six-year-old daughter Neta collapsed and died of sudden cardiac arrest. It was her first day of first grade.

Last June, Guy achieved closure, participating in "Swimming from the Heart," an international swimathon initiated by Rambam to raise awareness and funds for groundbreaking research on predicting and preventing sudden cardiac arrest in young people.

>> Sherri Shein







### Get involved

Rambam is now conducting a multidisciplinary study of sudden cardiac arrest in young people, involving top researchers at Rambam, the Technion and biomedical industry leaders. \$57,000 has already been pledged towards the \$200,000 goal.

.....  
To make a donation, contact:

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

**G**uy Cohen will never forget that day, 15 years ago. What should have been the happiest day in his daughter, Neta's life, turned out to be her last. "We had no advance warning that something like this would happen. Our family was torn to pieces," Guy recalls.

Last June, 15 years after the tragedy, Guy achieved the extraordinary. He swam non-stop for 24 hours, and set a new record in honor of his daughter. Guy was taking part in "Swim from the Heart", a swimathon organized by Rambam to raise funds for groundbreaking research on sudden cardiac arrest in children and young adults.

The idea to hold a swimathon to raise funds for research at Rambam came from Dr. Levy Gertzberg, a former Haifa resident and founder of the technology giant, Zoran. Gertzberg, who now lives in San Francisco, swam to Alcatraz Island as part of a fundraising swimathon. If it worked in San Francisco, Gertzberg reasoned, then why not the Mediterranean? He suggested the idea to Rambam's director, Prof. Rafi Beyar, and the two agreed to make it happen. This June, hundreds of swimmers, including 71 year-old Gertzberg, dove into the Mediterranean Sea, launching Rambam's first international "Swim from the Heart" swimathon.

"The focus of this event touches us all," explains Prof. Beyar. "As a cardiologist, I see the terrible toll heart disease takes in general, and sudden cardiac arrest in particular. Our research at Rambam can potentially shed light on the mechanisms behind certain forms of this tragic condition, and help develop new diagnostic and treatment approaches that can help us save lives."

## Extreme Challenges, Exceptional Goals

Guy Cohen (51), is a former Air Force pilot and now the director of an industrial company. He heard about Rambam's swimathon while deep into preparations for his own swimming challenge. His goal, to set a

new Israeli record by swimming 70 kilometers in 24 hours.

Addicted to the adrenalin and concentration of extreme sports, Guy had already run a 250 kilometer marathon in the deserts of Madagascar. Seeking a different kind of challenge, he switched to open-sea swimming.

For over a year, Guy trained for his record-breaking swim, reaching training sessions of 15 hours of non-stop swimming. And then, as if by coincidence, he read a post by one of his trainers announcing Rambam's swimathon to raise funds for research on sudden cardiac arrest in children.

"Suddenly, everything swam before my eyes," he recalls. "The loss of Neta came back as if it happened yesterday, and I knew I had to be a part of this effort. Rambam was very appreciative and supportive, but the truth was that I was grateful to them as well. Swimming for Rambam enabled me to overcome the helplessness of losing a child by hopefully helping save the lives of others."

## Swimming by the Rules

Guy decided to adhere to the strictest rules of open-water swimming, where bathing suits are allowed but wetsuits are not, and only the crawl stroke is permitted, with no touching of any object along the way. A boat with a swimmer-physician on board accompanied Guy, along with his son, Matan, who was charged with refueling his father. During the swim, Guy consumed 6000 calories and burned 12,000. Every hour he drank water and snacked on energy gel, a protein drink, banana or applesauce. "At a certain point, your senses practically stop working," he describes. "Your ears are blocked, your nose is full of salt, and you can barely see a thing."

**Was there a point you asked yourself why you were doing all this?**

"The trick is to accept negative thoughts lovingly, and then dismiss them. You feel awful right now, but in another two minutes, you'll be OK. I thought about Neta, my family. The swim is like a treatment room





L-R: Prof. Rafi Beyar, Guy Cohen and Dr. Levy Gertzberg after the swimathon



## Swimming towards Prevention

Heart disease, including sudden cardiac arrest, is still the number one cause of death in the western world. In cases of undiagnosed hereditary heart disease, there is often no warning before a cataclysmic event, making prevention especially difficult.

where you are both the patient and the doctor.”

### At the end of the swim, did you collapse?

“At first, I could barely stand, but I was still full of adrenalin and felt really great. A medical team checked me when I came out and everything was fine. After about 90 minutes, my body’s defense mechanisms plummeted, and I fainted. Fortunately, I recovered quickly.”

### What is the next challenge?

“I promised my partner that I would stop for now. So I don’t have any plans... until the next challenge.”

## The Heart of the Matter

What causes sudden cardiac arrest in children? Dr. Miri Bleich, Director of the Genetic Arrhythmia Clinic at Rambam, responds.

The main culprit is a group of disorders known as genetic arrhythmia syndromes, which originate in a mutation in the genetic code of the cardiac cells. This can interfere with the flow of electric current in the heart or the proper development of the cardiac muscle, leading to dangerous fluctuations in the heartbeat, and even heart failure. Since the underlying cause is hereditary, whenever anyone under 35 experiences cardiac arrest, we recommend that everyone in the family undergo testing at our Genetic Arrhythmia Clinic to detect genetic mutations, evaluate their risk and determine a course of treatment, if necessary. It’s important to remember that the same genetic mutation can be expressed differently in different families, from barely significant to critical, or not at all.

### Is there a treatment?


Treatments are tailored for each patient depending on their level of risk for developing a dangerous arrhythmia. It could be a change in lifestyle, such as avoiding certain activities; pharmaceutical treatment; or at the higher risk levels, implanting a pacemaker.

### Are there warning signs that can be seen in children?

In these cases, the most important thing is the family history. Some early signs can be loss of consciousness, shortness of breath, or palpitations. Sometimes a physical examination or routine EKG can raise a warning sign.



