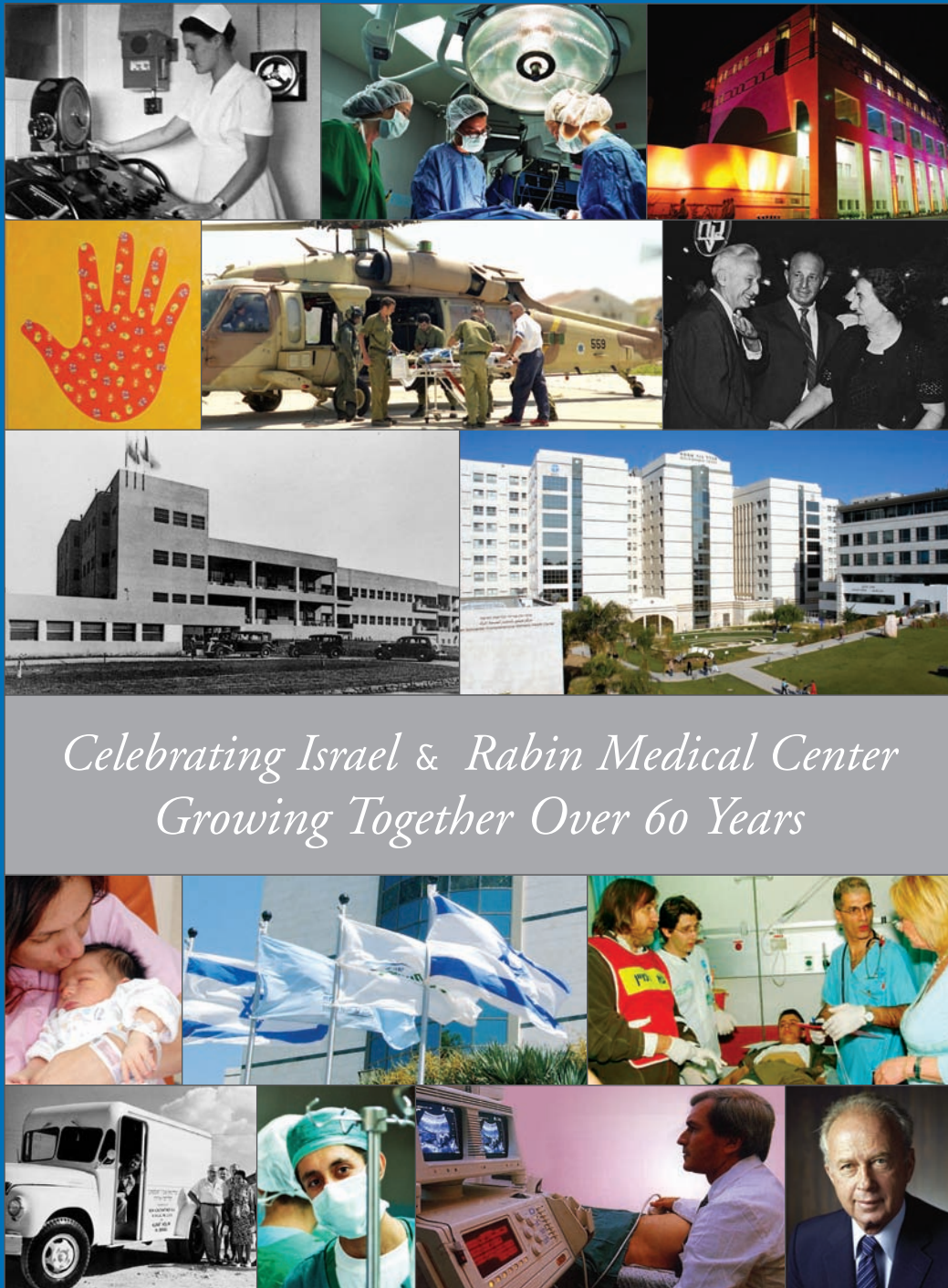


# VITALSIGNS

AMERICAN FRIENDS OF RABIN MEDICAL CENTER

FALL 08 / WINTER 09



*Celebrating Israel & Rabin Medical Center  
Growing Together Over 60 Years*

ISRAELI HUMANITARIAN AID  
GENETIC TESTING: FACT AND FICTION  
SURGERIES IN GAZA  
STRANGE BREW: COFFEE & BLOOD THINNERS  
MIRACLE IN THE DELIVERY ROOM



RABIN MEDICAL CENTER  
ISRAEL'S PREMIER MEDICAL COMPLEX  
PIONEERING HEALTHCARE IN THE 21ST CENTURY

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ON THE COVER: Montage from Rabin Medical Center's photo archives

## YOUR CRUCIAL ROLE



Joshua Eli Plaut

Many American Jews can be counted among Israel's pioneering families, and we are proud that the historical roots of Rabin Medical Center were present before Israel became a state. We are overjoyed to have the good fortune to witness how the pioneers made Israel bloom and to see how Rabin Medical Center has grown to become the premier hospital in Israel. Our association today with American Friends of Rabin Medical Center allows us to continue our historic relationship to help Israel fulfill her dream of being a homeland for Jews the world over. For when they finally arrive, they will receive the best medical attention available anywhere in the world.

Over the past 60 years of Israel's history, Rabin Medical Center has played a crucial role in every crisis and every war. Today, Rabin Medical Center has become a world-class facility providing compassionate medical care and advanced research, a center of excellence, which treats all patients without regard for religion or ethnicity, honoring Yitzhak Rabin's vision of peace, co-existence and regional cooperation. It is thanks to the support of our friends and supporters that Rabin Medical Center and the State of Israel have grown together and we continue to witness the continued extraordinary development of Rabin Medical Center. We look forward to many more years of continuing partnership.

