

VITALSIGNS

AMERICAN FRIENDS OF RABIN MEDICAL CENTER

FALL 2007



EMERGENCY PREPAREDNESS FOR WAR AND TERRORISM
MIRACLE IN THE TRAUMA ROOM
RECANATI GENETICS INSTITUTE OPENS
CARING FOR THE ARAB ISRAELI COMMUNITY
TOVAH FELDSHUH PROMOTES NEW BREAST CARE CENTER



RABIN MEDICAL CENTER
ISRAEL'S PREMIER MEDICAL COMPLEX

VITALSIGNS

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ON CALL TO HELP ISRAEL



Joshua Eli Plaut

Dear Friends,

Israel's Rabin Medical Center is prepared to handle all emergency situations and potential disasters. As one of the largest and foremost medical facilities in Israel, with one of six national Level One Trauma Centers and a heliport for the transfer of the wounded, Rabin is well known for its expertise in emergency preparedness and its ability to stand strong in times of crisis.

During last year's national emergency when Israel was at war with Hezbollah in Lebanon, Rabin Medical Center doctors treated the wounded. As a crucial institution in times of crisis, the Rabin Medical Center is now helping Israel, her citizens and soldiers, with short-term emergency care and rehabilitation. Two vital projects on the horizon are a new Emergency and Trauma Center, and a new Heart Center.

American Friends of Rabin Medical Center's primary goal is to reinforce the capability of the hospital and to support these projects. Join us as we build together. Support Rabin Medical Center's efforts to provide top of the line medical treatment to the soldiers and citizens of Israel. Thank you for supporting a new Emergency and Trauma Center that will help ensure Israel's survival in challenging times.

In friendship,

Joshua Eli Plaut, Ph.D.

Executive Director, American Friends of Rabin Medical Center

ON THE COVER: Emergency preparedness exercises and wartime treatment of the wounded at Israel's Rabin Medical Center of Petach Tikvah

AMERICAN FRIENDS OF RABIN MEDICAL CENTER

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American Friends of Rabin Medical Center educates Americans about the Rabin Medical Center, located in Petach Tikvah, Israel and raises funds on behalf of Rabin Medical Center.

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VITAL PROJECTS ON THE HORIZON



Abraham "Barry" E. Cohen

Dear Friends,

It is hard to believe that a year has already passed since the Lebanon war, the scars slowly healing from the terrible loss of life and the great damage to the north of the country. As a crucial institution in time of crisis, Rabin Medical Center (RMC) has performed valiantly and is now helping Israel's soldiers and private citizens with emergency care. It continues to prove itself a highly-respected institution for healing and research internationally.

Two vital projects on the horizon are: a new Emergency and Trauma Center and a new Heart Center. Rabin Medical Center has one of six national Level One Trauma Centers and is well known for its expertise in emergency preparedness. We should be proud to know that emergency preparedness at RMC has drawn the attention of American hospital administrators. This year, RMC's department heads have been visiting hospitals here in the U.S. to share their hard-won knowledge in this area. Once erected, the new Heart Center will be established as the foremost heart center of Israel and the Middle East, with specialized services offered nationwide and abroad.

On Sunday, October 28th, AFRMC will hold its annual fundraising dinner at Cipriani Wall Street with the goal of moving these two planned projects off the drawing board and into the field as quickly as possible. Our great friend, Larry King, will again serve as Master of Ceremonies. Larry's on-stage chat with our guest speaker has become a unique stand-out on the New York charity events circuit. Our speaker this year, Alan Dershowitz, should make for a lively encounter. And for the first time, we will have an "after party" for the younger and young-at-heart among us following the dinner.

I hope you enjoyed the summer vacation. Now it's Fall, and we're on the move again. Thank you for your continued support and outstanding spirit of generosity. We are doing great work.

Warmest regards,

Abraham "Barry" E. Cohen
Chairman, American Friends of Rabin Medical Center

Save the Date – New York Gala Dinner

Sunday, October 28, 2007
6:00 – 9:30 pm
Cipriani Wall Street, NYC

HIGHEST LEVEL OF EMERGENCY CARE



Dr. Eyrans Halpern

Dear Friends,

Six months into my position as CEO of Rabin Medical Center, I am proud to have discovered a well founded distinguished medical facility with a very active circle of friends both in Israel –chaired by the lovely and dynamic Nava Barak–and in the USA, by our longtime friend Barry Cohen.

