Courting Success
Coach Steve Fisher Shares Benefits of Minimally Invasive Robotic Surgery
Update is produced by Scripps Health Foundation’s Marketing and Communications Department. If you would like to be taken off our mailing list, please call 858-678-7378.

Editor: Laura Dennison
858-678-7171
Designer: Christina Barrila

Scripps Health Foundation’s Mission: Through philanthropy we help to heal, enhance and save lives.

On the Cover:
San Diego State University Men’s Basketball Coach Steve Fisher shares the benefits of minimally invasive robotic surgery following his successful prostate cancer care at Scripps Mercy Hospital. The innovative robotic technology is funded through community support. Read more about Coach Fisher’s story on page 4.

NEW: ONE CLICK TO UPDATE YOU ON SCRIPPS
Visit us at www.scripps.org/Update to view an interactive version of Update magazine. You’ll hear from our patients, in their own words, about their lifesaving care and how your support helps provide a world of healing to our community.

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Dear Friends,

Our founder Ellen Browning Scripps once said, “The most important gift one human being can give to another is, in some way, to make life a little better to live.” By supporting Scripps, you do that every day.

This season, we want to take a moment to thank you for your generosity. As we celebrate the medical innovations and lives saved this past year, we recognize the importance of your philanthropic support. You make “life a little better to live” for the thousands of patients who trust Scripps with their care. And, for our employees, your support allows us to stay focused on our mission and our patients. We see it as one person caring for another with empathy, respect and understanding.

Your gifts allow us to advance the prevention, diagnosis and treatment of disease, support medical discoveries, update our facilities and provide the most advanced technology to care for you and your family when you need it most.

In this issue of Update, you learn about the minimally invasive robotic surgery San Diego State University Men’s Basketball Coach Steve Fisher underwent for prostate cancer. The da Vinci robotic surgical system that was used for his care was funded through charitable giving. In fact, Scripps Mercy Hospital recently added its second da Vinci robot and Scripps Memorial Hospital La Jolla also purchased one thanks to community support. Moving forward, philanthropy will continue to be vital to expand Scripps Minimally Invasive Robotic Surgical Program with our efforts to raise funds for a da Vinci robotic system at Scripps Green Hospital.

You’ll also see how fantastic new imaging technology is helping to map the brain, so stroke patients can be treated with minimally invasive procedures when timing is of the essence. Orthopedic patients are benefitting from GPS technology used to better position and guide surgeons during procedures to help restore mobility.

But, we realize advanced technology is not enough. Compassionate care must be coupled with the technological advances to create a world of healing. In this issue, you’ll meet friends who share a special bond – the gift of life. One donated a kidney to the other through a lifesaving kidney transplant at Scripps.

These experiences remind us of the importance of quality health care. Just imagine one of these patients is your father, brother, mother or daughter. You can rely on us to be there for you and those you love. We have the people, the expertise, and the financial stability to provide you with the care you deserve – and to continue to meet the needs of our growing communities for years to come.

We know there are many worthy causes you can support. Thank you for choosing Scripps.

Wishing you and your family a happy and healthy holiday season,

John B. Engle
Senior Corporate Vice President & Chief Development Officer
On the basketball court, Steve Fisher is known as a coach and teacher. In his tenth season as the head men’s basketball coach for San Diego State University, he has built a strong program with post-season trips to the NIT and NCAA basketball tournaments. He’s achieved the pinnacle of college coaching success, winning the national championship in 1989 while at the University of Michigan. Now, Coach Fisher is educating others about something else that has made a profound impact and touched his life – cancer.

Last year, Coach Fisher underwent minimally invasive robotic surgery at Scripps Mercy Hospital for prostate cancer. Today, he is a cancer survivor.

“I had a PSA (prostate-specific antigen) blood test during an annual physical a couple of years ago, and it came back with an elevated reading. I then had a follow-up biopsy that showed cancerous cells in my prostate,” says Coach Fisher. “My life changed in an instant.”

Coach Fisher turned to his closest friends and family for support and advice. He called Jim Boeheim, the Syracuse University men’s basketball coach, who had been successfully treated for prostate cancer. His friend encouraged him to weigh all his options.

