A Family’s Joy
Young mother celebrates health after lifesaving care

Campaigns underway to support emergency and critical care expansion

Update
FALL 2008
Scripps Health Foundation
SCRIPPS HEALTH EARN NATIONAL HONORS
As 2008 Top Leadership Team in Health Care

Bringing a dramatic financial and cultural turnaround full circle, Scripps Health has earned national honors as the 2008 Top Leadership Team in Health Care for large hospitals and health systems from HealthLeaders Media.

After rebounding in the past eight years to post strong operating margins, Scripps has now embarked on a $2 billion expansion plan to upgrade its facilities and technologies during the next decade. Scripps has also achieved a remarkable cultural transformation, with employee and physician satisfaction scores having significantly risen in recent years, and charitable contributions having reached an all-time high in 2007.

The turnabout has come under the direction of Chris Van Gorder, FACHE, who has been Scripps Health’s president and CEO since 2000. Van Gorder assembled a new management team and rebuilt the health system from scratch on the strength of five core values: teamwork, transparency, accountability, authority and responsibility.

“Scripps Health has achieved an amazing financial, quality and stakeholder satisfaction turnaround while establishing a very strong platform for sustainability,” said Top Leadership Teams judge James Stokes, retired CEO of Quorum Health Resources. “This is an organization with exemplary leadership and teamwork with outstanding stability, enthusiasm and commitment.”

An early catalyst for change at Scripps, which continues to make strides, is the Physician Leadership Cabinet, an advisory group of physician leaders that meets regularly with hospital administrators. Since the cabinet’s founding, 100 percent of its recommendations have been accepted.

Leadership teamwork is also strengthened by the Scripps Leadership Academy, a management training program that encourages understanding and collaboration between managers of different units within Scripps.

HealthLeaders Media Editor-in-Chief, Jim Molpus says the 2008 Top Leadership Teams share a commitment to make their leaders mutually accountable for reaching high measures in areas from patient satisfaction to financial performance. “Health care is moving toward an era where transparent results will become increasing crucial for survival,” Molpus said. “Those leadership teams who are already preparing for the era in their own culture will have an advantage in the times ahead.”

The HealthLeaders Media Top Leadership Teams in Health Care 2008 is sponsored by Cejka Search, CIT, HealthGrades and Pershing Yoakley & Associates. Winners are judged on the leadership team’s overall leadership culture, their ability to overcome challenges, and their ability to demonstrate successes that result from outstanding leadership teamwork. Only one winner per category receives this national honor each year.
This time of year our thoughts turn to family, friends and celebrating what we are grateful for. At Scripps, we want to thank you and let you know how important you are to the work we do and the patient care we provide every day. We are embarking on innovative initiatives that will transform health care. From funding the most advanced robotic surgical equipment that offers surgeons amazing precision and control during procedures, to building state-of-the-art emergency rooms and enhancing critical care services to care for our patients when every second counts, you make progress possible.

We currently have fundraising campaigns underway at Scripps Memorial Hospital Encinitas and Scripps Mercy Hospital in San Diego. Our emergency departments and critical care services at these hospitals must expand to treat the growing number of people in our community who trust us with their care. In addition, they are often the gateways to other vital and lifesaving services within the hospitals. With your help, our emergency departments at Scripps Mercy and Scripps Encinitas will soon be updated to accommodate our rapidly increasing number of patients, and provide our hospitals’ specially-trained caregivers with the leading-edge technology and most advanced facilities to care for you, your family and friends, when you need it most.

Scripps Translational Science Institute also continues to thrive. Under the leadership of noted physician scientist Eric J. Topol, M.D., the institute and its genomic medicine program are working to transform medicine and determine the genetic underpinnings of diseases. This work will revolutionize care and the way we treat devastating conditions, such as cancer, diabetes and heart disease.

Another way we are focusing on providing our patients with the most comprehensive care is through Scripps Cardiovascular Institute. The well-respected cardiology programs at Scripps Memorial Hospital La Jolla, and Scripps Clinic and Scripps Green Hospital will collaborate to provide patients with cardiovascular diseases the most advanced treatment options, as well as serve as a center for medical research, clinical trials and graduate medical education. Through community support, it will serve as a destination hospital for cardiac care on the West Coast.

In this issue of Update, you will read more about these exciting initiatives – and see through our patients’ eyes how your gifts to Scripps make such a profound difference. You may not have the opportunity to meet each person who has been touched by your generosity, but we hope the stories we share with you demonstrate in some very real ways, the value of philanthropy.

During these challenging economic times, we want you to be assured that Scripps remains a strong health care provider and a sound investment. As an organization, we’ve rebuilt our financial infrastructure to achieve consistent operating performance. We’ve built positive relationships between physicians, employees, management and our community. Our approach to planning, investment and growth has been measured and well-balanced. We know there are many worthy causes in our community to support and we are honored that you continue to choose Scripps.

Wishing you and your loved ones a happy and healthy holiday season,
Miranda and Bryce Klassen have been married four years. As they stand in a small garden with family and friends, they share a toast to celebrate their wedding anniversary.

