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IMPACT RESEARCH & PATIENT CARE

Dear friend,

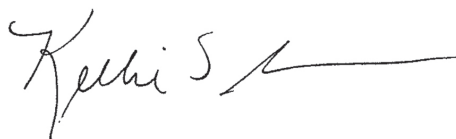
On behalf of my colleagues and our patients whose lives have been improved by your kindness, I'd like to thank you for your past support.

Every contribution - no matter the size - makes an impact. Your generosity has helped move us even closer to groundbreaking research and novel treatments that improve the lives of so many individuals.

I hope you enjoy this newsletter. Inside you will meet some of our volunteers and contributors who are standing with us on the frontlines in our mission to improve health care both in our communities and worldwide. It reflects the power of partnerships.

We invite you to learn more, to ask questions and see for yourself how your doctors and their colleagues are changing the future of health care with the help of our charitable friends.

With sincere thanks,



Kellie S. Anderson
Interim President, Medical
and Health Sciences Foundation
Interim Chief Development Officer, UPMC

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This report is issued by:

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A Company Serving its Community



BUCK BUCHANAN WITH A CHILD FROM THE MCKAMISH SPONSORED CARING HEARTS ORPHANAGE IN MEXICO.

In October 2011, David “Buck” Buchanan, a longtime McKamish, Inc. employee, was managing a project at the University of Pittsburgh — a new research lab for the Vascular Medicine Institute (VMI). But, as the project was in its final stages, Buck passed away very suddenly from an aneurysm at the age of 58.

McKamish, Inc., a mechanical contracting company in Pittsburgh, has a long history of giving. Shocked and saddened over the loss of their friend and co-worker, the McKamish employees decided to do something special in Buck’s memory.

“Harold McKamish founded the company under the principles of being able to help and give back, and being good stewards in the community,” said David McKamish, president and CEO. “We decided that it would be very fitting and appropriate to make contributions towards the VMI lab itself, seeing as this was Buck’s last project and that he had suffered from a vascular condition.”

In 2012, the McKamish Family Foundation, an extension of their company’s charitable efforts,

made a generous gift to support research in metabolic syndrome, a major risk factor for blood vessel diseases, including aneurysms. By definition, an individual has metabolic syndrome if they have a large waist circumference and two additional features, including high blood pressure, high blood triglyceride levels, low levels of HDL (the good cholesterol), high fasting blood sugar, or known type 2 diabetes.

Led by Kara Hughan, MD, under the direction of Mark Gladwin, MD, the research funded by McKamish helped in the development of a new potential treatment for the metabolic syndrome (defined by high blood pressure, obesity and diabetes) by establishing proper dosage and safety for a novel drug called sodium nitrite. The funds were used to develop FDA approved oral formulations of nitrite and to do the first safety and dosing studies in human normal volunteers. With additional support from the McKamish Family Foundation, a clinical trial is underway to see if the drug improves blood pressure and glucose levels in patients with the metabolic syndrome. Seeing the progress that was being made, the company thought it was very important to continue supporting their work.



EMPLOYEES OF MCKAMISH AND THEIR FAMILIES AT THE WALK FOR CHILDREN'S EVENT HELD BY CHILDREN'S HOSPITAL IN JUNE 2016

"The research is phenomenal, and the VMI team has been an outstanding group to work with in the community," David said.

McKamish made a second sizable contribution in 2015 to fund a follow-up study of adults with obesity and metabolic syndrome, with a plan to develop future pediatric clinical trials targeting this condition in children. Providing this early intervention may not only improve the quality of life for children, but enable them to move into adolescence and adulthood as happy, healthy individuals.

"The gifts that we received from McKamish and the McKamish Family Foundation are truly helping us develop new medicines that aim to reduce the complications of the metabolic syndrome," Dr. Gladwin explained. "The fact that their support originally was made in memory of Buck makes it extra special. Our team knows that we are not only honoring his legacy but continuing the type of work that he knew was vital. We are so grateful for their continued commitment to our mission."

David hopes their contributions will lead to even more progress in medicine and eventually help eliminate vascular diseases.

"We're very sorry how this partnership came about, but we are pleased we were able to work with VMI," David said. "Many good things have already come out of it, and we expect the relationship to continue."

“The research funded by McKamish helped in the development of a new potential treatment for the metabolic syndrome (defined by high blood pressure, obesity, and diabetes)...”

- David McKamish

For information on supporting these initiatives, please contact Anne Immekus at 412-647-2434 or ianne@pmhsf.org.



A Conversation with Mark Gladwin, MD

Chair, Department of Medicine

A CLOSER LOOK AT DONOR DOLLARS

What major advancements have been made possible through past gifts?