Coach Fisher and his wife, Angie, did a lot of research. Already a patient at Scripps Green Hospital, he found out that Scripps Minimally Invasive Robotic Surgery Program offers an alternative to traditional open surgery. Unlike open surgery that often requires long incisions and is a more invasive procedure, robotic surgery using the daVinci surgical system is performed through minimal incisions and results in less blood loss, less risk of infection, less pain and scarring. The program offers advanced approaches and expertise in urologic, cardiothoracic, gynecologic, bariatric and general surgeries.

The daVinci robotic technology is currently available at Scripps Mercy Hospital and Scripps Memorial Hospital La Jolla. With community support, it will soon be added at Scripps Green Hospital.

“I’m old school,” says Coach Steve Fisher with a chuckle. “I was the last on the block to get direct deposit of my paycheck. I had to feel it, take it to the bank and put it in the bank myself. But, once you learn about robotic surgery, you see the benefits.”
“As a surgeon, the robotic technology allows me to reach the prostate, which is deep in the pelvis, and have a magnified view of the area,” says Carol Salem, MD, medical director of Scripps Minimally Invasive Robotic Surgery Program. “The articulating arm with the tiny, surgical instruments rotates 360-degrees and provides me with greater precision than my own hand.”

Coach Fisher calls it a “textbook” surgery. He had the procedure on May 17, 2008, spent one night in the hospital and then the next day was able to relax and sit out on the patio with Angie. He says most people never even knew he had the surgery.

“When you meet a patient like Steve Fisher, you see the motivation in his eyes. You give him a statistic and he wants to beat it. That’s the coach and competitor in him,” adds Dr. Salem. “Even though the surgery was in the off season, he wanted a quick recovery so he could get back to his coaching responsibilities.”

In addition to his work on the court at San Diego State, Coach Fisher wants to inform others about the importance of annual exams. His cancer was caught early. According to the American Cancer Society, prostate cancer is the most common type of cancer for men, next to skin cancer. Last year, there were nearly 200,000 reported cases, with 27,000 leading to death. The good news is that it’s estimated that 2 million men in the United States who have been diagnosed with prostate cancer are alive today. The survival rate continues to improve, thanks to early detection and treatment – and people like Coach Fisher speaking out.

“If I had to tell my own son where to go, it would be right here at Scripps,” says Coach Fisher. “I could have gone anywhere in the world and not have been treated better than I was at Scripps. I feel great.”

So great, in fact, his players need a fast break to keep up with him both on and off the basketball court.

For more information on ways to support Scripps Minimally Invasive Robotic Surgery Program, please contact 619-686-3836 or www.scripps.org.

Robotics is more than child’s play for 500 Scripps patients and their families. It’s lifesaving care. In just two years, Scripps surgeons have performed more than 500 robot-assisted surgeries, including a wide array of complex urologic, cardiothoracic and gynecologic procedures, as well as oncologic, bariatric and general surgeries – establishing Scripps as the most comprehensive robotic surgery program in San Diego. And, Scripps Minimally Invasive Robotic Surgery Program continues to grow.

On July 15, 2009, Scripps Mercy Hospital hosted an open house to showcase one of two new da Vinci Si Surgical Systems recently added to Scripps Minimally Invasive Robotic Surgery Program. Funding for the state-of-the-art technology at Scripps Mercy was made possible by an anonymous $1.5 million gift, facilitated by Dick and Kaye Woltman. The Woltman’s named the surgical robot, Melisa, in memory of their daughter, Melisa Reasner McGuire, who lost her battle with cancer.

The addition of the second da Vinci Surgical System at Scripps Mercy is part of the hospital’s monumental project to expand and modernize its programs and services to care for San Diego’s growing communities.

Expansions and extensive renovations are needed to accommodate vital medical care areas, including:

**Emergency Department and Trauma Center:** Scripps Mercy’s 27-bed emergency department, which includes two trauma bays, will expand to 43 beds with three trauma bays.

**Intensive Care Unit:** Scripps Mercy will expand, modernize and renovate its three intensive care units and will add additional ICU space to ensure the hospital’s ability to accommodate the latest lifesaving technologies.