It is thanks to this support that we have been able to continue to advance and excel in all fields of medicine and to establish centers of excellence, such as The Davidoff Cancer Center, The Women's Hospital, and The Raphael Recanati Genetic Institute. Looking to the needs of the future, we are about to begin our latest venture: a new state of the art Emergency and Trauma Center.

Over the last 10 years, events in Israel and around the world have made the need for the highest level of emergency care and preparation patently evident. It's no longer a luxury but rather a necessity. As one of the leading hospitals in Israel we must be ready to handle and face all emergencies, from victims of terrorist attacks, to soldiers injured on and off the battlefield, to car accidents and to the possibility of mass casualties. Our present facility can no longer meet the needs of the ever growing patient intake in our current Emergency Department. A project of such magnitude, costing 12 million US dollars, can only become a reality with your help. Fifty percent of this amount has already been generously pledged by a single donor; the rest is in your hands.

Another goal for the near future is the creation of a new Breast Center, a project of 2 million US dollars. This center is intended to be a comprehensive multidisciplinary center for the prevention, screening and early detection of breast diseases. Time is of the essence for women with breast diseases, and this center can simply save their lives.

In the long term, we envision the establishment of one of the finest Comprehensive Heart Centers to ever be created in the Middle East, a 40 million dollar project which will compare with the most outstanding heart centers around the world. Together we can make all these projects a reality and continue in our mission to offer the best medical care possible. We count on each and every one of you to support us in our needs and our vision.

I look forward to meeting you all at the upcoming annual AFRMC gala on October 28th, 2007. Until then I wish you and all your families a happy, healthy and peaceful New Year.

Mazal tov and good luck,

Dr. Eyrans Halpern
CEO, Rabin Medical Center

EMERGENCY PREPAREDNESS FOR TERRORISM AND WAR



Emergency preparedness exercises at Rabin Medical Center



When you ask Israelis where they were in the summer of 2006, an immediate answer comes to mind. In the north of the country, those who didn't flee to safer parts of the country were in and out of bomb shelters due to constant rocket bombardment from Lebanon. The rest of the country worried about them, and about the safety of Israeli soldiers fighting for our security and well being. Procuring mattresses became a significant challenge. Those in the north looked to escape their war-torn environment. Thankfully, many families in the center of the country opened their homes to provide citizens from the north a much-needed rest.

It is hard to believe that a year has passed since the second Lebanon war. Scars are slowly healing from the terrible loss of life and the great damage to the north of the country. Israelis are now enjoying relative quiet. Yet with terrorist organizations such as Hamas and Hezbollah on Israel's back, a threat is always looming. Israel cannot take anything for granted. It must stay prepared to handle all emergency situations and potential disasters.

Rabin Medical Center, one of the largest foremost medical facilities in Israel, has one of six national Level One Trauma Centers and a heliport for the transfer of the wounded. The hospital is well known for its expertise in emergency preparedness and its ability to stand strong in times of crisis. The trauma team headed by the Director of the Trauma Unit **Dr. Michael Stein** and the trauma coordinator, **Dina Albouar**, have been working together side by side for 10 years. Their lifesaving stories could fill a library of books.

Sharing a consistent ongoing relationship with the Israel Defense Forces, Rabin Medical Center is prepared and ready for any emergency medical situation. Over the last months, the hospital has held three separate exercise drills for emergency preparedness, to test its skills on three different levels. One exercise drill involved toxic injuries in the event of chemical warfare. A second one handled the evacuation of patients from a hospital

department that had been hit by a rocket. And yet a third one consisted of a general emergency exercise in the event of a large scale catastrophe resulting in casualties. From each exercise Rabin Medical Center gains greater insight into its strengths and weaknesses, and is able to learn to improve its readiness. The hospital prides itself on doing the utmost to be fully prepared to meet the demands of any and all emergencies.

Yet today, one major goal is yet to be achieved in emergency preparedness. We need a new Emergency and Trauma Center that will oversee and administer all preparations for emergency situations. The current emergency facilities are outdated and conform to standards of the 1960's, and represent one of the smallest ER's in the country, with only 850 square feet, yet handling 150,000 emergency visits annually—and this number is constantly growing. Furthermore, one of the most important lessons learned from the last war was the need for hospitals to have maximum protective structures in order to continue saving lives while under attack. So we need more space, more staffing, and a building capable of withstanding a major assault, both from biological and conventional attacks.