When Miranda comments that there is no other place she would rather be, there are smiles and hugs from the group of well wishers – and on this special occasion, there are even a few tears. Their four-month-old little boy named Van, not to be ignored, with big blue eyes and platinum blond hair, gurgles and his face lights up when his mother, who is holding him, kisses his cheek.
The Klassens are in the Healing Garden at Scripps Memorial Hospital Encinitas. Their friends and family – as Miranda refers to them – are, in fact, some of the physicians, nurses and clinical staff who mobilized in a matter of minutes to save her life, and that of her little boy, during the baby’s delivery just months ago.

“Thank you for allowing us to have a four-year anniversary,” says Miranda to the entire group. “I don’t know what else to say, but simply, thank you for saving my life.”

Carolyn Eoff, R.N., a labor and delivery nurse, who is among those in the garden, remembers the morning of April 9, 2008, when Van was born. Miranda had been admitted the night before, and Carolyn took over her care the following morning. She had been thoroughly briefed by the nurse who worked the previous shift, and Carolyn spent her first hour on-duty getting to know Miranda.

“Miranda was anxious about the delivery, so I wanted her to feel safe and supported,” says Carolyn. “She was such a kind, friendly lady, and this was her first child, so I stayed by her side.”

Miranda had been given an epidural. Carolyn says that when she checked Miranda’s contractions and dilation, she noticed there was some bleeding. The nurse went to find Miranda’s obstetrician Dane Shipp, M.D., and during an exam, the physician noted that the baby’s heart rate was dropping, and so was Miranda’s blood pressure. Miranda was given medications through the epidural to help stabilize both her and the baby.

Carolyn remembers turning Miranda from side to side and giving her oxygen for her shortness of breath, but says she was not progressing the way she had hoped. Just that week Carolyn had been recognized as Scripps Encinitas’ Nurse of the Year for her dedication to patient care and nursing excellence. Carolyn says her 23 years of experience helped her remain calm as she explained to Miranda all the steps that were being taken for her and the baby.

“When I called Dr. Shipp, the anesthesiologist and the respiratory therapist back to the room, Miranda looked up at me and asked, ‘Am I going to die?’ I told her to be strong, take control of her thoughts, and stay with me,” recalls Carolyn, with a slight catch in her voice as she remembers the moment – and what happens next.

Because the baby was in distress, Dr. Shipp needed to perform a caesarean section. The operating room in the Leichtag Family Birth Pavilion was already in use, so a team was quickly assembled in the hospital’s main operating rooms (O.R.).

“In route to the O.R. Miranda had lost consciousness and had a seizure,” says Dane Shipp, M.D. “We knew this delivery had to be well orchestrated; there was a room open between cases in the O.R., and there were additional staff available to assist. Everyone had a job for the survival of both the mother and baby.”

When Miranda reached the O.R., she was in cardiac arrest, which caused a temporary lack of blood flow to the baby because of her lack of oxygen.

“While I was at the foot of table performing the caesarean section, there was staff at the head of the table performing chest compressions on Miranda,” adds Dr. Shipp. “Everything was moving fast. It took only a matter of minutes from when we left labor and delivery to when the baby was delivered in the O.R.”

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From new neighborhoods to an increase in industry, San Diego’s North County has experienced dramatic population growth during the last 20 years. At Scripps Memorial Hospital Encinitas, our hospital has also felt the overwhelming effects of the influx of people living and working in the region. Our waiting rooms and patient rooms often mirror our neighboring interstate – congested and crowded.

More than 70 percent of the inpatients at Scripps Encinitas are admitted through our emergency department. With only 12 beds and more than 32,000 patients visits each year, our emergency department is at its limit. The rest of the hospital also operates at full capacity most of the time, which can lead to long waiting times for our patients who do not have life-threatening injuries or illnesses.

As we look toward the future, continued growth is projected. To meet the health care demands of the expanding region, our facilities at Scripps Encinitas need to grow too. We have developed a two-phased master facility plan, the largest in decades, to significantly enhance our ability to provide you with the best possible care. It will expand emergency and general acute care facilities, which are critical when every second counts.

The project will include a two-story, 60,000-square-foot critical care building that will include a new emergency department with 24 beds. The expansion will double the capacity of the emergency department and allow for new, state-of-the-art technology and services. A second floor will house 36 acute care beds to increase inpatient capacity. An additional medical office building, acute care building and parking structure will also be part of our campus expansion over the next decade.

To complete the plan, our multi-year capital campaign, The Campaign for Scripps Encinitas, seeks $65 million in philanthropic contributions to ensure quick access to the most advanced emergency care. The funds raised will help provide the latest technology and significantly enhance our ability to care for the patients we comfort each and every day.

Thanks to the generosity of our employees, physicians, volunteers and the community, we are well on our way to reaching this goal. Our success began with the first $1 million gift from Tom and Mary Ellen Grant to support the emergency services at Scripps Encinitas.

Adding to the momentum, Toni Leichtag donated her $3.8 million Fairbanks Ranch home to benefit Scripps Encinitas. Blaine and LaVerne Briggs have also made a substantial financial commitment to the expansion project. An anonymous donor also made a $500,000 gift to fund advanced neurological services at our hospital.

