MOVING FORWARD

The science behind the sports
Dr. Hunt Batjer has been a major force in the world of sports injuries. He is known for his work on concussions, as co-chair of its concussion research program. Batjer has been involved in many studies, including the one led by Dr. Jere Mitchell, which is now the basis for new treatments.

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 body. These findings have since been used to develop new interventions for athletes who suffer from sports-related injuries treated in hospitals. The addition of Dr. Hunt Batjer to the existing staff of UT Southwestern was a significant move. Batjer has developed new treatments for depression, and Dr. Madhukar Trivedi has proved in several UT Southwestern studies that depression treatments are effective.

In a study conducted by Dr. Hunt Batjer, the addition of Dr. Hunt Batjer to the existing staff of UT Southwestern was a significant move. Batjer has developed new treatments for depression, and Dr. Madhukar Trivedi has proved in several UT Southwestern studies that depression treatments are effective.
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 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

SOUTHWESTERN MEDICAL PERSPECTIVES
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 VO2max – 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.
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 Daniel 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 and moved out of the Parkland basement and into boot-camp-type training sessions. Their VO2max 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 14 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, VO2max increased in all the subjects.

The follow-up studies showed “three weeks of bed rest 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, bequested 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.

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– DR. JERE MITCHELL

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.

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.

Dr. Peter Snell, Kern Wildenthal and Jere Mitchell
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.

"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 elderly 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.
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 Marshburn’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. 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.
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 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.

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

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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.

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The program is the brainchild of Drs. Robert Dimeff, director of 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 orthopaedics, neurology and primary care at both UT Southwestern and Children’s Medical Center Dallas. The project began in 2013 and 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 sports medicine portion of the clinic represents the first phase of a multidisciplinary sports medicine complex, which eased the pain almost immediately and allowed for patients back to play and back to normal activity – whether that is a sport, work, job or family. – DR. WILLIAM ROBERTSON

Minimally invasive hip arthroscopy and labral repair on a Friday. Initially, she was given an injection into the hip ball and socket joint, which eased the pain almost immediately and allowed for running again.

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

Traci Inman on the road to recovery.

“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.

“For 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

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“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.”

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.

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

Under their leadership, the program has incorporated expertise from a broader field, including neurological surgery, trauma surgery and plastic surgery. 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.”

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“’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.”

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

“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 Metropolis – experts in our field and able to take care of everything.”

To that end, they have set up a citywide “link-solve” 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 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.”

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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.

Although 82 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.

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.

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

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.

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.
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
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. Callum 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. Callum 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 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.

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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 college athletic injuries, respectively. Unsurprisingly, 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.”

– DR. HUNT BATJER

“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. Callum. “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.

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.
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 vengeance is in the realm of prevention.”

"The idea of going after depression as a mental illness needs to be converted to the idea of being well and remaining well. That’s my ultimate goal. 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. 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.

"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 helps 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.”

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She was awarded the Mental Health America Ruth Ausschuler Community Advocate Pfizer 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 Lipsy 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.”

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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 Wilsson, 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 drugs as Contac, meclopramine, 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’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.

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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.”
“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.”

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 1995. 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 Jerson-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 Medical Foundation, 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.
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 Podolesky [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 amazing innovations being incorporated into the new hospital,” Mr. Dorfman said. “It will be a real asset to Dallas and something

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.

The Dedman family was named recipient of the 2009 Charles Cameron Sprague Community Service Award, an annual recognition bestowed by Southwestern Medical Foundation to recognize bestowed by Southwestern Medical Foundation to

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 Schuyler Simmons Patanjali Distinguished Chair in Cancer Immunology. 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 over their many travels throughout the world. Amassed over four decades, the artifacts are displayed in the lobby of the Bryan Williams, M.D. Student Center and the Kern Wildenthal Fund for Medical Excellence.

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.”

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

Dallas citizens 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 the first gift. Dr. Dorfman is a 1967 graduate of UT Southwestern.

In addition to their 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 Podolesky [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

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.

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.

“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 in 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 Fearing and Elizabeth Horchow Rosman – 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 Schuyler Simmons Patanjali Distinguished Chair in Cancer Immunology. 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 over 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, 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

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 in 1993 and served as its president from 1955 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.

Mr. 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.

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 1955 to 1962 and as chairman of the board until his death in 1967.

