

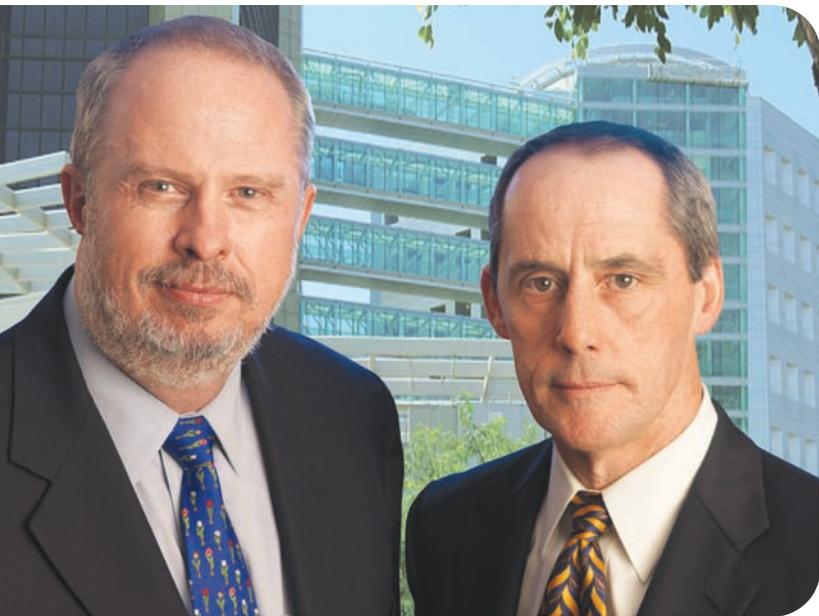
REPORT TO THE COMMUNITY  
2007



# Cedars-Sinai by the Numbers

*July 1, 2006 – June 30, 2007*

Licensed Acute and Intensive Care Beds	952
Patient Days <i>(approx. 754 per day)</i>	275,411
Outpatient Visits	339,413
Inpatient Visits	55,486
Emergency Department Visits <i>(approx. 210 per day)</i>	76,611
Patients cared for by Cedars-Sinai Medical Care Foundation	109,396
Psychiatry and Behavioral Neurosciences patient days <i>(51 beds)</i>	16,796
Total Number of Research Projects	760
Total Number of Residents Trained	265
Total NIH Research Funding	\$31 million
Donations	\$81.2 million
Total Volunteer Hours	Approximately 200,000
Community Benefit Contribution <i>(Includes free and part-pay care for the uninsured and those with limited means, the unpaid costs of government programs such as Medicare and hundreds of community-service programs at the Medical Center and in local schools, homeless shelters and community centers.)</i>	\$267.6 million



With thoughtful planning, an unwavering commitment to our long-standing institutional mission and continued strong support from the community, Cedars-Sinai Health System is well positioned to meet the Los Angeles region's growing needs for high quality healthcare, as well as the nation's needs for more well-trained medical professionals and the world's needs for effective new medical treatments.

A distinguishing characteristic of Cedars-Sinai is that our mission statement makes very clear that quality patient care is our top priority. In 2007, we continued to expand our capabilities to offer the highest quality care. For example, the consolidation of all adult intensive care beds in the new Saperstein Critical Care Tower allowed the creation of new state-of-the-art operating rooms and additional post-anesthesia care unit (PACU) beds. And our caregivers – medical staff, nurses, pharmacists and others – continue to receive national recognition for

**John C. Law**  
Chairman, Board of Directors

their innovation, quality and compassionate patient care.

Our focus on quality care also attracts many of the world's best researchers to Cedars-Sinai, as they want to work at an institution where translational research – bringing treatments as quickly as possible from the laboratory to patients – is strongly supported.

As the nation continues to face growing shortages of physicians, nurses and other healthcare professionals, Cedars-Sinai is expanding many of our outstanding education and training programs.

Our work to improve the health of our community – the fourth part of our mission – also expanded in response to growing local needs for healthcare for vulnerable and underserved populations. Cedars-Sinai's community benefit contribution – which includes free and part-pay care for the uninsured and those with limited means, as well as the unpaid costs of government programs and our hundreds of community education and screening programs – increased to \$267 million in Fiscal Year 2007.

As an independent nonprofit health system, Cedars-Sinai's continued progress and impact rely on the ideas, skills and commitment of our outstanding medical staff, employees and volunteers, and on the generous support of thousands of individuals who contribute time and funding to help fuel the organization's success. This year marked the launch of the public phase of a \$350 million endowment campaign that will be vital to allowing Cedars-Sinai to continue fulfilling our mission. We are grateful to have the community's support in this and all of our endeavors to meet the healthcare needs of people throughout Los Angeles, the nation and the world.

**Thomas M. Priselac**  
President and CEO



**“When a stroke patient arrives, our team springs into action.”**

Laurie Paletz, RN  
Stroke Program Coordinator

# Patient Care

- ▶ Cedars-Sinai scrubbed in six new state-of-the-art operating rooms and a 24-bed post-anesthesia care unit. The 600-square-foot operating rooms are nearly double the size of an average OR, and are equipped with the latest ceiling-mounted surgical instruments to keep floors free of obstacles and create a distraction-free environment for surgeons and staff.
- ▶ Cedars-Sinai was named to the Honor Roll of “America’s Best Hospitals” by *U.S. News & World Report*. The Medical Center was ranked in 10 specialty categories: Digestive Disorders, Endocrinology, Geriatrics, Gynecology, Heart and Heart Surgery, Kidney Disease, Neurology and Neurosurgery, Orthopaedics, Respiratory Disorders and Urology.
- ▶ Cedars-Sinai was one of five U.S. hospitals to receive recognition as part of the 2007 American Hospital Association-McKesson Quest for Quality® Prize. The prize recognizes hospitals that have made impressive progress toward integrating the Institute of Medicine’s six quality aims – safety, efficiency, effectiveness, timeliness, patient-centeredness and equity – into their organizations.
- ▶ The Cedars-Sinai Heart Institute was formed to bring together the Medical Center’s strong research, clinical and educational programs. Internationally known cardiologist and researcher Eduardo Marbán, MD, PhD was named the institute’s first director.
- ▶ The American Hospital Association’s Board of Trustees elected Thomas M. Priselac, President and Chief Executive Officer of Cedars-Sinai, to the position of Chair-Elect. When Mr. Priselac assumes the board’s chairmanship in 2009, he will be the top elected official of the largest hospital and health system association in the United States.
- ▶ In a medical ‘first’, Cedars-Sinai physicians injected medical glue into space surrounding the spinal column in order to seal a spinal fluid leak. Guided by a CT scanner, the sensitive procedure was a

Strokes are blockages or ruptures in blood vessels that damage the brain. They affect an estimated 700,000 Americans a year. How quickly patients receive treatment can mean the difference between recovery and permanent brain damage.

To speed help to stroke victims, Cedars-Sinai implemented “Code Brain,” a parallel to the “Code Blue” used for patients in cardiac arrest. Calling the code sets in motion a rapid chain of events, paging the neurologist on call and rushing a stroke nurse to the patient’s side. If appropriate, clot-busting medications are administered. Imaging scans are expedited. Surgical intervention, when needed, occurs within minutes or hours, not days.