May we go from strength to strength together.

Joshua Eli Plaut, Ph.D.

Executive Director, American Friends of Rabin Medical Center

## AMERICAN FRIENDS OF RABIN MEDICAL CENTER • [www.afrmc.org](http://www.afrmc.org)

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

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## COURAGE UNDER FIRE



Abraham "Barry" E. Cohen

There are individuals who inspire and lend courage, people who live with daily reminders of their vulnerability and still excel beyond imagination: athletes who win races in wheelchairs, survivors of major illnesses, tycoons who rise from unimaginably difficult circumstances and go on to help countless others.

On a broader scale, Israel and its people do the same for us. For sixty years, the people of this small nation have lived with the constant reminder of their own fragility, surrounded by those who seek its demise, as they still do today. And yet, for sixty years, Israel has been a source of intellectual, technological, artistic and agricultural advances that have bettered the world at large and have made this barely visible stretch of land on a map a major force in humanity. As we offer our support, we take pride in the knowledge that we are a part of its growth and its survival.

Rabin Medical Center is a flourishing example of courage under fire and a reminder of the tremendous strength and inspiration that ordinary people have to offer the world. Through war after war and formidable economic, emotional and psychological challenges, this medical institution has served the people of Israel and improved the lives of millions well beyond its borders year after year without fail. Rabin Medical Center and its people are indeed both an example of courage under fire as well as of honor and human dignity.

This Israeli institution, a center of excellence in the entire Mediterranean region, is today one of the most impressive medical institutions in the world and continues to plan for the future. At American Friends of Rabin Medical Center, we will do our part to assist Rabin Medical Center in its mission. Our support is unwavering, our admiration is constant, and our sight is set on the future.

With warmest regards,

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

## A HISTORY OF EXCELLENCE



Dr. Eyran Halpern

More than 70 years ago, before Israel was even officially declared a state, Beilinson and HaSharon Hospitals (today the Rabin Medical Center) were established, marking the beginning of excellent medical care in the Jewish state. Throughout the years, Rabin Medical Center has played a central role in every crisis, every war, and every emergency alert.

In 1948, within hours of Israel's declaration of Statehood, the War of Independence broke out and Beilinson Hospital — then only a one-story building — quickly had to turn the physicians' lounge into an orthopedic ward and a small hut outside the main building into an emergency room. A long series of wars, conflicts, and emergency alerts were to follow, each situation requiring a more advanced level of emergency preparedness. We can proudly say that Rabin Medical Center was always prepared and fully ready to handle the influx of wounded citizens and soldiers. As the first hospital in Israel to establish a department of Neurosurgery and Cardiothoracic Surgery, we have often received large numbers of critically injured from throughout Israel, and have offered renewed hope and saved lives.

Today, Rabin Medical Center is a thriving facility providing superior medical care and advanced research, a pioneer in medicine, that treats all residents of the country, without regard for religion or ethnicity, with close to one million patient visits annually.

Our tremendous development would not have been possible without the support of our friends in Israel and abroad, and the continued realization of our dreams would not be a reality. Now in the midst of building a new world-class Center for Emergency and Trauma, Rabin Medical Center will no doubt continue to excel in its mission to provide the finest medical treatment possible, in times of peace and in times of war.

I truly thank you all for your ongoing efforts and support.

Sincerely,

Dr. Eyran Halpern  
Chief Executive Officer, Rabin Medical Center



## Rabin Medical Center

campus in Petach Tikvah, Israel

To arrange a personalized tour,  
please call (212) 279-2522, or e-mail  
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# RABIN MEDICAL CENTER AND ISRAEL CELEBRATING 60 YEARS TOGETHER



## Rabin Medical Center was first in Israel:

- 1938** – Blood Bank
- 1943** – Pathology Institute
- 1957** – Department of Dermatology
- 1963** – Dialysis Unit
- 1964** – Kidney transplant
- 1968** – Heart transplant
- 1975** – Neonatal Intensive Care Unit
- 1995** – Artificial heart implantation
- 1996** – Live liver transplant
- 2001** – Invasive neuroradiology procedure
- 2001** – Robotic heart surgery
- 2005** – Cardiac gene transplantation
- 2007** – Live lung transplantation from two donors

**T**he story of Rabin Medical Center is the grand story of Israel, of the sacrifices made by men and women daring to create a Jewish State where Jews could finally feel safe from 2000 years of anti-Semitism, Holocaust, and oppression. At every step of the way, the brave men and women of Israel gave their lives to defend the Promised Land. At every major historical juncture, Rabin Medical Center's staff has been there to heal and comfort Jews who flocked from all over the world to contribute to the survival of a fledgling state.

When the State of Israel was founded in 1948, Beilinson and HaSharon Hospitals (which eventually merged in 1996 to form Rabin Medical Center) were already operating under the British Mandate. So when Israelis, many of whom were Holocaust survivors, found themselves under attack by Arab countries, Rabin Medical Center was ready to receive the wounded and the sick.

Israel and the then three-story Beilinson Hospital received its first test during the War of Independence when surrounding Arab countries refused to accept Israel's independence.