These conditions only increase the need for a new Emergency and Trauma Center at Rabin Medical Center, placing it as the premier priority of the hospital. Slated to be completed by 2011 and budgeted at a cost of 12 million dollars, the new facility will include state-of-the-art medical equipment to enable quick and accurate diagnosis, monitor patients' condition, and to provide immediate life-saving care. The underground parking area will also be built as a protective structure equipped with all the necessary facilities to act as an alternative hospitalization site for our patients. The hospital also plans to have protective play areas for children of hospital personnel who often need to be close by to parents at work for extended hours when the hospital is on high alert. ■

EVERYDAY MIRACLES: IN THE TRAUMA ROOM

By David Shafran July 22, 2007

Outside the trauma room at the Rabin Medical Center in Petach Tikvah, Israel, health-care professionals mill about, joking with one another, discussing banal topics, or scrutinizing the plots and relationships on some television show.

Nothing foreshadows the gravely serious scene about to unfold. As the doors to the emergency room part and gurneys are wheeled in, the shift in demeanor is striking. Expressions become serious; motions, deliberate; and all verbal communication, professional. In a cloud of frenzied action lasting no more than a few minutes, the trauma room is transformed from coldly sterile and silent into chaotic and often bloody disarray. Every person in the room recognizes the importance of time, of distinguishing immediate danger to the patient vs. a non-critical injury.

No questions are asked that are not pertinent to the patient's immediate stabilization. On the precipice of a potential fatality, a person's curriculum vitae – number of children, occupation, religion – simply does not matter and might even become a distraction. The profession requires that no normative evaluation be made of a life in danger. And, while this fundamental value of medicine, this unwavering law of impartiality, might seem noble and lofty in theory, abiding by it can sometimes harshly test one's mettle. It certainly tested mine.

As a product of Cleveland's Jewish day schools, I have long been educated about Jewish laws and values and the importance of the state of Israel. While my level of religious observance has vacillated and my perception of our Jewish state has become increasingly confounded, I remain staunchly proud of my heritage and the small stake Israel's Jews have claimed amid a sea of less-than-friendly neighbors.

Certainly, a trip to the cash register at Supersol (Israeli supermarket), not to mention the somewhat disconcerting recent activities of Israel's leaders, would remind even the most idealistic of Zionists that our Jewish homeland could use some tinkering. Nevertheless, there is so much of which to be proud, and, in some respects, the unmasking of flaws has authenticated rather than tarnished the unrealistically pristine picture sometimes presented in school.

Like all members in the health-care field, I bring personal values and convictions to the workplace, quelling them when necessary in favor of a sworn professional obligation. In just my second experience as a member of a trauma team, I was assigned the task of mechanically ventilating one of two incoming patients known to be Palestinian terrorists. They were shot while being apprehended in an attempt to infiltrate Israel's borders.

I stood there, breathing oxygen into a man willing, quite literally, to sacrifice his life for the annihilation of the Jewish state

ISRAELI CASUALTIES 2000–2005		
	INJURED	KILLED
Civilians	5002	732
Security Personnel	2132	315
Total	7134	1047

and its people; I was participating in saving the life of a man who, in reversed circumstances would not only not save me, but would almost certainly end my life. While I did not falter over the course of treatment, I felt more than a little conflicted throughout. And the conflict was one that ran right to my very core.

When the dust had settled and both lives had been saved, I left the trauma room, sat down, and reflected for a moment. If this experience had been so difficult for me, an American Jew born and raised far from the Israel-Palestinian struggle, it must have been considerably more so for the other members of my team. These are Israelis who have witnessed Palestinian violence against their people and perhaps experienced firsthand the loss of loved ones. Yet, in the trauma room, they acted professionally and impartially according to their professional code.

Over this past year, I have rotated through five hospitals in the Tel Aviv area and participated in treating many Palestinians seeking medical attention within Israeli institutions. They are treated equally and compassionately, with access to the same resources and technology afforded to Israeli citizens.

While I have opinions regarding the international community's persistent condemnation of Israel's supposed humanitarian infractions against Palestinians, I will abstain from expressing them here. I will say only that the Israeli health-care system is more than non-discriminatory in the treatment of its charges. Rather, it goes out of its way to care for Palestinian patients despite what I can only imagine to be deep frustration and dismay over the unrelenting feud which has brought with it so much suffering and bloodshed.