The recent addition of a Neurovascular Center, directed by Michael Alexander, MD, FACS, is bringing advanced surgical techniques to stroke patients. In addition, a dedicated neurocritical intensive care unit provides the most acute patients with expert care from physicians, nurses and neurosurgical residents.

The stroke team’s efforts are getting noticed. In 2007, Cedars-Sinai was one of only five hospitals in California, Utah and Nevada to receive the American Heart Association’s Stroke Annual Performance Achievement Award. Laurie Paletz, RN, Cedars-Sinai’s Stroke Program Coordinator, says of the honor, “It’s an exciting recognition that affirms we are doing the right things for stroke patients.”

# Patient Care

success and the comatose patient regained consciousness the next day.

- In an independent survey, the National Research Corporation's annual poll again awarded Cedars-Sinai its Consumer Choice Award for ranking highest in each of six categories for the Los Angeles area, including: Best Overall Quality, Best Image and Reputation, Most Personalized Care, Best Doctors, Best Nurses and Most Preferred Hospital Overall. Cedars-Sinai has earned the Consumer Choice award every year since the program's inception.
- Cedars-Sinai Medical Group expanded patients' access to primary and specialty care by opening a 38,000-square-foot office in Beverly Hills. This practice location includes internal medicine and pediatric services, as well as an urgent care office. The medical group also added 13 new doctors, bringing its total to more than 90 physicians.
- The Medical Center opened a new Sarcoma Center at the Samuel Oschin Comprehensive Cancer Institute, offering patients access to an array of sarcoma specialists who have experience diagnosing and treating this rare form of cancer.
- Cedars-Sinai announced the creation of the Women's Guild Pulmonary Disease Institute, which will encompass the Medical Center's varied research and clinical programs for lung cancer, emphysema and many other pulmonary conditions.
- The Cedars-Sinai Heart Institute pioneered the use of a next-generation left ventricular assist device that allows patients to move freely and live at home rather than stay at a hospital. Surgeons implanted the device in the abdomen of a seriously ill heart failure patient in one of the first such procedures in Los Angeles county.
- Cedars-Sinai's Emergency Department, a Level 1 Trauma Center, served more than 76,000 patients, averaging more than 200 patients per day.
- The American Organization of Nurse Executives awarded Cedars-Sinai's Chief Nursing Officer, Linda Burnes Bolton, RN, DrPH, FAAN its 2007 Lifetime Achievement Award in recognition of her leadership in the profession and her contributions to improving the Medical Center's quality of patient care.
- In a unique partnership, Cedars-Sinai and the University of Southern California School of Theatre Dance Program launched the Cedars-Sinai/USC Dance Medicine Center. The center provides clinical and educational programs to help dancers avoid movement-related injuries and recover quickly and fully in the event of an injury.
- Internationally renowned cancer researcher Steven Piantadosi, MD, PhD, was named director of the Samuel Oschin Comprehensive Cancer Institute to lead the Medical Center's programs in cancer research, treatment and education.
- The Pediatric Inflammatory Bowel Disease Center unveiled the Al and Heidi Azus Foundation Pediatric Infusion Unit. Furnished with video game consoles, flat screen televisions, DVD players and comfortable reclining chairs, the colorful two-room suite is designed to ease stress in young patients undergoing long intravenous treatments.
- Barry D. Pressman, MD, Chairman of the S. Mark Taper Foundation Imaging Center, was elected President of the American College of Radiology, and was one of only 100 physicians selected by the U.S. Department of Health and Human Services to serve on the Medicare Coverage Advisory Committee.

## “My transplant was made possible because the doctors at Cedars-Sinai wouldn’t give up.”

Daryl Vinson — Heart Transplant Patient

- ▶ The Los Angeles County Department of Health Services named Cedars-Sinai an ST-Elevation Myocardial Infarction Receiving Center, a designation reserved for those hospitals best equipped to provide effective intervention for patients showing symptoms of a heart attack.
- ▶ The Department of Neurosurgery created the Neurovascular Center to coordinate services for patients with vascular disorders affecting the brain and spinal cord. The center’s services include neurovascular surgery, neurointervention, stroke neurology, vascular stereotactic radiosurgery, neuro-intensive care and neurovascular medicine.
- ▶ A Cedars-Sinai patient may have been the first person ever to receive a heart that had been

transplanted once before. The complex surgical procedure and post-transplant care were handled by surgeons and specialists of the Comprehensive Transplant Center.

- ▶ The Medical Center continues to play a leading role in the expansion of Transforming Care at the Bedside (TCAB). Cedars-Sinai is one of 11 hospitals in the U.S. participating in this national program to improve patient care.
- ▶ Cedars-Sinai opened the Gamma Knife® Center at the Samuel Oschin Comprehensive Cancer Institute, one of only a handful of such facilities in Southern California. In addition to providing targeted radiation treatment for tumors, lesions and other brain conditions, the center provides a serene environment designed with special care to help patients relax.



Daryl Vinson worried about how to tell his fiancée that he was dying.

Diagnosed with idiopathic dilated cardiomyopathy, a rare heart condition, Vinson had a massive blood clot

in his left ventricle and scar tissue that made a heart transplant his only hope for survival.

A heart quickly became available. But there was a hitch – he was found to be among four percent of patients who are allergic to heparin, a blood thinner that’s usually crucial to successful transplant surgery.

Three Cedars-Sinai physicians found an alternative – a drug based on a protein found in the saliva of leeches – recently approved by the FDA to treat certain cardiac conditions. In just 24 hours, the doctors had to develop a protocol to use the drug for transplantation and filter it back out afterward.

The physicians’ resourcefulness saved the patient’s life. They also saved his marriage. Vinson married his fiancée in the Cedars-Sinai chapel two weeks after the transplant surgery.

# Patient Care

- Cedars-Sinai Medical Group and Cedars-Sinai Health Associates were recognized as two of the top-performing physician groups in California by the Integrated Healthcare Association. Criteria included clinical quality, patient satisfaction and use of information technology.
- The Medical Center implemented a new, fully automated robotic specimen handling system in its Department of Pathology and Laboratory Medicine, one of only a few in use in California. The system processes specimens more quickly – allowing doctors to get patients’ test results sooner. The new “hands off” approach is also less prone to human errors.
- Volunteers from Cedars-Sinai’s music therapy program now play classical and popular tunes in the Main Lobby, thanks to a new baby grand piano made possible by a donation from Joyce and Larry Powell.
- To increase involvement in their children’s medical care, parents are invited to be present during nursing shift changes to discuss their child’s plan of care. Informal surveys have shown an increase in parents’ satisfaction with care, and that physicians and nurses find the parents’ presence to be very helpful.
- The Department of Psychiatry and Behavioral Neurosciences launched a telemedicine program that allows residents in rural areas of California to connect face-to-face with top psychiatrists at Cedars-Sinai. These “high tech house calls”, which employ videoconferencing technology, are benefitting children with autism, bipolar disorders and other psychiatric conditions.
- Cedars-Sinai was declared “seismic ready” by the Office of Statewide Health Planning and Development (OSHPD) nearly a year ahead of the January 1, 2008 deadline.
- Cedars-Sinai Medical Group continued the installation of electronic medical record technology in all of its offices. The new system supports safe, high quality medical care by reducing medical errors and adverse drug reactions while improving communication among physicians.
- The Medical Center launched a series of initiatives to prevent the spread of certain bacteria known as multi-drug resistant organisms (MDROs). Measures include screening high risk patients upon admission, and special precautions for clinician and visitor contact with individuals found to have infections.
- The S. Mark Taper Foundation Imaging Center is now offering “minidose” and “microdose” computed tomography angiography (CTA) for the diagnosis of coronary artery disease. These new methods greatly reduce patients’ exposure to radiation. In minidose CTA, radiation exposure is 60 to 75 percent below the amount typical for this procedure, and the microdose level of radiation is even less.
- The Division of Cardiothoracic Surgery achieved one of the nation’s highest volumes of robotic mitral valve repair surgeries. Alfredo Trento, MD, Director of the division, has performed 70 such repairs over the past two years, a volume that ranks fourth in the U.S. among cardiovascular surgeons who perform this highly skilled surgery.
- The Division of Neurology launched its amyotrophic lateral sclerosis Program to offer comprehensive care for ALS patients, including diagnosis, interventions, acute and long-term management, rehabilitation and palliative care.

