SOUTHWESTERN MEDICAL

PERSPECTIVES

SPRING 2013 ◆ A PUBLICATION OF SOUTHWESTERN MEDICAL FOUNDATION

MOVING FORWARD

The science behind the sports

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On the cover:
Ryan Downey, a graduate research assistant under Dr. Jere Mitchell, runs on a state-of-the-art Trackmaster treadmill, which is computer controlled.

In a landmark 1966 study, five male college students were confined to bed for three weeks to determine the cardiovascular de-conditioning effects of inactivity on the human body.

Injuries associated with participation in sports and recreational activities account for 21 percent of all traumatic brain injuries among children in the United States.

Dr. Hunt Batjer has been a major force in the NFL's efforts to raise awareness on concussions, as co-chair of its concussion committee.

Letter from Chairman and President

Dear Friends:

It is a great pleasure to share with you this issue of *Southwestern Medical Perspectives*. You will, no doubt, be inspired by the stories of UT Southwestern Medical Center's important research breakthroughs in the world of exercise and sports.

Before anyone knew exercise was the path to lifelong health, researchers at UT Southwestern had begun the race for answers. Today, our "champions behind the champions" continue to make key discoveries in the field.

These breakthroughs span the gamut from new understandings of how exercise strengthens our hearts and mental health to how it can be just as important as rest when recovering from an illness.

The scientists, clinicians and philanthropists responsible for these advances are featured throughout these pages. As you read of the dedicated and brilliant scientists who are discovering new ways to keep our bodies healthy, you will see excellent examples of the work Southwestern Medical Foundation has supported since its founding in 1939. As chairman and president of Southwestern Medical Foundation, we believe it is important to tell these stories of the outstanding work made possible by generous donors because our mission to support medical research, education and health care has never been more critical. We thank our talented Board of Trustees for enhancing our mission with their wide-ranging experience, knowledge and dedication to the community.

Highlights of the work made possible by donors include the original technology that allowed UT Southwestern scientists to visualize the heart during exercise. Funded in the 1950s as a gift from the O'Donnell Foundation on the advice of a revered member of UT Southwestern's faculty, Dr. Philip O'B. Montgomery Jr., this breakthrough took place in the lab of Dr. Carleton Chapman, whose principal trainee at the time was Dr. Jere Mitchell. These scientists subsequently initiated the longest-running National Institutes of Health-sponsored study in history, which among other breakthrough studies, examined the effects of exercise and bed rest on heart health and fitness. Later, three-time Olympic gold medalist Dr. Peter Snell turned his attention from personal athletic training to the science behind it. Dr. Snell, Dr. Kern Wildenthal and Dr. Gunnar Blomquist, along with Dr. Mitchell, were all early investigators in the Harry S. Moss Heart Center. The Pauline and Adolph Weinberger Laboratories for Cardiopulmonary Research (a gift from Mr. and Mrs. Weinberger in the 1960s) and the Sweetheart Ball Fund (which for more than three decades has received the proceeds from the annual Sweetheart Ball charity gala) also have played important roles in enabling UT Southwestern's cardiology programs to attain international renown.

Now, a new phase of exercise research is being carried out by Dr. Ben Levine, director of the Institute for Exercise and Environmental Medicine. Dr. Levine's groundbreaking research focuses on heart disease, circulation and cardiovascular adaptation during exercise. Studies by Dr. Levine's group have shown that prolonged and sustained endurance training prevents stiffening of the heart during aging.

UT Southwestern's expertise in exercise physiology knows no bounds, as some of its researchers have gone into space to explore the effects of exercise on the heart. NASA's support for research also extended to earth as others, like Dr. Levine, stayed grounded to study how astronauts' hearts react to weightlessness. Basic research on exercise at UT Southwestern has been a major factor in transforming the standard of clinical care for heart attacks. Prior to the medical center's classic study on bed rest and exercise, the standard treatment for heart attack patients was prolonged bed rest. But the UT Southwestern study led to the current practice of having patients become active as soon as possible.

Many may not know that UT Southwestern's orthopaedic sports medicine team tackles athletes of all levels and ages, from the Dallas Stars to students at Greenhill School. Its specialists also serve minor league football's Dallas Defenders, women's football's Dallas Diamonds, and minor league baseball's Grand Prairie AirHogs, as well as the Dallas Black Dance Theater and the World Olympics Gymnastics Academy. In addition, UT Southwestern has unsurpassed expertise in the field of sports-related head trauma and has recently recruited world-renowned surgeon, Dr. Hunt Batjer, as its new chairman of neurological surgery. Dr. Batjer is president of the Neurological Society of America, co-chair of the NFL's Head, Neck, and Spine Committee, and a major force in the NFL's efforts to raise awareness and improve care for sports-related concussions.

Each of the articles you read in this issue of *Perspectives* features a critical race worth winning for our community and our world. We are most proud of the champions in medicine and philanthropy who make it possible for us to do so.

Sincerely,

William T. Solomon
Chairman of the Board
Southwestern Medical Foundation

Kathleen M. Gibson
President
Southwestern Medical Foundation

Building the Future

William P. Clements Jr. University Hospital on target for November 2014 opening.

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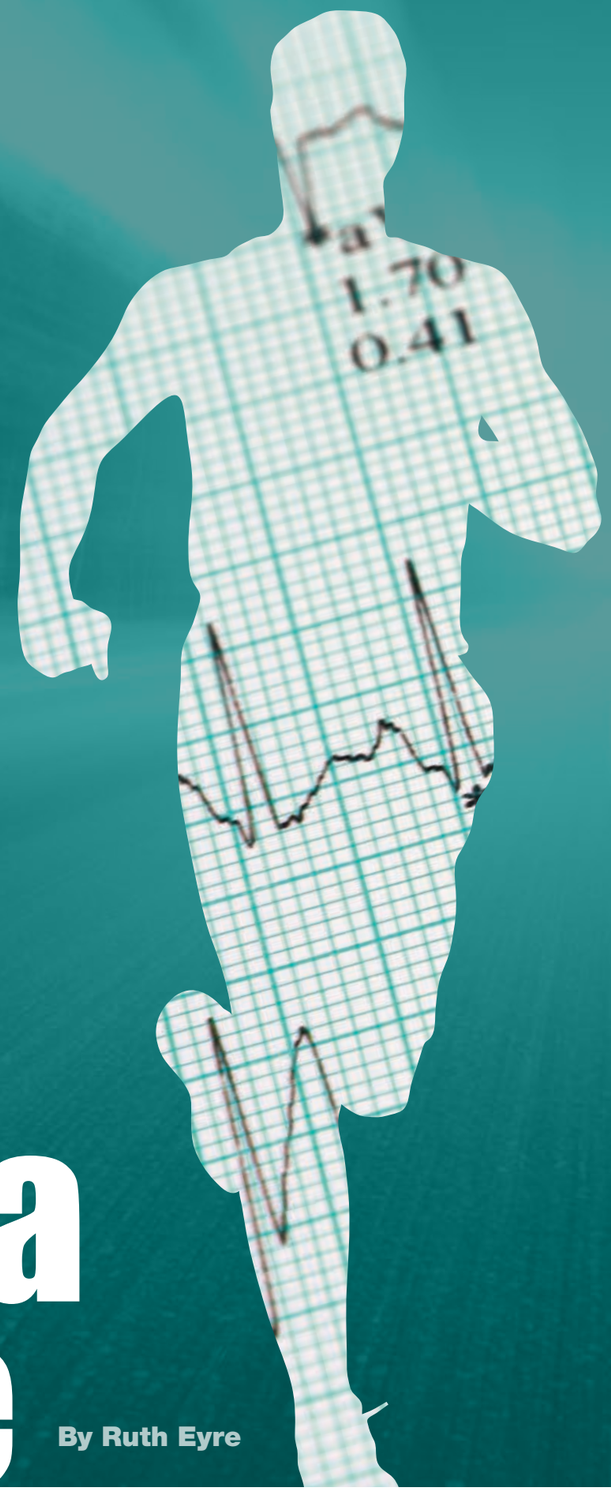
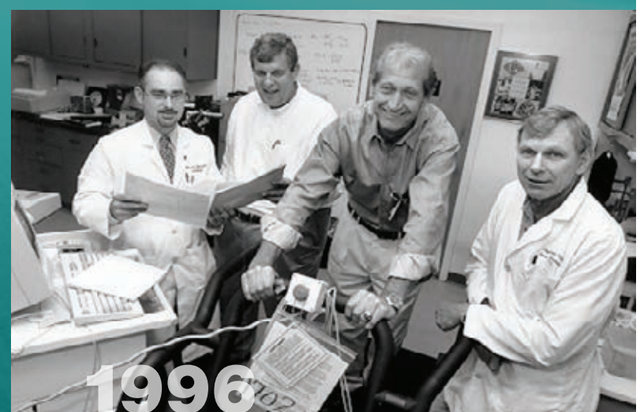
Eadweard Muybridge's studies in motion photography inspired us to create our own time-lapse photographs. Flip through the pages quickly to see our runner sprint into motion in the lower right-hand corner.



The Extra Mile

By Ruth Eyre

Before exercise was considered the path to lifelong health, researchers at UT Southwestern Medical Center had already started the race for answers.



When researchers at UT Southwestern Medical Center first began looking in the 1950s for scientific evidence about the effects of exercise, there was no proof that it benefited mankind or prolonged life and prevented heart disease.

Dr. Carleton Chapman, a pioneer in the field of exercise research, had just been recruited to the young Southwestern Medical School. He and his research team conducted studies using a treadmill in the basement of Parkland Memorial Hospital, little knowing that their work would help lead to huge changes in the way doctors treated and advised patients.

Dr. Jere Mitchell, now an internationally recognized expert on exercise physiology and one of UT Southwestern's early exercise researchers, joined Dr. Chapman in 1956 while on the housestaff at Parkland. The investigators studied the changes in the blood pumped out by the heart (cardiac output) when subjects walked and ran on the treadmill. The research that had its beginnings in Parkland's basement led to international acceptance of maximal oxygen uptake or VO_2max – the highest level of oxygen a person can take in while exercising – as a way to quantify fitness in normal subjects and to evaluate cardiac function in patients with heart disease.

In a landmark 1966 study, five male college students were confined to bed for three weeks to determine the cardiovascular de-conditioning effects of inactivity on the human body. The men returned twice in later decades to see how aging affected their bodies. In 1996, Dr. Darren McGuire (left) and Dr. Peter Snell (far right) re-evaluated two of the original five participants.

Original Dallas Bed Rest and Training study participants in 1966 and, in the same order (left to right), 40 years later in 2006.

As their work continued, the researchers were able to move out of the Parkland basement and into better-equipped quarters at the medical school. Thanks to a gift from Dallasites Adolph and Pauline Weinberger and matching funds from the National Institutes of Health, the two-story Pauline and Adolph Weinberger Laboratories for Cardiopulmonary Research was constructed atop the new Dan Danciger Research Building. Today, research continues within these two floors, where exercise physiologists are helping not only heart patients but also elite athletes.

The UT Southwestern research team later began studying the effects of bed rest and boot-camp-like fitness training on a group of young Dallas area college students. That 1966 study was part of the National Institutes of Health's longest-funded research project on the effects of exercise in humans. Dr. Mitchell became director of the program after Dr. Chapman left in 1967 to become the dean of Dartmouth Medical College.

"We were just doing basic research," said Dr. Mitchell, now clinical professor of internal medicine and physiology and holder of the S. Roger and Carolyn P. Horchow Chair in Cardiac Research. "The question we were asking was: Given a person's genotype, how much can we change the phenotype [the environmental influence on genes] for cardiovascular and pulmonary performance? We wanted to take it to the two extremes, active and inactive. At the time, we were not able to predict how important its implications would be for clinical medicine."

The Longest Running Study

First, the researchers put the students on a treadmill and measured their VO_2max. Then, Dr. Mitchell said, the test subjects spent three weeks in bed at the Weinberger Laboratories. For the following eight weeks, they were immersed in boot-camp-type training sessions. Their VO_2max was tested after each phase of the study.

In the now famous Dallas Bed Rest and Training study, the study's subjects, who were already-fit young athletes, started out with oxygen uptakes that were significantly higher than the individuals in the study who had been sedentary, Dr. Mitchell said. But the oxygen uptake measurements dropped dramatically in all the subjects after bed rest and then increased dramatically in all after the intensive training sessions.

In the years that followed, Dr. Mitchell continued to be a leader in defining the physiologic mechanisms involved in cardiovascular regulation during exercise, and his studies advanced man's knowledge of cardiac function and the neural control of the circulation during exercise in both healthy and diseased individuals. His team stimulated a multitude of investigations by others worldwide and mentored many young investigators who came to UT Southwestern to study exercise science and sports medicine.

Among them was a young doctor named Dr. Kern Wildenthal, who participated in the initial Bed Rest and Training study and who would go on to lead UT Southwestern as its president for 22 years. Three-time Olympic gold medal runner Dr. Peter Snell, who chose to leave his native New Zealand at the age of 34 to attend college and graduate school in the U.S. and pursue a career in sports and exercise medicine, joined in the later phases of the study. A third early team member, Dr. Gunnar Blomquist, became a pioneer and leader in the study of the effects of outer space on the human body after working on the bed rest research. A fourth member of the UT Southwestern group, Dr. Bengt Saltin, returned to his native Sweden after the Bed Rest and Training study was concluded and went on to become Europe's most renowned exercise physiologist.

The subjects in the original 1966 Bed Rest and Training study returned twice in later decades to see how aging affected their bodies. In 1996, Dr. Darren McGuire was the principal investigator on the follow-up study that evaluated the men using modern diagnostic and testing technology. Again, after an exercise program, VO_2max increased in all the subjects.

The follow-up studies showed "three weeks of bed did more damage than 30 years of aging," Dr. Mitchell said. "Fortunately, however, we also found that the negative effects of bed rest – the cardiac deterioration – are reversible with exercise training."

Later, another Texas philanthropist, Harry S. Moss, bequeathed a trust fund to enable UT Southwestern to finance research into the prevention and cure of heart disease. Upon his death in 1970, the Harry S. Moss Heart Center was created, where researchers continue to examine the effects of exercise.

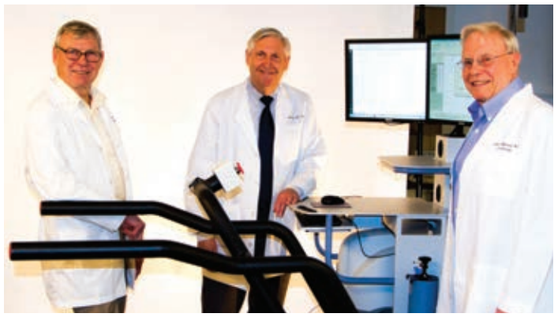
> *The follow-up studies showed "three weeks of bed rest did more damage than 30 years of aging."*
>
> – DR. JERE MITCHELL

Dr. Mitchell's team also has shown how the nervous system controls the heart and blood vessels during exercise. They demonstrated that a reflex from the exercising muscle sends messages to the brain, which regulates the cardiovascular system during exercise.

"Just a few years ago we were able to show that these reflexes play a role in heart failure and in high blood pressure, as well as in normal subjects," Dr. Mitchell added.