Swimming from the Heart in the Mediterranean Sea

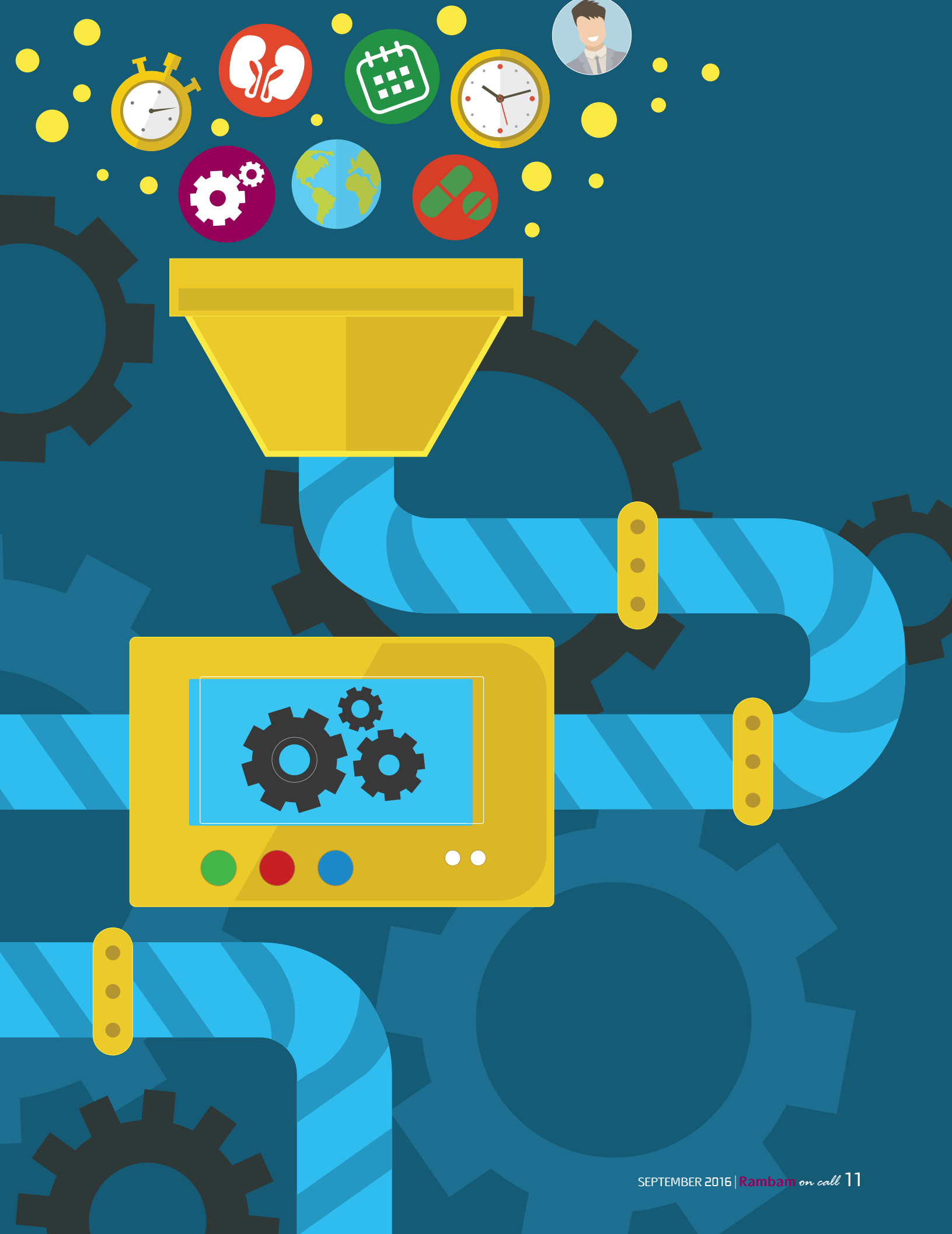


# Urology Enters a New Era

Groundbreaking technologies, pinpoint diagnoses and improved outcomes. Rambam's Urology Department won't rest until it reaches the medical forefront, and stays there.

» Tamar Friedman



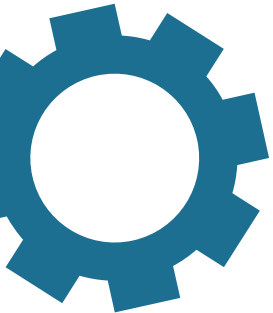




Our department's motto is to bring to our patients new and safe technologies that reduce pain and suffering and shorten their hospitalization times," explains

Prof. Gilad Amiel, Director of the Department of Urology at Rambam. "Urology is a highly diverse field that relies heavily on advanced technologies. The rate of technological improvements is so fast, it's a little like the iPhone - upgraded versions with better performance are coming out all the time."

Prof. Amiel came to the department a year ago, straight from Houston's Baylor College of Medicine, where he specialized in uro-oncology and robotic surgery. "For me, returning to Israel and joining the department at Rambam was an opportunity to fulfill myself at the highest level," he observes. "Our department covers the entire field of urology, and excels in uro-oncology, endo-urology, neuro-urology, and pediatric urology, among others. The department treats a broad range of problems, including prostate, bladder, kidney and testicular cancers, benign enlargement of the prostate, trauma, problems with urination, kidney stones, erectile dysfunction and pelvic floor dysfunction in women, among others. "For all of these areas, we strive to excel in treatment, research and use of technologies," declares Prof. Amiel.



Urology is a highly diverse field that relies heavily on advanced technologies. The rate of technological improvements is so fast, it's a little like the iPhone - upgraded versions with better performance are coming out all the time.



Prof. Gilad Amiel

Prof. Amiel envisions incorporating the latest treatment innovations into the department. "For over two million citizens in Northern Israel, Rambam is the only tertiary care hospital, and we are mandated to respond to any problem, from small to complex, including referrals from other hospitals," he explains. "As part of our goal to deliver the best and most advanced services possible, we are building a new urology institute that will increase the scope of our ambulatory services and micro-invasive surgeries. Furthermore, with the support of the hospital leadership, we are in the midst of a technological revolution where we are transitioning from procedures performed under full anesthesia to those that only require moderate sedation, or even no anesthesia at all. This enables us to shorten hospitalization times, and for patients, there is a significant reduction in pain and discomfort, and better outcomes."

## Beyond the PSA Era

According to Prof. Amiel, in recent years the approach to prostate cancer has changed dramatically, both in terms of diagnosis and treatment. "The distinction between a cancer that is considered to be 'clinically-significant', that is, requiring treatment, and a cancer that only needs to be monitored, has changed," he explains. "In fact, we have moved beyond the PSA (Prostate Specific Antigen) era, when a rise in PSA was the accepted measure for making treatment decisions in cases of prostate cancer. Because PSA was checked in a non-specific blood test, if an increase was found, it could be related to other causes, not necessarily cancer. Today there are new genetic tests and other blood and prostate tissue tests that are much better at indicating if there is life-threatening cancer, or if it is a cancer that is not clinically significant, with which the patient can live without intervention."

### How are the newest tests performed?

"MRI Fusion is one new technique that combines MRI and ultrasound testing, and PET PSMA is a new kind of isotopic test that



focuses on prostate-specific membrane antigen. These testing modalities enable a much more precise level of diagnosis of life-threatening growths, some of which are only 5–10 millimeters in size. Integrating advanced imaging makes it possible to perform targeted biopsies at the specific lesion site, to reach a more accurate diagnosis. Using special software, we overlay the MRI image on top of an ultrasound image while the biopsy is being performed, which enables us to take samples from the suspected growths without just taking a random biopsy from the entire prostate.”

## Making Difficult Choices

In Israel, thousands of new cases of prostate cancer are diagnosed each year. Until recently patients had two extreme options: either to forego treatment and be closely monitored to detect any progression of the cancer, or to undergo a series of aggressive oncological treatments such as external radiation or removal of the prostate, which often entailed side effects and significant complications. “Today Rambam is unique in that it offers an entire range of treatments for prostate cancer, including robotic surgery, external radiation, and brachytherapy. In the future I hope that we will be able to provide targeted prostate cancer treatments without affecting the entire gland but only the suspected area itself,” says Prof. Amiel. “This will save patients the complications and suffering involved in treating the entire prostate. They will be able to receive their treatments on an outpatient basis under general anesthesia, and go home within a few hours. As of today most of these tests and treatments aren’t covered by health insurance, although we hope that, as they become more popular, they will also be covered.”

## Me and my Robot

**And what about new technologies for other urology applications?**

“Rambam was one of the first hospitals in Israel to adopt robotic surgery, and today it is used in many departments: general

surgery, gynecology, pediatric surgery, ear, nose and throat, and most recently in heart surgery. Until recently, urologists in Israel used robotics almost only for prostatectomies.