**Operating Rooms:** Two of Scripps Mercy’s operating 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 its cancer center, enabling the 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. Specifically, enhancements will include an outpatient infusion center and a women’s breast care center.

The estimated cost of this historic 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.

To learn how you can make a gift to Caring for the Future: The Campaign for Scripps Mercy Hospital, please call 619-686-3836 or visit www.campaignforscripttmercy.org.
**SCRIPPS CARDIOVASCULAR INSTITUTE:**

**A Lifetime Relationship with the Heart**

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 Clinic, Scripps Green Hospital, Scripps Memorial Hospital La Jolla and Scripps Mercy 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 will be an impressive addition to the campus of Scripps Memorial Hospital La Jolla. The building will have eight floors and will span 358,000 square feet to integrate patient care – from prevention and health promotion to advanced diagnostics, surgical and interventional procedures.

For more information on The Campaign for Scripps Cardiovascular Institute, please contact 858-678-7482 or www.scripps.org/SCI.

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**Seeking a Personalized Approach to Breast Cancer Screenings**

Scripps Research May Yield Alternatives to Traditional Annual Mammogram

A new Scripps Health research study could potentially pave the way for a more individualized approach to women’s breast cancer screenings, making each person’s genetic makeup a key factor in guiding how often they get tested.

The study will initially assess whether a woman’s likelihood of developing breast cancer can be more accurately predicted by the presence of recently discovered common DNA variants that are associated with the disease. If these low-risk variants prove predictive, healthy women could be divided into three different categories for breast cancer screening, instead of just one.

“More genetic discoveries with respect to the role of common variation and breast cancer have been made in the last two years alone than in all of previous medical research history,” says Sarah S. Murray, PhD, one of the study’s investigators and director of genetics for Scripps Genomic Medicine. “We want to see if we can take these advances and translate them into better health outcomes for patients.”

The initiative, dubbed the PINK study, is now enrolling participants and aims to attract 3,500 women, regardless of whether they have had a breast cancer diagnosis. It is sponsored by Scripps Genomic Medicine, in association with Scripps Polster Breast Care Center at Scripps Memorial Hospital La Jolla. To enroll, women must be 30 or older; have at least five years of breast imaging records available for confidential review; undergo a one-time blood sample for confidential DNA analysis; and currently receive screenings or care at Scripps Polster Breast Care Center.

Breast cancer is the second-most common form of cancer among women in the United States, with 192,370 new cases estimated for 2009 by the American Cancer Society. It is also the second-leading cause of cancer death in women, with 40,170 deaths expected in 2009.

For more information about the PINK study, please call 858-554-5753.
Claire Cordua is back to playing volleyball after suffering a massive stroke this summer. She was rushed to Scripps Memorial Hospital La Jolla for a specialized neurointerventional radiology procedure to save her life.
Eighteen-year-old Claire Cordua had just graduated from Westview High School in Rancho Penasquitos. She was spending a leisurely summer with friends, tutoring, babysitting and getting ready to head off to college.

That changed on July 17, 2009, when Claire suffered a massive stroke. Her life was saved twice that day — once by her quick-thinking boyfriend and, then again, by a new physician who had yet to officially start work at Scripps Memorial Hospital La Jolla.

Claire had been driving her Saab on the way to the beach in La Jolla. Next to her in the passenger seat was her boyfriend, 17-year-old Chris Price. As they headed down La Jolla Parkway, a blood clot struck Claire’s brain and she lost control of the car.

“I didn’t know what was happening to me,” says Claire. “I noticed that I had slurred speech, facial numbness and then I just passed out.”

As her car swerved over the median, Chris grabbed the steering wheel and was able safely stop the car on the side of the road to call 9-1-1.

Paramedics brought Claire to Scripps Memorial Hospital La Jolla, one of the county’s designated stroke centers. Neurologist Frederick de la Vega, MD, confirmed the blood clot was in Claire’s brain and called to Giuseppe Ammirati, MD. Coincidentally, Dr. Ammirati, a neurointerventional radiologist, was at the hospital picking up his badge to begin work on Monday. Though he had just left, he turned his car around and started his new job a few days early.