I am then led to wonder whether the academic community of Great Britain has taken the behavior of Israel's health-care community into consideration as it threatens to boycott the exchange of information and ideas between the two countries. But then, considering the world's untiring capacity for turning a blind eye to violence against Israeli citizens, all the while reprimanding Israel for its alleged lack of restraint, I wonder if this display of humanitarian behavior would even make a difference. ■

This article is reprinted with permission from Israel21c.org, July 22, 2007

TO THE RESCUE: ISRAELI DOCTOR SETS WORLD STANDARDS

No one can claim his life was boring. As the son of two microbiologists, **Dr. Michael Stein** was always inquisitive in nature. He began his journey toward becoming a gifted surgeon at the early age of 12, dissecting frogs and other interesting creatures. He has never looked back.

A bright student of physics, he graduated from high school with honors and was accepted into the IDF academic reserves. Seven years later, he began his army service as a physician, and from the beginning saw too much war and bloodshed. As a young medic during the Yom Kippur War, he saved the lives of many soldiers in the Sinai desert beyond the Suez Canal until he himself was injured and took a short break from combat. In 1984, he began his residency in general surgery, including a one year residency at Mt. Sinai hospital in New York. Returning to Israel, he became Deputy Director of Trauma for the Israel Defense Forces Medical Corps, then a new branch of the army, where he initiated significant strategic policies on treating the injured. This new bold direction opened the door toward cooperation with Trauma centers around the world, such as the University of Maryland Medical Center Trauma Unit. He later became the Head of Trauma for the Israel Defense Forces, a position he held until his military retirement in 1997 when he became the Director of Trauma at Rabin Medical Center. Married for 28



Dr. Michael Stein

years with two boys, Dr. Micky Stein has rightfully gained his reputation as one of the renowned experts in Trauma and is invited to lecture and offer his expertise around the globe. Though modest and not one to brag, his office is filled with pictures and letters of gratitude from the many people whose lives he has saved.

In May of 2007, Dr. Stein spoke to nearly 300 nurses, emergency medical personnel and physicians at an all-day Trauma symposium at the Marriott Hotel in Ft. Wayne, New Jersey about a plan that would be implemented in Israel to handle emergencies. Establishing protocols for emergency treatment is necessary in a country where

threats of terrorism arise daily and where large numbers of casualties are possible. Israel's emergency plan includes procedures for proper evacuation, on-site field treatment, and minimal care techniques used to stabilize patients. It became clear to symposium participants that the wisdom of this plan was applicable to a host of other scenarios in which mass casualties might arise, such as airplane and multiple auto crashes and school shootings. **Dr. Mary Aaland**, medical director of trauma services and surgical trauma ICU at Parkview Hospital, a co-sponsor of the event, was duly impressed with the implications of Dr. Stein's remarks. "Since 9/11" she said, "we're obviously more aware of the reach of terrorism and the need to treat large numbers of victims." ■

PLEASE GIVE GENEROUSLY TO HELP ISRAEL ALWAYS BE PREPARED

Before the world knew of the terrible toll terrorism inflicts on societies, the government of Israel, along with Rabin Medical Center's emergency services, developed strategies to respond to disaster. These include:

- Assimilating knowledge in coordination with medical personnel and civic government
- Assuring staff protection while saving lives of contaminated casualties
- Stockpiling vital equipment for emergency use
- Maintaining emergency capabilities over time

Rabin Medical Center is a leader in developing the capacity to safely assess, decontaminate, and treat victims of terrorist attacks or victims of natural or man-made disasters.

You can help in very concrete ways by considering the Emergency Medical Equipment list below.

Emergency Medicines	\$180
Emergency Medical Supplies	\$360
Volumetric Infusion Pump(s)	\$1,500
Automatic External Defibrillator(s)	\$2,000
Non-Invasive Blood Pressure Monitor	\$2,500
Special Orthopedic Bed(s)	\$5,000
Level One Hotline System	\$6,000
Respirators	\$11,000
Portable Monitors	\$13,000
Recovery Monitor	\$18,000
Blood Transfusion System (FMS2000)	\$28,000
Emergency Medicine & Trauma Center	\$12,600,000

Please contact Joshua Plaut at 212.279.2522 or afrmc@afrmc.org to discuss your support.