It has allowed us to build one of the largest sickle cell research programs in the country. It is very difficult to recruit and train people interested in caring for patients with sickle cell disease and other benign blood diseases. The robust research environment that was catalyzed by philanthropic investments has led us to become a magnet, pulling talent into this area of unmet medical and scientific need. This support has also allowed us to rapidly develop translational research programs assessing the storage characteristics of red blood cells and how genetic variations from donors can affect the stability of red cells in storage and the outcomes of red cells after storage.

MARK GLADWIN, MD

How has donor support made an impact on your work?

Philanthropic support has allowed us to bring talented scientists into the Pittsburgh community, to develop our own trainees as physicians and scientists, and to marshal resources to perform innovative and high-risk research that would be very difficult to support with conventional federal government grants. My research has been strongly supported by philanthropic donations from the Institute for Transfusion Medicine Blood Science Foundation and the Hemophilia Center of Western Pennsylvania.

“The robust research environment that was catalyzed by philanthropic investments has led us to become a magnet, pulling talent into this area of unmet medical and scientific need.”

- Mark Gladwin, MD

What projects are you currently working on that our donors might be interested in?

We have a number of research programs across the cardiovascular space that is of great interest. For example, we are developing centers focused on the next generation of molecular imaging, questioning how to see molecular processes going on in the body that reflect early disease and how we can target this for new preventative therapies.

We are exploring the use of molecular probes to diagnose coronary artery disease, sickle cell vascular inflammation, amyloidosis, and early heart failure, with the goal of identifying these diseases earlier to begin treatment earlier. We are developing centers focused on scleroderma, pulmonary hypertension, the microbiome, heart failure, cardiac amyloidosis, diabetes, metabolism, infections, and many other vital projects that need investments to catalyze our scientists and clinicians to work together towards new treatments and cures.

For information on supporting these initiatives, please contact Anne Immekus at 412-647-2434 or ianne@pmhsf.org.

How could future gifts impact these projects?

We are committed to ensuring that any donation has the maximum impact. A donor's gift is used, in its entirety, to achieve science and medicine goals. Not a penny of a philanthropic gift will be used for infrastructure support unless the donor specifies. Every dollar will go towards advancing the scientific program.

What would you like to say to our many donors?

A philanthropic spirit is a precious thing and an attribute that I greatly admire. Our philanthropists are people who want to invest into the health of their communities. This passion for giving and for making an impact is inspiring to us as physicians and scientists. I want to thank them for their vision and their interest in helping others who are facing great health challenges.

When Everyone Comes for Dinner



PHOTO: FROM LEFT: LESLIE BAKER, KATIE (BAKER) HAYNES, JASON BAKER, DR. OSCAR LOPEZ

Glenna Sue Baker, a retired pharmacist and University of Pittsburgh graduate, was diagnosed with Alzheimer's disease in 2006 at the age of 60. In 2010, she enrolled in a research study at the University of Pittsburgh Alzheimer Disease Research Center (ADRC). Her son, Jason Baker, his wife, Leslie, and her daughter, Katie (Baker) Haynes, a graduate of the University of Pittsburgh College of Business Administration, were looking for a way to make a difference.

They began by participating in the Walk to End Alzheimer's at the National Mall in Washington, DC. The goal of the walk is to raise awareness and funds for Alzheimer's care, support, and research. Deciding they wanted to do more, they quickly shifted to holding their own fundraising effort in their backyard with proceeds directly benefiting the University of Pittsburgh ADRC.

The event is now held every Labor Day weekend when the whole family is in town. Live bands, such as Government Cheese and Legends, food donated from local businesses including Grove City County Market, Mercer Pizza Joe's, and Lettieri's Italian Dining, and raffles on items also donated by local businesses such as D.A.M. Good Wings, Bissett Chevrolet, and local artisans all help make the event a success. The fundraiser started out the first year with attendees making a \$5 donation, and has grown to more than 200 people in attendance each year with \$20 donations per person.

The Bakers have a tremendous amount of support from family, friends, and residents, as well as additional support from the generous local business community in the Mercer, Pennsylvania area where they live. "We may have to start looking for other venues because it is getting so big," said Jason.

Jason Baker and his family have raised more than \$15,000 in support of the research at the Alzheimer Disease Research Center. Jason explained that a former classmate and friend's father recently passed away from the disease. "Alzheimer's disease touches a lot of lives," he said. "We want to find a way to help cure it or slow it down."

If you would like to learn more about the event, please email memoryfinderspa@gmail.com.

If you are interested in ways that you can help support the Alzheimer Disease Research Center please contact Justin Meyer at 412-578-9273 or mjustin@pmhsf.org.

IBD Connect: A Peer Support Network for Those Suffering from Inflammatory Bowel Disease

Inflammatory bowel disease (IBD), which includes Crohn's disease and ulcerative colitis, can have significant psychological impacts on those with the disease. Oftentimes there is a stigma attached with IBD making it uncomfortable to talk about the disease.