**Moshe Levy was only 18**, a member of the Etzel Group, when he was injured: "I was a unit commander, and I was shot while trying to help one of the wounded. The bullet went through my lungs and then through my spine. I couldn't move my arms or legs and was taken to Beilinson Hospital where **Prof. Ashkenazi**, a well-known neurosurgeon who had flown in from Romania, operated on me. There was no proper anesthesia and the surgery lasted five hours. Later my mother, who was Romanian, spoke with the doctor and understood that a great surgeon had saved my life." Prof

Ashkenazi later immigrated to Israel and joined Rabin Medical Center as the Head of the Neurosurgery Department.

**In 1956**, Beilinson Hospital had barely completed its new seven-story building, when preparations began for the Sinai Campaign, a response to threats by Egypt to close the Suez Canal and the Tiran Straits. The lobby of the new building was turned into an ER.

**Nachum Gamadi is 70 years old today**: "I was only 19 years old when the Sinai Campaign began. Our task was to push the Egyptians back from the military post of Rafah. I was shot by an Egyptian soldier while lying in the trenches. The bullet went into my hip and through my stomach; I couldn't feel my legs. When we realized that the bullet was still inside me and that I was suffering from severe internal injuries and blood poisoning, I was transferred to Beilinson Hospital where I underwent 30-40 surgeries. I was treated by wonderful doctors and will never forget the nurses who nursed me back to health. I owe them all my life."

**In 1967**, with the winds of war blowing, emergency preparations began, and wards were sealed off. The Six Day War was the first war that would include massive air attacks and bombings, and the possibility of chemical warfare. The late **Yitzhak Rabin** was then the Israeli Army Chief of Staff and his wife **Leah**, who many years later after his assassination would give his name to the hospital, came every night to visit the wounded and lift their spirits.

**On Yom Kippur, in October 1973**, as Israelis prayed in synagogues throughout the country on the holiest day of the Jewish year, Egypt and Syria attacked Israel and the bloodiest war Israel had

ever experienced began. As a shocked nation stood by, Beilinson Hospital, with no time to prepare, began to treat the endless barrage of wounded who kept on coming. Ninety percent of the hospital's physicians were called to the front lines, and those who stayed in the hospital worked around the clock, under enormous pressure.

**Sonya Tunic**, a Holocaust survivor, immigrated to Israel and studied nursing at the Dina School of Nursing. She lived on the hospital grounds with her family for 8 years. "During the Yom Kippur War I was assigned to the Plastic and Reconstructive Surgery Department, which was overcrowded with wounded soldiers at all times, some with very severe burns. I remember one case of a soldier whose face was so badly burned that he fainted the first time he saw himself; but with proper treatment and psychological help he survived."

**Almost ten years later**, tension with Lebanon, which led to the first Lebanon War in 1982, resulted in constant bombardment and infiltration. A group of orthopedic surgeons from the hospital set up an orthopedic clinic in the town of Kiryat Shmona on the Northern border, and traveled there on weekends to treat the wounded.

**The events of the 1990s**, including Iraq's threats to attack Israel with chemical and biological weapons, raised the need for advanced trauma response. In 1998 a national Level One Trauma Center was established at Rabin Medical Center, one of only six in the entire country. The Trauma Unit is capable of treating large numbers of multi-injured patients—both adults and children.

**A new type of warfare**—terrorism and suicide bombings—gripped Israel at the turn of the 21st century. Fear overtook the country and Rabin Medical Center played an important role in healing the wounded and in comforting the grieving as a result of the Intifada.

**Hani Abramov**, a 19 year old young woman soldier, was riding in a jeep with two male army colleagues patrolling "the Green Line," the dangerous border that separates Israel from the Palestinian West Bank. Thinking they were enjoying a peaceful interlude, the group had left their helmets and Kevlar flak jackets behind. Then, suddenly, a car with four men inside sped up and overtook the jeep. A bullet hit Hani's right leg. Then a second bullet slammed into her face and knocked her out of the jeep. Doctors later told her she was actually lucky as the bullet missed her brain by a centimeter. After 25 days in the hospital, Hani went home but has since returned an endless number of times for reconstructive surgery, and still has to undergo additional surgery. Hani, always optimistic, has since completed her army service and is now trying to lead a normal life.

**The Second Lebanon War** began in the summer of 2006 when three Israeli soldiers were kidnapped behind enemy lines and Katyusha rockets were fired continuously on innocent citizens in the North of Israel. Rabin Medical Center, only 40 minutes from Haifa, a city that endured heavy rocket fire, went on high alert. The hospital provided medical care to many soldiers and to numerous residents of the North who came to seek shelter in the center of Israel.

*Rabin Medical Center's mandate goes beyond treating Israel's citizens. Their mission of "humanity without borders" extends to regional and international humanitarian needs. Rabin Medical Center was among the first facilities to provide help for radiation victims of the 1986 Chernobyl accident. Dozens of children were flown in from Russia for weeks and months of treatment at the Department of Pediatric Hematology and Oncology.*

*Throughout the country's history, through peaceful times and during the many wars, Rabin Medical Center has been and continues to be a leader in transplantation, cardiology, cardiothoracic surgery, neurology, neurosurgery, urology, gastroenterology, and liver diseases. Its Cancer Center, advanced Genetic Institute, Women's Hospital, and National Level One Trauma Center are world renowned.*

### Rabin Medical Center Needs Your Help

*Rabin Medical Center cannot rest on its achievements. We are now in the process of establishing a new and unique Emergency Center, The Jusidman Center for Emergency Medicine and Trauma, a 53,820 square feet complex that will provide superior emergency care to approximately 150,000 visitors per year. There are many other vital projects that need your support. Please contact us at [afrmc@afrmc.org](mailto:afrmc@afrmc.org) or at (212) 279-2522.*

We presently seek funding for advanced up-to-date medical equipment for the Rabin Medical Center.