We expanded the use of robotic surgery to perform specialized operations such as radical excision of the bladder, excision of growths on the ureter, polyps from the bladder, growths on the kidney and more. The more complex the surgery, the greater the advantage robotic surgery offers. It significantly reduces the amount of bleeding, the patient spends less time with an open incision, they suffer less pain and the hospitalization time is shorter. Furthermore, we recently purchased a new uro-endoscopy system for treating kidney stones, and the results so far have been excellent. After the procedure, the patient goes home the following day.”

**What makes you the most proud of about your department?**

“Above all, our department delivers excellent care to our patients and their families. Our Head Nurse, Samira Abadi, and her entire staff, provide personal and professional service, with a level of compassion that I haven’t seen in all my career in Israel and abroad. I was fortunate to be welcomed into the department by a staff that is highly motivated and eager for new knowledge.”

**And what about ambitions for the future?**

“Beyond fulfilling our department vision, we would like to build the academic activity of the department to the point that we don’t just read the professional literature to stay up to date, but write it ourselves as leaders in innovation and research. I am pleased to say that at the recent Israeli Urology Association conference, my first since I returned to Israel, our department presented 11 studies.”

### Did you now?

25% of all cancers are urological. Among men, prostate cancer is the most prevalent, cancer of the bladder is fourth, and the kidney, eighth.

Medical  
Consultant:



Prof. Gilad Amiel  
Director,  
Department of  
Urology  
Rambam Health  
Care Campus



More  
Heads  
are Better  
than  
One





### Get involved

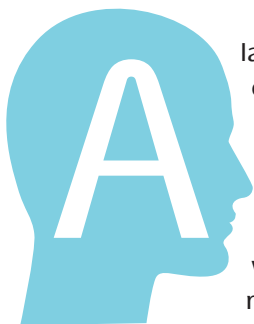
An investment of \$10 Million is needed to build a home for the state-of-the-art Head and Neck Center.

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

Rambam's new  
multi-disciplinary Head  
and Neck Diseases  
Center offers VIP  
treatment, for all.

>> Sherri Shein





A large folder of drawings rests on Prof. Ziv Gil's desk, created by Israeli artist Avraham Eilat. They depict empty chairs and other imagery symbolizing his long and difficult battle with cancer. The treatment he received from Prof. Gil and the team of specialists at the recently opened Rambam's Center for Head and Neck Diseases, not only saved his life, but also his artistic soul, and that of his partner, Margol Guttman. "When Avraham and I came to the Head and Neck Center, we immediately felt that we were in good hands. We realized that, if we were going to fight this illness, the Rambam team would be the elite unit that would help us win."

The Center for Head and Neck Diseases, the first of its kind in Israel, reflects the current trend in the medical world towards multi-disciplinary treatment approaches. "In most cases, one discipline simply isn't enough to adequately address a complex case, and we need experts from different fields to provide optimal care," explains Prof. Gil, who, in addition to leading the new center, also serves as director of Rambam's Ear, Nose and Throat, and Head and Neck Surgery Departments. Dr. Yaakov Cohen, Director of the Hearing and Speech Institute and a center team member, clarifies further: "The system where a patient needs to go from appointment to appointment, and doctor to doctor, simply isn't accepted anymore."



Artist Avraham Eilat in his studio

Once a patient comes into the center, depending on their condition, they may consult with experts in neurosurgery, plastic surgery or maxillofacial surgery, depending on their condition, as well as specialists from the fields of oncology, endocrinology, hearing and vision, and more, before a course of treatment is determined. In addition to its team of specialists, the center is supported by nurses, speech therapists, social workers, physical therapists and dieticians, among others.

Beyond the impressive range of specialists, each patient who comes to the center is assigned a case manager who guides them and their family members through the entire process, from making appointments through the treatments, recovery, and long afterwards, if necessary. The case manager is available round the clock, to answer questions and soothe nerves as issues arise.

Word of the center's patient-centric model and impressive achievements has spread, creating such demand from patients in the Tel Aviv metropolitan area, that a new branch of the Head and Neck Diseases Center was established in Israel's largest city.

## The Web Whisperer

Eilat and Guttman live in a small house shaded by an olive tree in the artist's community of Ein Hod, a few miles south of Haifa. Eilat is an impressive figure whose handsome features don't belie his 76 years, or the illness he has struggled with for decades. The only hint is his gravelly voice, the result of a prosthetic device implanted into his throat to replace the function of his vocal cords.

Eilat was first diagnosed with cancer of the vocal cords in 1998. After a course of treatments by specialists in New York and Germany, the disease went into remission. Yet over a decade later, when a persistent

There we were, checking all the private specialists, only to find that one of the country's top head and neck surgeons is right here at Rambam.

Margol Guttman

sore throat sent him back to his physician, it was clear that his cancer had returned.

Over the years, Eilat had been following WebWhispers, a US-based online support site for throat cancer and laryngectomy rehabilitation. From information gleaned on the site, Eilat knew that the treatment options had improved significantly since his first bout with the disease.

In the couple's search for an expert in whom they could entrust Eilat's care, they read of Prof. Ziv Gil at Rambam. "There we were checking all the private specialists, only to find that one of the country's top head and neck surgeons is right here at Rambam. We were very impressed to read his position about the public health system," Guttman explains. "Prof. Gil believes that everyone should receive full medical services and access to all the specialists needed for their treatment, without having to resort to private care."

#### How was your first meeting with Prof. Gil?

Guttman: "At that meeting, we weren't expecting to be joined by a whole team, including a specialist in laser surgery, a plastic surgeon responsible for reconstructive surgery, and Limor, a case manager who coordinates all of the treatments. Superwoman doesn't come close to describing Limor, who cared for our every need, coordinating with the doctors and making sure everything was handled quickly and comfortably.

#### Art Therapy

Ultimately, Eilat underwent a series of operations followed by reconstructive surgery. As he relates, besides the medical treatment he received, producing art was

what kept him alive. During his treatments he started to draw and write about his experiences, creating a kind of children's book for adults. Eilat formerly taught at Jerusalem's renowned Betzalel Academy of Arts and Design, but had to stop because of his difficulty in speaking. Yet as he recovered, Eilat could be found daily in his studio, curating an exhibition of the artist Micha Baram and working on various exhibitions of his own work.

#### VIP Treatment in the Public Health Service

Eilat's case involved cancer, but the Center for Head and Neck Diseases serves patients with other issues as well. "We treat anyone who thinks they can find a solution for their problem at the center. Our understanding of medical issues is evolving over time", explains Dr. Cohen. "A problem that a doctor might consider trivial and insignificant, may actually profoundly impair a person's quality of life. Just meeting with a specialist at the center enables us to diagnose the problem, treat it, and if it can't be cured, then we will help the patient learn how to live with it without it affecting their functionality and quality of life. With this approach we have managed to transform the lives of hundreds of patients. We don't have any screening process. Whoever wants to see a specialist at our center can come with a referral from their family physician, or pay a small fee. This is a public health service intended for every Israeli citizen." And the time it takes to get an appointment, if you were wondering, rarely exceeds one week. Add to that the fact that hospitalization times at the Head and Neck Center are among the shortest in the country, with among the lowest rate of complications in the world. That, according to Prof. Gil, is VIP service. ■

Medical Consultant:



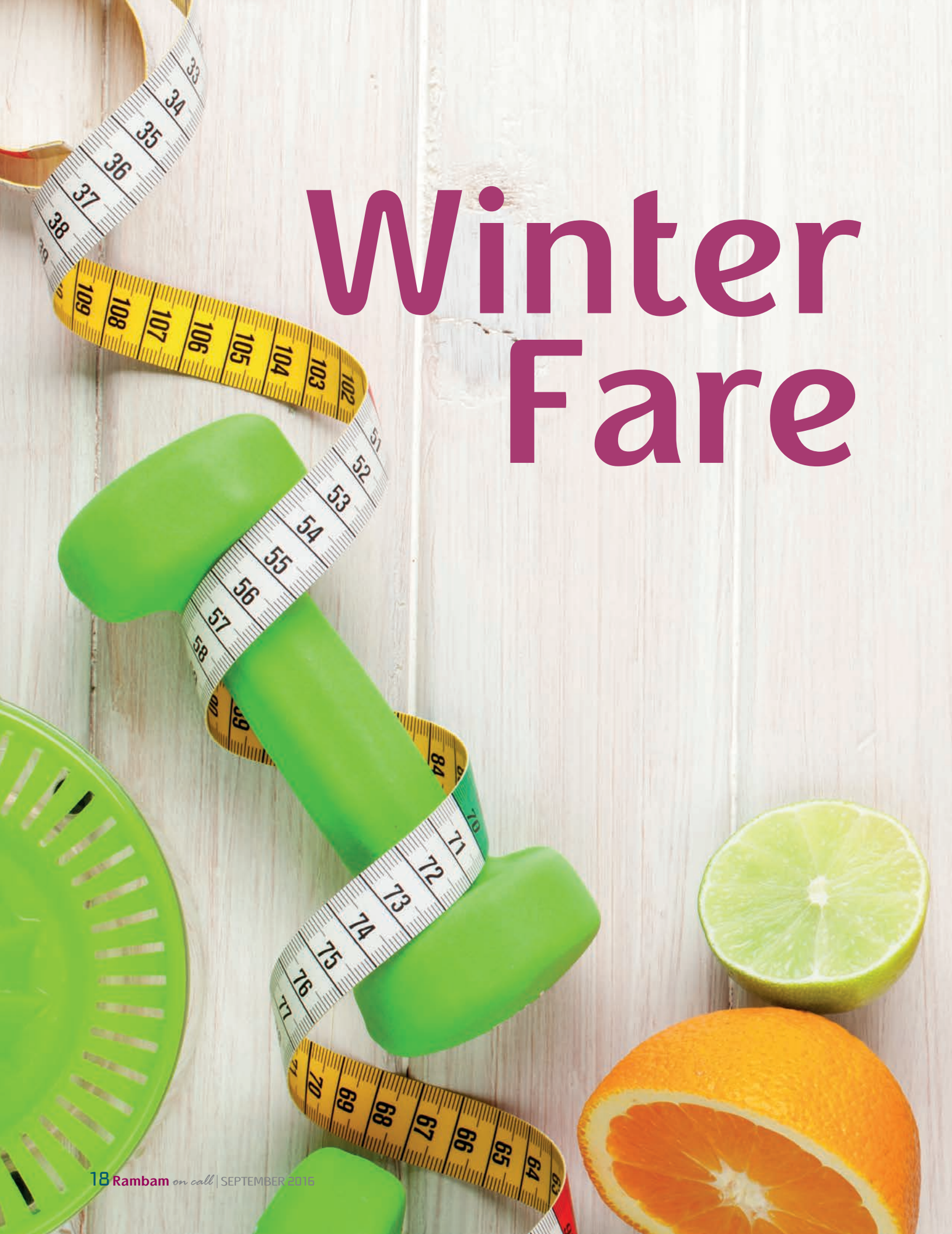
**Prof. Ziv Gil**  
Director, Head and Neck Diseases Center, Director, Ear, Nose and Throat Department  
Director, Department of Head and Neck Surgery  
Rambam Health Care Campus



**Dr. Yaakov Cohen**  
Director, Hearing and Speech Institute  
Rambam Health Care Campus



# Winter Fare





With winter just around the corner, we find ourselves craving warm, comforting, and too often, calorie-laden, foods. That, compounded by less exercise during the cold winter months, is a sure recipe for weight-gain. How can you survive winter without losing control of your waistline?

>> Hillit Levy



**A**s the days grow shorter, we spend more time at home, watching tv, snuggling under a comforter, and eating – for warmth, yes, and for comfort. So how can we get through the winter sticking to a healthy and balanced diet? Nitzan Gil Cahn of Rambam's Nutrition Department, offers some tips for the cold months ahead:

### Focus on complex carbohydrates

In winter, we tend to eat more “comfort foods” that are full of empty carbohydrates. But while they may raise your spirits, they also tend to raise your weight. Even worse, they increase blood sugar levels and release hormones that leave you feeling hungry. Eating complex carbohydrates, on the other hand, such as whole wheat pasta, whole wheat or rye bread, quinoa, kasha or oatmeal, makes you feel full, and raises your serotonin levels, which contribute to a feeling of relaxation. And to enjoy that satisfied feeling all day, try and integrate complex carbohydrates into every meal.

### Add a Red Pepper to your Diet

Vitamin C is a powerful antioxidant that can help the body overcome winter ills. Did you know that 100 grams of red pepper contains four times the Vitamin C as citrus fruit? Other fruits rich in Vitamin C are kiwis, strawberries, and of course, oranges and grapefruit.

### Winter Cold? Try a Chicken Soup Cure

This is one grandmother's remedy that really works. Chicken soup contains an expectorant that relieves cold symptoms and strengthens the immune system.

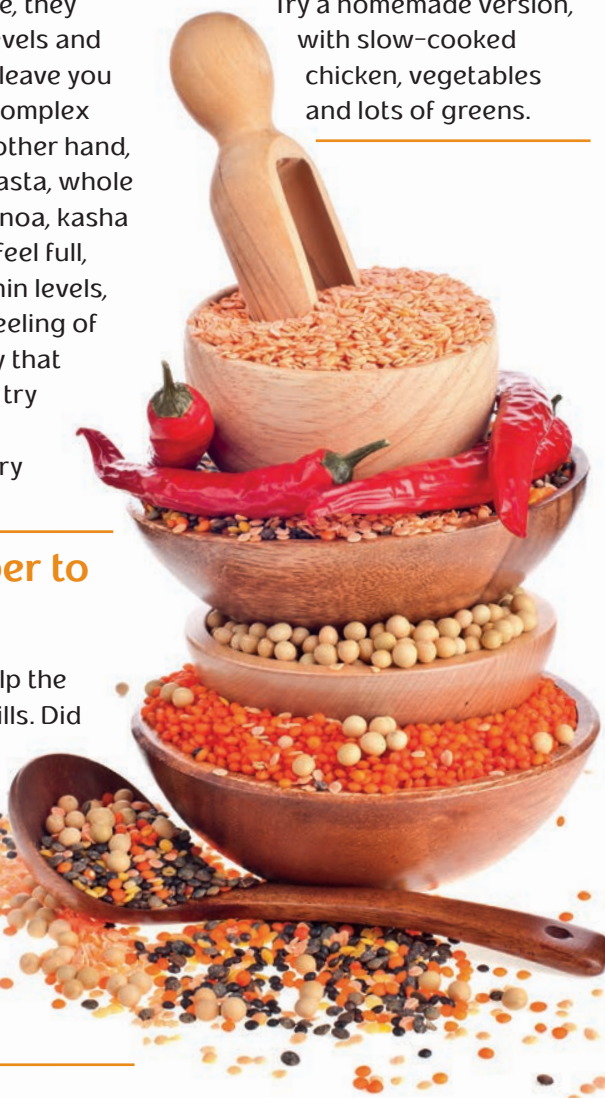
Try a homemade version, with slow-cooked chicken, vegetables and lots of greens.