Adding to the Team

Dr. Snell, now an adjunct associate professor of internal medicine, through the years has studied the characteristics of elite athletes, the effects of sports drinks, how the capacity for blood flow in muscle is related to cardiovascular performance, and the effects of athletes breathing supplemental oxygen on the sidelines during a game. The oxygen study on Dallas Sidekicks soccer team athletes showed that taking in supplemental oxygen did not lower recovery times for exhausted competitors, he said. He also found that endurance exercise was associated with enhanced maximal muscle blood flow.



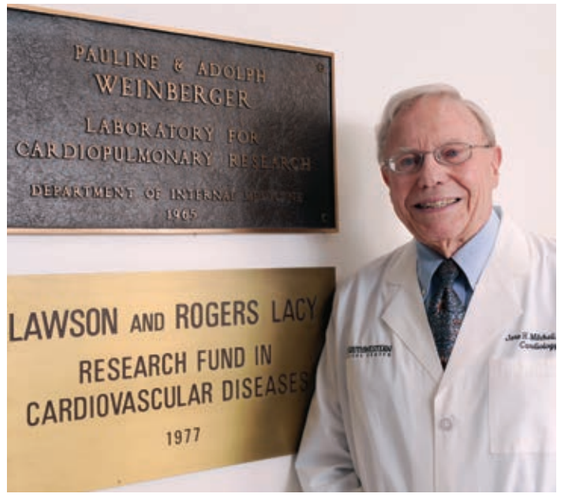
Drs. Peter Snell, Kern Wildenthal and Jere Mitchell

Once travel into outer space became possible in 1961, the university's doctors helped inaugurate the discipline of "space medicine" – the study of astronauts during and after flights outside the Earth's gravitational force. Because bed rest imitates many of the effects of traveling in outer space, it was natural for UT Southwestern physicians to lead the way. Dr. Blomquist (now deceased) led UT Southwestern's first space medicine efforts and initiated its first grant proposals for NASA funding in this field. It is a line of research that continues at UT Southwestern.

"Spaceflight has been kind of an anchor for us – a hook that has gotten us into many other aspects of medicine as well, such as aging research and disorders of the autonomic nervous system," said Dr. Ben Levine, who helped coordinate the two later-phase parts of the Dallas Bed Rest and Training study, as well as participating in the initiation of space medicine at UT Southwestern. He is currently overseeing the largest cardiovascular experiment ever undertaken on the International Space Station.

Dr. Levine is a professor of internal medicine and holder of the Distinguished Professorship in Exercise Sciences. He is also director of the Institute for Exercise and Environmental Medicine (IEEM) – a joint endeavor of Texas Health Presbyterian Hospital Dallas and UT Southwestern – that was established 20 years ago as a place where doctors could explore and define the limits to human functional capacity in health and disease.

Drs. Jere Mitchell, Carleton Chapman and Peter Snell



Dr. Jere Mitchell

Dr. Ben Levine (center) with his colleagues at the Institute for Exercise and Environmental Medicine

Fast Forward to the Future

Seven UT Southwestern faculty members head IEEM laboratories, where studies take place on how the environment and exercise affect the heart, lung, muscles and brain. A large hyperbaric chamber, which increases or decreases air pressure as would occur when descending below sea level in water or ascending to high altitude, is used to treat decompression sickness after flying or diving and carbon monoxide poisoning, as well as other conditions, such as nonhealing wounds that often occur in diabetics.

One of the IEEM's latest initiatives is to address the childhood obesity problem in the U.S., where nearly 20 percent of children between 6 and 11 are obese. Dr. Tony Babb, director of the IEEM's cardiopulmonary laboratory and professor of internal medicine at UT Southwestern, said, "Breathing and exercise limitations have become serious problems for [obese] children, but these challenges are under-recognized and poorly studied." Before turning their focus to children, he and his team had made advances in understanding the mechanisms underlying shortness of breath in obese adults, and they continue to work on finding better treatments.

While serving as director of the IEEM since its inception, Dr. Levine has worked with the U.S. Olympic Committee as well as NASA and the NIH. One Olympic project led to the "live high-train low" program that has shaped athletic training standards worldwide.

Dr. Levine was co-author of a study showing that living at a high altitude and training at sea level provides a 1 percent to 2 percent improvement in the performance of elite athletes – the difference between winning a gold medal and not getting to the finals. He and former UT Southwestern faculty member Dr. James Stray-Gunderson's training program study included more than 100 collegiate and national-caliber runners. After working out at low altitude in Dallas until they reached a base fitness level, the athletes were sent to live and train at various altitude combinations. They found that only the runners who lived at a high altitude but trained at a low altitude improved their performances further. Since the study was published in 1997, the "live high-train low" paradigm has become so widely accepted worldwide that a cottage industry has developed to provide small sleeping chambers and other devices to mimic high-altitude living, Dr. Levine said.

Dr. Levine's team broke new ground by demonstrating that one of the key attributes of the hearts of elite athletes is that they are extremely flexible and compliant, which allows large volumes of blood to be pumped to the muscles during high-intensity exercise. Conversely, such hearts also empty quickly when standing still, which puts elite athletes at risk of fainting, similar to astronauts who have been in space for a prolonged period of time. This understanding has led Dr. Levine to investigate the extraordinary adaptive capacity of the heart when going from prolonged bed rest to long-term intense endurance training and to examine how it affects both exercise capacity and cardiovascular control.

> *"The four-to-five day a week 'committed' exercisers got almost, but not quite, as much benefit in terms of heart and vascular compliance as Master athletes do out of their training."*
>
> – DR. BEN LEVINE

"We showed that during bed rest the heart shrinks about 1 percent a week, and then during training, the heart may increase in size by up to 25 percent within a year. So more than one-third of the heart's muscle mass is plastic and responsive to physical activity," he said.

When exercise training occurs over a lifetime, such as in elite Master athletes, Dr. Levine's team has been able to show that such senior athletes (over the age of 40), who train six to seven days per week and participate in regular marathons and other competitions, have hearts and blood vessels that are functionally decades younger (more flexible and compliant) than their healthy but sedentary counterparts.

Most recently, Dr. Levine said his group has been asking the question: "How much exercise do you need in order to preserve the youthful compliance of the heart?"

By partnering with the Cooper Institute and Cooper Clinic, Dr. Levine and his team have searched through the Cooper Institute's database and sought out participants who have consistently reported specific levels of physical activity over their lifetimes. (The database, also known as the Cooper Center Longitudinal Study, has tracked cardiovascular health, physical activity and fitness in nearly 100,000 people over 40 years at the North Dallas center.)

"We looked at healthy but sedentary individuals; people who were exercising two or three days a week, whom we called 'casual exercisers'; 'committed exercisers' who consistently exercised four to five days a week; and Master athletes who exercised six to seven days a week for at least 25 miles per week and participated in regular competitions," Dr. Levine said.

"It turned out that moderate exercise for two or three days a week over a lifetime had almost no impact on the structure of the heart and blood vessels; however, the four-to-five day a week 'committed' exercisers got almost, but not quite, as much benefit in terms of heart and vascular compliance as Master athletes do out of their training," he said.

Dr. Levine said four to five days has become one of "our target prescriptions for lifelong fitness." One should begin at least by middle age and continue throughout life, he added. "Middle age seems to be the sweet spot. The heart starts to really shrink and stiffen after age 45 to 60 or so."

Although the researchers have trained older people for a year and these patients have benefited from exercise, Dr. Levine said, "What we find is we can't change the structure of the heart once it has stiffened with age. We can't reverse time. But what we can do is improve how your heart and blood vessels work together. The blood vessels relax better; they accommodate the blood flow better. So there are clearly advantages to exercise, even if begun at an advanced age."

Now, half a century after rigorous basic-science studies on exercise were begun at UT Southwestern, it is a well-accepted fact that exercise improves cardiovascular function. Exercise can also improve the quality of life, UT Southwestern exercise medicine specialists say. But the race to understand the physiology of exercise is far from over. Always pushing to the finish line, UT Southwestern researchers are well on their way to understanding how exercise can prolong life as well. ■

PUSHING THE LIMITS

It may have been one small step for a UT Southwestern cardiologist in 1991, but it turned out to be one giant step for UT Southwestern as it sent its first physician into orbit to understand the limits of the heart.

by Ruth Eyre

UT Southwestern Medical Center's first astronaut, Dr. Drew Gaffney, boarded Spacelab Life Sciences 1 mission in June 1991 with a catheter in his heart so colleagues on Earth could watch how the gravity-free atmosphere affected it. His UT Southwestern colleague, Dr. Ben Levine, placed the catheter in his heart.

Two more faculty members, Drs. Jay Buckey and James Pawelczyk, flew on space flights and conducted experiments as they circled the globe in 1998 aboard the last Spacelab mission.

Members of the Dallas space science team are still active today. During his mission this year on the International Space Station, American astronaut Thomas Mashburn's heart is being monitored by Dr. Levine using cardiac magnetic resonance imaging. Dr. Levine, director of the Institute for Exercise and Environmental Medicine, a collaboration between Texas Health Presbyterian Dallas and UT Southwestern, is principal investigator on the largest cardiovascular experiment ever performed on the International Space Station – the Integrated CardioVascular study. According to NASA, investigators seek to find out how much the heart decreases in size during a six-month tour and how quickly it occurs, as well as determining how effective astronauts' current exercise programs are at protecting their hearts from getting smaller or weaker.

The longtime collaboration with NASA began with UT Southwestern professor of internal medicine, Dr. Gunnar Blomquist, whom Dr. Levine called the UT Southwestern space researchers' intellectual leader. The Swedish cardiologist joined the UT Southwestern faculty in 1965 and participated in the Bed Rest and Training study that showed rest weakened the heart. His professional interests centered on the effects of exercise and deconditioning on the circulation, which led to his exploration of how the heart adapted to spaceflight.

Dr. Gunnar Blomquist

Dr. Drew Gaffney

Dr. Jay Buckey

Dr. Blomquist's bold and innovative experiments, which included having the first heart catheter placed in an astronaut, made him the world's premier expert on the effects of gravity on the cardiovascular system. (Without gravity, the heart doesn't have to work as hard, he found, and it becomes weaker in space.) He was the principal investigator on numerous experiments on the Space Shuttle as well as the Russian Mir Space Station and may have the world's record for sending three of his trainees into space as NASA payload specialists.

Dr. Gaffney's experience in cardiac research, echocardiography and human physiology led to his being selected as a payload specialist on the first shuttle mission dedicated to biomedical research. He participated in the first invasive measurements of central venous blood pressure with a catheter placed in his own heart several days prior to the flight and removed after in-flight measurements were completed. The crew on board conducted more than 18 experiments during the nine-day flight, bringing back information for more peer-reviewed, published medical data than from any previous NASA flight.

Dr. Buckey served as project manager for the spaceflight experiment "Cardiovascular Adaptation to Zero-Gravity" on Spacelab Life Sciences 1 in 1991 and was a back-up payload specialist for Spacelab Life Sciences 2 in 1993. In 1998 he was chosen to serve as a payload specialist aboard the Neurolab 1. Dr. James Pawelczyk also was selected as a co-investigator

In 1988 researchers from UT Southwestern's Space Medicine Laboratory had the opportunity to experience weightlessness while flying in a NASA 707 airplane as it followed a parabolic curve flight path. Dr. Jay Buckey is having an electrocardiogram taken by Dr. Drew Gaffney (right).

on the Neurolab flight because of his experience with microneurography, a difficult technique involving the recording of neural signals from the brain to the blood vessels. During a 17-day flight, Drs. Buckey and Pawelczyk and the other five crew members aboard Space Shuttle Columbia, served as both subjects and conductors of 26 experiments looking at microgravity's effects on the brain and nervous system. The experiments they performed as part of UT Southwestern's collaboration with investigators from Vanderbilt University, Virginia Commonwealth University and the German Aerospace Center were the most ambitious experiments ever attempted in the history of manned spaceflight. The men orbited the Earth 256 times and covered 6.3 million miles during the flight. Later Dr. Pawelczyk also flew on two Shuttle-Mir flights as a co-investigator. He received a NASA Young Investigator Award in 1998.

UT System Chancellor Hans Mark (left) and UT Southwestern President Dr. Kern Wildenthal (right) welcome Dr. Drew Gaffney home from his journey into space in 1991.

UT Southwestern – 22 years after its first foray into space – is still **charting a course to better cardiovascular health for mankind** by looking beyond the boundaries of Earth.

The scientific results obtained from the Spacelab experiments led scientists to a greater understanding of how the body adapts to space flight and how it adjusts to Earth's gravity, according to the National Space Biomedical Research Institute (NSBRI). Dr. Levine continues UT Southwestern's partnership with NASA as leader of the Cardiovascular Alterations Team within the NSBRI Science and Technology Program. The team aims to determine the effect of long-duration spaceflight on the heart and blood vessels and find ways to reduce the risks and improve management of cardiovascular disease.

In other words, UT Southwestern – 22 years after its first foray into space – is still charting a course to better cardiovascular health for mankind by looking beyond the boundaries of Earth.

Notes: Dr. Gaffney is now a professor of medicine at Vanderbilt University Medical Center. Dr. Buckey is now a professor of medicine at the Geisel School of Medicine at Dartmouth. Dr. Pawelczyk is now an associate professor of physiology and kinesiology at Pennsylvania State University. Dr. Blomquist is deceased.

BREAK-THROUGHS

That Are Changing the Standard of Care

By Ruth Eyre

Scientific experiments – when successful – are usually incremental steps leading to a Eureka moment somewhere down the line. But sometimes the answers that a researcher seeks yield results so life-changing – and surprising – that they are implemented right away. No waiting required.

That was the case with the landmark Dallas Bed Rest and Training study. Dr. Jere Mitchell, an internationally recognized expert in exercise medicine and professor of internal medicine at UT Southwestern Medical Center, said he and his colleagues in the late 1950s were simply conducting "basic research." The investigators, who included Drs Carleton Chapman, Bengt Saltin, Gunnar Blomquist and Kern Wildenthal, in addition to Dr. Mitchell, were looking for the facts on how bed rest and intense exercise affected function of the heart, blood vessels and lungs.

Their discovery, however – and its impact – would exceed their loftiest expectations.

Their finding – that prolonged bed rest dramatically reduced the ability of the heart to pump blood effectively – quickly changed the way in which doctors treated heart attack patients worldwide. At the time of the study, heart attack patients were put on three to five weeks of strict bed rest and then told to limit physical activity for many weeks thereafter – even to the point of retraining themselves for less strenuous jobs.

Largely as a result of the "basic research" in the Dallas Bed Rest and Training study, doctors everywhere stopped prescribing bed rest after a heart attack. Today, instead of going to bed to let hearts "heal," patients are instructed to get active as soon as possible. The 48-year-old study is still cited often in scientific papers.

Their finding – that **prolonged bed rest dramatically reduced the ability of the heart to pump blood effectively** – quickly changed the way in which doctors treated heart attack patients worldwide.

In another example of finding the unexpected, a study of fainting and dizziness in astronauts and some elite athletes led Dr. Ben Levine, director of the Institute for Exercise and Environmental Medicine – a collaboration between Texas Health Presbyterian Dallas and UT Southwestern – and his team of researchers to ponder whether a prescription for exercise would help women suffering from an ailment called postural orthostatic tachycardia.