Karl Hoblitzelle

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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.

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 Harrell 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.

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 a newly established professorship honors, “All of this was a surprise, but it’s not a surprise that Mrs. Terry does things like this.”

The two doctors were associates and close friends. “The Hill family feels quite humbled to have this honor bestowed by Beley 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’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 has served 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.
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 $500,000 or more. The estate tax exemption was kept essentially the same and indexed for inflation (the exemption is $5.25 million for 2013).

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 #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.

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.
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.
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.”
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 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. Banker Center for Research in Allergy and Asthmatic Disorders*
- Barnett Family Center for Pediatric Ophthalmology*
- Dunn and Harry W. Bass, Jr. Clinical Center for Heart, Lung and Vascular Disease
- Paul M. Bass Center for Neurological Innovation
- Cain-Dixons Comprehensive Center in Mobile Research
- Efie Marie Cain Alzheimer’s Disease Research Center*
- Annie C. Smith Center for Health Care Research in Biochemistry
- Christo and Rose A. Overcash, Jr. Family Center for Breast Care Research, in Honor of Dr. George Peters
- Charles Y. C. Pak Center for Genomic Medicine
- George N. Peters, M.D. Center for Molecular Immunology
- Jean T. Walter Center for Research in Movement Disorders
- Jean H. and John T. Walter, Jr. Center for Research in Urologic Oncology
- Janet W. Wilson Center for Biomedical Research
- William A. (Tex) and Deborah Moncrief, Jr. Mobility Foundation Center Fund for Related Macular Degeneration Research
- Dr. Eugene Frenkel Chair in Colon Cancer, in Honor of Dr. Eugene Frenkel
- Pollock Family Center for Research in Inflammatory Bowel Disease
- Lawrence S. Pollock, Jr. Center for Research on Colon Cancer, in Honor of Dr. Eugene Frenkel
- Sheikh Faisal Bin Khalifa Al-Thani Center for Research on Cardiovascular Diseases
- Charles Y. C. Pak Center for Stem Cell Research in Molecular Medicine
- Charles Y. C. Pak Center for Training in Clinical Investigation
- Dr. Eugene Frenkel Chair in Colon Cancer, in Honor of Dr. Eugene Frenkel
- Sarah M. and Charles E. Seay Center for Respirology
- Sarah M. and Charles E. Seay Center for Reproductive Biology Sciences
- William Buchanan Chair in Pediatric Urology*
- William Buchanan Chair in Pediatric Hematology*
- Julie and Louis A. Beecherl, Jr. Chair in Neurology*
- Julie and Louis Beecherl, Jr. Chair in Biochemistry*
- Marilyn R. Corrigan Distinguished Chair in Biological Sciences
- Mary McDermott Cook Chair in Biomedical Research*
- C. Vincent Prothro Center for Research on Neuroscience
- Dr. Bob Smith Foundation Center for Research on Nerve Growth and Development
- Erma Lowe Center for Alzheimer’s Disease Research*
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- Mary McDermott Cook Chair in Biomedical Research*
- Paul R. Bergstresser, M.D. Chair in Dermatology*
- Josephine Long Baldridge Chair in Age-Related Macular Degeneration Research
- Anne and Wofford Cain Distinguished Chair in Pediatric Care at Children’s Medical Center*
- D. and H. B. Butler Distinguished Chair in Biomedical Research*
- Jan and Henri Bremberg Chair in Internal Medicine*
- Patty Bourn Breslow Professorship in Biochemistry
- Jean H. and John T. Walter, Jr. Center for Research in Urologic Oncology
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- Jean H. and John T. Walter, Jr. Center for Research in Urologic Oncology
- Jean D. Wilson Center for Biomedical Research
- William Buchanan Chair in Pediatric Hematology*
- William Buchanan Chair in Pediatric Urology*
- Julie and Louis A. Beecherl, Jr. Chair in Neurology*
- Julie and Louis A. Beecherl, Jr. Chair in Biochemistry*
- Marilyn R. Corrigan Distinguished Chair in Biological Sciences
- Mary McDermott Cook Chair in Biomedical Research*
- Paul R. Bergstresser, M.D. Chair in Dermatology*
- Josephine Long Baldridge Chair in Age-Related Macular Degeneration Research
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$5,000,000 to $4,999,999 given or pledged cumulatively as of December 31, 2012