**\$2,000 for Pulse Oximeters** that measures the oxygen saturation of a patient's blood and changes in blood volume in the skin.

**\$13,000 for Emergency Department Monitors** which provide for a wide-ranging clear-cut picture of the patient's vital signs to ensure quick diagnosis and lifesaving treatment.

**\$30,000 for the Intensive Care Unit Prisma CRRT System** to be used by the patient's hospital bed for continuous renal replacement therapy.

**\$85,000 for Mobile Ultrasound** that will be used throughout the hospital for emergency imaging of critically ill patients.

**\$90,000 for a Scheimpflug Camera for Cornea Scanning** provides real-time images of the entire cornea with unprecedented clarity and precision, especially during surgery.

**\$225,000 for Olympus EVIS EXERA II Endoscopic System** a highly advanced gastroscope and colonoscopy tool for early critical detection and evaluation.

## ETAN AND ALISA FLATOW: A BROTHER AFFIRMS HIS SISTER'S LIFE



L-R: Rosalyn Flatow, Etan Flatow, and Stephen Flatow



Alisa Flatow of blessed memory

**E**tan Flatow's life changed forever on April 9, 1995, just before his 12th birthday. That day an Islamic suicide bomber drove a van loaded with explosives into a public bus, killing his 20-year-old sister **Alisa** and seven Israeli soldiers who were commuting to the former Jewish settlement of Kfar Darom in Gaza, where she was volunteering teaching children. Alisa was a Brandeis University junior when she took a semester off to study at the Jerusalem seminary Nishmat. She fell in love with Israel, volunteered extensively, and was considering aliyah.

From that night on, Etan was the brother of a victim of a terrorist attack in Israel, the first American tourist killed in a suicide bombing. Two thousand mourners came to her funeral at Ahavas Achim B'nai Jacob and David in West Orange, New Jersey, and there was a tremendous outpouring of sympathy from the entire community. Since then, Alisa Flatow's name has remained in the public eye, in large part due to a memorial scholarship for study in Israel established in her name by her parents, **Rosalyn and Stephen Flatow**, and their family and a long and finally successful lawsuit against Iran won by Stephen Flatow, an attorney and Treasurer and Secretary of the American Friends of Rabin Medical Center's Executive Board. Stephen Flatow is also a former chair of the Community Relations Committee of United Jewish Communities of MetroWest New Jersey.

The **Alisa Flatow Memorial Scholarship Fund** has allocated 150 Israel study scholarships over the past 13 years, which makes Stephen Flatow proud. The Fund is administered through the Jewish Community Foundation of MetroWest, New Jersey. Stephen, who fought legal battles on his daughter's behalf in courtrooms, said that he envied Etan, who has the opportunity to fight for Israel in a different way.

Alisa Flatow continues to be a constant inspiration to her brother, Etan said. "What happened to my sister makes me have a stronger connection to the state and the army. Everyone in my family tries to do the best we can to memorialize Alisa. I try to be the best that I can be."

In 2002, after studies at the Joseph Kushner Hebrew Academy and the Frisch School in New Jersey, Etan came to Israel and lived on Kibbutz Sdei Eliyahu for six months. Later, following his studies at Queens College in New York, in 2005 Etan returned to

Jerusalem briefly and decided he wanted to live in Israel. He remembers going to the Kotel (Wailing Wall), and crying because he knew this was the last place his sister had prayed before she died. He came back permanently a few months after that and later made aliya (immigrated to Israel). He received his military draft notice in August 2007, and he joined the Israel Defense Forces in May 2008. Etan is presently stationed in

Northern Israel for basic training and intensive Hebrew language courses. Etan wanted to serve as a shooting instructor, because he has been shooting at target ranges with his father since his teens, but the army has not yet decided where he will serve his six-month service and later mandatory reserve duty. He is enjoying his military service, and said he would not mind extending his tour of duty.

Even in the first few days of grief after Alisa's death, the family was determined to find something life-affirming in Alisa's death: Her heart was successfully transplanted to a 56-year-old man who had been waiting more than a year; her liver was donated to a 23 year-old-man, and her lungs, pancreas, and kidneys went to four different recipients. Her corneas were donated to an eye bank.

Stephen Flatow and his family were introduced to what was then Beilinson Medical Center (now Rabin Medical Center in Petach Tikvah) from the news that Alisa's heart had been successfully transplanted at the hospital. The recipient, **Yaakov Salinas**, lived nearby in Kfar Saba. The transplant went so well that Salinas was able to attend his grandson's brit (circumcision) soon after release from the hospital. A short while later, Rosalyn and Stephen Flatow were visited at home by **Dr. Dan Oppenheim**, who told them that the hospital's heart transplant recovery unit was going to be dedicated in Alisa's memory.

Stephen Flatow said: "Our introduction to Rabin Medical Center, a hospital we had never known about, was transforming. A visit in September 1995 convinced us of the need for Americans to support Israeli medical institutions. It's something we have been doing since that time and we continue to urge our friends and relatives to join us."

American Friends of Rabin Medical Center is proud that Stephen Flatow and his family support Rabin Medical Center and its outstanding facilities, which have served the state of Israel for over 60 years. ■

Gil Hoffman is a correspondent for the New Jersey Jewish News ([www.njewishnews.com](http://www.njewishnews.com)), where a version of this article was originally published.