**“When women in labor come in, I want to see them through to the end, to see the baby. It’s great being here, because this is such a happy place.”**

Erika Fujitani – Volunteer, Labor and Delivery

The program was developed in partnership with the Greater Los Angeles Chapter of the ALS Association.

- Cedars-Sinai delivers more babies and high-risk infants than any other hospital in Southern California – more than 7,000 deliveries in fiscal year 2007.
- The Emergency, Housekeeping, Admissions and Nursing departments worked together to develop, test and implement a more efficient way to move patients from the Emergency Department to inpatient rooms. A process that used to take up to six hours to accomplish now routinely happens in 90 minutes or less.
- Cedars-Sinai medical staff launched an initiative to ensure congestive heart failure (CHF) patients take their medications correctly after leaving the hospital. By improving the way they issue discharge

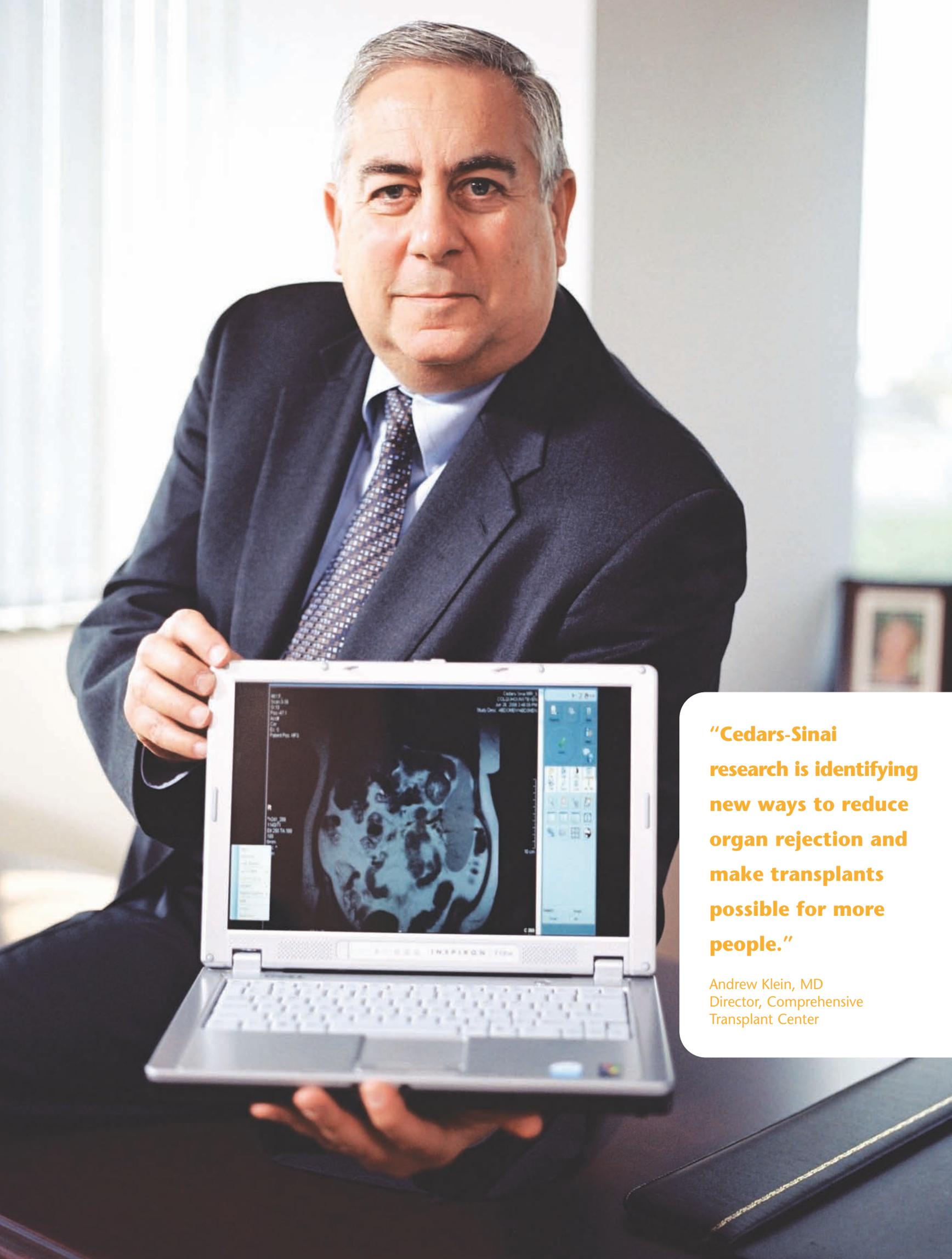
instructions, the Medical Center’s physicians now rank well above the national average for providing medication instructions that exactly match CHF patients’ medical records.

- CarePages™, a free service that allows patients to create their own private, password-protected web-pages where they can share personal news with family and friends, receive messages, and control the release of updates about their medical condition, was implemented throughout the Medical Center.



“Volunteers give our patients an extra measure of emotional support,” says Paulette Anest, nurse manager for Labor and Delivery and the Maternal-Fetal Care Unit. In a program launched in Fall 2006, 40 volunteers in Labor and Delivery now make a welcome contribution to a unit that delivers more than 7,000 babies per year.

All volunteers, many of whom have special training as Birth Care Partners, are directed by the nursing staff. Their responsibilities include greeting arriving patients and visitors; answering questions and answering phones, too. They also convey messages to the nurses. Most important, they provide comfort and reassurance to patients and their families.