BEST OF ISRAEL: RAPHAEL RECANATI GENETICS INSTITUTE OPENS

In April, members of the Recanati family turned out in force for the dedication of the Raphael Recanati Genetics Institute (RGI) at the Rabin Medical Center. The RGI is the largest genetics institute in Israel and features groundbreaking world-class research. Establishment of this institute was made possible by an 15 million shekels (apprx. \$3.7 million) gift by Raphael Recanati's widow **Dina Recanati** and their sons **Udi** and **Michael**. **Professor Motti Shohat**, RGI director, said that technological advancements in genetics now enable the detection, and sometimes the repair, of defects for the fetus during pregnancy. Tel Aviv **Chief Rabbi Yisrael Meir Lau** affixed the mezuzah and spoke about the sanctity of human life and of the untold number of lives that would be saved and enriched by genetic research and treatment at the Institute. The Institute will operate according to the highest international standards, and some of its work is unique not only to Israel but also to the world. ■



(L-R) Leon Recanati, Michael Recanati, Dina Recanati, Dr. Eyrans Halpern, Udi Recanati, Rabbi Israel Meir Lau.

THE EARLIER THE BETTER: PROBING MALIGNANCIES IN NEWBORNS

Building on their established international partnership, GE Healthcare and Rabin Medical Center are developing innovative products and working on creative medical solutions to facilitate the early diagnosis of medical problems in pregnant women and their fetuses. An international data registry on fetal tumors is already in progress, which will assist in treating malignant conditions in both fetuses and newborns. **Prof. Israel Meisner**, head of RMC's Obstetric Ultrasound Unit, said tumors such as Neuroblastoma can be fully cured if discovered early in a fetus, and he believes this registry is important.

The data registry project was inaugurated during a conference at Rabin Medical Center on Women's Healthcare organized by GE Healthcare Israel, headed by **Tony Bachar**, and by the Rabin



(L-R) Prof. Wolfgang Holzgreve, Prof. Marek Glazerman, Prof. Israel Meisner

Medical Center's Women's Hospital, headed by **Prof. Marek Glazerman**. Among the honored guests present was **Prof. Wolfgang Holzgreve**, head of obstetrics and gynecology at the renowned University of Basel in Switzerland. ■

DIABETES DURING PREGNANCY

Based on an international study led by an Israeli team at the Rabin Medical Center, the World Health Organization, the US National Institute of Health, and others are expected to change their definition of gestational diabetes. It has long been known that the condition—a form of diabetes that occurs during pregnancy—is harmful to both the mother and the infant, often causing serious complications. The researchers studied 25,000 pregnant women and found that the glucose level presently defined as indicating gestational diabetes has been set too high. The study found a definite connection between blood sugar levels previously considered normal and negative consequences such as overweight babies at birth and various long-term side effects. Although blood sugar levels of under 95 milligrams per deciliter were considered normal, on the basis of this study, the maximum glucose levels should be around 90.

Professor Moshe Hod, head of the maternal and fetal medicine unit at the Rabin Medical Center in Petach Tikva, said many women suffering from gestational diabetes were not diagnosed because standards around the world were inconsistent and the mechanism for measuring sugar was not accurate. In the future, more women across the world will be diagnosed with a simple blood test. Professor Hod will publish the findings in the near future in the **New England Journal of Medicine**. This study was carried out at 15 medical centers in 10 countries around the world, including the Rabin Medical Center and Soroka University Medical Center in Beersheba, over a period of seven years, with \$20 million in funding from the US National Institute of Health. It was the largest study ever conducted on this subject. ■

THE SNYDER FELLOWSHIP: CARING FOR THE ARAB ISRAELI COMMUNITY

Infectious diseases are a major cause of mortality and morbidity, accounting for 25 percent of all deaths worldwide, a totaling 17 million deaths per year. In Israel, as throughout the world, infectious diseases are more prevalent among low socioeconomic groups, particularly in the Arab Israeli community and among hospitalized patients who are prone to infections.

In response to these needs, AFRMC benefactor **Harry Snyder** has generously sponsored a project for an Arab Israeli physician to specialize in the study of infectious diseases through an accredited fellowship program at Rabin Medical Center. Upon completion, the physician will utilize his expertise within his own community and surrounding areas to help diagnose, treat and care for patients suffering from infectious diseases.