## GENETIC TESTING: FACT AND FICTION

One of the major roles of genetic testing in today's modern world is to provide a simple and easy method of diagnosing genetic diseases in order to save lives, according to **Prof. Mordechai Shohat**, head of the Raphael Recanati Genetics Institute at Rabin Medical Center. Over the past 20 years, amazing new techniques have developed that enable scientists to learn about how genes work and how genes are linked to disease. Tests for gene mutations make it possible not only to detect diseases already clinically apparent, but also, in certain situations, to predict diseases yet to come.

The department of genetic testing at the Raphael Recanati Genetics Institute at Rabin Medical Center is active in several areas:

**Discovering diseases:** Prof. Shohat believes that genetic testing to detect disease or the possibility of a disease should only be done when the information can save lives. With regard to breast and ovarian cancer, a woman who is found to carry a mutation in one of these specific genes has a 40% chance of developing ovarian cancer



Prof. Mordechai Shohat

and an 80% chance of developing breast cancer. One in every 30 women carries this gene. Follow-up studies of women aged 45-50 for a period of 5 years found conclusively that those who had a mutation in one of these genes and had their ovaries removed survived, while 35% of those who went untreated died. It is, therefore, highly recommended that women with a family history of these cancers have the genetic test from the age of 35.

**Prenatal diagnosis:** To help determine if a fetus has any abnormalities that may be an indication of the presence of genetic diseases such as Down Syndrome, heart malformations and brain malformations, and to provide screenings for carriers of common genetic diseases such as Cystic Fibrosis and Tay-Sachs disease. Prof. Shohat: "We perform predictive genetic tests, which can detect the one out of every 120 couples where both the husband and wife are carriers of genetic diseases, and are therefore at high risk of having a child afflicted with a severe disease. We utilize a revolutionary computer program called the 'Genometer.' This program provides couples with a list of recommended tests based on family background and the couple's ethnic origins."

**The Genetic Counseling Service** at the Raphael Recanati Genetics Institute takes into account the parameters of each individual case, mapping out all the options in order to make a wise and educated decision for a better quality of life with less suffering and pain, as well as for saving lives. ■

## MIRACLE IN THE DELIVERY ROOM

As **Smadar Alon** prepares to celebrate her daughter's first birthday, she cannot help but remember how they both almost lost their lives.

Only a day before she was scheduled to have a C-section, Smadar arrived at the Emergency Room suffering from severe abdominal pain. She was quickly hooked up to a fetal heart monitor, which only detected a very weak fetal heart beat, a disturbing and extremely dangerous situation at this stage of pregnancy. **Dr. Yoav Peled**, a senior gynecologist at the Helen Schneider Hospital for Women at Rabin Medical Center, was on call and rushed her to the Operating Room.

Dr. Peled performed an ultrasound that showed that the fetus was not in the usual position. It was clear that every second was critical, and so Dr. Peled and an operating room team performed an emergency C-section. When Dr. Peled performed surgery, he found the uterus completely ruptured and was shocked not to see a fetus. He began searching further



Smadar Alon with her baby daughter and Dr. Yoav Peled

and finally located the baby below Smadar's diaphragm. After giving the baby to the attending pediatric team, he continued to treat Smadar, who was in danger of bleeding to death.

The baby, who had been in extreme distress, slowly began to recover and was placed in the Intensive Care Unit for monitoring. Smadar began to recover as well,

not yet realizing that a real miracle had occurred.

**Dr. Marek Glezerman**, head of the Helen Schneider Hospital for Women at Rabin Medical Center, explained the gravity of the situation: "It is extremely rare when a woman arrives at the hospital with a ruptured uterus and goes home with a baby. Few such instances have occurred worldwide, and these have been documented in medical journals. But it is even more amazing when the woman goes home with a baby who shows no signs of any cognitive and motor impairment. We are really speaking of an extraordinary case, and a decision was made to watch the baby's development for a year before reporting this true miracle of life. I am happy to report that now a year later the beautiful baby, named Yael, is developing normally." There is no doubt that the lives of **Yael** and her mother Smadar were saved due to rapid diagnosis of the severity of the situation and the immediate treatment by Dr. Peled and the attending staff. ■

## HEART SURGERIES TELEVISED GLOBALLY



Washington D.C. Cardiology Conference

The prestigious Division of Cardiology at Rabin Medical Center, headed by **Prof. Alexander Battler**, is the leading facility for heart patients in Israel. Its Institute of Interventional Cardiology, directed by the renowned **Prof. Ran Kornowski**, together with the Catheterization Unit at Schneider Children's Medical Center of Israel, presented three catheterization procedures by live broadcast to participants at the world's largest and most prestigious interventional cardiology conference in Washington D.C. The conference was attended by more than 10,000 cardiologists. The three procedures involved both adult and pediatric cardiology, and Prof. Ran Kornowski said that the Israeli team demonstrated for the first time ever

complex catheterization procedures that are among the most advanced in the world, including a new generation modular coated stent and a virtual imaging technique utilized in Rabin Medical Center's Catheterization Laboratory. One procedure performed was a catheterization to open a blocked artery, utilizing new virtual catheterization technology (Angio CT) and a novel drug-eluting stent, "Endeavour Resolute", developed in Israel.

