



## PHILADELPHIA INTERNATIONAL MEDICINE

### PHILADELPHIA INTERNATIONAL MEDICINE® NEWS BUREAU

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#### **For immediate release:**

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*Editors note: Research, new techniques and improved facilities by Philadelphia International Medicine hospitals and physicians may lead to new ways to treat some of our most challenging diseases. Below are just some examples from our hospitals.*

#### **Nemours Ranks in Eight of Ten Specialties in US News & World Reports Survey**

Nemours, one of the nation's leading pediatric health systems, which owns and operates the Alfred I. duPont Hospital for Children in Wilmington, DE, has been ranked in eight of the 10 specialties among the best in the nation in the 2011-12 edition of *Best Children's Hospitals*, by *U.S. News & World Report*. The listing is available online now at [www.usnews.com/childrenshospitals](http://www.usnews.com/childrenshospitals). In last year's rankings, the hospital was listed in three out of 10 specialties.

"The results of this year's survey validate our efforts to be a trusted resource for children and families nationwide," said David J. Bailey, MD, MBA, president & CEO, Nemours. "As a relatively newer pediatric hospital, it is quite an achievement overall, and especially in orthopedics, where the hospital ranked 7<sup>th</sup> in the nation. The rankings of the Alfred I. duPont Hospital for Children provide just one indication of the quality of the medical services provided to their patients. Other quality and safety information, such as readmission rates and surgical infection rates, are available on the duPont website, [www.nemours.org/whychooseus](http://www.nemours.org/whychooseus)," said Leonard Karp, president and CEO of Philadelphia International Medicine.

The new rankings recognize the top 50 children's hospitals in 10 specialties: cancer, cardiology and heart surgery, diabetes and endocrinology, gastroenterology, neonatology, nephrology, neurology and neurosurgery, orthopedics, pulmonology, and urology. To create the 2011-12 rankings, *U.S. News*

surveyed nearly 180 pediatric centers to obtain clinical data and asked 1,500 doctors in 10 pediatric specialties where they would send the sickest children. In all, 76 hospitals ranked in one or more specialties.

Nemours/Alfred I. duPont Hospital ranked in eight of the 10 specialties which include:

- Orthopedics
- Gastroenterology
- Pulmonology
- Urology
- Cardiology and Heart Surgery
- Neonatology
- Nephrology
- Diabetes and Endocrinology

### **New Multidisciplinary Center at Thomas Jefferson University Hospital Takes Innovative Approach to Vision Research**

A new vision research center based in Philadelphia will foster regional, national and global collaborations among a diverse group of exceptional clinicians and researchers working to better diagnose, treat, and prevent visual diseases.

Wills Eye Institute and Thomas Jefferson University announce the creation of the Wills Vision Research Center at Jefferson, representing more than 15 scientific disciplines. The multidisciplinary team approach will draw upon extensive knowledge and outstanding clinical expertise in the fields of ophthalmology, oncology, pathology, neurology, and endocrinology, to name a few.

The new center will be directed by Julia A. Haller, MD, ophthalmologist-in-chief, Wills Eye Institute and professor and chair of the Department of Ophthalmology, Jefferson Medical College, Thomas Jefferson University, and A. Sue Menko, PhD, professor of pathology, anatomy, and cell biology at Jefferson Medical College of Thomas Jefferson University.

“The primary focus of this new initiative is on translational research and studies that will have a major impact on improving vision health,” said Dr. Haller.

Dr. Menko adds: “This new center brings together some of the brightest minds in vision research and clinical care from different, yet complementary, disciplines. Their collaboration, fostered by these two renowned institutions, will only lead to better ways to diagnose and treat vision diseases that affect so many patients today.”

Research projects already in development include: understanding the genetics of congenital abnormalities; preventing neurodegenerative diseases such as age-related macular degeneration and the impact of Parkinson’s on the visual system; new treatments for cancers in the visual system, such as

retinoblastoma and uveal melanoma; the connection between low vision and depression, especially in the elderly; and the effects of diabetes on visual health (diabetic retinopathy).

“A major objective at Thomas Jefferson University over the next several years is to increase our portfolio of programmatic research initiatives,” said Leonard Freedman, PhD, vice dean for research, Jefferson Medical College of Thomas Jefferson University. “The depth and breadth of the Wills Eye/Jefferson Vision Center is exactly the kind of multidisciplinary approach we believe represents the future of biomedical research.”

### **Fox Chase Researchers Find that Aspirin Reduces the Risk of Cancer Recurrence in Some Prostate Cancer Patients**

Some studies have shown that blood-thinning medications, such as aspirin, can reduce biochemical failure—cancer recurrence that is detected by a rising prostate-specific antigen (PSA) level—the risk of metastasis and even death in localized prostate cancer. These studies, although very telling, have all emphasized the need for more data. Now, with researchers at Fox Chase Cancer Center having concluded the largest study on this topic, and there is substantial data suggesting that aspirin improves outcomes in prostate cancer patients who have received radiotherapy.

A team led by Mark Buyyounouski, MD, MS, a radiation oncologist at Fox Chase, examined a database of over 2000 prostate cancer patients who underwent radiotherapy at Fox Chase between 1989 and 2006 and found that aspirin use lowers the risk of cancer recurrence.

The team found that the 761 men who took aspirin at or after the time of radiotherapy were less likely to experience biochemical failure—as indicated by the levels of PSA—than were the 1380 men who didn’t take the drug.

After 10-years from completion of treatment, 31 percent of the men who took aspirin developed recurrence compared with 39 percent of non-aspirin users. There was also a 2 percent improvement in 10-year prostate cancer related survival associated with aspirin use with a trend toward statistical significance. “We know that prostate cancer has a long natural history and 15 years or more may be necessary to detect significant difference in survival,” Dr. Buyyounouski explains. “Longer follow-up is needed, but these results warrant further study.”

The readily available drug could be a promising supplement to radiotherapy in prostate cancer patients, and its beneficial effects may generalize to other types of cancer, Dr. Buyyounouski says. Still, he cautions that “It’s a little premature to say that men need to start taking aspirin if they have a history of prostate cancer.”

The optimal dose, timing, and duration of aspirin therapy, as well as potential side effects are not well understood, Buyyounouski explains. It’s not clear how exactly the aspirin is helping and more

research is needed to investigate this. “Its possible aspirin therapy is making the radiation more effective or preventing the cancer from spreading.”

“Hopefully, these clinical results will provide feedback to laboratory researchers to try to explain the underlying mechanism so that we can better study the clinical effects in targeted populations,” Buyyounouski says.

Co-authors on the study include Tianyu Li, PhD and Eric M. Horwitz, MD from Fox Chase.

**Philadelphia International Medicine** is an organization that provides medical and patient support services to international patients. It also provides continuing medical education and health care training and education to international physicians, administrators and other practitioners. PIM is owned by the Fox Chase Cancer Center, Temple University Hospital, and Thomas Jefferson University Hospital. It holds service agreements with the Alfred I. duPont Hospital for Children, St. Christopher’s Hospital for Children, Kennedy University Hospitals, Wills Eye Institute and Jefferson Home Care Network. As the international department of several Philadelphia-area hospitals, international patients gain access to physicians and hospitals rated among the best in the world through one telephone call. You can reach PIM by calling 1-215-563-4733; fax, 1-215-563-2777; or e-mail, [physicians@philadelphiamedicine.com](mailto:physicians@philadelphiamedicine.com). You can find out more about PIM through its Website at [www.philadelphiamedicine.com](http://www.philadelphiamedicine.com).