Today, instead of going to bed to let hearts "heal," patients are instructed to **get active as soon as possible.** The 48-year-old study is still cited often in scientific papers.

Dr. Levine said about half a million women suffer from the syndrome and cannot stand up rapidly because their hearts pound and they become light-headed and dizzy. The researchers, knowing that bed rest causes the heart to shrink and atrophy, began the women on an exercise program while sitting – thereby avoiding the stress of gravity – to create larger, more flexible hearts.

Dr. Ben Levine

"What we did was put them on a rowing machine, because rowers have the biggest hearts of any athletes," he said. "And we have been able to cure a substantial number of them."

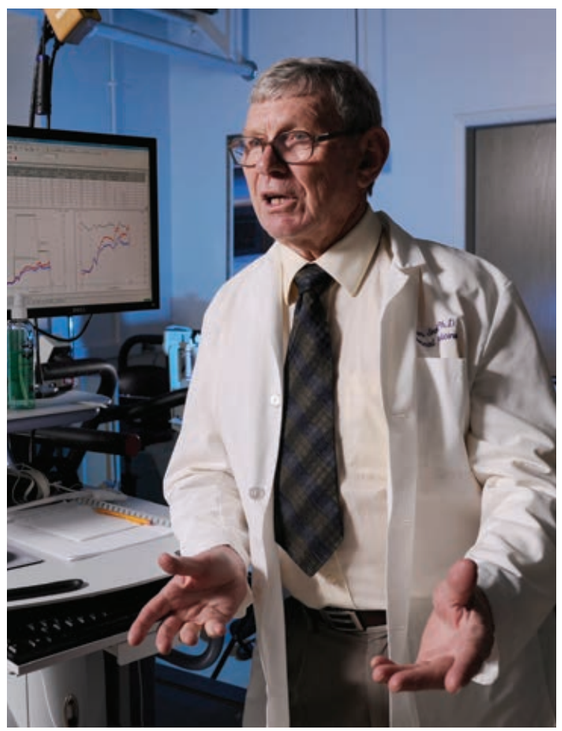
Former UT Southwestern president Dr. Wildenthal, as a young faculty member, also experienced this phenomenon of researching one thing and finding another. He studied the "diving reflex," which slows the hearts of diving animals such as ducks – who can submerge their heads for up to 15 minutes to seek food – and whales – who can stay underwater for up to an hour. Dr. Wildenthal and his colleagues found that slowing of the heart occurs in humans when they induce the "diving reflex" by holding their breath and dunking their faces in ice water, even during heavy exercise when heart rates are normally rapid. Dr. Wildenthal then discovered that many cardiac patients who suffer from abnormally rapid heartbeat associated with paroxysmal atrial tachycardia can be treated effectively by having them hold their breath and submerge their faces in cold water.

"It's one small example of where basic science had a rapid payoff for clinical medicine," said Dr. Wildenthal, who retired as president of UT Southwestern in 2008 and now is senior consultant to Southwestern Medical Foundation.

Dr. Peter Snell, now a UT Southwestern adjunct associate professor of internal medicine, has worked on a number of exercise intervention studies that have altered the paradigm of treatment. One study of Vietnam War amputees showed that exercising on a bicycle helped them walk better by increasing muscle development. Another showed that intense swimming could improve a swimmer's cardiovascular system and fitness. A third showed survivors of childhood leukemia could lower their cardiovascular risk factors with exercise and a proper diet.

Dr. Snell said UT Southwestern researchers also have found that runners who allow themselves to become dehydrated while exercising were more likely to develop kidney stones if they also had certain substances in their urine. More fluids could lessen the problem, he determined.

Often the scientific answers that researchers seek confirm their hypotheses. Occasionally, however, what they learn is serendipitous and surprising and presents an opportunity to change the course of treatment for millions. For some – both scientists and patients – it can be the light at the end of a very dark tunnel. ■



Dr. Peter Snell

While UT Southwestern researchers have definitively proven that exercise improves heart health, protecting the musculoskeletal system requires a different approach. Sports medicine doctors at UT Southwestern apply the latest research and the newest technologies to help their patients

STAY IN PLAY

By Donna Steph Hansard

Traci Inman never backs down from a challenge. She conquered breast cancer in 2004. Since then, she's completed marathons and triathlons.

But the excruciating pain she felt after participating in a triathlon in New Orleans two years ago nearly sidelined her. Though no stranger to pain, she knew something was seriously wrong.

"It was like there was a knife in my hip," said the 41-year-old Lewisville, Texas, elementary teacher and mother of three teenagers. "I decided to just lay off for three months. But it didn't get any better."

Next came visits to three specialists, steroid shots and more months of rest – with no resolution or relief. Ms. Inman was convinced that her pain was the result of a sports injury and unrelated to her previous breast cancer or hysterectomy, as several doctors suggested.

She self-diagnosed a sports-related injury known as femoroacetabular impingement – a condition in which the hip bones rub against each other causing damage to the hip joint – and began searching for specialists versed in that type of injury.

Her research led her to Dr. William Robertson, head of UT Southwestern Medical Center's sports medicine and shoulder service and assistant professor of orthopaedic surgery. A visit to Dr. Robertson at the new UT Southwestern Clinical Center at Richardson/Plano confirmed she was on track. She was diagnosed with hip impingement and a labral tear of the hip joint, or a tear in the ring of soft elastic tissue called the labrum that follows the outside rim of the socket of the hip joint.

UT Southwestern's neighborhood clinic, which opened in December 2012, includes sports medicine, primary care, and obstetrics and

Traci Inman (left)

Dr. William Robertson (left) and Dr. Robert Dimeff in the new UT Southwestern Clinical Center at Richardson/Plano.

gynecology doctors. Imaging and radiology services, laboratory services, cancer care and behavioral health services will be added in fall 2013. The sports medicine portion of the clinic represents the first phase of a multidisciplinary sports medicine complex centered on a team-based collaboration between subspecialists in orthopaedics, neurology and primary care at both UT Southwestern and Children's Medical Center Dallas. The program is the brainchild of Drs. Robert Dimeff, director of primary care sports medicine, and Dr. Robertson, both recruited to UT Southwestern in 2009 to establish a sports medical program.

For Ms. Inman, the clinic has helped her find her way back to running again.

Initially, she was given an injection into the hip ball and socket joint, which eased the pain almost immediately and allowed her to run an upcoming half marathon, but it was only a temporary solution.

"Dr. Robertson had said that it would feel good for awhile, but the problem was not going away," Ms. Inman said. "I told him that I want to do my next IRONMAN [triathlon] in 2014, so get me fixed."

She opted for surgery, and Dr. Robertson performed a minimally invasive hip arthroscopy and labral repair on a Friday.

"For two years, I had been in horrible pain," Ms. Inman said. "By that next Monday, I felt like a different person and asked when I could get off my crutches. Now I'm doing exercises at home and physical therapy at the clinic, and I'm running again."

For "weekend warriors" to semi- and professional athletes, the UT Southwestern sports medicine program offers a broad range of treatments.

Not only do Drs. Dimeff and Robertson treat recreational athletes like Ms. Inman, they and their colleagues in the program serve as team doctors for the National Hockey League's Dallas Stars; the Dallas Defenders, a semi-professional league football team; the Dallas Black Dance Theater; the World Olympics Gymnastics Academy; Greenhill School; Pantego Christian Academy; and numerous other area high schools. In addition to their "day jobs" at UT Southwestern and Children's, they spend many "off hours" on the sidelines, in the locker room, and at sports competitions and events, treating and educating athletes of all ages.

"There are so many athletes in Dallas and so many active people in Dallas, which continues to be a growing city," said Dr. Dimeff, professor of orthopaedic surgery, family and community medicine, and pediatrics. "There's certainly a need for sports medicine. There's so much that can be done. We've barely begun tapping into this."

"Our main goal is to provide the best quality care and get patients back to play and back to normal activity – whether that is a sport, work, job or family."

– DR. WILLIAM ROBERTSON

Traci Inman on the road to recovery.

When Drs. Dimeff and Robertson arrived at UT Southwestern, the medical center did not have a formal sports medicine program, although several doctors at both UT Southwestern and Children's included sports medicine in their areas of expertise. Dr. Dimeff brought 20 years of experience from the Cleveland Clinic, where he had served as director of primary care sports medicine, as well as team physician for such professional teams as the Cleveland Browns and the Cleveland Cavaliers. Dr. Robertson performed his undergraduate education at Brown University, where he was also a four-year letter winner as a starting linebacker for the football team. He was selected to play in the Epson Ivy Bowl in Osaka, Japan. Dr. Robertson had completed orthopaedic training at the Hospital for Special Surgery in New York City – one of the top orthopaedic hospitals in the country – followed by fellowships at the Balgrist Clinic and Schulthess Clinic in Switzerland, and at Massachusetts General Hospital.

The two put their heads together, even before moving to Dallas, and determined to build a world-class sports medicine program.

"It was a great partnership of like-minded individuals," Dr. Robertson said. "We saw a huge potential to build a sports medicine program. And that is what we're doing: bringing together a team of like-minded individuals who want to put UT Southwestern on the map – locally, nationally and internationally – in regard to the highest-quality treatment of sports-related injuries."

For "**weekend warriors**" to semi- and professional athletes, the UT Southwestern sports medicine program offers a broad range of treatments.

Under their leadership, the program has incorporated expertise from a broader field, including neurological surgery, trauma surgery and plastic surgery. These doctors treat a wide variety of sports injuries, both nonoperatively and surgically, with many minimally invasive surgeries, which offer faster and easier recoveries. Doctors are trained and experienced in understanding the different treatment methodologies required for different sports injuries. UT Southwestern physicians also focus on injury prevention, proper nutrition and supplements.

"We have specialists in all areas of sports medicine, and we continue to stay on top of the current literature and technologies, sharing our knowledge with each other and at local and national meetings, and having them share with us," Dr. Robertson said. "Our main goal is to provide the best quality care and get patients back to play and back to normal activity – whether that is a sport, work, job or family."

Most sports injuries can be divided into two categories: over-use injuries and traumatic injuries. UT Southwestern doctors treat both. And, they care for a wide variety of sports participants, including baseball, basketball, dance, figure skating, football, gymnastics, hockey, running, soccer and weight-lifting athletes.

Their expertise extends to injuries of the entire musculo-skeletal system – from shoulders to hip, neck, head, elbows,

ankles and feet. These can range from such common problems as tendonitis, fractures and sprains to more severe injuries such as concussions, labral tears, meniscus tears, articular cartilage defects, and impingements of the hip, shoulder or knee, as well as bone, joint and muscle injuries. Recently, the medical center recruited a new chairman of neurological surgery, Dr. Hunt Batjer, one of the world's leading authorities on sports-related head injuries. His addition to the medical center will foster a greater emphasis on concussions and other traumatic brain injuries – both in conducting research, finding new treatment methods and offering clinical trials for injured patients. Dr. Batjer holds the Lois C.A. and Darwin E. Smith Distinguished Chair in Neurological Surgery.

"We function as a team – which allows us to provide the highest level of comprehensive care for athletes of all ages," said Dr. Shane Miller, assistant professor of orthopaedic surgery, who treats children and adolescents at Children's Medical Center at Legacy in Plano.

"Under the leadership of Dr. Robertson, Dr. Dimeff and Dr. Philip Wilson [associate professor of orthopaedic surgery, specializing in pediatrics], the sports medicine program has developed tremendously during recent years," he said. "This includes the addition of multiple members of the sports medicine team – sports medicine physicians and orthopaedic surgeons, athletic trainers, physical therapists and more. We continue to be leaders in education, not only for medical students and residents, but also for our colleagues in the community."

Dr. Katherine Coyner, assistant professor of orthopaedic surgery, and a faculty member at UT Southwestern since 2011, is among the 5 percent of female orthopaedic surgeons in the country. As a former college basketball player and co-captain of her team at the University of Massachusetts, she set scoring and assist records. She also was a Mid-Ohio Valley Sports Hall of Fame Inductee in 2004.

"Being a female sets me apart in relating to athletes of both genders, but particularly female athletes," said Dr. Coyner. "Being a former college basketball player also gives me an edge, as it allows me to relate to athletes in a way that they understand that I've been there and done that. Rather than want to keep athletes out of the game, my goal is to get them back playing again as soon as possible."

While she treats athletes with all types of injuries, one of the most common she sees is ACL (anterior cruciate ligament) tears – which are eight times more common in female athletes than they are in males. The primary reasons are anatomy, physiology and biomechanics. For patients who need reconstructive ACL surgery, she uses a minimally invasive approach and a fairly new technique that decreases postoperative pain and restores the knee's function better than older methods.

"We're very motivated here," Dr. Coyner said, "and very excited about the strong history and traditions of UT Southwestern and the possibilities those lend to this very young sports medicine program. We all have 'yes attitudes' even before we're asked. We're working for a common goal: to be the pre-eminent sports medicine institution in the Metroplex – experts in our field and able to take care of everything."

Dr. Katherine Coyner: "My goal is to get them back playing again as soon as possible."

To that end, they have set up a citywide "list-serve" for health professionals. It is a Google site that allows members to interact and network with others interested in sports medicine topics. Currently, about 200 sports medicine professionals are registered for the service. Continuing medical education courses for physicians, physical therapists, athletic trainers and other health care providers interested in sports medicine is another outreach effort.

> *"The idea is to build a true multidisciplinary center so that patients, athletes and the community can get all services possible under one roof."*
>
> – DR. ROBERT DIMEFF

They have also ramped up sports medicine research at UT Southwestern, including participation in clinical trials and research studies with other universities. Dr. Robertson is participating in a pilot program with Harvard Medical School, for instance, testing a new diagnostic tool called the Vision Scope, a small office-based arthroscopic imaging tool that allows doctors to place a tiny camera into a patient's joint, providing high-definition, "real-time" images, often much more precise than an MRI.

"When we got here, there were lots of doctors taking care of lots of teams, but there was a lack of a collaborative effort that would allow sports medicine providers to learn from each other," Dr. Robertson said. "To help build team coverage and educational initiatives, we developed what we call the Southwestern Initiative for Sports Health" (SWISH). The group holds conferences and journal clubs regularly to share ideas, experiences and knowledge.

"First and foremost, we wanted SWISH to be an inclusive group, not an exclusive one, inviting collaboration between doctors and other allied health professionals at all hospitals and private practices – anyone who wants to come," he said. "Our goal is finding like-minded individuals who want to learn, contribute and push this Initiative for Sports Health forward."

As team doctor for the World Olympic Gymnastics Academy, Dr. Dimeff recently organized medical coverage for a three-day women's competition in Frisco, which attracted more than 1,500 gymnasts from 15 countries. He also serves as the local medical director for the Dallas Rock 'n' Roll ½ Marathon, which drew more than 13,000 runners at its latest March event. More than 250 UT Southwestern volunteers were recruited to provide on-site medical coverage for the event.

For Dr. Dimeff, such events are ideal ways to broaden the Southwestern Initiative for Sports Health and network with a variety of health care professionals from numerous venues.

A sports medicine fellowship program, starting with recruiting and hiring two fellows in primary care, is his next aspiration – particularly given that UT Southwestern has all the players required to make such specialty training viable. An orthopaedic sports medicine fellowship to train sports medicine surgeons also is in the works. By having both orthopaedic and primary care physicians training side-by-side, UT Southwestern will create an outstanding learning environment to develop future sports medicine leaders and team physicians, Dr. Dimeff said.