Dr. Ammirati and his partner, John Barr, MD, recently affiliated with Scripps La Jolla to re-establish the hospital’s neurointerventional program.

“In the past, conditions like Claire’s, as well as aneurysms, and tumors of the head, brain, neck and spine, would have required open surgery,” says Dr. Ammirati. “Now, we can perform minimally invasive treatments using tiny catheters and X-ray guidance to reach the problem.”

The innovative technology was funded through philanthropic contributions.

With the clock ticking and only a seven-hour window of opportunity to surgically remove Claire’s blood clot, Dr. Ammirati set to work performing an intra-arterial thrombolysis and mechanical thrombectomy — a highly specialized procedure in which only a handful of San Diego physicians have been trained.

“In the procedure, a catheter was inserted through the groin and, using X-ray guidance, advanced through the femoral artery in the leg, all the way to the tiny arteries in the brain,” adds Dr. Ammirati. “Once there, a clot-busting drug was injected directly into the clot and then broken up mechanically.”

Dr. Ammirati and his colleagues say that a stroke in such a young person is very rare. They attribute Claire’s blood clot to several factors, including a minor pre-existing heart condition, medication, and a recent plane trip in which Claire traveled to Rhodes College in Tennessee. She was set to start school there in the fall thanks to a volleyball scholarship. She’s now focusing on her recovery and has postponed college until January.

“It never even occurred to me that I could have a stroke,” says Claire. “This experience has taught me how precious life really is and how truly fortunate I am.”

Learn more about Scripps neurointerventional programs and ways you can make a difference by calling 858-626-6343 or visit www.scripps.org.

Claire Cordua has made a dramatic recovery. The 18-year-old plans to attend Rhodes College next semester on a volleyball scholarship.
Karny Stefan was relaxing at home, watching a movie, when she received the e-mail that would change her life – and save Jeff Wilson's.

The e-mail was from Christy Wilson, a business colleague who Karny knew distantly through her job as CEO of Walden Family Services. Christy's husband of 23 years, Jeff, urgently needed a kidney transplant. He would not survive long enough to make it to the top of the transplant list, so the Wilsons were looking for a living donor.

As Karny considered this request, the next line in the movie was, “You know, I was pretty close to your grandfather. I do have one of his kidneys.”

“I thought, you have got to be kidding me,” Karny recalls. “I knew then that I had to do it.”

Eight months later, Jeff Wilson received one of Karny's kidneys.

SEARCHING FOR A DONOR
At age 60, Jeff Wilson had a trifecta of problems that led to kidney failure: age, high blood pressure and diabetes. Moreover, with type O negative blood, Jeff could donate to anyone, but could receive organs only from a type O donor. These factors combined to put him seven to 10 years out on the transplant wait list – and with less than ten percent of his kidney function remaining, Jeff couldn’t wait that long.

“There are two types of kidney donors, cadaveric and living, and there are not enough cadaveric donors available to meet the need for donations,” explains Christopher Marsh, MD, Chief of Transplant Surgery at Scripps Center for Organ and Cell Transplantation. “And, as the incidence of chronic kidney disease continues to grow among the U.S. population, so does the waiting list.”

The Wilsons felt the only logical step was to try to find a donor on their own. Christy, executive director of the Rancho Santa Fe Foundation and a member of Circle of Life 100 at Scripps Memorial Hospital Encinitas, embarked on a massive e-mail campaign, sending out a request for volunteers to everyone she knew. "We got a hundred or so e-mails from people telling us that they would help if they were the right blood type or didn't have family who might require a kidney from them one day," recalls Christy. "But we only had four serious donors step forward – two who ultimately felt that they should keep their kidneys for their children, and one who never really began the testing because Karny stepped forward and was so sure that she was to be the donor."

"I HAVE MY HUSBAND BACK"
There are six genetic markers that, ideally, will match between donor and recipient. One is considered a good match. Jeff and Karny had three.

Dr. Marsh and the Scripps transplant team performed the transplant in April of 2009. Jeff spent about four days in the hospital. Karny's kidney was removed laparoscopically; she was in the hospital for just two days, but the change she saw in Jeff was immediate.