The physician chosen for the Harry Snyder Fellowship is **Dr. Morad Wattad** from the village of Bacqa Jat, who was very grateful for this opportunity. Dr. Wattad had demonstrated significant interest in the field of infectious diseases during his recently completed residency in internal medicine at Rabin Medical Center. Two months into the program, Dr. Wattad has already become familiar with all aspects of the microbiological laboratory and has begun his clinical work with hospital patients suffering from infectious diseases from both surgical and non-surgical departments. He is supervised by senior physicians and by **Dr. Jihad Bishara**, head of the Unit of Infectious Diseases.

Dr. Wattad also receives patients nightly in his community clinic in Bacqa Jat, through referrals from his own village as well as from other surrounding Arab villages. He has already built up a sterling reputation. A 26 year old woman who had been suffering from severe stomach pains and intermittent fever came to Dr. Wattad after her family physician could not diagnose the



(L-R) Dr. Moti Lifshitz, RMC Deputy Director; Dr. Wattad, winner of the two-year Snyder Fellowship; and Dr. Jihad Bishara of the Infectious Diseases Unit, his teacher and mentor

problem. Dr. Wattad asked for a blood smear and found that she was suffering from Pelvic Inflammatory Disease. He prescribed the proper medication and the woman is now pain free and healthy again. Another patient, a 28 year old man, began to suffer from epileptic attacks after returning from a trip to South America. He underwent an MRI and CT scan and was believed to have a tumor. However, Dr. Wattad found him to be suffering from a parasitic infection which could be treated with medication, which was far from a possibly cancerous tumor.

Thanks to Harry Snyder's donation, these patients as well as many others within the community and at Rabin Medical Center, will be able to receive more advanced lifesaving care for a wide spectrum of infectious diseases. ■

RADIOLOGIST WINS PRESTIGIOUS NASH FOUNDATION GRANT

Dr. Gideon Shafir, senior radiologist at the Rabin Medical Center, won a Nash Foundation grant for a visiting fellowship in cardiovascular imaging at Stanford University. American Friends Rabin Medical Center researched this grant opportunity, searched for appropriate candidates at Rabin Medical Center, and then helped facilitate the process. The cardiovascular imaging fellowship at Stanford is one of the leading three in the United States. Rabin Medical Center recently purchased the 64 slice GE CT scan equipment and now has world-class imaging capabilities. Dr. Shafir will receive advanced training and will be one of the leaders in Israel in the cardiac imaging field.

Dr. Shafir was born in Lithuania in 1961 and came to Israel with his family in 1973. Both of his parents are physicians. He studied medicine at the Hebrew University of Jerusalem, after which he became a military physician; and he attained the rank of major in the Israeli



Dr. Gideon Shafir using imaging computers

army. Dr. Shafir is married with two children, a 16 year old daughter who is a Jazz-blues singer at Thelma Yellin Art School, and a six year old son. ■

TOVAH FELDSHUH PUBLICIZES FUTURE BREAST CARE CENTER



(L-R) Tovah and Lillian Feldshuh

The first annual American Friends of Rabin Medical Center (AFRMC) Mother’s Day Women’s Luncheon was hosted by the Israeli ambassador to the United Nations and his wife, **Ambassador Dan and Janice Gillerman**, in their Manhattan home. Fifty women, both old and new friends of the Rabin Medical

Center, attended the elegant buffet luncheon. Luncheon Chairperson and AFRMC board member **Bilha Fish, M.D.**, introduced the luncheon’s theme, the need for a new multidisciplinary Breast Cancer Center at the hospital. In Israel, as in other developed countries, one in nine women will develop breast cancer. Cancer is a systemic disease with many aspects, and there is a need to centralize the services women patients need in one state-of-the-art facility. Ambassador Gillerman then addressed the guests, thanking them for gracing his home with so much goodwill and total commitment to Israel. He described the Rabin Medical Center as an incredible institution which reflected the high regard Israel has for saving lives. He noted that despite current clouds and soul-searching in Israel, Israel is a great democracy and a country which “makes the desert bloom, makes limbs move, and makes the world a better place, with its innovation and its creativity, coupled with such care and compassion.” The audience was united in its enthusiasm about the importance of new Breast Cancer facilities.

The keynote speaker was the renowned actress **Tovah Feldshuh** whose role as Golda Meir set a record as the longest-running one-woman play in Broadway history. She regaled every-

one with a performance of the persona of her grandmother Ida, who had come from Kiev, just like Golda Meir. Tovah spoke movingly of the role of women, who carry and bear children, in the survival of the Jewish people, and how supporting the new Breast Cancer Center would be assuring Jewish survival and continuity. Healthcare in Israel is also a vehicle towards peace. The Rabin Medical Center serves the entire Middle East with its cutting-edge medical technology and advances, treating both Jewish and Arab victims of terror.