His far-reaching dream, however, is a large, free-standing multidisciplinary sports medicine center that he believes is necessary to complement, sustain and grow UT Southwestern's program.

"The idea is to build a true multidisciplinary center so that patients, athletes and the community can get all services possible, under one roof," Dr. Dimeff said. "There would be clinical care and research and places for the athletes to train, rehab and be treated, as well as places for teams from the community to come and play."

His vision, and that of UT Southwestern's sports medicine team, is a $10 million, four-story complex near the current UT Southwestern clinic in Richardson/Plano, built upon land currently owned by UT Dallas. The first floor would house an orthopaedic sports performance and rehab center; the second, offices for UT Dallas athletics and other departments; the third floor, an outpatient surgery center; and the fourth floor, a short-stay hospital.

Behind the complex would be athletic fields – for soccer and football – open to community teams and intramural sports on the weekends and evenings and available for patient rehab and use during the day.

"This clinic in Richardson is a stepping-stone and building-block for a larger sports performance and rehab center," Dr. Robertson said. "We know we have to put out a product before we can start selling it. We're doing that. If we show people what we can do here, then bigger things will happen." ■

YOUTH SPORTS STATS

Overuse injuries are responsible for nearly half of all sports injuries to middle and high school students.

Although 62 percent of organized sports-related injuries occur during practice, one-third of parents do not have their children take the same safety precautions at practice that they would during a game.

High school athletes account for 2 million injuries and 500,000 doctor visits and 30,000 hospitalizations each year.

Children ages 5 to 14 account for nearly 40 percent of all sports-related injuries treated in hospitals. On average the rate and severity of injury increases with a child's age.

More than half of all sports injuries in children are preventable.

Nearly 30 million children and adolescents participate in youth sports in the U.S.

Injuries associated with participation in sports and recreational activities account for 21 percent of all traumatic brain injuries among children in the United States.

20 percent of children ages 8 to 12 and 45 percent of those ages 13 to 14 will have arm pain during a single youth baseball season.

Among athletes ages 5 to 14, 28 percent of football players, 25 percent of baseball players, 22 percent of soccer players, 15 percent of basketball players, and 12 percent of softball players are injured while playing their respective sports.

More than 3.5 million kids under age 14 receive medical treatment for sports injuries annually.

Since 2000 there has been a fivefold increase in the number of serious shoulder and elbow injuries among youth baseball and softball players.

HEADING OFF INJURY

The advice used to be simple: "Shake it off. Get your head back in the game."

But these days, when athletes get their "bells rung," everyone from players to parents, coaches to NFL commissioners, is tuned in to the long-term effects of concussions. The advice now ringing in their ears is the polar opposite: "You're benched, so take some time and get your head straight. When in doubt, sit it out."

"I emphasize three points up front. You can play through pain, but you should not play through brain and spinal injuries. Those can wreck your life. Second, medical decisions trump competitive decisions – always. Third, we need better interventions," said Dr. Hunt Batjer, the new chairman of neurological surgery at UT Southwestern Medical Center and one of the world's leading authorities on sports-related head injuries.

Dr. Batjer, holder of the Lois C.A. and Darwin E. Smith Distinguished Chair in Neurological Surgery, is not only a world-renowned surgeon but also president of the Neurosurgical Society of America and co-chair of the NFL Head, Neck and Spine Committee. He has been a major force in the NFL's efforts to raise awareness on concussions and bring practical tactics to the field, as co-chair of its concussion committee.

"If the head is moving and the head stops suddenly, the brain doesn't stop. It reverberates back and forth, and often an impact at one end injures the brain most severely at the opposite end of the head, just because of that movement back and forth," Dr. Batjer said of the challenges researchers face in trying to understand concussion. "But if you can get down into impact biomechanics, which we're trying to get to, angular and linear acceleration determine which types of things cause concussive symptoms. These are ways we can impact meaningful rule changes."

The addition of Dr. Batjer to the existing lineup of UT Southwestern's field of leaders in brain injury has cast the medical center as a star player in brain injury research, education, management and development of eventual treatments. He and others across the campus already have begun teaming up.

"We're really at the cutting edge of promoting concussion awareness, detection and treatment," said Dr. C. Munro Cullum, chief of psychology and professor of neurology and neurotherapeutics, who has served as the neuropsychologist for the Dallas Cowboys for a decade and for the Dallas Stars even longer.

"What's great to see is all the attention that's given to concussions nowadays, especially in youth sports. Ten to 20 years ago, nobody was worried about concussions. The increased awareness is helping us identify concussions earlier, hopefully getting kids out of harm's way quicker, and getting better treatment for them," said Dr. Cullum, who holds the Pam Blumenthal Distinguished

Dr. Hunt Batjer serves as co-chair of the NFL Head, Neck and Spine Committee.

Professorship in Clinical Psychology, is the president of the Society for Clinical Neuropsychology and is past-president of the National Academy of Neuropsychology. "But there is still a lot we don't know about concussions, which is why it's both interesting and vitally important to do this research."

"The problem with concussion is that it's not like a broken finger. You can't see the broken bone sticking up through the skin. And sometimes the symptoms don't evolve for 24 to 36 hours."

– DR. HUNT BATJER

In 2010 the Centers for Disease Control and Prevention estimated as many as 1.7 million people per year may suffer traumatic brain injury (TBI), 300,000 of which are sports-related concussions. In the past decade, soccer and football led the way for concussions in high school and college-age students, comprising 8.9 percent of all high school and 5.8 percent of all college athletic injuries, respectively. Surprisingly, girls experience a higher rate of concussion in high school sports than boys.

"The problem with concussion is that it's not like a broken finger. You can't see the broken bone sticking up through the skin. And sometimes the symptoms don't evolve for 24 to 36 hours, so it is a challenge to get the diagnosis right," Dr. Batjer said.

Scientists still don't know who is most vulnerable to the effects of concussion, which biological mechanisms to target, or even the best evaluation tools. Some research, for example, points to individual risk factors.

"Two people can take the same sort of blow to the head, and they may have very different symptoms," Dr. Cullum explained. "One might have prolonged symptoms; one might have symptoms resolve the same or next day. It's really quite variable, so there probably are no doubt neurobiological factors at play."

One of those may be an abnormal protein called Apolipoprotein (apo) E4 that's been identified in many people with Alzheimer's disease. That protein, when present, seems to be a risk factor for other diseases as well. Researchers are eager to investigate whether having that specific protein, or perhaps other proteins, in their genetic makeup may contribute to longer or less successful recoveries when it comes to concussions.

"And that's just the tip of the iceberg," Dr. Cullum said. "We think there may be other factors as well, when you think about the complexity of concussion, and how it occurs. The skull is one protective factor against brain injury, but our skulls differ in thickness and shape, and there is also different musculature in the neck. Furthermore, no two concussions are exactly alike. Basically, when you've seen one concussion, you've seen one concussion."

Dr. Batjer's data show, for example, that some of the highest rates of concussion are in women soccer players, suggesting that factors such as shoulder breadth, depth and musculature may be protective in some situations.

But UT Southwestern researchers are making inroads.

Dr. Joshua Gatson, assistant professor of burn/trauma/critical care, is on the hunt to identify biomarkers for brain injury, characterize signaling pathways of neuro-protection after injury and test various interventional therapies. Among his studies are investigations into compounds such as resveratrol, found in red wine, and vitamin D, which might help reduce inflammation after head injury.

"There haven't been any completed human studies yet, so this is really the first look at resveratrol's effect on traumatic brain injury in athletes," he said. "The main goal of our research is to protect the brain immediately after each episode so that we can decrease the cumulative effect of these sports concussions."

Recently Dr. Gatson found that mice subjected to a mild TBI and treated with resveratrol within minutes of their injury showed a decrease in inflammation and cell death in their brains.

Dr. Gatson's research also has indicated that estrone, one of the three naturally occurring estrogen hormones in the body, may aid in reducing inflammation and cell death in the brain. His latest study, in mice, is the first to demonstrate that estrone provides those anti-inflammatory and antioxidant capabilities after TBI and is the first to reveal the cellular pathways that are involved. The study also demonstrated that estrone is involved in promoting an increase in the expression of the brain-derived neurotrophic factor, which promotes cell survival.

"No two concussions are exactly alike. Basically, when you've seen one concussion, you've seen one concussion."

– DR. MUNRO CULLUM

Dr. Munro Cullum serves as neuropsychologist for the Dallas Cowboys and Dallas Stars.

"So if you give these drug therapies shortly after injury, they are thought to increase repair mechanisms," Dr. Gatson said.

Dr. Cullum is researching and developing new testing methods to help detect brain injury and its effects, including joint studies with organizations such as UT Arlington and Pantego Christian Academy, where baseline testing of students is helping provide researchers a better understanding of the effects of concussion.

UT Southwestern researchers also launched the largest comprehensive study of former NFL players employing the use of neuropsychological testing, neurological assessments and neuroimaging. They found that mild cognitive deficits and depression were more common among retired players than in the general population and that these neurobehavioral changes correlated with white matter abnormalities in the brain. However, that study, a joint effort led by Dr. Cullum and Dr. John Hart Jr., professor of neurology and neurotherapeutics and psychiatry at UT Southwestern and medical science director for the UT Dallas Center for BrainHealth, along with Dr. Kyle Womack, assistant professor of neurology and neurotherapeutics and psychiatry, also found no evidence of cognitive impairment in the majority of ex-players.

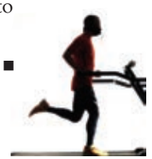
"In 60 percent of our participants – most of whom had sustained prior concussions – we found no cognitive problems, no mood problems and no structural brain abnormalities. Many former NFL players think that because they played football or had concussions, they are certain to face severe neurological consequences, but that is not always the case," Dr. Hart said.

Former Dallas Cowboys fullback Daryl Johnston, who participated in the study recently published in *JAMA Neurology*, helped recruit other players to take part.

"Having played 11 years in the NFL and taken countless hits, I've heard about the struggles of the players who came before me and the challenges regarding their quality of life," Mr. Johnston said. "Former players can find out if there is an issue, and if you catch it early or late, there are things you can do to improve your condition. The brain is regenerative for life, and we can restore faculties that just a few years ago were thought to be lost."

Strategies for energizing and coordinating research efforts in sports-related head trauma are proving an excellent pairing with initiatives in play to bolster sports medicine, traumatic brain injury research and centering neurologically related services at Zale Lipshy University Hospital.

"Right now the best recommendation for recovery is rest for the brain and time healing," said Dr. Cullum. "We don't yet know what specific interventions best assist recovery, but we need to learn that, and we need to learn which patients will benefit from which treatments, in addition to a better understanding of who may be at higher risk for prolonged post-concussion symptoms." ■



RUNNING FROM DEPRESSION

By Donna Steph Hansard

Julie Hersh knows from experience that ***running is her best defense*** against depression.

A writer, speaker and outspoken mental health advocate, Mrs. Hersh, 53, has survived three major depressive episodes and three failed suicide attempts – all occurring when she was injured and couldn't run.

"I consider exercise as important as medication to staying well," said Mrs. Hersh, author of *Struck by Living: From Depression to Hope*, a book chronicling how depression has affected her life and family and the steps she takes daily to manage the disease. Today, those include running four days a week, typically 5 to 7 miles each day, and a cross-training weight workout two days a week.

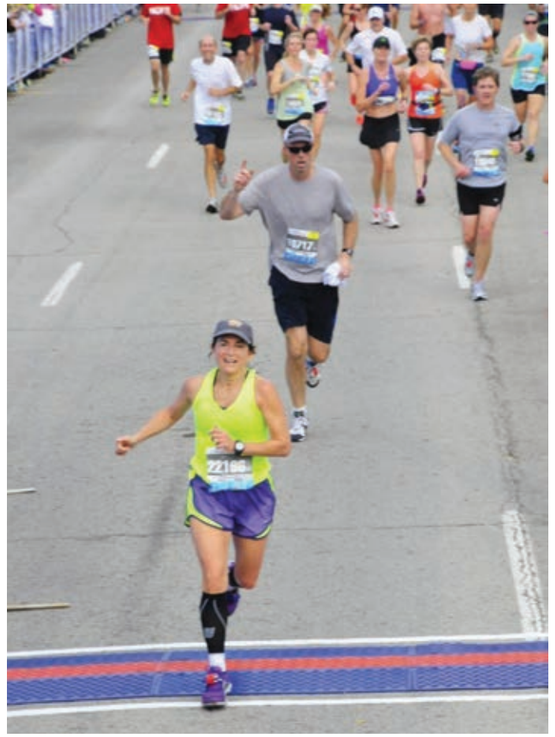
Dr. Madhukar Trivedi, professor of psychiatry at UT Southwestern Medical Center, agrees that exercise is essential in combating depression. In fact, he has proved it through extensive clinical research on exercise as a treatment for depression – both alone and combined with antidepressant medication. He was one of the first in the country to show that aerobic exercise effectively treats depression and has published more than 25 research papers in peer-reviewed medical journals on the subject.

"Depression is a serious chronic medical illness that has a significant mortality rate, resulting in more than 30,000 suicides a year in the U.S. alone," said Dr. Trivedi, holder of the Betty Jo Hay Distinguished Chair in Mental Health. "It is a disabling condition just like any other medical condition, such as diabetes or heart disease, and should be treated as such.

"On the positive side, there are very good treatments for depression including medication, psychotherapy, exercise, ECT (electroconvulsive therapy), etc. At UT Southwestern, we have been the leaders in the treatment of depression with exercise and have made major inroads into showing how exercise alone, and with medications, helps treat depression and maintains wellness afterward."

In 2005 Dr. Trivedi conducted the first study focusing on exercise to treat mild to moderate depression. That study, done in conjunction with the Cooper Aerobics Center, showed that depressive symptoms were reduced almost 50 percent in individuals who participated in 30-minute aerobic exercise sessions three to five times a week. The study also showed that the effect of aerobic exercise alone in treating clinical depression is similar to that found with antidepressant medications.

Dr. Trivedi has continued to expand his studies on exercise and depression, including evaluating participants who performed exercise in both low and moderate doses; studying older adults who used resistance training; and exploring how using exercise and antidepressant medications together affect depressed patients. In all cases, exercise proved to be a viable treatment for depression, as well as improved overall health for study participants.



Julie Hersh

Dr. Trivedi served as a principal investigator in the largest and longest investigation of the treatment of major depressive disorder between 2000 and 2006. The benchmark Sequenced Treatment Alternatives to Relieve Depression study, called STAR*D, was led by researchers at UT Southwestern. With funding from the National Institute of Mental Health, researchers tracked more than 4,000 patients at 41 primary-care and psychiatric clinics across the country. The result: Step-by-step guidelines – used by clinicians around the world today – were established for both measuring and treating depression symptoms.

Dr. Madhukar Trivedi

An estimated 18.8 million adults in the U.S., about one in 10, struggle with depression annually, according to the Centers for Disease Control and Prevention. Depression is estimated to cause 200 million lost workdays each year, at a cost to employers of up to $44 billion annually. Major depressive disorder is a recurring and chronic illness, frequently returning for two or more episodes, each usually lasting two or more years.