Many people find comfort when they are able to connect with others who have had similar experiences. IBD Connect is a peer specialist support network for patients, families, and caregivers affected by IBD.

The Founders



RANDI SIGAL AND PAM LEVY

Randi Sigal and Pam Levy, co-founders of IBD Connect, have personally experienced the hardships of IBD through their families. They felt vulnerable once they left the hospital because they did not have enough educational or support resources available to them.

Randi and Pam felt that there was a void of support for patients who were going through the same struggles that they faced. They decided to create a network of volunteers that offered peer support and encouragement to those who have personally experienced IBD.

PHOTO CREDIT: KURT WEBER,
PITTSBURGH POST-GAZETTE

Volunteers

All of the volunteers in the IBD Connect network have personal experiences in coping with IBD, which patients have noted creates a more comfortable interaction.

"I've had Crohn's disease for 50 years. I've had dozens of hospitalizations, seven surgeries in numerous hospitals in several different states.

I've never had anyone speak to me like this. I've never had anyone give me resources like this; no one has ever done this for me.

I am so grateful."

- IBD Connect Patient

How IBD Connect Works

Patients who are seen at the UPMC Inflammatory Bowel Disease (IBD) Center are eligible to take part in IBD Connect. Patients are referred to IBD Connect by medical staff or if seeking a visit on their own.

IBD Connect wants to empower patients and spread the message that IBD does not have to define who you are — what you choose to do with it remains in your control.

IBD Connect currently focuses on the inpatient population, including those patients who have:

- ◆ Recently had surgery
- ◆ Experienced a flare of their disease
- ◆ Been recently diagnosed

They are also able to provide resources and education to patients both in and out of the hospital.

IBD Connect volunteers are available to make hospital visits or speak with you over the phone. Contact a volunteer today by calling 412-864-1784 or by emailing IBD.connect@gmail.com

Further Research: David and Jody Meyers



PHOTOS: (LEFT) DAVID AND JODY MEYERS; (RIGHT) RESEARCH FELLOW JORGE PINEDA, PHD, WITH DR. RAYMOND SEKULA

David Meyers was looking forward to celebrating his 25th wedding anniversary in London with his wife, Jody, following a business trip to Spain. The former president and CEO of Microban International, a leading company of antimicrobial products, was struck with excruciating facial pain during that business trip. They were forced to head back to the states where, thanks to a particularly astute primary care physician, he was quickly diagnosed with trigeminal neuralgia. The average time it takes to get a diagnosis is often a year or more. He was lucky.

David set out to educate himself and quickly learned that Raymond Sekula, MD, was one of the most highly regarded and experienced microvascular decompression surgeons east of the Mississippi.

On a particularly painful Sunday, David decided to send a note to Dr. Sekula. First thing Monday morning he heard from Dr. Sekula's nurse and by 9 a.m. he was on the road to Pittsburgh. Two days later he had microvascular decompression (MVD) surgery, a procedure that relieves abnormal compression of the cranial nerve. He no longer

has any symptoms and was even able to hike six national parks this past year which he would have been unable to do prior to surgery. "Even if I was able to manage the pain with medication, I would not have been able to go on these hikes," David said.

David and Jody made the decision to support Dr. Sekula's research, specifically the support of a new research fellowship. "Jody and I chose to donate to Dr. Sekula's research because we had confidence in Dr. Sekula. UPMC is one of the finest medical institutions in the country and he has a smart strategy of how to leverage this research. We were saddened to realize that this condition is considered an orphan disease and for that reason very little research is being done to help people with this awful condition. We hope that this donation will help trigger more research in the field," David explained.

David and Jody enjoy retirement in Charlotte, North Carolina, where Jody remains active as a hospice volunteer. They have four children: Emily, John, Maren, and Charlie.

Did You Know?

UPMC Department of Neurological Surgery is one of the few medical centers in the United States — and throughout the world — with expertise in the full array of surgical options for complex brain and spine conditions, including minimally invasive surgery, microsurgery, and radiosurgery, and other innovative surgical techniques and imaging technologies. It is the nation's leader in radiosurgery for lesions in the brain and spine, having developed the nation's first Gamma Knife® program.

UPMC Children's Ball



The 21st annual UPMC Children's Ball: Dino Bash! was held on Saturday, March 25, 2017 at Heinz Field's UPMC East Club Lounge. Benefitting vital programming at the Matilda H. Theiss Child Development Center at the Western Psychiatric Institute and Clinic of UPMC, this year's Children's Ball brought together children, parents, grandparents, and friends of all ages for a prehistoric walk through time and fossil hunting adventure.