Continued philanthropic support is vital to meet the growing health care needs of our community. To learn how you can make a gift to The Campaign for Scripps Encinitas, please call 760-633-7722.
Tom and Mary Ellen Grant understand firsthand the benefits of supporting Scripps Memorial Hospital Encinitas. Nearly 11 years ago, Tom developed a serious illness.

During their many visits to the emergency department at Scripps Encinitas, the Grants discovered a way to give back to the hospital that provided them with comfort and care. Recognizing the need to alleviate overcrowding and extended waiting times, Tom and Mary Ellen made the first gift, $1 million, to benefit The Campaign for Scripps Encinitas.

"Why should people invest in Scripps Encinitas? Once they understand life and death is involved – maybe their own – they’ll get serious in thinking about it," says Tom. "Scripps Encinitas is all about the preservation of life. The good folks served by our hospital need to provide financial support to make the expansion happen."

Donating her multi-million dollar home to Scripps Memorial Hospital Encinitas, Toni Leichtag (pictured right) with her late husband, Lee, made the single largest philanthropic gift in the hospital’s 44-year history.

Toni Leichtag Makes Multi-Million Gift to Support Scripps Memorial Hospital Encinitas

Mrs. Toni Leichtag and her late husband Lee, built thriving businesses on a foundation of health and wellness. Continuing their legacy, Mrs. Leichtag recently made a multi-million dollar gift to provide funding for critical technology, equipment and program needs at Scripps Memorial Hospital Encinitas.

The gift of Mrs. Leichtag’s Fairbanks Ranch property, valued at $3.8 million, is the single largest philanthropic donation in the 44-year history of our nonprofit hospital. For decades, the Leichtags have been generous donors to Scripps Encinitas. They have made gifts to our emergency department, neonatal intensive care unit and the Leichtag Women’s Health and Birth Pavilion, which was dedicated in their honor in 1993.

Mrs. Leichtag’s philanthropic leadership extends beyond her historic gifts to Scripps Encinitas. She has provided guidance and council as a member of the Scripps Encinitas Community Advisory Board for more than 26 years.

She is also a founding member of Circle of Life 100, a women’s service organization that promotes advocacy, health education and philanthropy in support of Scripps Encinitas. At this year’s Circle of Life 100 luncheon and fashion show, Mrs. Leichtag made a $500,000 matching gift, motivating others to give. As a result, the group celebrated its most successful event ever, raising a record-breaking $600,000 to benefit digital mammography equipment at Scripps Encinitas.

Dedicated to enhancing health care in their community, Mary Ellen and Tom Grant made the first gift to The Campaign for Scripps Encinitas – a generous $1 million.
Researchers at Scripps Translational Science Institute (STSI) have contributed to a major genetic breakthrough—the discovery of a gene responsible for the majority of inherited cases of neuroblastoma, a common childhood cancer. The finding promises to provide a springboard for developing new therapeutic strategies.

Neuroblastoma, a cancer of the nervous system, accounts for 15 percent of childhood cancer deaths and has bleak survival probabilities of less than 40 percent. There is a strong familial association and it was predicted more than 30 years ago that there is a genetic element to the disease.

The genetic discovery stems from a global research collaboration that involved screening the genomes of 20 affected families, looking for minor mutations in the DNA code. STSI researchers determined precisely where on the protein structure those mutations resided, enabling them to predict whether the mutations are likely to have meaningful biological effects and contribute to the cancer.

It means we can screen for people who carry mutations to see if they are at risk for neuroblastoma,” says Nicholas Schork, Ph.D., director of biostatistics for STSI. “It also helps pave the way for finding drugs that inhibit the actions of these mutations.”

A Glimpse at GROUNDBREAKING RESEARCH

Eric J. Topol, M.D., Scripps Health chief academic officer and director of Scripps Translational Science Institute, provides more than 150 guests with a firsthand look at how Scripps researchers are working to solve the genomic puzzle at an exclusive open house on July 14, 2008.

Scripps Translational Science Institute is working to identify genes that underlie susceptibility to disease and conduct clinical research that will lead to the translation of these discoveries into new therapies for patients, which will ultimately change the way medicine is practiced.

For more information on ways to support genomic medicine at Scripps, please call 858-554-5733.

At the opening of the new offices for Scripps Translational Science Institute, Eric J. Topol, M.D., (right) is pictured with (from left) Chris Van Gorder, Scripps Health president and CEO, and Anne Kessler, M.D., and Abby Silverman, new members of the Scripps Translational Science Institute advisory board.
Return to the Airwaves
Local Radio Host Recovers from Serious Traffic Accident

These days, Tom Fudge is on the air, keeping San Diego in the know on everything from politics to the arts. But nearly a year and a half ago, the KPBS talk show host was in a coma, following a serious traffic accident.

On April 16, 2007, Tom was riding his bike to work, as he did most mornings. As the host of These Days, he often gets to the KPBS studio early to finish last minute preparations before interviewing a steady stream of guests. But that morning, Tom never arrived.

As he was pedaling up the hill that leads to the station, he was hit by a car. The driver struck him from behind and hurled his body in to the air. Making impact with the vehicle, Tom’s body dented the hood, smashed the windshield and damaged the roof. Thankfully, he survived. His bike did not.