### Comfort Yourself with Soups

What is better than hot soup on a cold day? Explore a whole palette of colorful soups such as orange pumpkin/sweet potato soup, rich red tomato soup or minestrone, green zucchini soup and more. Add beans to a soup and it becomes an entire meal. Stirring in a few tablespoons of oatmeal will thicken soup and add nutritional value. Use herbs and spices freely to add depth of flavor.

### Enrich your menu with pulses

Pulses (beans, lentils, chickpeas and peas) contain complex carbohydrates that break down and are absorbed in the blood slowly, which contributes to a lasting feeling of fullness. They are also protein and fiber-rich, low fat, and an excellent source of folic acid, iron, zinc, calcium (mainly in soy beans and chick peas), and B vitamins. Add pulses to winter dishes like stews and soups, as well as to salads. Presoaking beans reduces their cooking time and makes them more digestible.







## Treat yourself to a cup of hot cocoa

Hot cocoa is not just for kids. A cup of good quality hot cocoa, made from powder that contains more than 70% cocoa solids, not only tastes great, but delivers the antioxidant benefits found in the cocoa. Make your own at home by whisking together 2 Tablespoons cocoa powder, 1 Tablespoon sugar,  $\frac{3}{4}$  cup boiling water and  $\frac{1}{4}$  cup milk.

## Don't forget to drink. Water, that is

It's important to remember that even during winter, our bodies need to be hydrated. Even though we may feel less thirsty, try to drink 8-10 cups of water a day. For variety's sake, enjoy mint, chamomile or other herbal teas, and relax with a comforting winter drink.



## Two winter recipes - that are filling, but not fattening

From the Nutrition Department at Rambam Health Care Campus



### Bean Soup

1 cup dried White Beans, soaked overnight, then drained
6 cups water
2 Onions, diced
4 Carrots, diced
5 Garlic cloves, sliced
3 Celery stalks, diced
1 Red Pepper, diced
1 cup Crushed Tomatoes
1 Bunch Cilantro, chopped
1 tsp. Turmeric
1 tsp. Cumin
Salt and Pepper, to taste

Cook the beans in water until they are soft. In a separate soup pot, sauté the onion, carrot, garlic, celery and red pepper until they slightly brown. Add the crushed tomatoes and the cilantro, followed by the turmeric, and cumin. Season with salt and pepper to taste. Add the beans with their cooking water to the pot with the vegetables and bring to a boil. Add water according to the desired thickness, approx. 1 1/2 liters, boil, taste, and adjust the seasonings as necessary.

### Stir-Fried Tofu with Vegetables

1 package Tofu, cut into cubes
1 Tablespoon Vegetable Oil
3 Garlic Cloves, crushed
1 Tablespoon Ginger, grated
Salt and Pepper, to taste
$\frac{1}{2}$ Cabbage, 1 Onion, 1 Carrot and 1 Red Pepper, sliced into thin strips
$\frac{1}{4}$ Cup Teriyaki Sauce

Heat the oil in a large pan, then sauté the tofu until brown. Add the garlic, ginger, salt, pepper and vegetables and stir fry on high heat several minutes until the vegetables start to soften. Add the teriyaki sauce and stir fry another 2 minutes.



#### Medical Consultants:



**Dr. Geila Rozen**  
Director  
Department of Clinical Nutrition  
Rambam Health Care Campus



**Nitzan Gil-Kahn**  
Dietician  
Surgery Division and  
Department of Clinical Nutrition  
Rambam Health Care Campus



# Robots in the Gynecology Department

Less pain and bleeding, faster recovery and greater precision are just some of the benefits of robotics in gynecological surgery. Now, a new technique introduced at Rambam limits surgical incisions to one small cut near the navel, and the prognoses for robotic gynecological procedures are just getting better.

**W**ithout a doubt, the advent of the surgical robot known as "Robot da Vinci" marked the beginning of a medical revolution. In 2005, it was adapted for use in the gynecology field, and in 2010, Robot da Vinci was introduced at Rambam.

### ? How does robotic surgery work?

Surgical tools are mounted onto the robot's arms, which are capable of extreme precision and a wide range of movement. An additional arm is fitted with a three-dimensional camera that projects an enlarged, high-resolution image of the surgical area to the surgical team. It's important to remember that the robotic arms, surgical tools and camera are all controlled by the surgeon. The robot doesn't do anything independently, but carries out the surgeon's commands through manipulation of the robotic arms from a console in the operating room using a type of joystick. This system enables extremely delicate surgical movements and the highest level of precision. Furthermore, because the image of the surgical site is at such a high resolution, the surgeon can see the tiniest blood vessels, and avoid damaging them.

### ? What in fact is the main difference between robotic surgery and laparoscopy?

In laparoscopy you work from a two-dimensional image. It's much more difficult and less precise. To achieve good surgical results you need a lot of experience, and you don't actually use all your sensations like you do with the robot. Furthermore, the robot neutralizes any natural trembling of the hand. Compared to laparoscopy, the robot offers much better control with surgical tools, significant reduction in the amount of bleeding, and the ability to perform movements that are delicate and complicated.

### ? What advantages does robotics offer for gynecological procedures?

Robotic surgery offers a much shorter recovery time and less pain compared to other surgical procedures. There are procedures that are difficult to perform laparoscopically, that the robot does better, with less bleeding and better separation of the tissues. Many of our patients with uterine cancer are older and overweight, and for them, the advantages of the robot over laparoscopy or open surgery are particularly compelling. The advanced equipment, excellent visualization of the surgery site, and length of the robotic arms enable the surgeon to perform complex procedures in less time and practically without complications. Thus, for example, patients who were hospitalized for many days because of infections at the incision site, deep vein thrombosis brought on by lack of movement, and more – are up on their feet and sent home the day after the surgery.

### ? What procedures are done robotically?

Hysterectomies can be performed with robotics or laparoscopically. For patients with cervical cancer, we use robotics to perform radical hysterectomies in a complex procedure that is only offered in a few hospitals in Israel. We also use robotics for myomectomies and removal of other benign uterine growths. We recently introduced robotics for pelvic floor repair, with good outcomes.

### ? Are there cases that can't be treated using robotics?

95% of operations to repair the pelvic floor and for gynecology applications at Rambam are performed using robotics. There are some highly unusual cases where robotics can't be used, such as, for example, in patients who have had numerous



Prof. Lior Lowenstein: "Before the advent of robotics, women were hospitalized for a week, and today they go home the following day, even after oncology surgeries."

open surgeries, but the optimal approach is to use robotics in all cases.

### **? Are there new innovations in this field?**

Rambam is the first center in Israel, and among the first in the world, that uses robotics to carry out operations through a single incision site at the navel, instead of several incisions for the procedures described above. We have purchased specialized equipment and trained physicians in this technique, which was introduced only a few months ago. It can be used to perform operations such as hysterectomies, pelvic floor repair and myomectomies. It reduces even more the invasive level of the surgery and reduces scarring even further. Before the advent of robotics, women were

hospitalized for a week, and today they go home the following day, even after oncology surgeries.

### **? And what next?**

We are already talking about the ability to integrate more advanced medical imaging capabilities into the robotic toolbox, which would enable us to generate X-rays and then "project" them onto the surgical site. This would be especially important mainly for oncological procedures that use contrast materials for marking affected glands, and would make it easier to distinguish between healthy and diseased tissue. Furthermore, new systems are now being developed to warn of the presence of blood vessels that are too small to see, and other critical tissue.