Rabin Medical Center and Schneider Children's Medical Center are both part of Clalit Health Services, share the same campus and cooperate closely. Together they perform over 5,000 catheterization procedures annually, which is the largest number in any medical center in Israel today. ■

## STRANGE BREW: CAFFEINE AND BLOOD THINNERS?

What happens when caffeine and Plavix (a common blood thinning medication used by heart patients) come together? This question was addressed in a research study headed by **Dr. Eli Lev**, head of Thrombosis research at the Cardiology Institute and senior cardiologist at the Interventional Cardiology Institute at Rabin Medical Center, directed by **Professor Ran Kornowski**. The research was conducted during his fellowship at Bayer College of Medicine and The Methodist Hospital in Houston, Texas.

The study tested the effect of administration of large doses of caffeine on platelet inhibition by Plavix, in both healthy volunteers and patients with coronary heart disease. It was discovered that caffeine enhances the anti-platelet



Caffeine researcher Dr. Eli Lev

activity of Plavix. This potential interaction may have clinical implications for patients who take this medication on a long-term basis, such as after placement of coronary stents, and it warrants further investigation. The study was published in the prestigious medical publication *American Heart Journal*. ■

## LOUD SNORERS BEWARE



Loud snoring may be a sign of Sleep Apnea Syndrome, a potentially fatal disease. The most common kind of sleep apnea, Obstructive Sleep Apnea, is a widespread phenomenon. Sleep apnea, meaning cessation of breath, is characterized by repeated episodes of upper airway obstruction that occur during sleep, usually associated with a reduction in blood oxygen saturation. The hallmark of the disorder is excessive daytime sleepiness and compromised quality of life, and other symptoms may include morning headaches, dry mouth, dizziness, frequent nocturnal waking, frequent episodes of obstructed breathing during sleep and of course loud snoring.

The association between Sleep Apnea Syndrome and cardiovascular morbidity has been repeatedly demonstrated since the first studies of apneic patients. The risk of heart failure is 5 to 9 times higher for people suffering from sleep apnea, while middle-aged patients are at a 3 to 5 times higher risk of dying in a car accident by dozing off. Over the years impressive progress has been made in delineating how sleep apnea causes cardiovascular diseases, such as a recent study conducted at Rabin Medical Center by **Dr. Nir Peled**, a pulmonary specialist and expert in sleep disorders at the Pulmonary Institute and a resident in Oncology at the Davidoff Center, and **Professor Mordechai Kramer**, Director of the Pulmonary Institute.

This study found that people who suffered from sleep apnea had thicker blood flow that is indeed associated with cardiovascular diseases. There is a wide spectrum of treatments available to treat sleep apnea, including weight loss, dental appliances, surgery, wearing a mask-like device during sleep that supplies pressurized air (CPAP) and medications. It is important to note that proper treatment is effective in returning blood flow to normal functioning and reducing the risk of cardiovascular complications and death. ■



## ISRAEL'S LONG TRADITION OF HUMANITARIAN AID IN MEDICINE

Israel's Rabin Medical Center of Petach Tikvah treats victims of terror and war, accidents and catastrophes, whether they are Jews, Arabs, Israelis or foreigners. The hospital has always been committed to national and international humanitarian needs, providing medical expertise and lifesaving care around the globe. Rabin Medical Center played an important role in caring for immigrants from the former Soviet Union and Ethiopia, for example, many of whom came directly from the airport to the hospital for medical assistance.

In 1986, the city of Chernobyl in the former Soviet Union experienced the most severe nuclear leak in history. Our hospital was one of the first to offer help to radiation victims. A large group of afflicted children came to Israel to be treated at our facilities.

The Palestinian Authority assumed responsibility for health services in the West Bank and Gaza under the 1994 Israeli-Palestinian peace accords, but tertiary care remains virtually non-existent in Gaza, and many Palestinians seek medical treatment in Israel. According to the World Health Organization (WHO), in 2007 more than 7,000 Palestinians received medical treatment in Israel, a 50% increase from 2006.

As a premier hospital providing vital lifesaving medical services, medical treatment is provided to the Palestinian population whenever it is requested. The following case, describing one little boy's fight for life and the hospital's role in this fight, reflects Rabin Medical Center of Petach Tikvah's tradition of humanitarian medical care. ■

### A PLEA FOR HELP: CHILD RECEIVES LUNG TRANSPLANT



Doctors with Abu Chadaid Nabil

**Abu Chadaid Nabil**, an 11 year old Arab boy from Khan Yunes, in the Gaza Strip, underwent a lung transplant at Rabin Medical Center in April 2008. Abu Chadaid had suffered from end stage bronchiectasis since early childhood, a lung disease very similar to cystic fibrosis, and his condition deteriorated very quickly during the short years of his life. He was near death when a matching lung was found.

Rabin Medical Center is the only medical facility in Israel which performs lung transplantations, and Abu Chadaid was rushed to the hospital where a successful transplant was performed. Abu Chadaid Nabil

continues to be under the care of the dedicated staff of the Institute of Pulmonary Medicine at Rabin Medical Center of Petach Tikvah, with special supervision from **Professor Mordechai Kramer**. Following the transplant the little boy has returned home, but unfortunately conditions in Gaza are not optimal for his recuperation. His family is very poor and do not have medical insurance to cover the costs of necessary lifesaving medications and extensive regular medical tests. His condition will deteriorate if he does not receive the appropriate anti-rejection and anti-infection medications on a regular basis.

Rabin Medical Center perceives it as part of its commitment to Abu Chadaid Nabil, whose life we have saved, to do its utmost to ensure that he continues to live and flourish. Therefore, we are seeking the funds necessary to purchase the expensive medications necessary for his survival and continued welfare.