An ambulance rushed Tom to the Level I trauma center at Scripps Mercy Hospital’s emergency department for immediate care. The trauma center at Scripps Mercy is the busiest in San Diego County. Treating more than 2,400 patients each year, it is only one of two trauma centers in the county that offers Level 1 care. For patients like Tom, this means that a team of trauma surgeons and specialists are ready and available at a moment’s notice.

“I feel fortunate that Tom was taken to Scripps Mercy Hospital,” says Tom’s wife, Karen Riley. “The team of trauma surgeons, cosmetic surgeons and other experts were so well equipped for his injuries and experienced in treating his conditions. I knew he was in good hands.”

Sustaining head and leg injuries, Tom spent nearly one week at Scripps Mercy. His first days were in the intensive care unit, where a ventilator helped him breathe. As our physicians and nurses provided care for his traumatic brain injury, they also provided his family with comfort and compassion.

“I credit the doctors and nurses at Scripps Mercy because they are the ones who set me on the course to a quick recovery,” recalls Tom.

After recuperating nearly three months, Tom was able to return to work, resuming his spot behind the microphone. Today, his scars have healed, but he has not forgotten how his life changed in an instant.

“You never know when an accident will happen,” says Tom. “San Diego is fortunate to have access to the emergency and trauma services at Scripps Mercy. Ensuring that these services are able to meet the growing demand of our community is critical.”
About every 10 minutes, a critically ill or injured patient is treated by our expert physicians and staff at Scripps Mercy Hospital’s emergency department, one of the busiest in San Diego County. Trained to handle the unexpected with precision and speed, Scripps Mercy’s emergency department cares for more than 53,000 patient visits each year. That’s enough to fill every seat in Petco Park, and then some.

Similarly, Scripps Mercy’s designated Level I trauma center is the busiest in San Diego County. Our trauma physicians and staff treat more than 2,400 patients annually.

Although Scripps Mercy was a modern and sophisticated facility when it was built in 1966, it was not designed and constructed to keep pace with the health care demands of our growing community more than 40 years later.

Throughout the years, Scripps Mercy has upgraded many areas of our hospital, but making additional improvements will no longer address our facility and patient care needs. Our hospital must expand with extensive renovations to accommodate these vital medical service areas:

**Emergency Department and Trauma Resuscitation Unit:** A new building will be constructed to house an expanded emergency department and trauma resuscitation unit. Located adjacent and connected to our existing emergency department, this new facility will more than double our current space from 12,000 square feet to 27,000 square feet. The added space will enable Scripps Mercy’s 27-bed emergency department and trauma resuscitation unit to expand to 43 beds with three trauma bays.

**Intensive Care Unit:** Existing laboratory space will be converted to add 7,500 square feet to Scripps Mercy’s intensive care unit (I.C.U.). This expansion will enable the addition of approximately 10 new, private I.C.U. rooms. The treatment areas in our existing I.C.U. will also be updated and expanded. Four central monitoring stations and a picture archiving and communications system will be added to provide immediate access to digital images and scans.

**Operating Rooms:** Five of Scripps Mercy’s 10 operating rooms will be expanded and updated to better accommodate the latest surgical instruments and equipment. Two of the rooms will be developed into state-of-the-art suites that will provide the space and technology necessary to efficiently perform minimally invasive robotic surgeries.

**Scripps Cancer Center at Scripps Mercy Hospital:** Scripps Mercy will enhance our cancer center, enabling our hospital to offer a full spectrum of cancer diagnostic and treatment services in a centralized location. The center will provide the latest therapies and integrate outpatient services to enhance comfort and reduce hospital stays.

**Leading the Charge**

Noted philanthropists and business leaders Malin Burnham, Robert Horsman, and Richard and Kaye Woltman have a passion for getting involved and investing in our community’s future. As co-chairs of Caring for the Future: The Campaign for Scripps Mercy Hospital, they are committed to ensuring that San Diegans have access to the highest quality health care. Together, they will help raise $50 million from our community to expand and modernize Scripps Mercy Hospital.
Thanks to the incredible generosity of many organizations and individuals, more than $25 million has been committed to Caring for the Future: The Campaign for Scripps Mercy Hospital, and we have only just begun.

Providing a solid foundation for success, Conrad T. Prebys made an unprecedented $10 million gift to benefit Scripps Mercy’s emergency and trauma center – the largest gift in our hospital’s 118-year history. He also contributed a generous $500,000 challenge grant during this year’s 38th Annual Mercy Ball, to encourage others to support critical care services at our hospital.

Following Mr. Prebys’ leadership contribution, the spirit of giving continues. Extraordinary gifts to help our fundraising campaign have been made by many philanthropists, including a $5 million gift from an anonymous donor, a $2.5 million grant from the Henry L. Guenther Foundation, a $2.5 million matching gift from Nancy and Douglas E. Barnhart, and a $1 million gift from the Caster Family Trust.