"The morning after surgery, I asked a friend to take me to the intensive care unit. I saw Jeff and our faces just lit up. It was the first time I had ever seen color in his face," Karny recalls, tearing up. "And, Christy looked at me and said, 'I have my husband back,' and that was the best part."

"When I saw her, I thought here's my savior," says Jeff Wilson, choking back tears. "Life is so fragile. I was in a beautiful room at Scripps Green Hospital being prepped for surgery, and I looked up and saw blue sky and ocean, and I wondered if I was ever going to wake up again. I did."

Today, Jeff works out at the gym, spends time with friends, serves on the Community Advisory Board for Scripps Encinitas, and is looking forward to college football games and trips with his wife. And Karny? Because she had to lose about 10 pounds before the transplant, her kidney function is actually better with one kidney than it was with two.

LIVING DONORS NEEDED
Last year, Scripps Center for Organ and Cell Transplantation performed 30 kidney transplants; seven kidneys were from living donors. So far this year, there have been eight living donors. The program also performs liver, living liver, and pancreas transplants.

"Living donors are usually family members, so this was unusual in that someone donated out of pure altruism," says Dr. Marsh. "If more people stepped forward like this, we could substantially increase transplants and reduce the waiting list. People need to know that they can donate a kidney and still have normal function for the rest of their lives."

Karny is living proof that live donors can give organs and still function as well – or better – than before.

"I think what people need to know is that it's very easy. There is a lot of testing, but the actual surgery is easy," she says. "I don't have children, I'm healthy, I didn't have any reason not to do this. And, I think there are a lot of people like me. Why wouldn't you?"

FACTS ABOUT LIVING ORGAN DONATIONS:
• Medical expenses for living donors are typically covered by the recipient's insurance.
• Donors can change their mind at any time.
• Should a donor need a kidney transplant later in life, he or she is moved to the top of the transplant list.

For more information on ways to support Scripps Center for Organ and Cell Transplantation, please call 858-554-4310.
Employees, physicians and volunteers at Scripps Memorial Hospital Encinitas are proud of their healing environment – and their actions speak louder than words. Scripps Encinitas staff and volunteers made contributions and pledges during a recent three-week employee campaign to help fund the expansion of the hospital’s critical care services.

John Coleman is among the generous employees who made a gift or pledge to support The Campaign for Scripps Encinitas. As a member of the engineering team, John has a firsthand understanding of the hospital needs. For more than nine years he has worked at Scripps Encinitas, caring for the structural health of the hospital and helping to ensure that every square inch is maximized to efficiently care for growing North County communities.

“Every day, I see that Scripps Encinitas is bursting at the seams and needs to expand,” says John Coleman. “I support the campaign because I want our hospital to have the best equipment and facilities to care for our patients.”

More than 70 percent of the inpatients at Scripps Encinitas are admitted through the emergency department. With only 12 stations and more than 37,000 patient visits each year, the 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 wait times for our patients who do not have life-threatening injuries or illnesses.

The expansion will include a two-story, 60,000-square-foot critical care building that will house a new 27-station emergency department, twice the number on today’s unit. A second floor will include 36 acute care beds to increase inpatient capacity and allow for new, state-of-the-art technology and services. An additional outpatient services building, acute care building and parking structure will also be part of the campus expansion during the next decade.

To complete the plan, phase 1 of The Campaign for Scripps Encinitas seeks $38 million in philanthropic contributions to provide quick access to the most advanced emergency care. Philanthropic support from our employees, patients and the community will be vital to our expansion and meeting 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 or visit www.campaignforscrippsencinitas.org.
It all started with a little neighborly advice – advice that potentially saved Vytas Tarulis’ life.

During a friendly chat with his neighbor, a volunteer at Scripps Memorial Hospital Encinitas, Vytas learned about the Scripps Memorial Hospital Encinitas Distinguished Speaker Series hosted by Scripps Health Foundation. The series includes monthly presentations from Scripps Encinitas physicians, featuring health information to help our community maintain and enhance wellness.

Following his friend’s recommendation, Vytas and his wife, Vicky, attended a presentation about the latest screening and treatment options for colon cancer, featuring Robert Goldklang, MD, a gastroenterologist at Scripps Encinitas.