**Please donate today to save this young child's life. We are looking for any level of donation to help this young child survive and thrive. Please contact American Friends of Rabin Medical Center at [afrmc@afrmc.org](mailto:afrmc@afrmc.org), or call (212) 279-2522.**

## MEDICINE CAN BRING WARRING SIDES TOGETHER: ISRAELI PHYSICIANS PERFORM SURGERIES IN GAZA

**Dr. Mustafa Yassin**, an orthopedist from the Rabin Medical Center, and **Dr. Kassis Shukri**, a plastic surgeon from Ziv Medical Center in Safed, worked for two and a half intensive days with a Palestinian medical team at Shifa Hospital, Gaza's main medical facility. They were able to obtain special entry permits into the Gaza Strip for their mission. Their medical aid was sponsored by the Physicians for Human Rights organization in Israel, and Operation Smile, an American organization which operates 30 medical centers around the world.

Dr. Shukri coordinates Operation Smile's Israeli activities. He had been on a previous mission to Gaza, and he noted that presently the medical situation is even worse, due to very old

equipment and lack of updated technology at the Gaza medical center. He stated that in the entire Gaza area there is only one plastic surgeon serving hundreds of cases every month.

During their time working at Shifa Hospital, Dr. Shukri treated over 30 children ranging from two months to 14 years of age. He performed four complicated surgeries, treating congenital anomalies such as a cleft palate, deformities, and cuts and burns. Most children had life-threatening conditions, having suffered from long-term deformities.

The two doctors aim to continue their work in the Gaza Strip, depending on security conditions and their ability to get entry permits to the Palestinian territories. ■

## GOLF OUTING A SUCCESS



L-R: Yaron Cohen, Stephen Siegel, Gadi Peleg at Quaker Ridge Golf Club

**A**merican Friends of Rabin Medical Center (AFRMC) held its **Second Annual charity Golf Tournament** on May 5, 2008, at the prestigious **Quaker Ridge Golf Club** in Scarsdale, New York, under the outstanding leadership of **Stephen Siegel**, the global chairman of **CB Richard Ellis**, and AFRMC Board President. This springtime outing partially benefited the new Emergency and Trauma Center at the Rabin Medical Center. **Gadi Peleg** chaired the Golf Tournament committee. This event has already become known as an exclusive real estate outing on the charity circuit, attracting major companies and sponsors: **Apollo Management LLP, The Atlantic Group Inc, Bank Leumi USA, Abraham "Barry" Cohen, Yaron Cohen, Belway Electric NYC, Cape Investment Advisers (Gadi Peleg), I. Chera & Sons Foundation, Cushman & Wakefield, David Maurer-Hollaender CBRE, Fisher Brothers, Jacalyn Barlia Florin, Fried Frank Harris Shriver & Jacobson LLP, Glenmont Capital Management, Kenneth Gliedman, Goldman Sachs & Co., Greenberg Traurig (Robert Ivanhoe), Israel Discount Bank, J.T. Magen & Co. Inc., LandAmerica Financial Group Inc., Magid Realty (Larry and Millie Magid), Scott L. Gottlieb & Michael R. Laginestra CBRE, CB Richard Ellis (Stephen Siegel), S&H Equities (Serge Hoyda), Studley, Arlene Strelitz, Stonehenge Partners Inc. (Ofar Yardeni), Taconic Investment Partners LLC, The Schoenheimer Foundation, The Switzer Group, Vested Title (Stephen Flatow), York International Agency.**

This year's event was a great fundraising success. Please mark your calendars for the next annual Golf Tournament, scheduled for Monday, May 4, 2009. ■

## WALL STREET CELEBRATES ISRAEL AT 60



AFRMC's Wall Street, High Tech and Life Sciences activists

**O**n June 25, 2008, American Friends of Rabin Medical Center held the first event of a newly-formed group, **Wall Street, High Tech and Life Sciences industries (WHALE)**, to benefit the new Emergency and Trauma Center at Rabin Medical Center. This networking event on Wall Street had the theme of "Wall Street Celebrates Israel at 60." About 125 guests enjoyed the evening. There was elegant organic Israeli cuisine, and an Israeli and jazz music ensemble. Israeli Consul General **Asaf Shariv** graced the event with his presence, speaking about Israel's achievements after 60 years, followed by a fascinating presentation by **Annaline Dinkelman**, a Wall Street historian, on the history of Jews on Wall Street.

**Robert Hunter**, Chairman of New York Downtown Hospital and a well-known financial services figure, spoke eloquently about the development of the Hospital, and noted the similarities with the Rabin Medical Center. A moving video, showcasing the work of the Emergency and Trauma Center at Rabin Medical Center, was shown to the assembled crowd. The evening was capped off by an appearance by New York Police Commissioner **Raymond Kelly**. **Commerce Bank** underwrote and sponsored this event, hosting this high-class evening in a landmark Commerce Bank on Wall Street. The high-powered event committee included individuals from investments banks, Life Sciences companies, from the Israeli trade mission and from various businesses and business forums in New York City and the Tri-State area. ■

## YONA GOLDBERG: AFRMC'S NEW PRESENCE IN CALIFORNIA AND GREATER WASHINGTON D.C.

**Yona Goldberg** has joined American Friends of Rabin Medical Center as Director of National Projects. She will focus on Southern and Northern California, as well as the Greater Washington D.C. area. She will reach out to new and existing American friends and foundations to increase their interest in and support for the Rabin Medical Center in Petach Tikvah, Israel.