**“Cedars-Sinai  
research is identifying  
new ways to reduce  
organ rejection and  
make transplants  
possible for more  
people.”**

Andrew Klein, MD  
Director, Comprehensive  
Transplant Center

# Research

- At the Cedars-Sinai International Stem Cell Research Institute, researchers are conducting adult and embryonic stem cell research related to heart disease, neurological disorders and cancer, among other conditions. For example, investigators are exploring techniques to isolate stem cells and differentiate them into cartilage, tendon or ligament and then transplant them back into the patient in hopes of replacing or regenerating damaged or missing cells and tissues.
- Researchers at the Women's Guild Pulmonary Disease Institute began taking part in the Exhale Airway Stents for Emphysema (EASE) Trial, an international multicenter study exploring a minimally invasive treatment for people with advanced widespread emphysema. The experimental airway bypass procedure is designed to create pathways in the lung for trapped air to escape, relieving shortness of breath and other symptoms.
- Through a grant from the National Institutes of Health (NIH), a Cedars-Sinai research team is studying antibiotic-resistant *Staphylococcus aureus* (MRSA) in an effort to identify how the bacteria use specific genes to interfere with the immune system and evade destruction.
- Cardiology researchers found that transfer of a gene that produces a mutant form of good cholesterol provided much better anti-plaque and anti-inflammation benefits than therapy using the "normal" HDL gene. The results in mice suggest that transferring protective genes may eventually be useful to treat vascular inflammation and plaque buildup.
- Cedars-Sinai researchers published an important paper in *Nature Genetics* linking a specific gene mutation to the development of Crohn's disease, a chronic relapsing inflammatory disorder of the gastrointestinal tract.
- Cardiothoracic surgeons at Cedars-Sinai are part of a national working group evaluating the Wolf Mini-Maze procedure to treat atrial fibrillation. The minimally invasive technique uses quick bursts of radiofrequency energy to destroy a small amount of tissue and disrupt overactive nerves causing rhythm disturbance. Hospital stays are short after the 90-minute procedure.
- Cedars-Sinai research played a key role in the approval of a new regulation in California that allows pharmacy technicians to check medication cassettes filled by other technicians. The change will allow hospital pharmacists to spend more time doing direct patient care activities.
- At the new Spielberg Family Center for Applied Proteomics at Cedars-Sinai, researchers are

At Cedars-Sinai, our researchers are studying characteristics of cells involved in chronic rejection of transplanted organs such as hearts and livers. Chronic rejection, which leads to inflammation and scarring, is currently irreversible. If we can predict which patients are likely to reject organs and identify biomarkers

involved in early rejection, we could try to head it off. We're also doing stem cell research studies anticipating that eventually transplanted cells could be used to rejuvenate organs. That would avoid the need to do whole organ transplants altogether.

# Research

using one of the world's most powerful supercomputers to do analyses of proteins in blood samples taken from cancer patients, looking for patterns that correlate to clinical outcomes. The processing power of the supercomputer allows researchers to analyze complex data sets in days rather than weeks or months and to cross-compare data to uncover new disease connections.

- The Women's Cancer Research Institute at the Samuel Oschin Comprehensive Cancer Institute has compiled one of the world's most comprehensive inventories of cancerous and non-cancerous tissue. The tissue bank comprises more than 2,800 samples, allowing the study of cancer at every stage of development.
- Cedars-Sinai research teams are participating in two studies funded by the National Institutes of Health that are examining the role of stress in infections that can lead to the early onset of labor in pregnant women. One study is investigating whether stress causes African-American women and Americanized Latino women to be more susceptible than Caucasian women to bacterial vaginal infections during pregnancy. Another is exploring how environmental factors may affect gene function and may thus make some women more vulnerable to infections or stress.
- Cedars-Sinai received funding from the National Institutes of Health to study the treatment of depression using alternative therapies such as changing the ratio of Omega-3 (fish oil) to Omega-6 fatty acids in diet and using St. John's Wort to treat minor depression.
- Stem cells derived from adult human bone marrow have been manipulated by scientists at Cedars-Sinai's Maxine Dunitz Neurosurgical Institute to

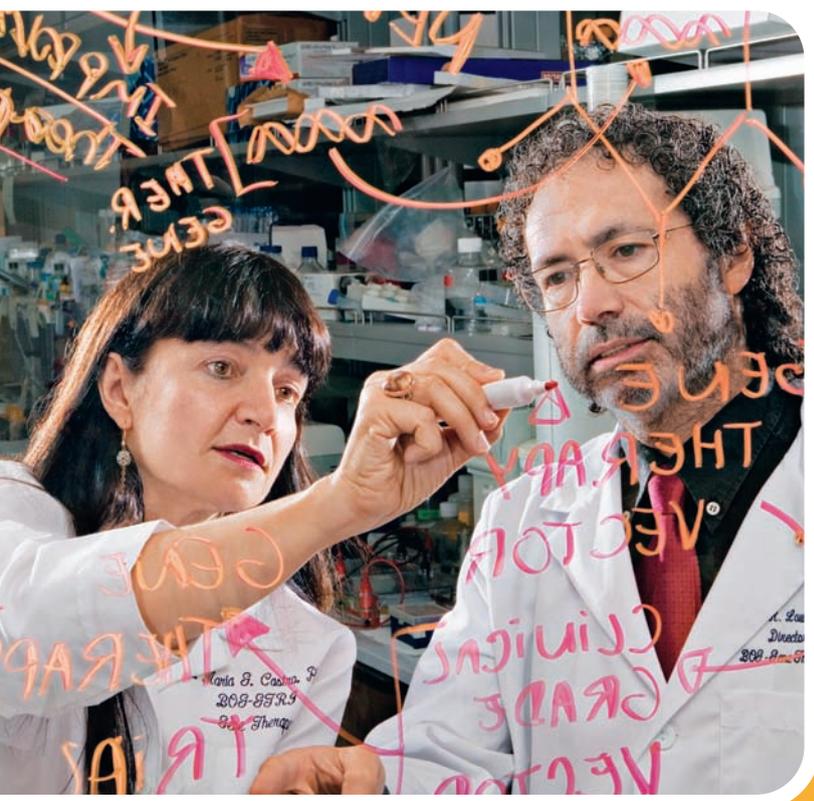
behave like neural stem cells of the brain. These results support the potential for using a patient's own bone marrow as a renewable source for neural stem cells to treat brain tumors, strokes and neurodegenerative diseases.

- Researchers at Cedars-Sinai were awarded two of five Controlled Clinical Trials grants in kidney transplantation from the National Institutes of Health.
- The Women's Cancer Research Institute at the Samuel Oschin Comprehensive Cancer Institute has more than 30 clinical trials currently available for women who have cancer — trials made possible through partnerships with the National Cancer Institute's Gynecologic Oncology Group, pharmaceutical firms and other organizations.
- Cedars-Sinai is one of only a few pediatric irritable bowel disease centers in North America that conducts research activities and provides education and treatment to patients all at one campus. The medical center strives to give patients access to the most advanced technologies and therapies as soon as they are shown to be safe and effective.
- Research at Cedars-Sinai has dramatically improved transplant success rates of highly sensitized patients – even those who have had a previous transplant, an extremely high risk group. The treatment for these highly sensitized patients involves administering immunoglobulin (IVIG) which turns off unwanted immune responses without globally suppressing the immune system. IVIG therapy is available to both adults and children.
- Work done at Cedars-Sinai has allowed transplant surgeons to perform type ABO blood group incompatible transplantation.

## “We’ve used gene therapy to eliminate brain tumors in rodents, and trained their immune systems to develop memory that will destroy any tumors that return.”