<table>
<thead>
<tr>
<th>Name and Available Information</th>
<th>Amount Given</th>
<th>Source</th>
<th>Date of Contribution</th>
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<tr>
<td>Mr. and Mrs. Edward M. Ackerman/</td>
<td>$5,000,000</td>
<td>Foundation</td>
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<td>Mr. and Mrs. Edward M. Ackerman/</td>
<td>$5,000,000</td>
<td>Foundation</td>
<td>2011</td>
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<tr>
<td>Mr. and Mrs. William D. Barrett/</td>
<td>$5,000,000</td>
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<td>2012</td>
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<td>Mr. and Mrs. W. Herbert Hunt/</td>
<td>$5,000,000</td>
<td>Foundation</td>
<td>2013</td>
</tr>
<tr>
<td>Mr. and Mrs. John P. Harbin/</td>
<td>$5,000,000</td>
<td>Foundation</td>
<td>2014</td>
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Southwestern Medical Foundation is grateful for the gifts, pledges and other support provided by our donors. The following includes all gifts of $250 or more that were received by Southwestern Medical Foundation and/or The University of Texas Southwestern Medical Center between Jan. 1, 2012, and Dec. 31, 2012. Every effort has been made to make this list as complete and accurate as possible, but inevitable some errors or omissions may have occurred. We would appreciate corrections, comments or questions. Please contact the Foundation at 214-351-6143.

### Gifts of $1,000,000 and above

<table>
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<tr>
<th>Name</th>
<th>Organization</th>
<th>Gift Description</th>
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<tr>
<td>Mr. and Mrs. Louis D. Schreiber</td>
<td>Eli Lilly and Company</td>
<td>Gift of $25,000,000 to the Eli Lilly and Company Endowed Chair in Cancer Research</td>
</tr>
<tr>
<td>Dr. and Mrs. Charles Y. C. Pak</td>
<td>Y. C. Pak Foundation</td>
<td>Gift of $15,000,000 to the Y. C. Pak Foundation Fund of Texas</td>
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### Gifts of $500,000 to $999,999

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Mr. and Mrs. James C. Mabry</td>
<td>Communities Foundation of Texas</td>
<td>Gift of $1,000,000 to the Communities Foundation of Texas Fund of Texas</td>
</tr>
<tr>
<td>Mr. and Mrs. David A. Ridley</td>
<td>Estates of Frank K. Ribelin</td>
<td>Gift of $850,000 to the Estates of Frank K. Ribelin Fund of Texas</td>
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### Gifts of $100,000 to $499,999

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<tr>
<td>Mr. and Mrs. Robert L. Cater</td>
<td>Texas Children’s Hospital</td>
<td>Gift of $1,000,000 to the Texas Children’s Hospital Foundation Fund of Texas</td>
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<tr>
<td>Mr. and Mrs. J. L. Davis</td>
<td>Children’s Health</td>
<td>Gift of $1,000,000 to the Children’s Health Care Foundation Fund of Texas</td>
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<tr>
<td>Mrs. Caren H. Prothro</td>
<td>Reata Pharmaceuticals, Inc.</td>
<td>Gift of $1,000,000 to the Reata Pharmaceuticals, Inc. Fund of Texas</td>
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<tr>
<td>Mr. and Mrs. Charles Y. C. Pak</td>
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### Gifts of $25,000 to $49,999

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<tr>
<td>Mr. and Mrs. J. Wynne Breeden</td>
<td>Medtronic, Inc.</td>
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<tr>
<td>Dr. and Mrs. Samuel S. Alim</td>
<td>American Association of Neurologists</td>
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### Gifts of $10,000 to $24,999

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<td>Mr. and Mrs. John L. Marion</td>
<td>Dallas Foundation</td>
<td>Gift of $100,000 to the Dallas Foundation Fund of Texas</td>
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### Gifts of $5,000 to $9,999

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### Gifts of $2,500 to $4,999

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### Gifts of $1,200 to $2,499

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### Gifts of $1 to $4

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### Gifts of $0.50 to $1

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Although we try to continually update our address list, errors and duplications sometimes occur. Please call us at 214-351-6143 to inform us of any necessary corrections. In the meantime, we hope you will share any extra copies of *Southwestern Medical Perspectives* with a friend.