### **Medical Consultant:**



**Prof. Lior Lowenstein,**  
Director, Gynecology Unit  
Deputy Director,  
Obstetrics and Gynecology  
Department  
Rambam Health Care Campus.



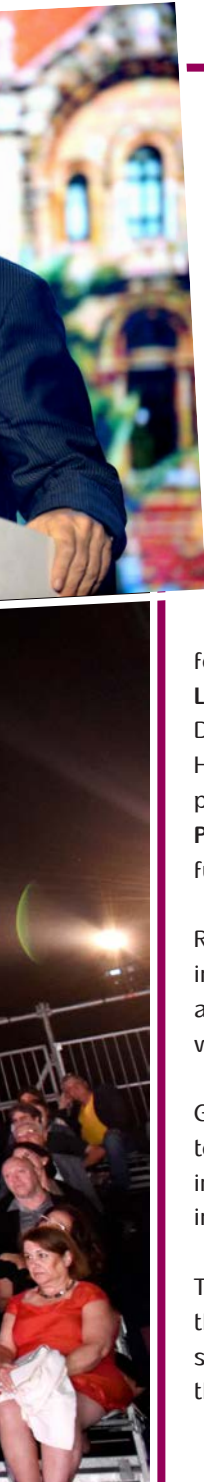


# State of the Heart





# the 2016 Rambam Summit



**S**tate of the Heart was the theme of this year's Rambam Summit, which brought together world leaders from the fields of medicine, industry and social change, along with esteemed friends and supporters from around the world. Now in its 7<sup>th</sup> year, the Rambam Summit continues to offer an exciting and unforgettable program of lectures, tours and social events, this year treating participants to an inside look at the latest advances in cardiology and digital medicine.

Over three full days, Summit guests toured the newest facilities at Rambam Health Care Campus, heard from Rambam's staff about the cutting edge in research and healthcare, and drew inspiration as they witnessed the intersection of medicine, technology and humanity that makes Rambam so unique.

The Summit's annual **Rambam Haifa Health of Tomorrow Conference** focused this year on "Digital Health in Cardiovascular Innovations." **Prof. Lior Gepstein**, a pioneer in cardiac stem-cell research and Director of the Department of Cardiology at Rambam, spoke on "How Can We Mend a Broken Heart", covering new developments in gene and stem cell therapies. The program also included fascinating talks by 2016 Rambam Award recipients **Prof. Eric J. Topol** and **Prof. William R. Brody**, who spoke before an auditorium full to capacity.

Rambam Director, **Prof. Rafi Beyar**, noted with satisfaction that the investments in cardiovascular medicine are yielding impressive results. "Until not so long ago, heart diseases caused more deaths than cancer, yet over the past decade we are seeing those mortality rates plummet."

Guest speaker, Mayor of Haifa **Yona Yahav**, spoke about the potential of this city to become Israel's healthcare and biotechnology research capital, citing the impact of Rambam, and the recently launched MindUP Digital Health Incubator in Haifa's Biological Science and Technology Park.

The Summit concluded with a Gala Evening event at the Rambam Campus. On the program was the ceremony bestowing the 2016 Rambam Awards, and a special performance that combined film, technology, and dance, highlighting the innovations in cardiovascular care that were developed at Rambam.





# The 2016 Rambam Awards



L-R: Ruth and Sandy Frankel, Prof. William R. Brody, Prof. Rafi. Beyar, Prof. Eric J Topol

**T**he 2016 Rambam Awards were bestowed upon three outstanding individuals at a ceremony that was the highlight of the Rambam Summit Gala. Each award winner was honored for their personal vision and professional achievements, which have had a profound and sweeping impact on humanity.

**Professor William R. Brody**, former president of Johns Hopkins University, USA, made important breakthroughs in the fields of medical imaging and health care reform, and was honored with the 2016 Rambam Award for his outstanding achievements in academia, industry, and health care.

**Professor Eric J. Topol**, of Scripps Institute, USA, is a cardiologist, geneticist, and specialist in digital medicine, who was honored with the 2016 Rambam Award for his pioneering work applying new technologies that are revolutionizing the field of individualized health care.

**Mr. Sandor Frenkel and the Leona M. and Harry B. Helmsley Charitable Trust**, were honored with the 2016 Rambam Award for Mr. Frenkel's efforts on behalf of the trust to ensure that the citizens of Israel thrive in safety, and that Israel's institutions, academics and researchers continue to search for breakthroughs that will change the world for the better.





*Save the Date*

# THE 2017 RAMBAM SUMMIT EXPERIENCE

We invite you to spend a few days in Israel enjoying the exciting atmosphere of Rambam Health Care Campus, where people are at the heart of our every endeavor.

- Participate in the 2017 Rambam Summit: Learn about our cutting-edge medical achievements, and enjoy a gala evening celebrating a year of accomplishments and honoring distinguished recipients of the 2017 Rambam Award.
- The Kidney: Genetics and Beyond, will be the focus of the Summit's Health of Tomorrow scientific conference. Discover how modern technology is enabling advances to prevent, diagnose, and treat kidney disease.
- Join the Second Annual Swim From the Heart fundraising swimathon for research to predict and prevent sudden cardiac arrest.

**Fri – Tue**

**June 2-6  
2017**

## **Rambam Health Care Campus Please Save the Date**

A formal invitation and detailed agenda will follow

### **Announcing the 2017 Rambam Awardees**

**Jeffrey M. Drazen**, MD, Editor-in-Chief, The New England Journal of Medicine

**Richard Horton** (FRCP, FRCPC, FMedSci), Editor-in-Chief, The Lancet

**Ambassador Dennis B. Ross**, Counselor, The Washington Institute for Near East Policy, and US Middle East Envoy (1992-2000)



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

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



## SPECIAL EVENTS April 2016– July 2016



(L–R): Prof. Rafi Beyar, Irit Rappaport, Prof. Myriam Ben-Arush, Ruth Rappaport, Sophia, Adi and Vered Rappaport

A group of distinguished guests celebrated **Ruth Rappaport's** 92nd birthday at the landmark children's hospital that bears her name. Joining Mrs. Rappaport were **Prof. Rafi Beyar**, her daughters, **Irit** and **Vered**, and family members, Mayor of Haifa, **Yona Yahav**, **Dr. Esty Golan**, **Prof. Myriam Ben-Arush** and **Prof. Amos Etzioni**, among others. The young guests were treated to a story hour highlighting Ruth Rappaport's life story, presented by the Haifa Theater, and entertained by the hospital's medical clowns.

April 2016



(L–R): Prof. Beyar, Dr. Miki Halberthal, Earl Gorman, Dr. Esty Golan, Prof. Amos Etzioni

**Earl Gorman** and the **Gorman Family** of Toronto, Canada were honored in a moving ceremony held during the Rambam Summit, in appreciation of their gift of the Pediatric ICU Isolation area, in honor of Mr. Gorman's parents, **Harry and Sara**, made together with the **Shore Family**. The Gormans also gave a gift of six classrooms in the Ruth Rappaport Children's Hospital, with a group of Canadian donors. Earl Gorman was presented with a Rambam Friendship Circle Award certificate by **Prof. Rafi Beyar**.