Pedro Lowenstein, MD, PhD — Director and Professor, Board of Governors Gene Therapeutics Research Institute

- Cedars-Sinai received a \$35 million grant from the Sumner M. Redstone Charitable Foundation to fund prostate cancer research in the Louis Warschaw Prostate Cancer Center at the Samuel Oschin Comprehensive Cancer Institute.
- Cedars-Sinai’s Women’s Health Research Registry helps investigators enroll women in clinical research studies. With support from an online registration component, more than 700 women have signed up. The goal is to have 10,000 women registered within five years. Unlike other registries, no particular health status is required. For more information, visit [www.cedars-sinai.edu/whrr](http://www.cedars-sinai.edu/whrr) or call 310-423-9224.
- Investigators are doing clinical research on several new drug treatments for alcoholism that reflect growing understanding of how addiction may alter the brain, affecting dependence and relapse. A clinical trial at Cedars-Sinai demonstrated the ability of a long-acting injectable medication to decrease relapse. The medication was recently approved by the FDA.
- A research team at Cedars-Sinai has located three genes that cause movement disorders or ataxias. Cedars-Sinai scientists have also developed blood tests to screen for these three genes, excluding other disorders with similar characteristics such as multiple sclerosis.
- A trial underway involving Cedars-Sinai and the Los Angeles County Emergency Medical Services Agency is studying how having paramedics in the field administer magnesium sulfate through an IV within two hours of the onset of stroke symptoms could help improve long-term outcomes. Magnesium sulfate is a promising agent to protect from brain damage.
- Investigators at the Maxine Dunitz Neurosurgical Institute are studying the potential for using stem cells to treat Parkinson’s disease. By isolating stem cells from the brain, engineering them to “become”



Husband-and-wife researchers Maria Castro, PhD, and Pedro Lowenstein, MD, PhD co-direct the Board of Governors Gene Therapeutics Institute where they study glioblastoma multiforme, the world’s most common and deadly primary brain tumors.

Much of their work involves exploring how gene therapy might be used to make treatments for these tumors more effective. For example, disabled viruses could be engineered to be put into the brain tumor to inhibit division of tumor cells. Healthy cells in the brain don’t divide, so potentially “homicide” genes could be introduced to identify and kill only tumor cells.

So far, the approach has worked in rodent models and it is now going to clinical trials.

# Research

the cells lost in Parkinson's, then transplanting them back into the patient, researchers hope to relieve the tremors associated with the disease.

- With funding from the National Institutes of Health, Cedars-Sinai researchers are studying Williams syndrome. The team's discoveries to date have led to new techniques to identify the location of missing genes in these individuals who are more predisposed to anxiety and mood disorders, but who also have a strong drive toward social interaction and are very expressive in their language.
- Cedars-Sinai has received funding from the National Institutes of Health to study hepatocellular carcinoma, a tumor that often afflicts people who have liver cirrhosis and biliary destruction.
- Cedars-Sinai is participating in a multi-centered clinical study designed to test a novel, bioartificial liver for treating patients with severe acute liver failure.
- Currently, Cedars-Sinai is the only institution in Southern California offering liver transplantation to patients who are infected with HIV. Researchers are continuing to participate in major studies to evaluate the long-term effectiveness of solid organ transplantation in HIV-positive individuals.
- Women who outwardly express anger may be at increased risk of coronary artery disease if they also have other risk factors: increasing age, history of diabetes and history of unhealthy levels of fats (lipids) in the blood. This was among findings from a sub-study of the Women's Ischemia Syndrome Evaluation (WISE) study, a multicenter, long-term investigation chaired by the medical director of Cedars-Sinai's Preventive and Rehabilitative Cardiac Center and the Women's Heart Center.
- Cedars-Sinai researchers are using neuro-imaging and genetic tools to study atrophy of the hippocampus, an area of the brain that plays a key role in memory function. Although its size diminishes naturally as people age, the rate of shrinkage is faster in some subjects who have a specific gene and who may be at higher risk of developing Alzheimer's disease.
- An initiative at Cedars-Sinai's Women's Cancer Research Institute, part of the Samuel Oschin Comprehensive Cancer Institute, is exploring a molecular "signature" for ovarian cancer to detect cancer in women when the disease is in its early stages and is most treatable. Currently, in the absence of a reliable biomarker, most ovarian cancers are detected in stage 3 or 4 when the five year survival rate is less than 35 percent.
- At the Cedars-Sinai Center for Fertility and Reproductive Medicine, scientists are studying fertility-related issues such as how the unfertilized ovum develops from its earliest stages, and why some women under 40 experience premature ovarian aging where some ova develop prematurely and then die. Researchers have identified a gene associated with the early loss of eggs and found several factors associated with regulating this gene. Scientists hope to develop methods to manipulate the gene and prevent premature egg degeneration.
- A large-scale study done at Cedars-Sinai found that augmentation therapy – therapy that uses two different treatments that may create a synergistic effect – could be a useful therapeutic approach for helping patients who have treatment-resistant

## “Our research and clinical studies are unlocking the mysteries of how heart disease affects women.”

C. Noel Bairey Merz, MD, FACC — Medical Director, Women's Health Program, Medical Director, Preventive and Rehabilitative Cardiac Center

depression. There may be different areas of the brain that require different interventions at different times to effectively influence behavior.

- Cedars-Sinai researchers are making inroads into early detection of breast cancer by taking part in a national study that involves removing fluid from breast ducts to detect abnormal cells using ductal lavage, a process similar to a Pap smear. Because most breast cancers begin in the ducts (milk passages), studying the fluid may eventually lead to development of a test that could be used with mammography and other imaging techniques to diagnose breast cancers in the early stages.
- Researchers at Cedars-Sinai are working to develop an anti-cancer vaccine known as dendritic-cell immunotherapy. It prompts the immune system to send killer T-cells to track down and attack

renegade tumors left behind after neurosurgery. For patients who received a combination of the vaccine and chemotherapy in clinical trials, the two-year survival rate was 42 percent, compared with 8 percent for patients who did not receive the vaccine. The research team is now working with the National Institutes of Health to launch a multi-institutional clinical trial.

- Ruptured brain aneurysms are among the most life-threatening neurological diseases. By studying the root causes of bleeding aneurysms, Cedars-Sinai researchers are helping to find ways to treat aneurysms early in their development and prevent hemorrhages. Preliminary results show that patients diagnosed with a common valve defect in their hearts are about 10 times more likely to suffer from a brain aneurysm than the general population.