Born and educated in South Africa, Yona Goldberg and her husband David spent several years in Israel before settling in Washington D.C. in 1971. Yona is a past National Chairman and President of the Women's Division of the United Jewish Appeal, and has served for several years as a member of the United Jewish Appeal and United Jewish Communities Board of Trustees as a full-time volunteer. She has held numerous positions and served in various capacities on the Boards of HIAS, American Jewish Joint Distribution Committee, Jewish Agency for Israel, National Conference of Soviet Jewry, the Washington D.C. Federation and the Los Angeles Federation, to name a few. As a professional, she has served as the Director of Development for the American Friends of Beth Hatefutsoth and as the Executive Director of The Jerusalem Women's Seminar. American Friends of Rabin Medical Center is proud to welcome Yona Goldberg to our organization. **Yona can be reached at [yona@afrcm.org](mailto:yona@afrcm.org) or (818) 469-6200.**

## RESCUE AT 30,000 FEET



Dr. Jihad Bishara

Is there a doctor in the house—or in this case, on the airplane? Those words were heard by **Dr. Jihad Bishara**, Head of the Infectious Diseases Unit at Rabin Medical Center, while on a flight home to Israel after attending a medical conference in the USA. Heeding the call for assistance, he found a group of very anxious American tourists huddled around one of their friends, a woman

lying unconscious on the floor. Quickly checking her vital signs, Dr. Bishara found a weak pulse and low blood pressure. He hooked her up to an IV (which the airplane luckily had on board) and began an infusion of liquids. The woman slowly began to recover, but continued to feel faint throughout the flight, apparently as a result of a new beta blocker pill she had begun taking several days earlier. Dr. Bishara stayed by her side throughout, giving her liquid nourishment including coffee and brandy (he needed a glass as well). The woman got off the plane feeling a little stronger, and was very lucky that Dr. Bishara had been on her flight. ■

## GEORGIAN CASUALTIES TREATED



Dr. Michael Stein with one of the wounded

At the request of Israeli Knesset member **Avraham Michaeli**, who immigrated to Israel from Georgia in the former Soviet Union in 1957 and heads the Committee for Humanitarian Aid, three people wounded in the war in Georgia were flown to Israel and brought to Rabin Medical Center for treatment. All three patients were injured

by gunfire and suffer from shrapnel wounds. After arriving at the hospital, the wounded were assessed by the Trauma Team, headed by **Dr. Michael Stein**. The victims will all need to undergo surgery and rehabilitation.

It is not by chance that the victims were brought to Rabin Medical Center. Since its establishment over 70 years ago, the hospital has always provided humanitarian assistance and is known for its superior level of medical care, its experience in treating victims of war and disaster and its exceptional National Level One Trauma Center. ■

## WHAT'S UP DOC?

## YOUR VITAL SIGNS

### WHAT ARE THE BENEFITS OF CITRUS FRUITS?

*Vital Signs* spoke with **Chagit Hirsch Lustigman, Clinical Dietician, Rabin Medical Center**

Winter is approaching and citrus fruits will soon replace summer's peaches and plums. Citrus fruits have long been valued as part of a healthful and nutritious diet. Here are some suggestions on how to get the most out of citrus fruits.

- Don't just drink the juice: Eat the entire fruit. That way you'll also get the advantage of the fruit's dietary fiber and all its vitamins.
- The nutritional fiber in citrus fruits helps to control bowel movements and gives you a feeling of satiety. In addition, it helps lower the level of cholesterol in the bloodstream, and also lowers blood glucose levels. Eating citrus fruit fiber has also been associated with a lower risk of gastrointestinal cancer.
- Another reason for consuming citrus fruits is their vitamin C content. Vitamin C is an anti-oxidation agent, which is protective against free radicals that are created by polluted air, smoking, radiation, and ultraviolet rays. Free oxygen radicals damage healthy cells and raise the risk of infection, and they accelerate aging and the progress of cancer.
- It is a good idea to drink citrus fruit while eating meat, legumes and other foods containing iron, because the vitamin C in the fruit assists in absorption of both iron and calcium.
- People with diabetes and high blood fat levels can also benefit from citrus fruits. It is especially important for them to consume the whole fruit, because the fiber in the fruit slows the absorption of sugar in the bloodstream, whereas drinking the juice alone has the opposite effect.



Please send any of your health questions to [afrmc@afrmc.org](mailto:afrmc@afrmc.org)





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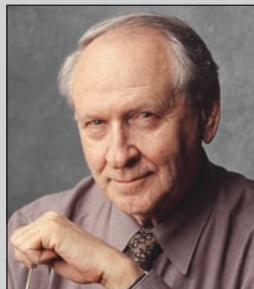
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CNN HOST

SPEAKER



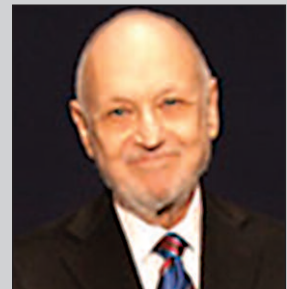
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Safire

HONOREE



Robert J.  
Ivanhoe

AWARD OF EXCELLENCE



Charles Strouse  
BROADWAY LYRICIST AND COMPOSER

NEW YORK GALA Wednesday, November 5, 2008

The Plaza Hotel

6:00 -9:30 p.m. Dinner, Program /Jazz Band

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

American Friends of Rabin Medical Center looks forward to welcoming you at our  
2008 Gala Dinner.