Our dedicated physicians, staff, board members and Mercy Hospital Auxiliary are also contributing to the success of our fundraising efforts. Recognizing the need to enhance the facilities and healing environment at Scripps Mercy, they have pledged more than $3.5 million to benefit our expansion and modernization project.

These transformational gifts significantly impact our community, ensuring that San Diego has access to the best medical care available. Together with your support, we will reach our $50 million fundraising goal and enable Scripps Mercy to efficiently treat an increasing number of critical care and cancer patients, now and well into the future.

The estimated cost of Scripps Mercy’s monumental expansion and modernization project is $203 million. To support the plan, $153 million will be funded by Scripps. In addition, Mercy Hospital Foundation has launched Caring for the Future: The Campaign for Scripps Mercy Hospital to raise the remaining $50 million in philanthropic contributions during the next two to four years.

Generous community support will be critical to meeting this goal and ensuring that you, your family and friends have the best available care when you need it most. To learn how you can make a gift to Caring for the Future: The Campaign for Scripps Mercy Hospital, please call 619-686-3836.
People frame things that hold special meaning in their lives: photos of loved ones, keepsakes, reminders of significant events. Richard Grove is no exception – a velvet-lined frame in his home displays the various implantable defibrillators that have kept his heart beating smoothly since 1991.

“It’s my lifeline,” Richard says of his collection. “It’s interesting because you can see the evolution of the devices over the years.”

Implantable defibrillators are used to correct serious arrhythmias; most commonly rapid racing that overwhelms the regular beat of the heart and can lead to sudden death. The device is surgically placed inside the patient’s chest, where it monitors the heartbeat and disrupts arrhythmias by delivering an electrical shock.

Richard recalls that his first defibrillator, which he received after a cardiac arrest at age 74, “was big and only had one speed. If you started to get out of sync it would give you a restart that would almost knock you off your feet.”

His second defibrillator was similar, but after that, things changed. Richard says his third device was not only smaller, but smarter. When his heart started to beat too fast, the device delivered a light shock which Richard describes as nearly imperceptible. The next charge, if needed, was slightly stronger. And if that wasn’t enough, the device released a full discharge.

“It’s been over four years since I’ve had a full discharge,” Richard says. “And that’s the primary thing I’m happy about!”

“The field of electrophysiology continues to grow as rapidly as any specialty within medicine,” explains Steven Higgins, M.D., director of the Scripps La Jolla Regional Cardiac Arrhythmia Center. “Anything I do on a daily basis today was unheard of when I was in my training.”

In addition to being smaller and smarter, today’s defibrillators are the treatment of choice for lifesaving prevention of sudden death due to arrhythmias. The 1996 MADIT study, in which the center was a major participant, showed that certain high-risk patients who received an implantable defibrillator even before their first cardiac arrest had a 54 percent greater chance of living than those who received traditional treatment with medication. Dr. Higgins was on the executive committee for the MADIT studies and is co-author of the landmark New England Journal of Medicine report.

Scripps was also the second center in the United States to implant a biventricular defibrillator; which combines the benefits of pacemakers and defibrillators with pacing of the important left ventricle. Commonly referred to as cardiac resynchronization therapy, or CRT, this system can resynchronize the heart’s two pumping chambers, often substantially improving symptoms of heart failure such as fatigue and shortness of breath.

Richard Grove received a biventricular defibrillator in 2004. His ejection fraction, one of the key measurements of the heart’s performance, improved from 20 percent to 53 percent (normal is 55 percent). While his improvement is more dramatic than average, it is a testament to the effectiveness of CRT.

“My father died of a heart attack at age 37,” Richard says. “Back then you had a cardiac arrest and that was it. There was none of this technology available. It is amazing what they can do, and Scripps is doing a great job.”
When Mike Costaglio first noticed a slight burning sensation in his chest while exercising last fall, he was more annoyed than worried. Mike coached a soccer team, and the burning made it uncomfortable to do wind sprints and other workouts with his players. That, more than anything, prompted Mike to make an appointment with his internist at a local hospital.

The internist referred Mike to a cardiologist, who ran tests and felt that Mike probably had some blockage in his arteries. The cardiologist recommended an angiogram, but Mike didn’t want to do anything invasive unless it was absolutely necessary. At 61, he’d never had heart problems, and had no family history of heart disease. He asked about doing a CT scan instead, but the hospital didn’t have the necessary equipment. So Mike had the test done at Scripps — and it showed significant artery disease.

Mike discussed his options with Scripps Green Hospital cardiologist David Rubenson, M.D. Since his symptoms were mild, Mike wanted to try managing his condition with medication. Dr. Rubenson said he’d support a conservative approach if Mike passed a physical stress test.

“So they put me on a treadmill, and in about four minutes the techs’ eyes got about as big as basketballs,” Mike recalls. “They took me off the treadmill, echoed my heart, and then told me there were problems.”

At this point, Mike knew an angiogram was unavoidable, but if he needed further treatment, Mike wanted to do all he could to avoid bypass surgery. He asked to have interventional cardiologist Paul Teirstein, M.D., available to consult with him after the angiogram. Mike had been doing quite a bit of research on his condition, and knew that Dr. Teirstein was an internationally recognized pioneer in interventional cardiology techniques.