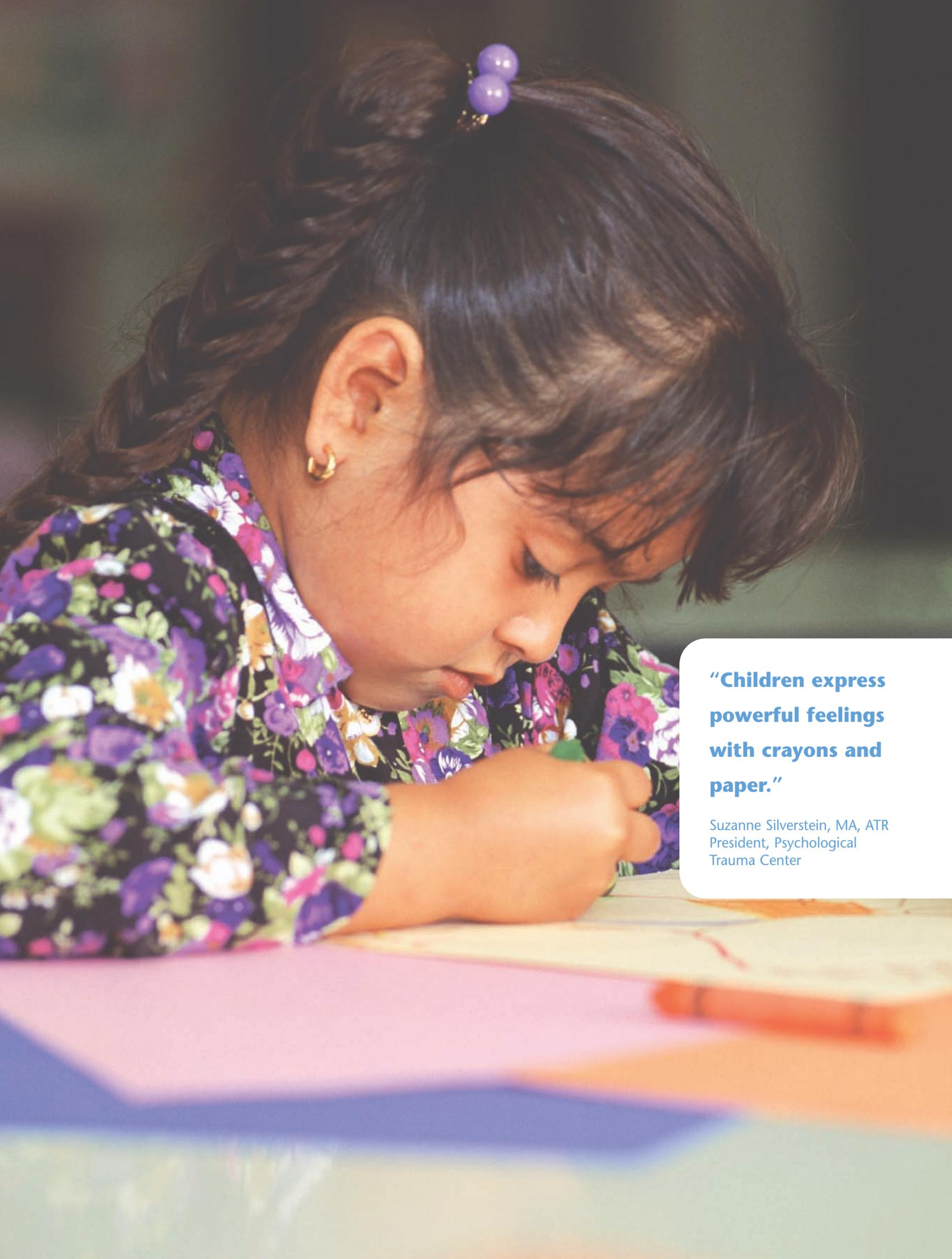


Dr. C. Noel Bairey Merz, medical director of the Preventive and Rehabilitative Cardiac Center and holder of the Women's Guild Chair in Women's Health, also chairs the Women's Ischemic Syndrome Evaluation (WISE) study, a landmark National Institutes of Health

study that is the largest study to date on heart disease in women.

A key finding of the WISE study has been that two-thirds of women who exhibit chest pain and appear to be healthy on an angiogram actually do have a form of heart disease in which the small arteries of the heart – unseen on an angiogram – do not open sufficiently or properly.

With colleagues at Cedars-Sinai, including Louise Thomson, MD, a nuclear medicine physician and cardiac imaging specialist, Bairey Merz is investigating new and powerful testing methods for this condition, including how cardiac MRI and a non-invasive test that measures blood flow in the fingertips can help accurately diagnose this condition in women.



**“Children express powerful feelings with crayons and paper.”**

Suzanne Silverstein, MA, ATR  
President, Psychological  
Trauma Center

# Community Outreach

- ▶ In Fiscal Year 2007, Cedars-Sinai Health System's community benefit contribution totaled more than \$267 million. This includes free and part-pay care for the uninsured and those with limited means, the unpaid costs of government programs, and hundreds of community service programs.
- ▶ Cedars-Sinai sponsored or participated in approximately 5,300 community health programs that reached nearly 180,000 people. Activities included clinics, health fairs, educational events, support groups and other services at the Medical Center and in local schools, shelters and community centers.
- ▶ C.O.A.C.H. for Kids and their Families® continued to provide free health and dental services to thousands of low-income children in the Los Angeles area. C.O.A.C.H., which stands for "Community Outreach Assistance for Children's Health", sends two state-of-the-art mobile medical units to community centers, schools and shelters on a regular basis. The mobile units and their staff handled nearly 10,000 visits for medical and dental care, case management and mental health.
- ▶ C.O.A.C.H. for Kids and their Families mentored a similar program in Santa Barbara called Clinic on Wheels (COW) after being approached for help by the Santa Barbara Cottage Hospital Foundation. After four years of planning, the new program now reaches about 1,200 schoolchildren annually.
- ▶ Cedars-Sinai served nearly 32,000 seniors through health fairs, exercise programs, health education lectures, flu vaccination clinics and screening opportunities for cardiovascular disease, diabetes and hypertension.
- ▶ Cedars-Sinai continued collaborative efforts with the Alzheimer's Association, the city of West Hollywood, the city of Los Angeles' Department of Aging and the city of Beverly Hills to provide physical fitness, health screenings, immunizations and educational lectures. The Medical Center also continued its part-

"I only feel safe in my bed."

That powerful phrase, along with a hand drawn picture, came from a Los Angeles elementary school child who participated in an art therapy and counseling program administered by the Psychological Trauma Center affiliated with the Department of Psychiatry and Behavioral Neurosciences at Cedars-Sinai. The Psychological Trauma Center helps children who have been traumatized by gang and domestic violence cope with their feelings of fear, sadness or loss.

The center's "Share and Care" program is now active in a dozen Los Angeles-area elementary schools. This group-focused counseling program uses art therapy and discussions led by an experienced therapist to teach

students new coping skills. Each week, therapists hold more than 60 group meetings, provide 170 hours of counseling and see more than 500 students. Their goal is to help young, vulnerable students improve their self-esteem, resiliency and social skills, overcome traumatic experiences, and become better learners who will stay in school.

Suzanne Silverstein, MA, ATR, President of the Psychological Trauma Center, explains how art can facilitate the therapeutic process: "The therapists say, 'draw someone you can talk to' or 'draw what scares you', and the children start to express their feelings on paper when they wouldn't normally talk about what is bothering them. It's a powerful tool to start the process of healing which in turn helps children learn."

# Community Outreach

nerships with the 2nd A.M.E. Church, 88th Street Church of God in Christ, Park La Brea community, People Coordinated Services Multipurpose Senior Center, The Beverly Center, Freda Mohr/Eichenbaum Senior Center, Los Angeles Police Department, Hollywood Multipurpose Senior Center, Apostolic Faith Home Assembly Church and Temple Beth Am.