> *"My big push is: It's easier to maintain mental health than regain mental health."*
>
> – JULIE HERSH

"We have to start thinking about the treatment of depression in a more comprehensive multimodal way," Dr. Trivedi said. "Just using medication, just using psychotherapy, just using exercise is not enough. Where exercise really comes in with a vigor is the following: Yes, it's a good treatment. But we have to start thinking about mental health and well-being – not just getting rid of the disease.

"The idea of going after depression as a mental illness needs to be converted to the idea of being well and remaining well. This is a big focus of our research," he said. "Using exercise in the short term, but more importantly in the long term – alone or in conjunction with other treatments – is so that people can get well, stay well and, in fact, use the positive effects of things like exercise and psychotherapy to maintain wellness in the face of ongoing stresses in their lives."

Dr. Trivedi's latest research efforts include searching for biomarkers that reveal the biological foundations of why people react differently to exercise as a treatment for depression. He and his team were able to identify proteins in blood cells that may predict the effectiveness of exercise on depression. People with higher levels of these proteins had greater decreases in depression symptoms after exercising. He also is studying Brain Derived Neurotrophic Factor, a protein found in the brain, as a possible biomarker of depression and as a guide for treating depression with exercise.

"These cutting-edge biomarker studies are beginning to increase our ability to rapidly match patients with treatments through more thorough understanding of the biological and psychological factors associated with depression," Dr. Trivedi said. "While this is very promising, more work and biomarker discoveries are needed to better understand the biological underpinnings of how this all works, who will benefit the most from which treatment and what the next steps in our research should be.

"We know that exercise itself leads to neurogenesis in regions of the brain involved with depression. Further work to better understand the mechanisms related to the effectiveness of exercise in depression is underway in the Depression Center at UT Southwestern, and we hope to continue our progress in these areas."

For Mrs. Hersh, exercise "plays a vital role in maintaining my mental health."

"My big push is: It's easier to maintain mental health than regain mental health," said Mrs. Hersh, who today is a board member of Southwestern Medical Foundation, Dallas Theater Center and Dallas Museum of Art, as well as an advisory board member for Mental Health America of Greater North Dallas.

She was awarded the Mental Health America Ruth Altschuler Community Advocate Prism Award in 2010 and was selected for the 2010 Distinguished Women by Northwood University. Mrs. Hersh is a regular contributor to *Psychology Today* and has been featured on numerous television and radio shows. She is a sought-after speaker nationally regarding mental health and how she stays well. Her secret: focusing on exercise, sleep and nutrition.

During her depressive episodes, Mrs. Hersh underwent two rounds of ECT at Zale Lipshy University Hospital and was a patient in the psychiatric ward there twice. These experiences, as well as rehabilitation at other facilities, medication, and running and exercise, have enabled Mrs. Hersh to combat her mental illness and be healthy today, she said.

"Good habits may seem like a pain in the neck, but the long-term benefits pay off," she said. "These small daily efforts avoid a deadly round with illness. I'm glad ECT exists if needed, but dodging that level of depression is my ultimate goal.

"Dr. Trivedi has been incredibly supportive to me and of my efforts. We are like-minded in our approach about depression and preventative measures. I consider UT Southwestern a great partner in terms of support of me and my outreach." ■

Making a Difference

Southwestern Medical Foundation is indebted to the loyal friends who support our efforts for medical care, education and research in North Texas. These major contributions, as well as the many smaller gifts directed to the Foundation, provide the valuable resources needed to enable UT Southwestern to provide the future of medicine, today.

MARGOLIN/COX ESTATES AND TRUSTS

At the request of the late Dr. Solomon B. Margolin, who helped develop and patent more than 40 drugs, including Coricidin and Dimetapp, a gift of more than $4.1 million recently was made to Southwestern Medical Foundation to support cancer research at UT Southwestern.

Dr. Margolin, who died in 2008, was the founder and president of Marnac Inc., a Dallas-based pharmaceutical company that specialized in the discovery and development of new drugs for treating autoimmune, inflammatory and fibrotic disorders such as multiple sclerosis. Dr. James Willson, director of the Harold C. Simmons Comprehensive Cancer Center and associate dean of oncology programs, was his physician while he was a patient at UT Southwestern.

"Dr. Margolin's career was devoted to the discovery of new medical treatments," said Dr. Willson, holder of the Lisa K. Simmons Distinguished Chair in Comprehensive Oncology. "He held a strong belief that research was vital in making inroads into finding new drugs and medical treatments, which makes his gift all the more inspiring to us. He was always very excited and enthusiastic when discussing research and the progress that was being made by his company."

Before founding Marnac in 1989, Dr. Margolin served as chairman of pharmacology and associate dean of the School of Medicine at St. George's University in Grenada, West Indies, from 1978 to 1989. Prior to that, he served in various research and director positions at several major U.S. pharmaceutical companies. He earned his doctorate from Rutgers University.

Dr. Margolin was involved in more than 40 U.S. and foreign patents of pharmaceutical agents, including such well-know drugs as Contac, meprobamate, Soma, and pirfenidone. He was a member of the American Society for Pharmacology and Experimental Therapeutics, American Chemical Society, Society for Experimental Biology and Medicine, New York Academy of Sciences, Endocrine Society, and the American Association for the Advancement of Science. He also was listed in *Who's Who in America* and *Who's Who in the World.* Dr. Margolin was co-author of *Harper's Handbook of Therapeutic Pharmacology* and author of more than 120 professional publications describing research and the discovery and development of prescription and nonprescription drugs.

Dr. Margolin was married to the late Dr. Nancy Cox, who died in 2011. She graduated from the Greenhill School in Dallas, received a Bachelor of Arts from Smith College and a doctorate in biochemistry from Worcester Polytechnic Institute. She then earned a medical degree from St. George's University. She served as medical director of Marnac while maintaining a private medical practice in Dallas.

Sweetheart Ball 2012

Kelli Ford, chair of the 2012 Sweetheart Ball

The Sweetheart Ball, one of Dallas' most prestigious charity events, raised $1.83 million in 2012 for cardiovascular programs at UT Southwestern. For more than three decades, the annual gala has successfully generated funds to support both new and ongoing research at UT Southwestern for preventing and treating heart disease.

Since its inception, the Sweetheart Ball has raised more than $17 million for cardiovascular research. The latest gift was made to Southwestern Medical Foundation from the Sweetheart Ball Fund at Communities Foundation of Texas.

The Sweetheart Ball has become a tradition since it was founded in 1981 by a group of civic-minded women committed to battling the nation's leading cause of death. The 2012 gala was chaired by Kelli Ford, wife of well-known Texas banker Gerald J. Ford, and held at their home earlier this year.

Funds from the 2012 event were matched anonymously for the final amount raised. Proceeds from the gala support the Sweetheart Ball Fund for Cardiology Research. This endowment fund has fueled the search for new therapies to prevent and cure heart disease, including research into treatments for those genetically predisposed to heart disease. It has helped fund innovative pilot projects, including novel ways to regenerate heart tissue.

"The Sweetheart Ball has always held a special place in my heart, as it is an amazing charity," Mrs. Ford said. "Dallas truly comes together year after year to show its generosity and support of UT Southwestern and its commitment to the cardiology program and heart disease research. I was more than honored to be the Sweetheart Ball 2012 Chairman and a part of this important endeavor."

Proceeds from the Sweetheart Ball's early years were designated for the establishment of the Gail Griffiths Hill Chair in Cardiology, named for one of the founding board members who died in 1984. Funds from the 2009 Sweetheart Ball established the Sweetheart Ball – Kern Wildenthal, M.D., Ph.D., Distinguished Chair in Cardiology, honoring the medical center's former president of 22 years, who now serves as a senior consultant of Southwestern Medical Foundation. In all other years since 1982, the funds generated by the gala have been directed to the Sweetheart Ball Fund for Cardiology Research.

Anonymous

An anonymous couple has donated $1 million to Southwestern Medical Foundation to create an endowed chair in hematology-oncology and to honor Drs. Cynthia J. and John D. Rutherford, both faculty members in internal medicine at UT Southwestern.

The Drs. Cynthia and John Rutherford Distinguished Chair in Hematology-Oncology pays tribute to Dr. Cynthia Rutherford, who is a professor of internal medicine in the hematology/oncology division, and her husband, Dr. John Rutherford, who is a professor of internal medicine and vice president for clinical operations. Dr. Cynthia Rutherford has been named first holder of the distinguished chair.

"We know of no more kind, caring and competent people than Cynthia and John Rutherford," said the gift's donors, who asked to remain anonymous. "They are wonderful examples of the culture we all want to reinforce at UT Southwestern Medical Center."

Drs. Cynthia J. and John D. Rutherford

Both doctors were born in New Zealand and received their medical degrees from the University of Otago. Dr. Cynthia Rutherford, who holds the Barrett Family Professorship in Cancer Research, joined UT Southwestern in 1993. She is chief of hematology-oncology at Parkland Memorial Hospital and the medical director of the Hematology-Oncology Inpatient Service. Prior to moving to Dallas, Dr. Rutherford was a faculty member at Harvard Medical School from 1985 to 1992 and medical director of Donor and Transfusion Service, Blood Bank, at Brigham and Women's Hospital.

"We were surprised, honored and thrilled to receive this extremely generous recognition in our names from friends and great supporters of UT Southwestern," said Dr. John Rutherford, holder of the Jonsson-Rogers Chair in Cardiology. "This new distinguished chair will provide tremendous support in the future for faculty engaged in the care of hematology and cancer patients, the ongoing efforts to improve treatment outcomes through research, and the teaching and training of future generations of caregivers."

Dr. John Rutherford also joined UT Southwestern in 1993. Prior to that, he served on the faculty of Harvard Medical School, where he was recruited as a cardiologist in 1978 after being a research fellow there. He was appointed co-director of the Samuel A. Levine Cardiac Unit at Brigham and Women's Hospital in 1980. In 1981 he returned to New Zealand as a cardiologist at Green Lane Hospital in Auckland and served as a member of the Scientific Committee of the National Heart Foundation and as honorary secretary/treasurer of the Cardiac Society of Australia and New Zealand. In 1985 he returned to Harvard as co-director of the clinical cardiology service at Brigham and Women's Hospital.

At UT Southwestern, Dr. John Rutherford received the Distinguished Physician Award in recognition of outstanding individual contribution to Parkland Memorial Hospital in 1995, and in 1997 he was appointed associate dean for clinical affairs. He was president of the medical staff of Parkland from 1998 to 2000. In 2001 he was appointed to his current position.

Dedman Foundation

The Dedman Foundation, a longtime benefactor of UT Southwestern, has donated $1 million to Southwestern Medical Foundation to help build the medical center's new William P. Clements Jr. University Hospital.

The Dedmans, one of Dallas' most generous philanthropic families, have supported higher education, public charities, civic organizations and medical institutions for more than two decades. The Dedman Foundation was created in 1995 by the late Robert H. Dedman Sr. In 2009 the foundation gave Southwestern Medical Foundation a landmark $12 million to establish the Dedman Family Endowed Program for Scholars in Clinical Care at UT Southwestern. The gift was matched to create a $24 million endowment.

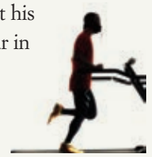
Robert H. Dedman Jr., chairman of the Dedman Foundation, said UT Southwestern is one of the foundation's principal beneficiaries because of the medical center's vital contributions to the region.

Robert H. (Bob) Dedman Jr., Rachael Dedman, Nancy Dedman, W. Bobby Nail and Patricia Dedman Nail.

"Like many Dallas families, we believe in the importance of investment in the medical community," said Mr. Dedman, who serves on the *Building the Future of Medicine* campaign steering committee. "Having a state-of-the-art teaching hospital also integrally involved in the best patient care will benefit the entire Dallas community. The way the hospital is being designed will add to the quality of teaching new doctors and will impact patient care in a significant way."

The Dedmans and their foundation have made numerous gifts to other Dallas institutions, including to Southern Methodist University for the Dedman School of Law, the Dedman College Interdisciplinary Institute in the Dedman College of Humanities and Sciences, and the Dedman Center for Lifetime Sports. The Dedman School of Hospitality at Florida State University also is named in honor of Robert H. Dedman Sr., who died in 2002. UT Austin established the Dedman Merit Scholars program, thanks to the family's support.

Robert H. Dedman Sr. founded Dallas-based ClubCorp, a leading operator of golf courses, private clubs, and resorts, in 1957. He received numerous honors throughout his career, including Texas Entrepreneur of the Year in 1976, Dallas Humanitarian of the Year in 1980, Texas Business Hall of Fame in 1987, and the Horatio Alger Award in 1989.



Nancy McMillan Dedman was married for 49 years to the late Mr. Dedman. She has served on the UT Southwestern University Hospitals & Clinics Board of Visitors, the board of the Shelter Ministries of Dallas, and the Salvation Army Advisory Board. She also is a supporter of the Dallas Museum of Art, the Texas Ballet Theater, and the AT&T Performing Arts Center. She was honored with the Annette G. Strauss Humanitarian Award in 2004.

Robert Dedman Jr., former chairman of the board of ClubCorp, is the general partner of Putterboy, Ltd., and president and CEO of the Dedmans' family office, DFI Management, Ltd. He serves on the boards of trustees of Southwestern Medical Foundation, SMU, The Hockaday School, Advanced Placement Strategies, the O'Donnell Foundation and the Dallas Museum of Art.

Mr. Dedman's wife, Rachael, is actively involved in the Crystal Charity Ball and serves on the boards of Boys & Girls Clubs of Greater Dallas, Meadows School of the Arts at SMU, and the Sweetheart Ball, an event that provides funds for heart research to UT Southwestern.

Patricia Dedman Nail is the daughter of Nancy Dedman and the late Mr. Dedman. She spent 15 years in private practice as a psychotherapist and has taught at SMU. She has been involved in Dallas Contemporary.

The Dedman family was named recipient of the 2009 Charles Cameron Sprague Community Service Award, an annual recognition bestowed by Southwestern Medical Foundation to honor individuals who have provided extraordinary support in enhancing patient care, medical education, and medical research in North Texas.

Dr. Samuel Y. Dorfman Jr. and Louis Dorfman Sr.

Dallas oilmen Louis Dorfman Sr. and Dr. Samuel Y. Dorfman Jr. have added another $1 million to their first $1 million gift, made in 2011, benefiting UT Southwestern's new William P. Clements Jr. University Hospital.

The hospital's Outdoor Dining Plaza will be named to commemorate their latest gift. The hospital's Physician Dining and Conference Room will be named in their honor in recognition of the first gift. Dr. Dorfman is a 1967 graduate of UT Southwestern Medical School. Both donations were made to Southwestern Medical Foundation as part of the *Building the Future of Medicine* campaign.

The Dorfman brothers are longtime supporters of UT Southwestern. The family's first donation to the medical center was in 1957 when the brothers' father bequeathed funds from his estate to help with early cholesterol research. More recently, the Dorfman family has made donations to support spine research and clinical-care programs at UT Southwestern.

The Dorfman brothers lead Dorfman Production Co., a Dallas-based oil and gas production firm founded in the 1930s by their father, Sam Dorfman, a Ukrainian immigrant. The company owns and operates oil- and gas-producing properties throughout Texas and in Alabama, Arkansas, Arizona, Colorado, Illinois, Louisiana, Mississippi, Montana, North Dakota, New Mexico, Ohio and Oklahoma.