“This was our first time attending one of these events and Dr. Goldklang really impressed us,” says Vytas. “His presentation was very professional and informative – so much so that it made me realize I was at risk and about a year overdue for a repeat colonoscopy.”

Vytas had never been a Scripps patient before, but he immediately contacted Dr. Goldklang’s office to set an appointment.

“This was my first experience at Scripps Encinitas and I couldn’t have asked for better care,” says Vytas.

During the colonoscopy, Dr. Goldklang discovered a pre-cancerous polyp.

“This is as close as you can get to being an early cancer, but still be officially benign,” says Dr. Goldklang.

Once discovered, endoscopy was used to remove the significant lesion. Using a combination of minimally invasive techniques, it was removed without the need for surgery.

“Vytas is very fortunate. Even though he was not experiencing any symptoms, we were able to identify the pre-cancerous lesion during his routine screening exam,” says Dr. Goldklang. “Had the lesion not been found, it likely would have been one to three years before symptoms of an advanced cancer would have presented – at which point therapy and survivability may have been limited.”

Today, Vytas and Vicky are regular attendees at the Scripps Memorial Hospital Encinitas Distinguished Speaker Series.

“The presentations are an asset to the community and, as I now know, they can be lifesaving,” says Vytas who is now both an advocate and a generous supporter of Scripps.

Enjoying the tranquility of the healing garden at Scripps Memorial Hospital Encinitas, Vytas and Vicky Tarulis are grateful that the nonprofit hospital provides valuable health education presentations through its Distinguished Speaker Series hosted by Scripps Health Foundation.
Charting a New Course for Orthopedic Surgery
GPS Technology Guides Surgeons through Complex Procedures

More than 40 years ago, Jim Dupray had his legs crushed in an accident. He never thought he would be able to walk comfortably again.

The technology that helps you find your way around an unfamiliar neighborhood is now helping Scripps orthopedic specialists navigate unknown surgical landscapes.

Forty years ago, at age 37, Jim Dupray was run over by a tractor-trailer, leaving him with a broken left femur, a crushed right tibia and two crushed knees. His broken bones never healed properly, and complications from blood clots severely limited his ability to move around. About two months after the accident, surgery to repair the blood clots enabled him to walk, but he couldn’t stand for much more than an hour and he lived with constant, severe pain.
“Jim had an angular deformity of the healed fractures, so that his left thighbone had a bend to it and his shinbone had a bend,” explains Scripps Clinic orthopedic surgeon Richard Walker, MD. “The combination of those two fractures placed unusual forces on his knees and hips, and he also developed arthritis in both areas.”

Dr. Walker replaced Jim’s hips in 1997 and 1998, but replacing his knees presented a much greater challenge; the complex angles of the bones made it difficult to properly fit the replacement joints. Recently, however, new computer-assisted navigation provided the advanced technology to fine-tune the procedure. Today, Jim Dupray has new knees.

**MAPPING THE ANATOMY**

Computer-assisted navigation uses a remote directional system similar to that found in many cars. Just as a global positioning system (GPS) initially maps an area to define roads, intersections and turns, computer navigation defines and “maps” the anatomical landscape. In Jim Dupray’s case, it maps the end of the thigh bone and the top of the shin bone, and their relationship to the hip and ankle joints, for each knee. A tracking device placed on the surgical area communicates with a remote satellite in the operating room via infrared technology, creating an image of the surgical field on a computer screen. As the surgeon changes the field by removing portions of bone, the navigation program provides updates as to the relative position of the bones and the planned replacement joints, the alignment of the hip, knee and ankle, and other key parameters.

“With the navigation, we are finally equipped to align his knee replacements appropriately to compensate for the angular deformities created by his fractures,” explains Dr. Walker, who championed the new technology at Scripps Clinic. “The mapping of hip to knee to ankle could be done remotely, which was not feasible with the technology that was available up until that time. For these extraordinary cases, navigation offers positioning and alignment that standard instrumentation does not.”

In addition to incorporating computer-assisted navigation into his practice, Dr. Walker is teaching its use to Scripps Clinic post-residency fellows in orthopedic lower extremity reconstruction, so they are navigation-ready when they begin their practices, and is documenting its clinical accuracy.