- ▶ Forty-five high school students experienced real life in the healthcare field in FY 2007 as part of the Youth Employment and Development (YED) program. Students of Fairfax High School received hands-on work experience and gained problem-solving skills in areas ranging from pharmacy to radiology. Mentors from the Medical Center's staff guided students through their assignments, and provided advice and encouragement for students' future academic and career advancement.
- ▶ Cedars-Sinai staff and volunteers visited 1,050 homes in the last year to install or service Lifeline®, a system that allows users to press a single button on a bracelet, wristwatch or necklace to summon help in the event of an injury or health emergency. Cedars-Sinai is the only medical center in Los Angeles to offer this service.
- ▶ The TEEN LINE peer hotline based at Cedars-Sinai Medical Center continued to help adolescents who call to talk about their problems with another teen in a safe, non-judgmental environment. In the past year, the program received more than 10,000 calls and trained 125 volunteers in specialized listening and communication skills.
- ▶ To reach children at an early age with information about healthy eating and physical activity, Cedars-Sinai rolled out the Healthy Habits program to four sites, tripling the level of participation over the previous year. In FY 2007, more than 100 lessons on healthy eating were provided to elementary school children throughout the school year, mainly in low-income neighborhoods of Mid-City, Koreatown and Hollywood.
- ▶ Cedars-Sinai continued its sponsorship of Center Strutters, a walking program for those who want to walk in a safe, indoor environment with others. Assembling three mornings each week, the 260 Strutters walked a combined total of 24,000 miles in the last year.
- ▶ Approximately 4,750 prescriptions were given to patients at Cedars-Sinai for free or at reduced cost this past fiscal year. For patients who are unable to pay for their medications, Prescription Counseling Services provides free or partial pay medications to eligible patients to help improve their health.
- ▶ To promote the good health of mothers and babies, Cedars-Sinai provides a number of community programs, including classes for parents expecting the birth of multiples (twins, triplets or more), infant/child CPR training and a prenatal health program. The Earlybird Pregnancy Program helps expectant parents to have a healthy pregnancy by teaching them about fetal development, diet, exercise, warning signs and patient's rights. More than 160 parents participated in the program last fiscal year.
- ▶ The Medical Center continued its partnership with the American Parkinson Disease Association to offer a wide range of information and resources to help people with Parkinson's disease and their family members. The result, the American Parkinson Disease Association Information and Referral Center at Cedars-Sinai, provides free information

## “Cedars-Sinai is fortunate that it can count on the community for support of its blood collection goals.”

Ellen Klapper, MD — Co-Director, Transfusion Medicine

about the condition and referrals to support groups, social services and community resources.

- Cedars-Sinai held its sixth Women’s Health Conference for a record crowd of 650 attendees. More than 30 Cedars-Sinai physicians volunteered to share their expertise with members of the community at this annual public event.
- The P.O.O.C.H. (Pets Offering Ongoing Care and Healing) Program continued to make rounds in the Medical Center. The program’s canine and human volunteers visited patients in cardiology, HIV/AIDS, medical and surgical, pediatrics and rehabilitation units, as well as the Cedars-Sinai Outpatient Cancer Center at the Samuel Oschin Comprehensive Cancer Institute. First introduced in 1992, the P.O.O.C.H. Program now involves 45 dogs and owners – including Margie, a Boston terrier-French bulldog mix who is herself a breast cancer survivor.

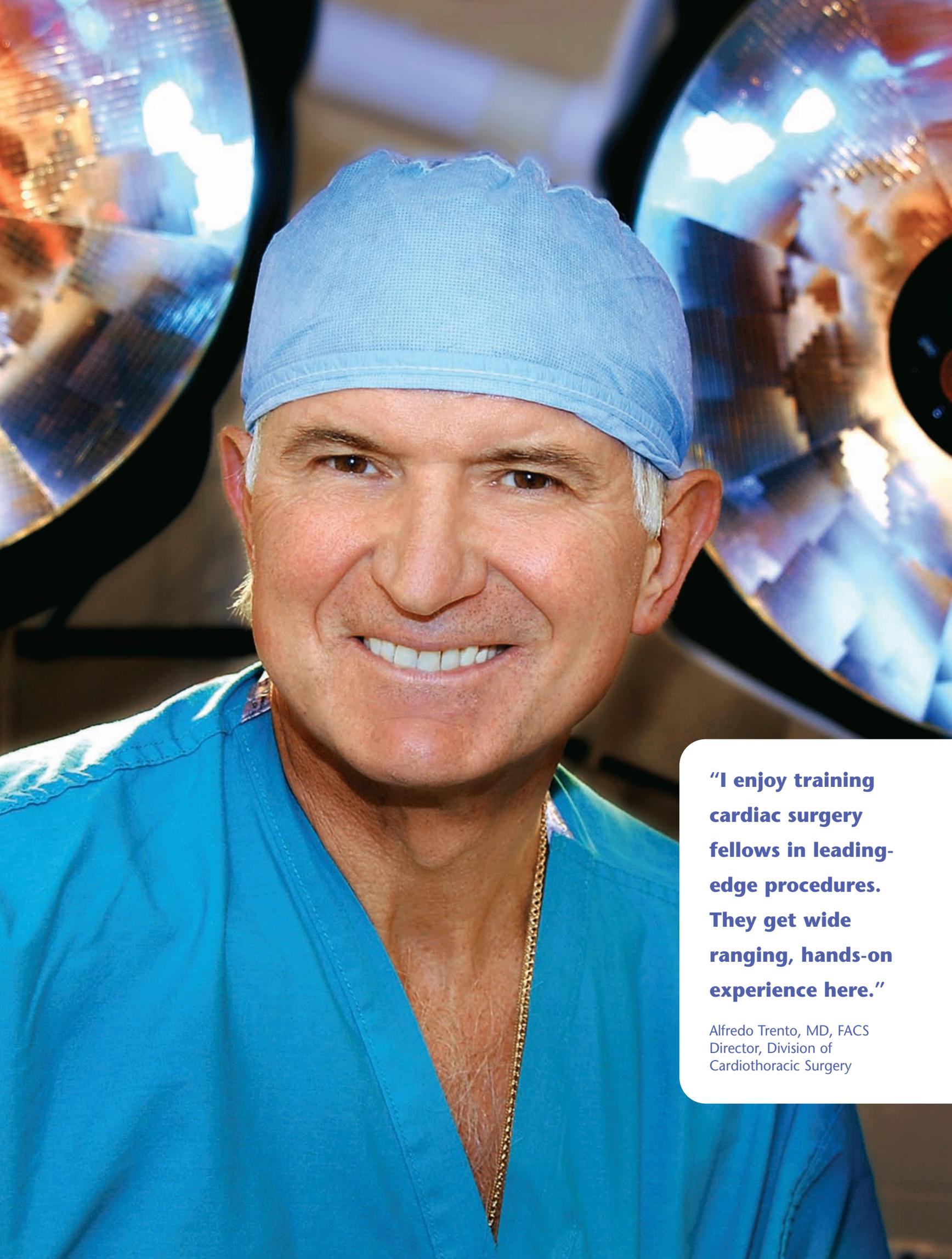
- Physicians from Cedars-Sinai now provide low or no-cost prenatal care for pregnant women, thanks to a new partnership between the Department of Obstetrics and Gynecology and The Los Angeles Free Clinic in Hollywood.
- To keep first responders informed of the Medical Center’s readiness in the event of a community-wide emergency, the Department of Environmental Health and Safety held an open house of its Disaster Resource Center. Fire, police and government officials took tours of four portable mobile hospitals and a new “decontamination” shower trailer. The mobile hospitals, which can be quickly set up to treat patients at the scene of a local emergency, come equipped with a total of 50 patient beds.