In addition to his role as chairman of Dorfman Production, Louis Dorfman is chairman of the International Exotic Animal Sanctuary, a renowned rehabilitation facility for large cats, bears, and other wild and exotic animals located in Boyd, Texas. As the sanctuary's animal behaviorist, he interacts with the large cats and bears using a unique "emotional enrichment" program that he developed 16 years ago and that the American Zoological Society may soon adopt.

He and his wife also own a horse ranch devoted to raising, training and rehabilitating Friesian horses. Mr. Dorfman earned a law degree from Southern Methodist University in 1963.

"Since our original donation, both my brother and I have had the opportunity to visit at greater length with Dr. Dan Podolsky [UT Southwestern president] and learn more about both the exciting changes he is instituting at the complex regarding attention to patient experience, attention and care, and the amazing innovations being incorporated into the new hospital," Mr. Dorfman said. "It will be a real asset to Dallas and something with which we want to be associated and support wholeheartedly."

Dr. Dorfman practiced internal medicine for more than 15 years before leaving the field to pursue other business ventures. Today, he serves as president of Dorfman Production. In 1977 he founded The Filling Station restaurant in Dallas, the first big-screen sports bar in the city. The iconic restaurant chain grew to include five Texas locations before it was sold to its current owner.

Louis Dorfman Sr. and Dr. Samuel Y. Dorfman Jr.

"We realize the new hospital will usher in a new concept of hospital experience with the technological innovations that will be incorporated into it, along with attention given to both patient care and their families and visitors," Dr. Dorfman said. "Consistent with that, we felt it would be fitting to be associated with a lovely outdoor dining setting that will invoke the comfortable and peaceful feeling of the new hospital."

Horchow Family

Roger Horchow with his daughters, Lizzie, Sally, and Regen

The Horchow Family, longtime supporter of UT Southwestern, has donated $1 million to Southwestern Medical Foundation to help fund construction of the new William P. Clements Jr. University Hospital.

The family's donation was made as part of UT Southwestern's *Building the Future of Medicine* campaign.

"We are making this gift to the hospital because we believe so strongly in the importance of UT Southwestern," Roger Horchow said. "Over the years, the medical center and its hospitals and staff have given us wonderful care, particularly during my wife's illness and before her death. This gift is my family's demonstration of our love for UT Southwestern, our commitment to the new hospital plan and our great admiration for all that it is going to be. I know it will be a great asset for Dallas."

Mr. Horchow is a world-renowned retail entrepreneur, Broadway producer and author. He is on the steering committee of the *Building the Future of Medicine* campaign and serves on the new hospital's Art Committee. He and his late wife, Carolyn Horchow, as well as their three daughters – Sally Horchow, Regen Horchow Fearon and Elizabeth Horchow Routman – have been active in the Dallas philanthropic community for many years.

Mr. Horchow began his retail career in 1953 as a buyer at Foley's Department Store in Houston. In 1960 he moved to Dallas and joined Neiman Marcus, where he became vice president of merchandise and, in 1969, vice president of the mail-order department. In 1971 he left Neiman Marcus to launch the Horchow Collection, the country's first exclusively mail-order catalog to feature luxury goods, which he sold to Neiman Marcus in 1988.

Mr. Horchow has co-produced four Tony Award-winning Broadway musicals: *Crazy for You, Kiss Me Kate, Curtains* and *Gypsy.* He has served a long list of national and local nonprofit organizations, including the Committee for the Preservation of the White House; the Museum of Modern Art of New York; the Yale University Gallery in New Haven, Conn.; the Jefferson Awards for Public Service; KERA-FM; and the Dallas Museum of Art. He also has written three books, including *The Art of Friendship: 70 Simple Rules for Making Meaningful Connections*, which he co-wrote with his daughter Sally. Mr. Horchow was awarded an honorary doctorate of humane letters by his alma mater, Yale University, in 1999.

In 1988 the Horchows established the S. Roger and Carolyn P. Horchow Chair in Cardiac Research, in Honor of Jere H. Mitchell, M.D. In 1994 they established the Carolyn and S. Roger Horchow Research Fund to support immunology and AIDS/cancer research under the direction of Dr. Ellen Vitetta, director of the Cancer Immunobiology Center and holder of the Scheryle Simmons Patigian Distinguished Chair in Cancer Immunobiology. In 2004 the couple donated $1.5 million to create the Horchow Family Endowment for Scholars in Pediatrics. The couple also supported the construction of Zale Lipshy University Hospital and contributed to the Dr. Bryan Williams Student Assistance Fund, the Bryan Williams, M.D. Student Center and the Kern Wildenthal Fund for Medical Excellence.

Before Mrs. Horchow's death, the couple gave UT Southwestern more than 135 works of folk art that they had collected on their many travels throughout the world. Amassed over four decades, the artifacts are displayed in the lobby of the Biomedical Research Building on the North Campus, in honor of the medical district's pediatric patients and the faculty members who care for them through clinical care and research.

Carol and Jeffrey M. Heller

Carol and Jeffrey M. Heller

Carol and Jeffrey M. Heller, longtime supporters of UT Southwestern, have donated $500,000 to Southwestern Medical Foundation to help build the new William P. Clements Jr. University Hospital. In recognition of their gift, an adult intensive care unit room and a neonatal ICU room will be named in their honor.

"Carol and I have been involved in receiving services and participating in giving services to the medical center for the last 30 years or so," Mr. Heller said. "That association has benefited us both personally and medically. We view UT Southwestern as one of the great treasures in Dallas and this part of the country. The new hospital will play a role in extending the excellence of the medical center, its people and its facilities into the future. That is why we decided to make this recent gift."

Mr. Heller is former vice chairman of Electronic Data Systems and served on the company's board of directors and executive committee. He joined EDS in 1968 as a systems engineering trainee and moved up the ranks, holding numerous positions until his retirement in 2002. A graduate of UT Austin, Mr. Heller served in the U.S. Marine Corps as a jet pilot from 1960 to 1966 and attained the rank of captain.

Mr. Heller has served or continues to serve on numerous boards, including Trammell Crow Co., Westcott Communications, the Dallas Symphony Association, Mutual of Omaha, the UT System's Chancellor's Council, UT Austin's Engineering Foundation Advisory Council, UT Austin's Red McCombs School of Business Advisory Council, the Longhorn Foundation and the Cotton Bowl Athletic Association. He is a longtime trustee of Southwestern Medical Foundation and a member of its Executive Committee.

Mrs. Heller is a member of UT Southwestern University Hospitals & Clinics Board of Visitors and is involved in numerous other civic organizations, including the Chi Omega Christmas Market. She was named recipient of the Roselyn T. Dabbs Chi Omega Philanthropist Award in 2010.

Hoblitzelle Foundation

Karl Hoblitzelle

The Hoblitzelle Foundation has increased its initial $2 million gift to Southwestern Medical Foundation to help fund construction of UT Southwestern's new William P. Clements Jr. University Hospital to $2.5 million.

The Hoblitzelle Foundation, established by Karl and Esther Hoblitzelle in 1942, has donated more than $17 million to UT Southwestern, including its $2 million gift for the hospital made in 2011. This latest $500,000 gift was again made to Southwestern Medical Foundation as part of the *Building the Future of Medicine* campaign.

Together with the late Dr. Edward Cary and other Dallas civic leaders, Mr. Hoblitzelle helped establish Southwestern Medical College – now UT Southwestern Medical Center – in 1943. He also donated the land for the original 60-acre site of UT Southwestern's campus adjacent to Parkland Memorial Hospital. Mr. Hoblitzelle was a co-founder of Southwestern Medical Foundation in 1939 and served as its president from 1953 to 1962 and as chairman of the board until his death in 1967.

"Because Mr. Hoblitzelle was one of the community leaders who started Southwestern Medical College, his foundation always has had a close relationship with the medical school, its parent and sister organization, and the entire medical district," said Paul W. Harris, president and CEO of the Hoblitzelle Foundation. "We have supported all the capital campaigns at the medical center. We believe this new hospital is of vital importance to the city, as relayed so well to us by the leadership of this current capital campaign."

Previous gifts from the Hoblitzelle Foundation have supported UT Southwestern's acclaimed Endowed Scholars Program in Medical Science, helped equip the T. Boone Pickens Biomedical Building and the Bill and Rita Clements Advanced Medical Imaging Building, and helped construct the Karl Hoblitzelle Clinical Science Building, among many other projects.

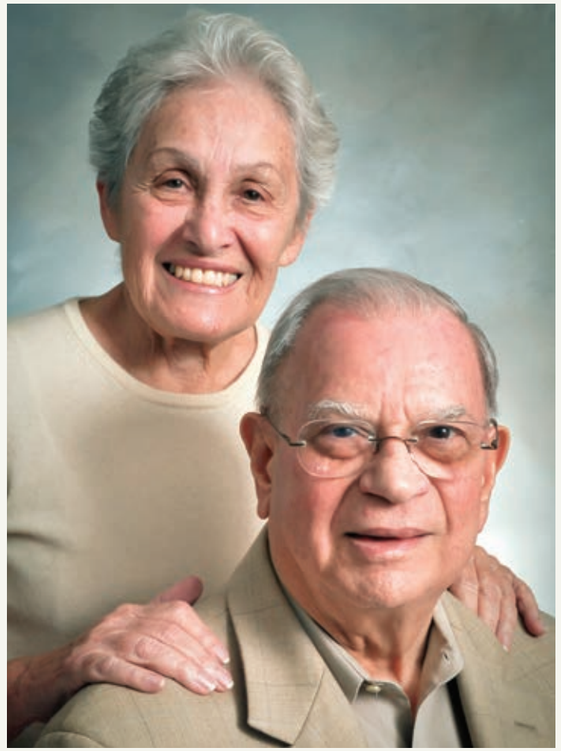
"Karl Hoblitzelle and the Hoblitzelle Foundation have been among UT Southwestern's most important benefactors since 1943, when Mr. Hoblitzelle played a pivotal role in the creation of our medical school," said William T. Solomon, chairman of the Hoblitzelle Foundation and chairman of the board of Southwestern Medical Foundation. "We are extremely proud of the foundation's generosity over the years. Its commitment to UT Southwestern has helped accelerate its growth and emergence as one of the top academic medical centers in the country."

Mr. Hoblitzelle was the founder and president of Interstate Amusement Co. – later known as Interstate Circuit – which included the company's flagship Majestic Theatre in downtown Dallas. The success of his entertainment business created opportunities to invest in the growing oil and gas, real estate, and banking industries in Texas. He married Esther Thomas, a Broadway starlet, in 1920, and the couple was active in the social, civic and cultural activities of Dallas.

Celia and Adi Gazdar, M.D.

Dr. and Mrs. Adi Gazdar recently gave $200,000 to Southwestern Medical Foundation to establish a charitable gift annuity endowing the Adi Gazdar, M.D., Annual Lectureship in Translational Medicine and the Adi and Celia Gazdar Fund in Translational Cancer Research.

The lectureship will highlight new discoveries in targeted cancer therapies, while the fund will support development of novel cancer therapies.



Celia and Adi Gazdar, M.D.

Dr. Gazdar, professor of pathology and the deputy director of the Nancy B. and Jake L. Hamon Center for Therapeutic Oncology Research, is a highly cited author who has written more than 700 medical articles and serves as associate editor for several journals. His research focuses on understanding the pathogenesis of malignant tumors, with a special interest in lung cancers.

Recently, his research has led to significant strides in finding treatments that target genetic mutations of cancer cells – treatments that are more effective than conventional therapies, with fewer side effects.

Before joining the faculty at UT Southwestern in 1991, Dr. Gazdar worked as a medical investigator at the National Cancer Institute-Navy Medical Oncology Branch. He currently holds the W. Ray Wallace Distinguished Chair in Molecular Oncology Research. Dr. and Mrs. Gazdar made their gift through a charitable gift annuity, which enables donors to receive a lifetime income. The annuity offers an annual fixed return and significant tax benefits.

"Rather than just leaving the money in our will, it is paying certain dividends during our lifetime and then will be committed to a purpose that my wife and I are passionate about," Dr. Gazdar said.

The Gazdars said it was important for them to support the missions of the Hamon Center and the Harold C. Simmons Comprehensive Cancer Center, which are to improve the prevention, early detection, diagnosis, prognostic assessment and treatment of cancer by performing interdisciplinary research that translates findings between the laboratory and clinic.

"It is important for the only academic medical center in Dallas to be leading the way in cutting-edge cancer research and therapies," Dr. Gazdar said. "I want to support that."

Mrs. King Terry Jr.

Mr. and Mrs. King Terry Jr.

Longtime West Texas resident Mrs. King (Becky) Terry has donated $100,000 to establish a professorship in family medicine at UT Southwestern, in honor of the two late West Texas physicians who cared for her and her late husband. The gift, made to Southwestern Medical Foundation, creates the Drs. Malone V. Hill and John W. Pate Professorship in Family Medicine.

Mrs. Terry is a former teacher at Alpine High School, as well as a former assistant to the dean at Sul Ross State University, also in Alpine, Texas, located in the Big Bend region of the state. She also was a rancher, alongside her late husband, King Terry Jr., who died in 2011. The couple owned four ranches in three West Texas counties and raised Hereford cattle, Rambouillet sheep and Angora goats.

"Dr. Hill was a surgeon, and Dr. Pate was a general practitioner," Mrs. Terry said. "They both took care of Mr. Terry and me for many years, and we had very good health because of those two gentlemen. They were just ahead of their time. I wanted to do something in their memory and thank them for practicing rural medicine."

Mrs. Terry chose UT Southwestern to establish a professorship because of her friendship with Dr. Kern Wildenthal, dean and president of UT Southwestern from 1980 to 2008 and currently senior consultant at Southwestern Medical Foundation. Dr. Wildenthal was one of Mrs. Terry's former students at Alpine High. In addition, Dr. Wildenthal's father, the late Bryan Wildenthal, was president of Sul Ross University when Mrs. Terry worked there.

"Having lived most of her life in a small West Texas town, Mrs. Terry understands the importance of family medicine practitioners and the bonds they build with their patients," said Dr. Wildenthal. "Her gift was made to honor the doctors who cared for her and her husband for decades and to encourage future physicians to establish those kinds of relationships with their patients throughout their careers in medicine. This generous donation, given in the name of others, is typical of her thoughtfulness and her desire to help others."

Mr. Terry attended Texas A&M University and later graduated from Rutgers University. He served during World War II, receiving the Purple Heart, the Bronze Star and the Patriot Medallion of Honor and Remembrance. After his military service, he returned to West Texas, where he and Mrs. Terry began their ranching career. The couple was married 62 years.

Mrs. Terry began teaching school during a drought in the 1950s, she said, when the couple needed additional income. She has been an active member of the Texas CattleWomen for years, and was honored with the group's Lifetime Achievement Award last year. Mrs. Terry has been the chairman of the State and National Beef Cookoff, a board member of the Chicago Livestock and Meat Board, a board member of the Texas State Board of Veterinary Medical Examiners, and she worked on the very first Texas CattleWomen committee to pass the Beef Checkoff. She has traveled to Taiwan and Hong Kong representing the U.S. Meat Export Federation and has been honored as a Distinguished Member of the board of directors of the National Livestock and Meat Board, a member of the Big Bend Cowboy Hall of Fame, and Distinguished Alumni of Sul Ross State University. She also was recognized with the Gerald W. Thomas Outstanding Agriculturist Award from the College of Agricultural Sciences and Natural Resources at Texas Tech University.