**PAIN-FREE ROADS AHEAD**

Jim Dupray needs no further proof. “I’m doing great, better than I have in years and years,” he says. “I suffered for 38 years. I worked every day – but when I came home, I had to take a Vicodin. Now, pain is no longer a problem. It’s the greatest thing in the world and I would recommend it to anybody who has knee problems.”

“If not for Dr. Walker, I would probably be in a wheelchair in a rest home now,” says Jim Dupray. “He and his assistant, John (John Schneider, RN), are just about the greatest people working at the greatest institution I could possibly think of. Scripps is just an amazing place.”

You can make a difference. For more on ways to enhance orthopedic services at Scripps, please call 858-554-3971 or visit www.scripps.org.
18TH ANNUAL SPINOFF RAISES $1.3 MILLION FOR CANCER CARE

Raising $1.3 million, the 18th Annual Spinoff: Auction for Life, An Evening on the Orient Express, supported journeys of hope and healing for Scripps cancer patients. All proceeds from the event on May 7, 2009, benefited cancer programs and services at Scripps Cancer Center, Stevens Division, at Scripps Memorial Hospital La Jolla.

The high energy event featured a silent and live auction, offering guests an opportunity to bid on hundreds of luxurious and one-of-a-kind items. Special guests Dale and Terry Lingenfelder were also honored for their dedication to Scripps Cancer Center, Stevens Division, during the last two decades.

STEPPING IT UP
Circle of Life 100’s Wine, Women and Shoes Event Raises $100,000

Pairing fabulous shoes with lush wines, the Fifth Annual Circle of Life 100 Celebration: Wine, Women and Shoes event raised $100,000 to benefit women’s diagnostic imaging equipment and technology at Scripps Memorial Hospital Encinitas.

The stylish affair on Sept. 10, 2009, honored LaVerne Briggs with the 2009 Circle of Life 100 Distinguished Service Award for her dedication and continued support to Scripps Encinitas. The event also featured a live auction and tastings from Napa Valley vintners and local restaurants.

“I think this year’s beneficiary is critical to the health and vitality of women in our community,” says LaVerne Briggs. “Having the latest diagnostic equipment, right here in Encinitas, may encourage more women to get regular mammograms and enhance the detection of breast cancer at its earliest stages.”

HITTING THE GREENS
Annual Dinner and Golf Tournament Benefits Diabetes Research, Education and Care

More than 150 golfers and guests turned out to raise $125,000 during The 12th Annual Scripps Whittier Diabetes Institute Invitational Dinner and Golf Tournament. The two-day event on Oct. 4 and 5, 2009, benefited Scripps Whittier’s inpatient program, clinical research center and Project Dulce, a diabetes care and education program that addresses the specific needs of underserved, ethnically diverse populations.
For the 80th Anniversary Ruby Jubilee Candlelight Ball, Betty Knight Scripps is planning a night to remember. Mrs. Scripps, who serves as General Chairman of the Candlelight Ball for the seventh consecutive year, invites guests to celebrate the event milestone on Saturday, Dec. 5, at the Grand Del Mar. Under her leadership, Candlelight Ball has achieved an unprecedented social and financial level.

“I am truly honored to serve as general chairman for the 80th anniversary of Candlelight Ball,” says Mrs. Scripps. “I take great pride in continuing the commitment of the Scripps family in support of Scripps Memorial Hospital La Jolla. I want to make certain that my passion for the hospital, along with so many generous and caring members of the community, is seen and felt on a daily basis.”

The ball’s rich history of support of Scripps Memorial Hospital La Jolla dates back to the hospital’s beginning, when it was as a small, but vital community hospital with 44 beds, an operating room, X-ray room and delivery room. Today, it is a 372-bed hospital staffed by more than 900 physicians and 2,200 employees. It commands national prominence for the quality of its care, as well as for its wide-ranging services, including outpatient imaging and surgery, emergency and trauma care, interventional cardiology and radiology, cancer care and women’s health services.

Mrs. Scripps says, “The celebration of the Candlelight Ball also serves as a reminder to the community about the extraordinary health care that is provided by Scripps Memorial Hospital La Jolla, as well as setting a greater financial challenge to the community to support these lifesaving medical endeavors.”