Cedars-Sinai launched a mobile blood donation program that enables community and business organizations to hold on-site blood drives.

Since its inception in January 2007, the mobile program has held nearly 75 on-site drives and collected nearly 3,000 units of blood to help ensure the Medical Center has an adequate supply to meet the ongoing demands of our patients and community. To further expand the program, the Medical Center ordered a 35-foot-long self-contained mobile coach with four donor beds for smaller blood drives or locations that lack space.

The mobile program supplements the supply of blood collected at the Rita and Taft Schreiber Blood Donor Center. Last fiscal year, the donor center collected more than 7,700 units of whole blood, 6,000 of plasma and 2,600 of platelets.



**“I enjoy training cardiac surgery fellows in leading-edge procedures. They get wide ranging, hands-on experience here.”**

Alfredo Trento, MD, FACS  
Director, Division of  
Cardiothoracic Surgery

# Education

- ▶ Cedars-Sinai created a new Department of Biomedical Sciences as a precursor to eventually creating a Graduate School of Biomedical Sciences that will attract and teach PhD students. The department will support scientists who are delving into biological research at a molecular or even an atomic level by providing state-of-the-art facilities and instrumentation.
  - ▶ The Accrediting Council of Graduate Medical Education (ACGME) awarded Cedars-Sinai its maximum five-year re-approval as a training site. The medical center provides residencies and fellowships in more than 50 specialty and subspecialty areas.
  - ▶ Several individual residency programs received ACGME re-accreditation: medical genetics, obstetrics and gynecology, neurosurgery, radiology, neuroradiology and internal medicine. Cedars-Sinai offers training for about 350 residents and fellows.
  - ▶ The Geri and Richard Brawerman Nursing Institute continued to expand the supply of skilled nurses working in the Los Angeles region. Since 2002, the institute has provided training and education to advance more than 1,080 nurses to associate, bachelor's and master's degrees. In addition, within Cedars-Sinai, mentors and preceptors serve as educators and role models to help less-experienced staff bridge the gap between theory and practice.
- Through the Mentoring Program, nearly 800 Cedars-Sinai nurses serve as mentors, providing more than 60,000 mentorship hours a year.
- ▶ About 400 medical students from a number of medical schools received instruction and on-the-job experience at Cedars-Sinai in hospital rotations during the past academic year. The medical center provided a total of 579 student rotations – some students do more than one rotation.
  - ▶ The Medical Center has been approved to provide the anesthesiology residency training program previously offered by Martin Luther King Jr./Harbor Hospital. The four-year program will have 16 residents. Previously an affiliated training site, Cedars-Sinai is now the sponsoring institution.
  - ▶ Cedars-Sinai received a \$1 million endowment from The Broad Foundation to fund a women's heart research fellowship within its Women's Heart Center. Scientists selected for the one-year fellowship will study coronary microvascular disease (coronary disease that affects the small arteries found throughout the heart), as well as other women's heart disease research topics.
  - ▶ Cedars-Sinai received approval to begin a residency program in psychiatric consultation, which will begin in the summer of 2008. Residents will receive

In many cardiac surgery fellowship programs, fellows go from one hospital to another to get experience in a wide range of procedures. In contrast, the depth of Cedars-Sinai's Heart Institute allows fellows to be exposed to every aspect of cardiac surgery. Our cardiac surgery fellows receive training in heart

and lung transplantation, the implantation of heart assist devices, aortic aneurysm surgery, and minimally invasive procedures such as robotic mitral valve surgery. The goal is to teach them to be precise and perfect in every operation for optimal patient outcomes.

# Education

training at Cedars-Sinai and at the Veterans Affairs Greater Los Angeles Healthcare System.

- ▶ The Pauletta and Denzel Washington Family Scholar in Neuroscience Awards were presented to two University of Southern California students in June. The scholarships have been given annually since 2004 by the Department of Neurosurgery to support an undergraduate and a graduate-level researcher. Students work during the summer months under the direction of respected physicians, neurosurgeons and scientists, and prepare a scientific abstract or paper to submit to a national neuroscience, cancer or neurosurgery organization.
- ▶ Cedars-Sinai's Geri and Richard Brawerman Nursing Institute is currently affiliated with 14 schools and health care facilities through its Collaborative Nursing Education Program. As part of the program, the Nursing Institute partners with California State University, Los Angeles (CSULA) and the University of California, Los Angeles (UCLA) School of Nursing to develop and train nurses with Bachelor and Master of Science degrees. Among other collaborative efforts, Cedars-Sinai nurses with master's degrees serve as clinical instructors in UCLA's new Master's Entry Clinical Nurse (MECN)/Prelicensure Program.
- ▶ Approval was granted for the Veterans Affairs Greater Los Angeles (VA) fellowship training programs in endocrinology and cardiology to be integrated into Cedars-Sinai's programs next year, nearly doubling the number of trainees in Cedars-Sinai's programs. This is prompted by the

ongoing integration of the VA's internal medicine residency training program into Cedars-Sinai's. Physicians completing an internal medicine residency may pursue fellowships in endocrinology, cardiology or other areas of specialization.

- ▶ Cedars-Sinai has become a member of Health Occupations Students of America (HOSA), a national organization providing students with opportunities to develop personal, leadership and career skills needed by health care providers. While most HOSA programs are based at schools, Cedars-Sinai has one of only two industry-based chapters in the nation. In March 2007, five of the medical center's 15 students participated in a statewide health career competition in Anaheim. All five placed, and two took top honors in the state championship.
- ▶ The Geri and Richard Brawerman Nursing Institute continued to expand the number of nurses obtaining specialty certification by offering onsite certification courses, registration reimbursement for courses, and certification examinations. The number of nurses with specialty certification increased to 39 percent.
- ▶ Through the Human Resources Department, Cedars-Sinai offered several student-oriented programs during the scholastic year. Among other events, career days were held for students of Fairfax High School and Beverly Hills High School, and about 80 students from several high schools attended the annual nursing luncheon that took place during Nurses Week.

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# *Our Mission*

Cedars-Sinai Health System, a nonprofit, independent healthcare organization, is committed to:

- ▶ Leadership and excellence in delivering quality healthcare services.
- ▶ Expanding the horizons of medical knowledge through biomedical research.
- ▶ Educating and training physicians and other healthcare professionals.
- ▶ Striving to improve the health status of our community.

Quality patient care is our priority. Providing excellent clinical and service quality, offering compassionate care, and supporting research and medical education are essential to our mission. This mission is founded in the ethical and cultural precepts of the Judaic tradition, which inspires devotion to the art and science of healing, and to the care we give our patients and staff.



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