"Mrs. Terry and her late husband are some of the most generous people I've ever known in my life," said Dr. John Pate Jr., a cosmetic surgeon in El Paso and son of the late Dr. Pate, whom the newly established professorship honors. "All of this was a surprise, but it's not a surprise that Mrs. Terry does things like this."

The late Dr. Pate graduated from what is now Baylor College of Medicine in 1940, when it was located in Dallas. He served in World War II and subsequently moved to West Texas, where he practiced family medicine for more than 50 years. He retired in 1996 and died in 1999. All three of his sons are doctors, and all three have close ties to UT Southwestern. Dr. John Pate Jr. received his residency training at the medical center; Dr. Mark Pate is a faculty member in the medical school's department of family medicine, based at John Peter Smith Hospital in Fort Worth; and Dr. Bart Pate was a medical school graduate and surgery resident at UT Southwestern.

The late Dr. Hill also graduated from Baylor, Dallas, and moved to Alpine in 1937, where he established a surgical practice and opened a small hospital. He served in World War II as head of a Navy surgical team. He returned and established the Alpine Hospital, the largest surgical facility for a 150-mile radius for many years. Dr. Hill died in 1997.

The two doctors were associates and close friends.

"The Hill family feels quite humbled to have this honor bestowed by Becky and King Terry in memory of our father," said Dr. Malone Hill Jr., an orthopaedic surgeon in Austin.

Phyllis and Ronald Steinhart

Renowned civic leaders Ronald and Phyllis Steinhart have given $50,000 to Southwestern Medical Foundation to help fund construction of the new William P. Clements Jr. University Hospital. The donation was made from the Steinhart Family Advised Fund of The Dallas Foundation and benefits UT Southwestern's *Building the Future of Medicine* campaign.

"Phyllis and I have been longtime supporters of UT Southwestern," Mr. Steinhart said. "I served on the Zale Lipshy [University Hospital] board and now serve on the UT Southwestern University Hospitals & Clinics Board of Visitors. Phyllis serves on the Executive Committee of the UT Southwestern Friends of the Alzheimer's Disease Center and was a 15-year volunteer at Parkland testing the hearing of newborns.

"We both see a need for a modern, state-of-the-art teaching hospital for our educators, future physicians and researchers. Locally, we are aware of the important role that UT Southwestern plays in providing a majority of the physicians practicing in the Dallas/Fort Worth area. Lastly, we were friends and admirers of Gov. Clements and are honored to support a hospital bearing his name."

Mr. Steinhart was an active leader in the Dallas financial community for more than 37 years. Between 1969 and 1980, he teamed with investors to charter or purchase six banks. He then joined the senior management of InterFirst Corp. in 1980 and became president a year later. In 1988 he led a group of investors that established Team Bank, which merged with Bank One Texas in 1992. He was named CEO of the Bank One Corp. Commercial Banking Group and was a member of the management committee until his retirement in 2000.

Presently, Mr. Steinhart serves as a director of Texas Industries Inc., Penske Automotive Group Inc., Southcross Energy Partners L.P. and Susser Holdings Corp. He is vice chairman of Dallas

Ronald and Phyllis Steinhart

Medical Resources and a director and immediate past chairman of the Diabetes Health and Wellness Institute. He is a director of the State Fair of Texas, the Dallas Holocaust Museum and the Dallas Education Foundation, as well as serving in numerous executive positions at his alma mater, UT Austin. Mr. Steinhart also serves as a member of the Steering Committee for UT Southwestern's *Building the Future of Medicine* campaign.

Mr. Steinhart has received the Linz Award for community service, the J. Erik Jonsson Award for Volunteerism from the United Way of Metropolitan Dallas, both the Outstanding Young Texas Ex Award and the Distinguished Alumnus Award from the UT Ex-Students' Association, the Silver Beaver Award from the Boy Scouts of America, the J. Erik Jonsson Ethics Award from Southern Methodist University, the Superintendent's Award from the Dallas Independent School District and the Downtown Renaissance Award from Neiman Marcus. He was also installed in the Dallas Business Hall of Fame and the UT Austin McCombs School of Business Hall of Fame.

Mrs. Steinhart, a native of Houston, attended UT Austin and the University of Houston. She is a certified medical technologist and has been an active volunteer at Parkland Memorial Hospital and the National Council of Jewish Women. She served on the board of the Dallas Chapter of the American Jewish Committee and the Dallas Holocaust Museum and presently serves on the advisory committee of two funds of the Dallas Jewish Community Foundation.

The Steinharts, who have been married since 1965, have three sons and five grandchildren. ■

Planned Giving

How The New Tax Act Impacts Your Charitable Giving

By Randal Daugherty

SIX CHARITABLE GIVING IDEAS AFTER ATRA

On the surface it may appear that not much changed with the passage of the American Taxpayer Relief Act (ATRA) of 2012. For most taxpayers, the new act made permanent much of what was already law. For high-income earners, however, increases in the marginal income and capital gains tax rates, as well as clarification on estate and gift tax laws, provide opportunities to make cost-effective charitable gifts. In addition, with the extension of the Charitable IRA Rollover, individuals who have reached age 70½ may continue to make charitable gifts directly from their IRAs in a tax-efficient manner.

This article highlights six charitable giving ideas that are particularly attractive under ATRA. First, we will look at specific provisions in ATRA that have created such opportunities, and then, describe these charitable giving options.

Income tax rates will increase for more affluent Americans.

Marginal income tax rates will increase from a top bracket of 35 percent to 39.6 percent for individuals whose income is $400,000 or more and for married couples whose income is $450,000 or more.

CHARITABLE GIVING IDEA #1

Higher income tax brackets mean that it is less expensive to make charitable gifts. Assume that in 2012 a person in the top 35 percent bracket made a $10,000 charitable gift. The gift would save the person $3,500 in taxes ($10,000 x 35 percent). In 2013, with the top bracket at 39.6 percent, the same $10,000 gift will save $3,960 in taxes, a 13 percent increase over 2012.

Capital gains tax will also increase for high-earners.

These same affluent Americans who will see their income tax rate increase to 39.6 percent will also see capital gains tax rates increase by one-third from 15 percent to 20 percent. In addition, some people will also experience a 3.8 percent surtax on certain kinds of investment income, including realized capital gain. This extra tax affects single individuals whose income exceeds $200,000 and married couples whose income exceeds $250,000. Therefore, many people will have a maximum capital gains tax rate of 23.8 percent.

CHARITABLE GIVING IDEA #2

Higher capital gains tax rates make giving appreciated securities more tax-advantageous than giving cash. Suppose a donor in the 39.6 percent income tax bracket and subject to the 23.8 percent capital gains rate wished to make a $200,000 gift this year. A gift of cash will save $79,200 ($200,000 x 39.6 percent) in taxes, lowering the real cost of the gift to $120,800 ($200,000 - $79,200). If instead this donor had given stock worth $200,000, for which he paid $50,000, he would save not only $79,200, as with the gift of cash, but also avoid a capital gains tax of $35,700 ($150,000 gain x 23.8 percent). This would bring the combined tax savings to $114,900.

CHARITABLE GIVING IDEA #3

Donors who desire more income should consider using appreciated securities or real property to establish a charitable remainder trust. Capital gains tax, which would be due had the stock or property been sold, will be avoided, leaving the full market value of the stock or property to fund the trust. A donor who has $500,000 in appreciated stock can fund a charitable remainder unitrust with the stock, pay no capital gains tax and have the full $500,000 in the trust invested and generating an income for himself and his family.

Estate tax rates were also addressed by ATRA.

The estate tax exemption was kept essentially the same and indexed for inflation (the exemption is $5.25 million for 2013). The tax rate for those estates above the exemption was increased from 35 percent to 40 percent. The portability provision was also extended, which allows a surviving spouse to benefit from any portion of the exemption not used by the first spouse to die. The net effect is that only large estates will need to do extensive tax planning; however, for those large estates that are above the exemption, tremendous benefits can be gained from an estate plan that includes charitable giving.

CHARITABLE GIVING IDEA #4

One of the fundamental strategies in estate planning remains in effect. Individuals are encouraged to make charitable gifts in their estate first from assets known as "income in respect of a decedent" (IRD) and give other assets to family members. IRD assets include IRAs and other retirement plans. Work with your IRA custodian or retirement plan administrator to leave all or a portion of your retirement plan assets to charity.

CHARITABLE GIVING IDEA #5

A sophisticated charitable estate planning option for high net-worth individuals is a non-grantor charitable lead trust, which is an excellent way to transfer assets to family members at minimal cost while making a gift to benefit UT Southwestern for a period of years. A charitable lead trust can be set up during your lifetime or through your will.

The Charitable IRA Rollover has been extended through 2013.

This law allows individuals who have reached the age of 70½ to make charitable gifts directly to qualified charities without having to count the gift as a taxable distribution. The limit is $100,000 per year, and charitable rollovers may count toward a person's required minimum distribution.

CHARITABLE GIVING IDEA #6

If you have reached the age of 70½, consider making charitable gifts directly from your IRA. Contact your IRA custodian and request that such gifts be made to select charities. Charitable IRA rollover funds cannot be used to fund life-income gifts, such as gift annuities or charitable remainder trusts; however, these gifts can be used to meet existing pledges or to fund specific projects.

In Good Company

Bill Solomon, Kathleen Gibson, Dr. Rolf Haberecht, Dr. Kern Wildenthal, Lyda Hill and Ute Haberecht

Charles Cameron Sprague Community Service Awards presentation honors Dallas leaders

At a reception and dinner Oct. 3 at the Hilton Anatole, Southwestern Medical Foundation presented its 2012 Charles Cameron Sprague Community Service Award to three individuals whose names have become synonymous with generosity and innovative leadership. Lyda Hill was recognized for her far-sighted philanthropic and volunteer leadership. Dr. Rolf and Ute Haberecht were honored for their leadership and commitment to making Dallas a better community.

Caroline Haberecht-Moore, Dr. Rolf and Ute Haberecht, and Dr. Michael Haberecht

Dr. Rolf Haberecht and Bob Miller

Dr. Daniel K. Podolsky, Lyda Hill and Dr. Carol Podolsky

Mike Myers and James Huffines

Dr. Rolf Haberecht (foreground), Kathleen Gibson and Lyda Hill

Mary McDermott Cook and Dr. Al Gilman

Ute Haberecht, Jim Jones, Caroline Haberecht-Moore, Ada Jones and Dr. Michael Haberecht

Dr. Benno Schoenborn and Dr. Johann Deisenhofer

Lyda Hill (foreground), Ute Haberecht and Dr. Kern Wildenthal

Donald Zale, Barbara Zale, Liz Stoner and Bronson Crouch

Dr. Kern Wildenthal, Lyda Hill and Bill Solomon

Dr. Rolf Haberecht and Rep. Dan Branch

GRATEFUL SCHOLARS

Students meet their benefactors at Southwestern Medical Foundation's annual scholarship luncheon.

by Heidi Harris Cannella

Rachel Hein

Ryan Thorpe

The daughter of an Oklahoma City plastic and reconstructive surgeon, Rachel Hein wanted to steer clear of a medical career. It wasn't until her second year of undergraduate studies at the University of Oklahoma, however, that she realized she couldn't escape her destiny.

While enrolling for courses in her declared major of chemical engineering, she thought, "This isn't what I want to do." She changed her major on the spot to chemistry and decided to cast her sights on medical school, specifically UT Southwestern Medical School.

"I realized how many lives were affected by my dad's work, and I suddenly knew that the variety of medical conditions that can be improved through plastic and reconstructive surgery truly made it a quality-of-life specialty," said Ms. Hein, now in her second year at UT Southwestern Medical School.

Friends and donors at Southwestern Medical Foundation's scholarship luncheon know a little about improving and affecting lives as well. This year alone, they provided $245,000 in scholarship funds to 197 medical students, dozens of whom were at the annual luncheon to thank their benefactors for the opportunity to pursue their dreams of becoming doctors.

Wes Norred, UT Southwestern vice president for student and alumni affairs, said those who support students are essentially saying to them: "I want to recognize you for what you've already accomplished in your life. I want to affirm that you will continue on a path to success. I want to invest in you. All you have to do is keep doing what you're doing."

The funds provided for student scholarships enable UT Southwestern to attract the best and brightest students, he said. "You have invested wisely," he told the more than 90 people in attendance.

Southwestern Medical Foundation has been supporting student scholarships at the medical center for more than 60 years and currently holds more than $5.3 million in endowment funds for their support. Some scholarships are need-based, some merit-based, Mr. Norred said, but all inspire each student recipient to reach his or her goal of becoming a "superb physician."

Ryan Thorpe, a third-year student, expressed not only his own gratitude for his medical school scholarship, but also the appreciation of his wife and his 19-month-old son. "We are grateful," he told the guests at the luncheon, "for the sacrifices you've made."

Mr. Thorpe was an accounting graduate at Brigham Young University, when he abruptly changed directions on his career path. "I was sitting in an orientation for the master's accounting program, and I thought, 'I can't do this for the rest of my life!' I got up and signed up for an anatomy class, and I've never looked back."

William T. Solomon, chairman of the board of Southwestern Medical Foundation, said it would be interesting to see how far these gifts take the medical students in the next 25 years or so. "We have high hopes and expectations for your futures. How proud we are of you."

Scholarships to UT Southwestern students have been provided over the years by many generous donors, families and friends, from such funds as the: Dr. E.H. Cary Scholarship Fund; Martha and Robert Click Scholarship Fund; Frances B. Conroy Scholarship Fund; Dorothy R. Cullum Scholarship Fund; Felix B. and Josephine I. Goldman Trust Fund; Dr. J.A. Majors Scholarship Fund; Mr. and Mrs. M.A. McBee Scholarship Fund; Dr. M. Hill and Dorothy Metz Scholarship Fund; Morning Star Family Foundation Scholarship Fund; Shirley P. Pollock Scholarship Fund; Ralph B. Rogers Scholarship Fund; Harold B. and May E. Sanders Scholarship Fund; Anne C. Schoellkopf Scholarship Fund; Jay Simmons Scholarship Fund; Dr. Richard M. Smith Memorial Scholarship Fund; Alayne and Charles C. Sprague, M.D., Scholarship Fund; S. Edward Sulkin, M.D., Scholarship Fund; Judith R. Tycher Scholarship Fund; and Dr. Bryan Williams Medical Student Scholarship Fund.

Bill Solomon, Reese Mathieu and Hannah Garza

Donald Goldman, Ed Daniels and Plack Carr Jr.

David Leverenz and Jan McClendon

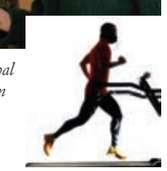
Kathleen Gibson, Richard Pollock and Bill Solomon

Tricia Beall and Plack Carr Jr.