MAY 2016



(L–R): Prof. Rafi Beyar, Tatyana Forman, Phillipe Forman, Alan Forman, Dr. Esty Golan, Prof. Amos Etzioni

**Tatyana and Alan J. Forman**, benefactors of the Forman Family Science Museum in the Ruth Rappaport Children's Hospital, were honored at a ceremony, during the Rambam Summit. The couple was presented with a Maimonides Leadership Circle Award certificate in honor of their generous gifts to benefit the hospital's young patients, and a plaque was revealed at the museum site. Representatives from "Madatech" Science Museum, to which the children's hospital museum is affiliated, engaged the Forman's son, **Philippe** in special science experiments.

MAY 2016



The Goldhar Family with Prof. Amos Etzioni, Prof. Naim Shehadeh, Dr. Esty Golan and Prof. Rafi Beyar

Members of the **Goldhar Family** of Haifa came together at Rambam to be honored for their support in establishing the Pediatrics A Department at the Ruth Rappaport Children's Hospital. **Eli and Effi Goldhar** were joined by their extended family as they received a Friendship Circle Award certificate from **Prof. Rafi Beyar** Rambam's Director and CEO, **Dr. Esty Golan**, Managing Director of International Relations and Chief of Strategic Development, and **Prof. Naim Shehadeh**, director of the department. Highlights of the ceremony included the placing of a Mezuzah, and a ribbon-cutting.

June 2016





Prof. R. Beyar with Minister of Health, Rabbi Leizman, as he places a mezuzah at the inauguration ceremony of the Joseph Fishman Oncology Center.

In a ceremony presided over by **Rabbi Yaakov Litzman**, Israel's Minister of Health and **Prof. Rafi Beyar**, the new Joseph Fishman Oncology Center at Rambam Health Care Campus officially opened its doors. The new center is the legacy of businessman **Joseph Fishman (z"l)**, supported by his family and carried out by Rambam's leadership, to provide excellent, secure and comfortable care for cancer patients from Northern Israel.

June 2016



(L-R): Avi Rosenthal, Prof. Ron Epelbaum, Yaron Markus, Orna Keren, Dr. Esty Golan, Ariye Berkoviz

Rambam celebrated the opening of the Radiotherapy and Chemotherapy Inpatient Departments at the new Joseph Fishman Oncology Center, both supported by the **Conference on Jewish Material Claims Against Germany**. Representing the Claims Conference, **Yaron Marcus** and **Avi Rosenthal** received a Certificate of Appreciation from **Prof. Ron Epelbaum**, Director of the Joseph Fishman Oncology Center, and **Dr. Esty Golan**.

July 2016



Three generations of the Barer family, with Rambam staff honored two of its most distinguished supporters, **Dr. Sol and Meri Barer**, at the official opening of the new Meri and Sol J. Barer Pediatrics B Department in the Ruth Rappaport Children's Hospital. The department, with its modern and colorful facilities, joins the Barer-Zairi Pediatric Neurology Unit, the Meri and Sol J. Barer Family Room in the Department of Neonatology and Neonatal Intensive Care Unit, and the Meri and Sol J. Barer Play Atrium, as testimony to the Barer's extraordinary commitment to the wellbeing of the children of Northern Israel.

July 2016



(L-R): Miri Ziv, Prof. Eliezer Robinson, Orna Keren, Dr. Esty Golan

The **Baruch HersHKovitz (z"l)** Outpatient Chemotherapy Unit was inaugurated in a ceremony honoring the **Israel Cancer Association** for their support of the new facility. Speaking at the ceremony were **Prof. Ron Epelbaum**, **Miri Ziv**, the Director General of the Israel Cancer Association, **Esther Markowitz**, sister of Baruch HersHKowitz (z"l), his cousin, **Yitzhak Blum**, **Dr. Esty Golan** and **Prof. Eliezer Robinson**, Chairman of the Israel Cancer Association and Rambam's first Oncology Institute director.

July 2016





# Rambam International Relations

## Rambam Honors its Visitors from Around the World



Rambam Award recipients, AFORAM Board members and longtime friends, Dr. Sol and Meri Barer, USA

February 2016



Harry Lederman, USA

February 2016



Carl Blickle and Guy Carmel, Consul of Germany in Haifa

February 2016



Zvi and Karen Kugliak, USA

February 2016



Vicki Qi Lu and Shanghai delegation, China

February 2016



Israel Experience medical student delegation from Russia making Aliyah and exploring professional opportunities at Rambam

February 2016



Rabbi Mitchell Ackerson, leading a delegation of registered nurses from Lifebridge Health Systems, USA

February 2016



Mr. Sebastian Linden, newly appointed Scientific Attaché of the French Embassy in Israel

February 2016



Dr. Daniel Vorobiof, South Africa

March 2016



Representatives from St. Petersburg City Children's Hospital,

Russia

March 2016



Hispanic Celebrities delegation from the USA and Mexico

March 2016



Norman Milkes, USA

March 2016



Korean Hospital CEOs met with executive leadership to discuss cooperation between the two health systems.

March 2016



Delegation led by Rabbi Arye Sufrin of Bet Elom Congregation, USA

March 2016



Bi-annual visit of the Irvin Baxter Endtime Ministries delegation,

USA

March 2016



Honorable Dr. Clemens von Goetze, German Ambassador to Israel

April 2016



Professional Enrichment Discovery Mission from Bulgaria, headed by Prof. Krassimir Metodiev, Honorary Consul for Israel in Bulgaria and Faculty Head of Research for University of Varna

April 2016



Billy Graham Ministry delegation representatives met Rambam outreach physicians involved in international humanitarian efforts, USA

April 2016



Shecter High School, Boston, USA

April 2016



Dr. Andrej Pal, Croatia

April 2016



Linda Sendowski of Beverly Hills, hosted a fundraising event at her home together with Sari Katz, AFORAM West Coast Director

April 2016



Bouches-du-Rhone  
delegation, France  
May 2016



Prof. Garfein and  
colleagues from  
Montefiore Hospital  
system, USA  
May 2016



Cantor Neil and  
Sarane Newman with  
Beth El Synagogue  
delegation, Minnesota, USA  
May 2016



Annual Association  
Technion France (ATF)  
delegation heard about  
innovations in medical research  
and devices at Rambam  
May 2016



Chengdu municipal  
representatives visit  
Haifa and include  
Rambam on their exploratory  
mission, China  
May 2016



Dalia and Robert  
Melamed, Rambam  
friends and  
supporters from California, USA  
May 2016



Delegation of  
surgeons from FN  
Motol Hospital,  
Prague, Czech Republic, met with  
their counterparts at Rambam.  
May 2016



Irene Gorodich,  
our new friend and  
supporter from  
Argentina  
May 2016



JNF delegation, led  
by Isla Feldman,  
Chairman of JNF  
in South Africa, with Melissa  
Goldberg  
May 2016



Consortium of  
research specialists  
from Paracelsus  
Medical University, Salzburg,  
Austria  
June 2016



Philippine Council  
for Health, Research  
and Development  
established foundations for  
exchange student program with  
Rambam  
June 2016



Singapore Ministry  
of Trade and  
Industry delegation,  
led by Minister of State, Dr. Koh  
Poh Koon  
June 2016



Delegation from  
leading Chinese  
investment firms  
June 2016



Delegation from  
Omsk Region,  
Russia, seeking  
collaborations on rehabilitation  
services  
June 2016



Dr. Mark Kross  
and his son Shawn  
Kross of the US,  
supporters of the Sammy Ofer  
Fortified Underground Hospital,  
toured the facility  
July 2016



June Diamant,  
Rambam supporter  
from New York, USA  
July 2016



Emory University  
Medical School  
delegation, led by  
Prof. Raymond Schinazi, came  
to discuss potential research  
collaboration, Atlanta, Georgia,  
USA  
July 2016



Andrew and Laurie  
Hochberg, proud  
parents of Rachel  
Hochberg, visited Prof. Karl  
Skorecki's research lab and team,  
with their family, USA  
July 2016



## Snapshots February 2016–July 2016



(L–R): Dr. Miki Halberthal, Ambassador Vivian Bercovici, Prof. Rafi Beyar, Dr. Esty Golan, Inbar Shahaf, Abigail Zohar, Prof. Karl Skorecki

Canada's Ambassador to Israel, the Honorable **Ambassador Vivian Bercovici** received a VIP tour of the Ruth Rappaport Children's Hospital and the Sammy Ofer Fortified Underground Emergency Hospital. Ambassador Bercovici came to hear about Israel's healthcare system, and reiterated the importance of strengthening collaborations in healthcare between Canada and Israel.