Last May, Mike had the angiogram; it showed extensive blockage in all of his arteries, including 100 percent occlusion in the right coronary artery.

“He would have been treated with bypass surgery in most institutions,” explains Dr. Teirstein. “Total occlusions are something we specialize in at Scripps, and we can offer a much less invasive treatment for our patients. We have a variety of technologies, many of which are not used elsewhere, including specialized guidewires and catheters to help us. We also have a great deal of experience with this particular type of revascularization, which we consider one of the frontiers of technology right now.”

That same day, Dr. Teirstein placed four stents in Mike’s right coronary artery. A month later, he underwent a procedure to add five more stents. And, just this fall, Mike had a follow-up stress test and angiogram that indicated that his left main artery needed treatment. Again, Dr. Teirstein inserted multiple stents to avoid a more invasive procedure.

“It appears that they saved me from bypass surgery,” he says. “In my opinion, this is the finest group of heart doctors you’re going to find in the country. These guys are magical.”

Scripps Cardiovascular Institute will serve as a destination hospital for cardiac care on the West Coast. It will bring together the best minds with the most sophisticated technology, in the finest facilities, to provide comprehensive heart care for our patients. The cardiovascular institute will redefine medicine and create new opportunities that have a direct and beneficial impact on the health and well-being of our local communities, and beyond, for years to come. All of this is possible – with your help.

The well-respected cardiology programs at Scripps Memorial Hospital La Jolla, and Scripps Clinic and Scripps Green Hospital will be combined to provide patients with cardiovascular diseases the most advanced treatment options, as well as serve as a center for medical research, clinical trials and graduate medical education.

Scripps Cardiovascular Institute, which is slated for completion in 2015 at an estimated cost of more than $430 million, will be built on the campus of Scripps Memorial Hospital La Jolla. It will include 168 inpatient beds, cardiac catheterization labs with the most advanced medical technology, centralized cardiovascular research labs, and a center for graduate medical education for physicians.

For more information on ways to support Scripps Cardiovascular Institute, please call 858-678-7482.
The baby was immediately taken to the hospital’s neonatal intensive care unit (N.I.C.U.). Miranda still was not responding well; her blood wasn’t clotting and she continued to rapidly bleed. During her care, she had 45 different medications, including clotting drugs, delivered through IVs to her fragile body, and received 25 pints of blood to keep her alive. Now, in the intensive care unit (I.C.U.), she was placed in a paralytic coma, through the use of medications, to help her body heal. Bryce and Miranda’s parents were told the news. What was expected to be the happiest day of their lives was now one of their young family’s toughest.

“I don’t think I slept for days,” says Bryce. “Carolyn took us to a private waiting room where the I.C.U. doctors and nurses provided us with updates. Miranda meant everything to me, and I had to be strong for her and the baby. I prayed – and waited.”

Scott Eisman, M.D., was Miranda’s physician in the I.C.U. “We were assessing the situation moment by moment. Her body was in shock; she was on a ventilator; she was anemic; and we had to get oxygen to her tissues. It was a coordinated effort between our physicians and nurses, laboratory staff and the respiratory therapy team in the I.C.U. to care for her.”

By her second day in the I.C.U., Miranda’s medications were gradually lessened to see if she would regain consciousness. Dr. Eisman says no one knew how she would respond, and if, because of the cardiac arrest and lack of oxygen to her body, she would ever function at the same level.

Miranda did wake up. Bryce remembers walking into her room not knowing what to expect, but being hopeful. “She used sign language to tell me ‘I love you,’ and I knew she was going to be okay.”

Drs. Shipp and Eisman, and the multitude of staff that cared for Miranda, soon had a name for the mysterious condition that affected her. As a healthy, 32-year-old mother with no medical history of disease, and no signs or symptoms during her pregnancy to indicate that she would have such life-threatening complications during her baby’s birth, Dr. Shipp soon diagnosed the cause. Miranda had suffered an amniotic fluid embolism.

An extremely rare obstetric emergency, an amniotic fluid embolism occurs when amniotic fluid enters a mother’s blood stream and triggers an allergic reaction that can cause cardiorespiratory (heart and lung) collapse and excessive bleeding. There is no known cause of the condition. Most physicians will never encounter a case in their careers; and 80-percent of the women who experience an amniotic fluid embolism do not survive.

“I don’t remember much about the experience,” says Miranda. “I do know that I felt well taken care of while I was at the hospital. Most of my memories are created from my husband’s recollections or accounts from my family, friends and doctors.”

One thing that Miranda will never forget is meeting her son, Van, for the first time.

“I was taken in a wheelchair from the I.C.U. to see Van in the N.I.C.U. When I got to hold him, I experienced such great love and unbelievable happiness,” she says.

Miranda spent a total of eight days in the hospital – and Van was at Scripps Encinitas a few days longer. Today, she continues to have her progress monitored through neurological and cardiac assessments, as well as take medication to shrink the blood clots that later developed in her lungs. Dr. Eisman has referred her to other Scripps physicians for follow-up care.

For Miranda, who is a commercial banker, her thoughts have now turned to helping others. Learning more about the mysterious causes of amniotic fluid embolisms, and trying to prevent any other woman from experiencing the same complications during the birth of a child, is providing her with a greater purpose.