The luncheon was a wonderful success, and plans were made to make this an annual event.

As a follow up to the Women’s Luncheon, the American Friends of Rabin Medical Center will partner with Rabin Medical Center to help fund the establishment of the \$2 million integrated breast care center, through launching a campaign in the near future to raise gifts of at least \$10,000 from each donor. ■



(L-R) Janice Gillerman, Yvette Cohen Pomerantz, Yvonne Cohen, Bilha Fish, Wendy Siegel, Jacki Florin



A SUCCESSFUL OUTING

AFRMC’s first golf outing on September 17 at New York’s Quaker Ridge Golf Club, for a new Breast Care Center at the Rabin Medical Center. It was supported by 18 companies. [(L-R) **Stephen Siegel**, President of American Friends of Rabin Medical Center with **Gadi Peleg**, Chair of the First Annual Golf Tournament]

AFRMC JOINS FEDERAL WORKPLACE FUNDRAISING DRIVE

American Friends of Rabin Medical Center is proud to have met the high standards set by the U.S. government for inclusion in the Combined Federal Campaign. For more than four decades, the U.S. government has sponsored the Combined Federal Campaign, the world's largest workplace fundraising drive. Federal employees - civilian, military and postal - are invited to support eligible national and local charities that are approved by the U.S. government. U.S. soldiers on military bases also participate in this program.

Employees choose the groups they wish to support from a list of charities that have submitted applications and been deemed qualified. Each fall, Federal employees are handed a catalogue of the eligible national and local charities. Approximately 1,900 national organizations and 40,000 local organizations qualify for the Campaign annually. Each year more than 1.3 million employees pledge over a quarter billion dollars. Donors may give once or request that a specific amount be withheld from their paychecks

throughout the following calendar year. Employees overwhelmingly select the ongoing payroll deduction program. Over a third of the federal workforce participates in the CFC each year, with the average pledge exceeding \$150.

AFRMC is listed in the Israel Fund Federation group (formerly Tzedakah-Israel), which works for "justice, peace, and charity in Israel." AFRMC obtains contributions on behalf of the Rabin Medical Center so that it may remodel and refurbish its facilities with the most advanced technology and equipment. AFRMC also participates in the Campaign Calendar, an opportunity for states and local governments to follow the lead of the U.S. government by also offering their employees the opportunity to donate to not-for-profit organizations through workplace giving campaigns.

For further information on the American Friends of Rabin Medical Center, call 212.279.2522, email afrmc@afrmc.org or visit www.afrmc.org. ■

BUILDING BRIDGES: NEW AMERICAN-ISRAELI PHYSICIANS GROUP

AFRMC board member Bilha Fish, M.D., is the president of the newly-created American Physician Friends of Rabin Medical Center, an exciting partnership between American doctors and Israel's Rabin Medical Center. This group, part of American Friends of Rabin Medical Center, will bring together American and Israeli doctors at Rabin Medical Center, including Israeli Arab doctors; facilitate the exchange of medical expertise and recent international developments; and promote the well being of the Rabin Medical Center, including the possibility of establishing connections between American donors and the Rabin Medical Center.



(L-R) Eyran Halpern, CEO Rabin Medical Center (RMC); Dr. Bilha Fish, AFRMC Board member visiting RMC; Dr. Maya Cohen, Director of the Imaging Department; Dr. Boaz Tadmor, Director of Beilinson

American Physician Friends will represent Rabin Medical Center at United States events. There will be group trips and missions to the Israel hospital, and it is anticipated that there will be joint seminars and conferences for American Physicians and Rabin Medical Center doctors. The American Physician Friends of Rabin Medical Center will grow into a national organization that will facilitate a strong and mutually beneficial partnership between American and

Israeli physicians from Rabin Medical Center. **Please contact AFRMC for registration forms to join this group and for additional information, at (212) 279-2522, or afrmc@afrmc.org.** ■



(L-R) Edan Shibolet, Michael Shvo, Joshua Plaut, Yoav Oelsner, Oren Heiman



(L-R) NYC Israeli Deputy Consul General Benjamin Krasna and AFRMC Board member Ofer Yardeni

On March 23, 2007 over 200 young professionals from the real estate, finance, and other business sectors gathered at the glamorous SICIS Gallery in Soho, New York to raise awareness for a future integrated Breast Care Center at the Rabin Medical Center.