SUNDAY, DECEMBER 5
THE GRAND DEL MAR
One of the oldest, most prestigious and highly anticipated social events in San Diego, Candlelight Ball will usher in the holiday season. As part of the 80th anniversary celebration, guests will be treated to gourmet dining, dancing to The Bob Hardwick Sound and spectacular holiday décor. The ball will also include an appearance by guest of honor, Academy Award-winning actor and La Jolla native Cliff Robertson. For more information, please visit www.scrippshealthfoundation.org or call 858-626-5390.
At 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.

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.

Through our annual giving donor clubs, generous supporters 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.

You are Making a Difference

All gifts, no matter what the size, help us provide your loved ones and friends with the finest health care available.

We can help you:
- Get the most from your gift – gift planning donations may give you valuable tax benefits
- Increase your gift at no cost to you – many employers match the charitable gifts of their employees and retirees, including spouses
- Leave a legacy – bequests can have a lasting impact on the health of the community

Please contact Scripps Health Foundation at 800-326-3776, 858-678-6340 or visit www.scrippsinformations.org to learn more about the benefits of annual giving and other ways to support good health.
In 1974, Ruth Graul started volunteering at Scripps. Thirty-five years later, she is still one of our most dedicated volunteers, with more than 34,000 volunteer hours to her credit — and counting.

“I started volunteering when Scripps Clinic was on Prospect Street in downtown La Jolla, and my daughter was a student at The Bishops’ School across the street, so we carpooled together,” Ruth recalls. “I worked mostly on the floor doing anything that needed to be done, washing patients’ hair, running things down to the lab, helping with meals, discharging patients. When the hospital moved to the current location, I went with them.”

These days, most of Ruth’s volunteer time is with Scripps Health Foundation, where she does computer work. Her husband, Bill, a retired chemical engineer, is a long-time volunteer in the forensics lab of the San Diego Sheriff’s Department. Together, the Grauls donate a great deal of their time to their community.

They also show their support in other ways. In 1999, the couple established a generous charitable gift annuity in support of orthopedics research at Scripps Clinic. A charitable gift annuity combines a donation to charity — such as cash or securities — with an annuity contract, essentially creating income for both giver and receiver. Donors transfer assets to Scripps, and receive regular fixed payments from Scripps for the rest of their lives. Benefits to the donor include guaranteed regular income (which may be partly tax-free), an immediate charitable income tax deduction, possible estate tax savings, and for gifts of appreciated property, favorable tax treatment on the gain. In addition, there is the benefit of supporting lifesaving care at Scripps.

“We had money we wanted to donate, and we were very fond of Clifford Colwell, MD, and his orthopedic work,” adds Ruth. “We have always been supporters of Scripps, and it was our way of giving back to the community.”

Learn more about the benefits of charitable gift annuities by contacting Scripps Health Foundation’s office of gift planning at 858-678-7120 or visit www.scrippsheritage.org.
BRINGING A WORLD OF HEALING TO YOU

At Scripps, we are committed to providing you, your family and friends with the highest quality care today and planning for the future needs of our growing community. We’ve been nationally recognized for medical excellence, as well as honored as one of the nation’s top employers. As a nonprofit health care organization, your spirit of generosity is vital to all we do.

BEST EMPLOYER


One of Fortune Magazine’s 100 Best Companies to Work For (2009, 2008). — FORTUNE Magazine

TOP STROKE PROGRAMS
Scripps Mercy Hospital is certified as an Advanced Primary Stroke Center, joining Scripps Memorial Hospital La Jolla, Scripps Memorial Hospital Encinitas and Scripps Green Hospital in stroke accreditation. — The Joint Commission

BEST RESPIRATORY CARE
Scripps Mercy Hospital named one of America’s Best Hospital for treatment of respiratory disorders (2009). — U.S. News & World Report

BEST CARDIAC CARE

CANCER NETWORK
Scripps Cancer Center earned network accreditation – the first multi-hospital cancer program in California and one of only 28 nationally (2008). — American College of Surgeon’s Commission on Cancer