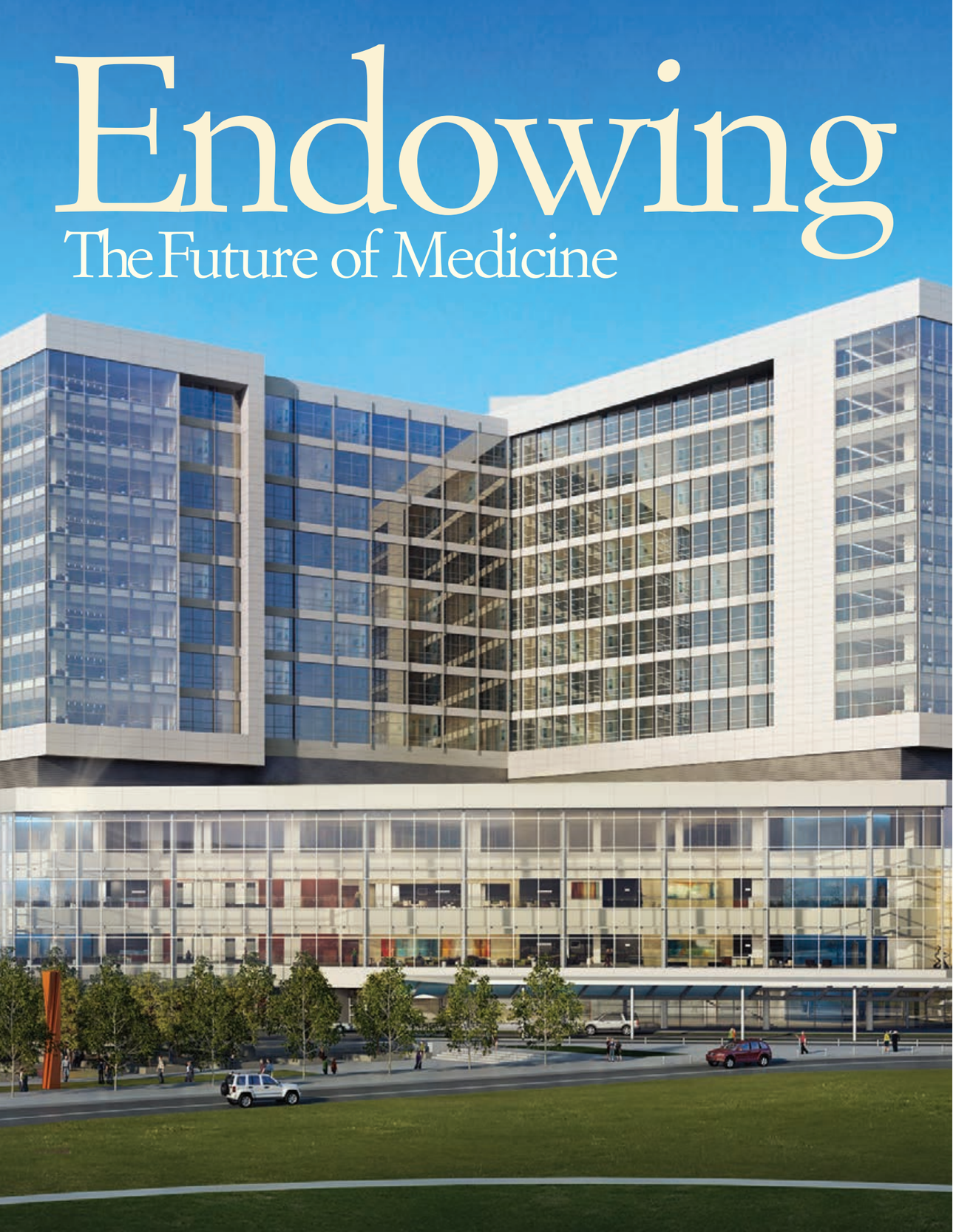
Dr. Daniel K. Podolsky, Gay Solomon and Alayne Sprague

Julie Festervan, Cyndi Bassel and Tammie McLaine

Marnie Wildenthal and Gay Solomon



Endowing
The Future of Medicine



Through a Gift to Southwestern Medical Foundation

Community leaders and Foundation friends have been very generous in their support of medical research, medical education and patient care. Many of these gifts are dedicated to creating centers, chairs, professorships and scholarships, as well as supporting research projects. Others allow the Foundation's trustees to exercise discretion to apply the resources where they are most needed.

We have listed all the endowments that benefit The University of Texas Southwestern Medical Center – those held and managed by The University of Texas Investment Management Co. (UTIMCO) in Austin for the benefit of UT Southwestern, as well as those held and managed by Southwestern Medical Foundation. You will find an asterisk (*) next to funds that are partially or completely managed by UTIMCO. Certain endowments that benefit other medical-related nonprofit organizations are listed as well.

Centers at UT Southwestern

Advanced Imaging Research Center Endowment Fund*

Walter M. and Helen D. Bader Center for Research on Arthritis and Autoimmune Diseases*

Barrett Family Center for Pediatric Oncology*

Doris and Harry W. Bass, Jr. Clinical Center for Heart, Lung and Vascular Disease

Paul M. Bass Center for Neurosurgical Innovation

Cain Denius Comprehensive Center in Mobility Research

Effie Marie Cain Alzheimer's Research Center*

Center for Basic Research in Molecular Immunology*

Children's Cancer Fund

James M. Collins Center for Biomedical Research

Comprehensive Center in Pediatric Oncology Research*

Crystal Charity Ball Pediatric Critical Care Research Center*

Houston J. and Florence A. Doswell Center for the Development of New Approaches for the Treatment of Hypertension

Gill Center for Research on Brain Cell Communication

Green Center Training Program in Reproductive Biology Sciences Research*

Cecil H. and Ida Green Comprehensive Center for Molecular, Computational and Systems Biology*

Beatrice Menne Haggerty Center for Research on Brain Injury and Repair in Strokes*

Nancy B. and Jake L. Hamon Center in Basic Research in Cancer

Nancy B. and Jake L. Hamon Center for Therapeutic Oncology Research

Dorothy L. and John P. Harbin Center for Alzheimer's Disease Research*

Robert T. Hayes Center for Mineral Metabolism Research*

Hoffman Family Center in Genetics and Epidemiology

Kimberly-Clark Center for Physical Medicine and Rehabilitation

Komen/UT Southwestern Breast Cancer Research Center*

Erma Lowe Center for Alzheimer's Disease Research

Lowe Foundation Center for Women's Preventative Health Care*

Eugene McDermott Center for Human Growth and Development*

Eugene McDermott Center for Pain Management*

Mobility Foundation Center Fund for Rehabilitation Research

W. A. (Tex) and Deborah Moncrief, Jr. Center for Cancer Genetics*

Virginia Lazenby O'Hara Fund for Research in Biochemistry

Christa and Reece A. Overcash, Jr. Family Center for Breast Care Research, in Honor of Dr. George Peters

Reece A. Overcash, Jr. Center for Research on Colon Cancer, in Honor of Dr. Eugene Frenkel

Charles and Jane Pak Center for Mineral Metabolism and Clinical Research*

Charles Y. C. Pak Center for Training in Clinical Investigation*

Charles Y. C. Pak and Donald W. Seldin Center for Metabolic Research*

George N. Peters, M.D. Center for Breast Surgery*

Pogue Family Center for Advanced Brain Imaging in Alzheimer's Disease

Pollock Family Center for Research in Inflammatory Bowel Disease*

Lawrence S. Pollock, Jr. Center for Intestinal Cancer Research

C. Vincent Prothro Center for Research in Basic Neuroscience

Audre and Bernard Rapoport Center for Cardiovascular Diseases*

Research Endowment Center for Human Nutrition Faculty*

Sarah M. and Charles E. Seay Center for Basic and Applied Research in Psychiatric Illness*

Sarah M. and Charles E. Seay Center for Emergency Pediatric Orthopedic Treatment and Research

Sarah M. and Charles E. Seay Center for Pediatric Emergency and Intensive Care and Research

Sarah M. and Charles E. Seay Center for Pediatric Urology*

Harold and Annette Simmons Comprehensive Center for Research and Treatment in Brain and Neurological Disorders

Harold C. Simmons Comprehensive Cancer Center

Bob Smith, M.D. Center for Research in Pediatric Psychiatry

Dr. Bob Smith Foundation Center for Prostate Research*

Annette G. Strauss Center in Neuro-Oncology*

Touchstone Diabetes Center*

Kent Waldrep Foundation Center for Basic Research on Nerve Growth and Regeneration*

Neill Walsdorf, Sr. Biotechnology Center in Mineral Metabolism*

Jean Walter Center for Research in Movement Disorders

Jean H. and John T. Walter, Jr. Center for Research in Age-Related Macular Degeneration*

Jean H. and John T. Walter, Jr. Center for Research in Urologic Oncology*

Jean D. Wilson Center for Biomedical Research*

Winspear Family Special Center for Research on the Neuropathology of Alzheimer's Disease

Mildred Wyatt and Ivor P. Wold Center for Geriatric Care

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Associates First Capital Corporation Distinguished Chair in Pediatrics*

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Alvin Baldwin, Jr. Chair in Surgery

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Julie and Louis A. Beecherl, Jr. Distinguished Chair in Biomedical Research*

Mar Nell and F. Andrew Bell Distinguished Chair in Biochemistry*

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Josephine Long Biddle Chair in Age-Related Macular Degeneration Research

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Effie Marie Cain Distinguished Chair in Cancer Therapy Research*

R. Wofford Cain Distinguished Chair in Bone and Joint Disease Research*

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Communities Foundation of Texas Inc. Chair in Brain Science*

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Marilyn R. Corrigan Distinguished Chair in Breast Cancer Surgery*

Marilyn R. Corrigan Distinguished Chair in Pediatric Research*

Edwin L. Cox Distinguished Chair in Immunology and Genetics*

Nadine and Tom Craddick Distinguished Chair in Medical Science*

Sherry Gold Knopf Crasilneck Distinguished Chair in Psychiatry, in Honor of Mollie and Murray Gold*

Sherry Knopf Crasilneck Distinguished Chair in Psychiatry, in Honor of Albert Knopf*

Margaret and Trammell Crow Distinguished Chair in Alzheimer's and Geriatric Research*

Sherry Wigley Crow Cancer Research Endowed Chair in Honor of Robert Lewis Kirby, M.D.*

Crystal Charity Ball Distinguished Chair in Plastic Surgery*

Dorothy Rogers Cullum Distinguished Chair in Neuro-Oncology

The Dallas Foundation Chair in Gynecologic Oncology

Dallas Heart Ball Chair in Cardiac Arrhythmia Research*

Dallas Heart Ball Chair in Cardiac Research*

1995 Dallas Heart Ball Chair in Cardiology Research

Dallas Heart Ball Chair in Hypertension and Heart Disease*

Dallas Heart Ball Chair for Research on Heart Disease in Women*

Dallas Rehabilitation Institute Distinguished Chair in Orthopaedic Rehabilitation

H. Ben and Isabelle T. Decherd Chair in Internal Medicine in Honor of Henry M. Winans, Sr.,M.D. Distinguished Chair in Pediatric Oncology Research

Distinguished Chair in Basic Biomedical Research*

Distinguished Chair in Human Nutrition, Austin Endowment*

Distinguished Chair in Human Nutrition, SWMF Endowment

Distinguished Chair in Human Nutrition Research*

Distinguished Chair in Orthopaedic Rehabilitation

Distinguished Chair in Pharmacology*

Grant A. Dove Chair for Research in Oncology

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Beatrice and Miguel Elias Distinguished Chair in Obstetrics and Gynecology*

Fredye Factor Chair in Rheumatoid Arthritis Research

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Earl A. Forsythe and Janet Kendall Forsythe Distinguished Chair for Stroke Research

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S. T. Harris Family Distinguished Chair in Breast Surgery, in Honor of A. Marilyn Leitch, M.D.*

S. T. Harris Family Distinguished Chair in Internal Medicine, in Honor of Gary Reed, M.D.*

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Robert Tucker Hayes Foundation Distinguished Chair in Cardiothoracic Surgery*

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Pogue Distinguished Chair in Pediatric Cardiac Surgery Research

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Elaine Dewey Sammons Distinguished Chair in Cancer Research, in Honor of Eugene P. Frenkel, M .D.

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Charles E. and Sarah M. Seay Chair in Child Psychiatry*

Sarah M. and Charles E. Seay Chair in Child Psychiatry*

Sarah M. and Charles E. Seay Chair in Pediatric Infectious Diseases*

Sarah M. and Charles E. Seay Chair in Pediatric Research*

Sarah M. and Charles E. Seay Distinguished Chair in Cancer Research*

Sarah M. and Charles E. Seay Distinguished Chair in Pediatric Medicine*

Sarah M. and Charles E. Seay Distinguished Chair in Thoracic Surgery*

Donald W. Seldin Distinguished Chair in Internal Medicine*

William A. Sellars, M.D., and Joyce M. Sellars Distinguished Chair in Allergy and Immunology

Hall and Mary Lucile Shannon Distinguished Chair in Surgery

Stanton Sharp Distinguished Chair in Psychiatry*

Andrea L. Simmons Distinguished Chair in Cancer Research*

Annette Simmons Distinguished Chair in Breast Cancer Research*

Harold C. Simmons Chair in Arthritis Research*

Lisa K. Simmons Distinguished Chair in Comprehensive Oncology*

Serena S. Simmons Distinguished Chair in Cancer Immunopharmacology*

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Jim and Norma Smith Distinguished Chair for Interventional Cardiology

Lois C. A. and Darwin E. Smith Distinguished Chair in Neurological Mobility Research

Lois C. A. and Darwin E. Smith Distinguished Chair in Neurological Surgery*

Patricia A. Smith Distinguished Chair in Neuromuscular Disease Research, in honor of Gil Wolfe, M.D.*

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Charles Cameron Sprague, M.D. Chair in Clinical Oncology

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W. Ray Wallace Distinguished Chair in Molecular Oncology Research*

Walter Family Distinguished Chair in Internal Medicine in Honor of Albert D. Roberts, M.D.

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Robert A. Welch Distinguished Chair in Science*

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Jimmy Elizabeth Westcott Distinguished Chair in Pediatric Neurology

Doris and Bryan Wildenthal Distinguished Chair in Medical Science*

James T. Willerson, M.D. Distinguished Chair in Cardiovascular Diseases*

Raymond and Ellen Willie Distinguished Chair in Cancer Research in Honor of Laverne and Raymond Willie, Sr.*

Raymond and Ellen Willie Distinguished Chair in Molecular Neuropharmacology, in Honor of Harold B. Crasilneck, Ph.D.*

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Abe (Brunky), Morris, and William Zale Distinguished Chair in Neurology*

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American Airlines Professorship in Cancer Research*

Ron Anderson, M.D. Professorship in Clinical Care and Education at Parkland Memorial Hospital

Anesthesiology Alumni Professorship

Dr. Charles T. Ashworth Professorship in Pathology*

Carolyn R. Bacon Professorship in Medical Science and Education

Walter M. and Helen D. Bader Professorship in Arthritis and Autoimmune Disease Research*

Baldridge Family Professorship in Internal Medicine and Preventive Care

Barrett Family Professorship in Cancer Research

Frederic C. Bartter Professorship in Vitamin D Research*

Carla and Paul Bass Professorship in Medical Education Honoring Charles C. Sprague, M.D.

Harry W. Bass, Jr. Professorship in Pediatric Education

Joan and Dr. George Bayoud Professorship in General Surgery

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Dr. Fred Bonte Professorship in Radiology*

Alvin (Bud) Brekken Professorship in Obstetrics and Gynecology*

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