ENDURING FRIENDSHIP: REMEMBERING SEYMOUR ROSENTHAL

In August 2006, Rabin Medical Center lost a very dear friend and patron with the passing of **Seymour Rosenthal**, who together with his loving wife Lillian, are among the founding members of American Friends of Rabin Medical Center. Seymour's warmth, compassion, and great generosity made a difference in the lives of all those who were privileged to have known him.

In tribute to his enormous contribution to Rabin Medical Center, a special research scholarship in Seymour's name, "The Seymour Rosenthal Prize of Excellence," was presented to Professor Aida Inbal.

Professor Aida Inbal, head of the Unit of Thrombosis and Homeostasis in the Institute of Hematology at Rabin Medical Center, is grateful to be the recipient of this schol-



Seymour Rosenthal

arship, which will enable additional work to be done on an important research project concerning the role of novel prothrombinase, a fibrinogen-like protein (fgl-2), in complications of pregnancy. It is hoped that the results of this research study will confirm the significance of fg12 in pregnancy loss and difficulties and will target fg12 as a potential therapy for the prevention of these complications, thus increasing the chance for a full term healthy baby.

Such a study would have been approved of by Seymour Rosenthal who loved life and would no doubt be grateful for the opportunity to help bring new life into the world. We will always be

thankful to have known Seymour Rosenthal and will forever value his friendship and devotion to our medical facility. ■

WHAT'S UP DOC?

YOUR VITALSIGNS

Q: My father and grandfather both suffer from high blood pressure. What I can do to avoid getting high blood pressure in the future? Israel Katz, age 48

A: High blood pressure is often called the "silent killer." Early warning signs are few, and despite great advances made in our understanding of the disease and its complications, its timely detection is still out of reach. However, there are many measures for prevention of high blood pressure, including avoidance of salty foods (a known cause of high blood pressure), keeping your weight down; and eating a healthy diet, including vegetables, low fat foods and protein. Exercise is also important, especially cardiovascular exercise, including walking at least 40 minutes 3 times a week and keeping clear of cigarettes to avoid complications from high blood pressure, such as heart attacks. If you suspect you have high blood pressure, see your attending physician immediately as early treatment is vital; and for the majority of patients there are medications available to control this disease.

Dr. Evgeny Berkov, Senior Physician, Internal Medicine A, Rabin Medical Center

Q: As a migraine headache sufferer, I have heard that chocolate, yellow cheese, and red wine trigger headaches, that most often migraines are a psychosomatic disorder, and that deep sleep increases the risk of headaches. Please set me straight? Shelly Datz, Age 49

A: Only a small minority of individuals are sensitive to substances in foods such as chocolate, yellow cheese and red wine, and a number of those sensitive to these foods have migraines regardless of their diet. Migraines are not a psychosomatic disorder. Rather they are apparently a genetic disorder caused by biological factors—not emotional ones. Though some people who carry the gene for migraine do not have any clinical symptoms, and while it is possible that emotional stress serves as a trigger for migraine attacks, it is not the cause of the illness. With regard to deep sleep there is a known connection between the different phases of sleep, even afternoon naps, and headache: the longer the duration of sleep time, the greater the risk of headache, especially in susceptible people. There is no known cure for migraines but during the past few years a wide range of excellent specific medications have become available for the management of severe migraine attacks and also for the prevention of migraines.

Dr. Arie Kuritzky, Deputy Director, Department of Neurology and Director, Headache Unit, Rabin Medical Center

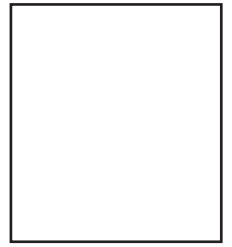
----> Please send us any health questions you would like answered to afrmc@afrmc.org.



AMERICAN FRIENDS OF
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AWARD OF EXCELLENCE



Anne Jackson & Eli Wallach
HOLLYWOOD & BROADWAY LEGENDS

NEW YORK GALA - Sunday, October 28, 2007

Cipriani Wall Street

6:00-9:30 p.m., Dinner & Program

After Party 9:30-12:00 a.m. with Johnny Colon and his Salsa Orchestra

American Friends of Rabin Medical Center looks forward to welcoming you at Cipriani Wall Street.

Reservations: 212-279-2522 or afrmc@afrmc.org