“I am so blessed to have had the exceptional care that I received at Scripps Encinitas,” Miranda says passionately, “I have a mission. I don’t want any husband to live without his wife and any child to grow up without a mother.”
Scripps Center for Integrative Medicine Begins Phase II Expansion

Construction is underway on a 23,000-square-foot Phase II expansion project at Scripps Center for Integrative Medicine. Located on the campus of Scripps Clinic and Scripps Green Hospital, the additional space will enhance services and allow the center to share its integrative medicine approach and leading-edge technology with more people in our community.

More than $12 million in community support will help fund the additions, which will include multipurpose education rooms, a yoga room, a meditation and healing room, and a renovated fitness center with state-of-the-art exercise equipment.

Scripps Cancer Center Earns Network Accreditation

Scripps Cancer Center is the first multi-hospital cancer program in California to earn network accreditation from the American College of Surgeons’ Commission on Cancer.

Scripps is only one of 28 cancer programs nationally to earn this accreditation for its comprehensive patient care and support services at its five hospital campuses.

Scripps Cancer Center has treated nearly 100,000 cancer patients since 1975. Through community support, Scripps Cancer Center continues to be a national leader, providing its patients with access to the latest specialized technologies and clinical trials.

Scripps Coastal Medical Center Combines Top Medical Groups

Scripps Mercy Medical Group and Sharp Mission Park Health Centers have joined under a new name, Scripps Coastal Medical Center. Providing excellence in health care, Scripps Coastal Medical Center offers more than 100 physicians in nine locations.

U.S. News & World Report Ranks Scripps La Jolla as Heart Care Leader

Out of more than 5,000 hospitals, only three percent are ranked in one or more of the 16 specialties in the 2008 edition of U.S. News & World Report’s “America’s Best Hospitals.” This is the fourth time that Scripps Memorial Hospital La Jolla has been recognized by the magazine as one of the nation’s top hospitals for cardiac care.

Scripps Whittier Diabetes Institute Expands Its Community Reach

Bringing research education and the latest advances in diabetes care to Scripps patients and the community, the Whittier Institute for Diabetes has announced its full integration with Scripps Health now as Scripps Whittier Diabetes Institute.

Scripps Whittier’s patient education program, accredited by the American Diabetes Association, helps people manage their diabetes and puts them back in charge of their health. A comprehensive approach uses the expertise of certified diabetes nurse educators, registered dietitians, and health educators to individually tailor the best program for patients.
Scripps President’s Council and Mercy 1000 Celebrate Medical Excellence

More than 150 Scripps President’s Council and Mercy 1000 members attended the annual donor reception to celebrate Scripps exciting medical advancements.

During the April 2008 event, Carol Salem, M.D., medical director of Scripps Minimally Invasive Robotic Surgery Program, fascinated guests with a presentation about the benefits of robot-assisted surgery. Scripps is able to offer this revolutionary medical technology to people in our community, thanks to generous community support, including annual gifts from Scripps President’s Council and Mercy 1000 members.

17th Annual Spinoff: Auction for Life Raises $1 Million for Cancer Care

Guests bid on hundreds of lavish items and experiences to help raise more than $1 million at the 17th Annual Spinoff: Auction for Life, Journey of Healing. Proceeds from the May 2008 event help fund innovative technology and lifesaving programs, including a genetics counselor, at Scripps Cancer Center, Steven Division, on the campus of Scripps Memorial Hospital La Jolla.

The event honored Jeanette and Byron Webb, Jr., for their 20 years of support and dedication to Scripps. This fall, Byron lost his battle with cancer, but will always be remembered for his generous and compassionate spirit.

Lois and William Stanton, M.D., faithful Scripps donors for nearly 30 years, show their support at the annual donor reception.

Ken Martini and Bobbi Martini, co-chair, and Dorothy Menish, co-chair, and Bill Menish enjoy the fast action of the live bidding during the 17th Annual Spinoff: Auction for Life.
Fabulously stylish hats were the fashion statement du jour at Scripps Health Foundation’s annual Day at the Races at the Del Mar Thoroughbred Club, in July 2008.

Guests were treated to an afternoon of festivities, including a hat contest, a gourmet luncheon, and a prime venue to enjoy the horse racing action – all to show our appreciation for their heartfelt support to Scripps.

Brooke Koehler, Susie Mullin, Sheila Cockerell and Carol Gutensohn model their chic chapeaus during the Scripps Health Foundation’s annual Day at the Races. Carol took top honors at the exclusive hat contest for her summery creation that blended oversized white gerbera daisies with crisp greenbacks.

High Fashion and Philanthropy Makes Circle of Life 100 Event a Success

A record-breaking $600,000 was raised for leading-edge digital mammography equipment at Scripps Memorial Hospital Encinitas at the exquisite Fourth Annual Circle of Life 100 Luncheon and Fashion Show.

Thanks to the generous contributions of Mrs. Toni Leichtag, Mary Ellen and Tom Grant, and more than 200 guests, this was Circle of Life 100’s most successful event to support lifesaving programs at Scripps Encinitas. For every dollar raised up to $100,000, Mrs. Leichtag donated five dollars, and the Grants made a significant gift to help us reach our goal at the August 2008 event.