Attendees were treated to a life-sized dinosaur encounter presented by the Carnegie Museum of Natural History. Spiny the Spinosaurus and his human handler, Dr. Dino, engaged the audience with cool dinosaur facts and even got up close and personal during a meet-and-greet. Super heroes, princesses, beauty queens, mascots, and dancers were all found partying among the guests and fun arts-and-crafts projects included making dino feet and digging for fossils.

We had an upROARious good time at this year's UPMC Children's Ball. For more information, call 412-802-8256 or visit www.upmc.com/childrensbball. "Like" us on Facebook to learn more about the Matilda H. Thiess Child Development Center and be the first to know about Children's Ball 2018 at [Facebook.com/upmcchildrensbball](https://www.facebook.com/upmcchildrensbball).



PHOTO: SPINY THE SPINOSAURUS PERFORMS AT THE UPMC CHILDREN'S BALL.

“Being a part of something that could demonstrably improve the lives of so many people is thrilling to us, especially when it is so personally relevant.”

- David and Jody Meyers



Health Discovery

LEADERSHIP CIRCLE



JOEL NELSON, MD SPEAKING AT THE 2ND ANNUAL HDLC LUNCHEON

**Please Save the Date
3rd Annual Luncheon
November 1, 2017**

Honoring Our Donors

UPMC has created a leadership giving society to honor donors who have made annual gifts totaling \$1,000 or more in support of research and patient care initiatives.

The Health Discovery Leadership Circle (HDLC) recognizes the vital role our patients and friends play in revolutionizing the world of medicine. These members are partners with UPMC in our mission to improve health care — both in our communities and worldwide. By harnessing the power of technology, translating science into cures, and accelerating the pace of groundbreaking medicine, UPMC's physicians, researchers, and staff are truly changing the future of health care. Through the Health Discovery Leadership Circle, we honor those who share our commitment to innovation and understand the value of creating life changing medicine.

For more information on how to join, please contact James Malezi at 412-578-9254 or mjames@pmhsf.org.

Did You Know?

Transplantation and the Thomas E. Starzl Transplantation Institute

- ▶ Initiated a pathbreaking transplantation service in 1981.
- ▶ Pioneered antirejection medications and made once-experimental procedures such as liver and small bowel transplantation, a part of standard surgical care.
- ▶ Has performed more than 18,000 liver, kidney, pancreas, and multivisceral transplants.
- ▶ Became the second center in the country to perform more than 3,000 heart, lung, and heart-lung transplants.
- ▶ Performed the nation's first bilateral hand transplant.



“ This experience has been one that I greatly enjoyed; I loved being part of the transplant process and being a support person for potential recipients. ” - Katherine Kunugi, Guardian Angel

Touched by an Angel

For transplant patients at the Thomas E. Starzl Transplantation Institute (STI), the journey is rarely a simple one. This is why the Transplant Patient and Family Center Care (TPFCC) Workgroup initiated the Transplant Guardian Angels program. The transplantation process involves as much excitement as it does stress, and it falls to the hands of the Transplant Guardian Angels to help watch over the patients and guide them.

Launched on March 1, 2011, the Transplant Guardian Angels program provides on-site assistance and resources to all transplant patients and their family members when they are called in for an organ transplant. The group is composed of students studying a mix of nursing, social work, psychology, and biology. They help patients and families navigate the hospitals, facilitate communication between the patient and clinical care team, and so much more. The Transplant Guardian Angels were initially funded by a Picker Grant, which is dedicated to improving health care through the patient's eyes, and the Snee-Reinhardt Charitable Foundation, which funds philanthropic and transformative projects within the Pittsburgh community. Currently the Transplant Guardian Angels is funded by contributors, many of whom have experienced a Guardian Angels guided visit.

Patients and families have reported that having the Transplant Guardian Angels available is an extremely helpful and positive experience. There is always an Angel on-call, available to those who need them 24 hours a day, seven days a week.

The personal touch of the Transplant Guardian Angels eases many logistical concerns as well as personal ones for patients and their family members. By having someone who is there simply to help them through the process, the weight and worries on a patient's shoulders can be lightened tremendously.

Patients are not the only ones benefiting. The Guardian Angels themselves are gaining valuable “real world” experience and skills. Currently there are 10 Guardian Angels positions, ready, able, and eager to offer a helping hand at a moment's notice. There is always an angel on-call.

“The strong focus in patient and family-centered care, through providing education, training, support, and resources, seemed to empower transplant patients and their families. My work as a Guardian Angel has contributed to my desire to advance my career so that I may have a further reach in promoting and advocating for the health of my patients.”

- Katherine Fitzpatrick

Thanks to so many generous contributors, the Transplant Guardian Angels are able to continue benefiting those around them as well as themselves.

If you would like more information on the Transplant Guardian Angels program, please contact Travis Watson at 412-692-4152.

200 Lothrop Street | Pittsburgh, PA 15213

DONOR DOLLARS
making a difference

thank you

More inside about
how donor dollars
are being spent...