February 2016



Hispanic celebrity singers and community leaders with Prof. Rafi Beyar

A star-studded delegation of Hispanic actors, musicians and community leaders brought sunshine and diversion to the young patients at Ruth Rappaport Children's Hospital. The group was hosted by **Prof. Karl Skorecki**, Director, Medical and Research Development and **Dr. Esty Golan**, Managing Director of International Relations and Chief of Strategic Development.

March 2016



The CUFI Delegation

Rambam hosted a dynamic group of medical students who are a part of **Pastor Washington Dumisani's** Christians United for Israel delegation on an educational mission in Israel. The guests heard presentations from **Prof. Karl Skorecki**, Director of Medical and Research Development, **Dr. Hany Bahouth**, Head of Trauma and **Dr. Daniella Magen**, Director of Pediatric Nephrology, and toured the Sammy Ofer Fortified Underground Emergency Hospital, the largest of its kind in the world.

March 2016



(L–R): Prof. Ziv Gil, Oded Turgeman, Miri Turgeman, Prof. Rafi Beyar

Friends of Rambam, **Miri and Oded Turgeman**, hosted a fundraising event at their Zichron Yaakov home to benefit Rambam's new, state-of-the-art Head and Neck Surgical Suite, one of its kind in the world. Guests of honor at the event included Haifa Mayor **Yona Yahav**, and **Eli Abutbul**, then Mayor of Zichron Yaakov, friends of the hosts, **Prof. Rafi Beyar**, **Dr. Esty Golan**, **Dr. Miki Halberthal** and **Prof. Gil Ziv**, Director of the Department of Otolaryngology and Head and Neck Surgery

March 2016





(L-R): Harry and Aviva Litman-Cleper, Dr. Hakim, Sari Katz Arshadnia, AFORAM West Coast Director

At an event in the San Francisco Bay area, graciously hosted by **Harry and Aviva Litman-Cleper**, Rambam's **Dr. Fahed Hakim** spoke to a captivated audience about his cancer research on the impact of disrupted sleep on one's health and wellbeing, and the connection between sleep disorders and cancer.

May 2016



(L-R): Prof. Rafi Beyar, Ambassador Lars Faaborg-Anderson

The Honorable **Lars Faaborg-Anderson**, Ambassador to Israel from the European Union, visited Rambam as part of his commitment to promote and strengthen the existing ties in healthcare research initiatives in Israel. The Ambassador toured the campus and the Sammy Ofer Fortified Underground Emergency Hospital, heard about Rambam's extensive humanitarian and coexistence efforts, and was presented with an overview of research at Rambam supported by the EU.

June 2016



The Rustin Family

When **Gil Rustin** of the UK was born with a severe deformity of his feet, his parents brought him to Israel and to Rambam to have corrective surgery performed by one of the leading surgeons in the field. Four and a half years later, young Gil and his family honored **Dr. Mark Eidelman**, the pediatric orthopedic surgeon whose surgical skill enabled him to walk, run and raise funds for Rambam in the recent Maccabi Fun Run Fundraising race in London.

June 2016



(L-R): Linda Ingerman, Jen Baum, Bonnie Pomerantz, Ellen Pomerantz

**Linda and Elliot Ingerman** opened their Manhattan home for a fundraising event to benefit the Joseph Fishman Oncology Center, hosted by Linda Ingerman, **Jen Baum** and **Bonnie Pomerantz**. Prof. Rafi Beyar, Rambam's Director and CEO AFORAM President **Adam Emmerich** and AFORAM East Coast Director **Ellen Pomerantz** spoke to the guests about Rambam's achievements in innovation, coexistence and security for the citizens of Northern Israel.

July 2016



### *Snapshots February 2016 - May 2016*



*The Diplomatic Spouses Club of Israel visits Rambam.*

### **Diplomatic Spouses Club of Israel**

Feb. 23, 2016 - Some 50 members of the **Diplomatic Spouses Club of Israel** received their first introduction to Rambam, Northern Israel's largest tertiary care hospital, its advanced medical care and its humanitarian work that extends beyond the nation's borders. The guests toured the Sammy Ofer Underground Emergency Hospital and the Ruth Rappaport Children's Hospital, where they were intrigued to hear from **Prof. Myriam Ben Arush** about the medical care provided to Israeli, Palestinian and Syrian patients of all ages.



*San Francisco Mayor Edwin M. Lee and delegation at Ruth Rappaport Children's Hospital*

### **San Francisco Mayoral Visit**

April 10, 2016 - Strengthening economic ties between San Francisco and its twin city, Haifa, was the occasion for a visit to Rambam by **Mayor Edwin M. Lee** of San Francisco. Mayor Lee and his delegation were greeted by Rambam's Director and CEO, **Prof. Rafi Beyar**, together with Rambam's executive leadership. A panel discussion on healthcare as a means for coexistence between Israel and its neighbors, including representatives from Rambam and the Palestinian Authority, was the highlight of the visit.



# Breaking Ground for the Herta and Paul Amir Neurosurgical ICU



L-R: Dr. Esty Golan, Prof. Rafi Beyar, Paul Amir, Herta Amir

**M**ay 30, 2016 – **Herta and Paul Amir** of Los Angeles, California, were the guests of honor at an appreciation ceremony for the expansion and refurbishment of the new Herta and Paul Amir Neurosurgical ICU, which is being built thanks to the couple's magnanimous gift. This modern and fully appointed facility will enable **Prof. Menashe Zaaroor**, Director of the Neurosurgery Department, and his team, to deliver the highest standard of medical care to patients from throughout Northern Israel, suffering from complex neurological conditions.

At the ceremony held during the second day of the 2016 Rambam Summit, **Prof. Rafi Beyar** presented Herta and Paul Amir with a Golden Maimonides Circle Award certificate, as their lovely granddaughter **Sophia**, and participants in the 7th Rambam Summit and honored guests looked on. The Amirs, Prof Beyar and Prof. Zaaroor signed a ground breaking certificate which was buried in the floor of the new department.

Honoring the Amirs, who are recipients of the 2014 Rambam Award, were Prof. Rafi Beyar, **Dr. Esty Golan**, AFORAM President **Adam Emmerich**, representatives from Rambam Friends organizations around the world, and senior Rambam leadership.



## 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)  
[www.amisfrancaisrambam.asso-web.com](http://www.amisfrancaisrambam.asso-web.com)  
 Tel: 07 82 53 71 10

## Friends of Rambam in India

[ralphy44@gmail.com](mailto:ralphy44@gmail.com)  
 Tel: 91 9819864340

## 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

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