Four Seasons Resort Aviara made a lovely setting for guests who sipped champagne as they browsed through sophisticated fashions and unique gifts, before enjoying an elegant luncheon and fashion show presented by Peaches En Regalia and Ryan’s Collection.
During the past 40 years, Judith and Jack Elder have been avid travelers, driving cross-country and experiencing Americana firsthand. When they leave their Long Beach home now, one of their favorite excursions is down the coast to Scripps Clinic in La Jolla.

For more than a decade, the Elders have chosen Scripps for their health care because of the consistently high quality of care they receive. They are also devoted to their physician, Gaston Molina, M.D., and insist that their journey is worth every mile.

“Dr. Molina makes me feel like I’m his only patient,” says Jack. “He’s competent and confident, while still being very personable.” Judith echoes her husband’s sentiments, adding that Dr. Molina is always attentive, professional and sensitive.

When Judith was hospitalized at Scripps Green Hospital, her week-long stay provided her with an even greater appreciation of the devoted caregivers at Scripps, especially those still in training.

“Everyone was so supportive and friendly,” says Judith. “I received exceptional care, and admired how dedicated everyone was, especially the residents and interns.”

Judith’s positive experience, combined with the couple’s strong relationship with Dr. Molina, prompted them to want to give back to Scripps. They chose the internal medicine residency program at Scripps Clinic. It was a perfect fit for Judith and Jack, both career educators.

When establishing their living trust, they included Scripps in their estate plan, and they also make annual gifts supporting the residency program.

Helping young people achieve their dreams is especially rewarding to Judith. When she couldn’t afford college tuition in the early 1950s, Judith received a scholarship from a local physician. With his gift, she was able to pursue her dream of teaching. Today, she enjoys continuing the legacy.

“I always hoped I could do the same for others,” says Judith. “I feel blessed that Jack and I are able to perpetuate an education program that will make a difference for so many people.”
Helping Enhance Health Care for Our Community

A t Scripps, we save lives each and every day. Entrusted with providing critical care, we are honored that the community turns to us. And we could not do it without your help. Thanks to generous donors like you who make continuous annual gifts to Scripps, we are able to provide the most advanced medical care — when every second matters.

Through our annual giving donor clubs, philanthropists of all ages and various backgrounds are passionately united to impact the future of health care for our community. Members who make donations of $1,000 or more attend exclusive events to learn about the latest medical advances. Their gifts also help to ensure that groundbreaking innovations are available, right here in San Diego.

Annual giving enables our physicians and staff to advance scientific discoveries, revolutionize surgical care, detect disease at the earliest stages, and provide lifesaving care to treat life-threatening injuries.

Your generosity helps us provide the best care to your family and friends. Thanks to your commitment, we are able to continually enhance our medical facilities and keep pace with the latest advancements to care for our region’s flourishing neighborhoods.

For more information about how to make a gift to Scripps and join one of our donor clubs, please call 858-678-6342.

WAYS TO GIVE

In today’s economic climate, a charitable gift annuity is a sound choice that offers annual payments to you for life backed by the assets of Scripps Health.

You can fund a gift annuity with cash, securities or real estate. In return, Scripps Health pays you a lifetime income. The annuity rate is determined by your age. The older you are, the higher the rate.

In addition to supporting the future of Scripps Health and receiving a lifetime income, you earn an immediate charitable income tax deduction. If you donate appreciated property, you may also receive capital gains tax benefits.

For more information about how a charitable gift annuity can benefit you and other ways to give, please call Scripps Health Foundation at 858-678-7120.
SUPPORT A WORLD OF HEALING
Join us for our special fundraising events

SATURDAY, DECEMBER 6, 2008
79TH ANNUAL CANDLELIGHT BALL
To benefit Scripps Memorial Hospital La Jolla
BETTY KNIGHT SCRIPPS, GENERAL CHAIRMAN
NEW LOCATION: GRAND DEL MAR
Betty Knight Scripps cordially invites you to attend the 79th Annual Candlelight Ball, one of the most highly anticipated and prestigious events in San Diego that celebrates the beginning of the holiday season.

The glamorous, black-tie evening will provide a feast for the senses with gourmet dining, dancing to The Bob Hardwick Sound and spectacular holiday décor. Candlelight Ball will also include an appearance by guest of honor, Academy Award-winning actor and La Jolla native Cliff Robertson.

FRIDAY, DECEMBER 19, 2008
AN EVENING WITH THE NUTCRACKER
California Ballet at the San Diego Civic Center
To benefit Scripps Cancer Center at Scripps Mercy Hospital

SATURDAY, APRIL 18, 2009
39TH ANNUAL MERCY BALL
Manchester Grand Hyatt
To benefit Scripps Mercy Hospital

THURSDAY, MAY 7, 2009
18TH ANNUAL SPINOFF: AUCTION FOR LIFE
Hyatt La Jolla at Aventine
To benefit Scripps Cancer Center, Stevens Division

For more information, please visit www.scrippshealthfoundation.org.