Ohio Donor Registry. An announcement about the importance of joining the Be a Buckeye for LIFE public service feature the Be a Buckeye for LIFE public service announcement about the importance of joining the Ohio Donor Registry.

Help Ohio State beat Michigan and, more importantly, help those who are awaiting a transplant by registering as a donor at go.osu.edu/Buckeye4Life.

45 YEARS OF OHIO STATE TRANSPLANTATION LEADERSHIP

Ohio State’s Comprehensive Transplant Center is a world leader in research, education and patient care. The Ohio State transplant team includes disease specialists, transplant surgeons, infectious disease physicians, transplant coordinators, advanced practice nurses, social workers, psychiatrists and transplant pharmacists—all working together to provide the highest-quality personalized care.

How the faculty and staff of The Ohio State University Wexner Medical Center are changing the face of medicine...one person at a time.

Ohio State nurse and organ recipient Judy Jackson asks all to Be a Buckeye for LIFE!

An unexpected gift

Judy Jackson | Kidney Recipient and Nurse at The James Cancer Hospital and Solove Research Institute

My journey to a kidney transplant was unexpected. As a nurse and a mother, I am used to taking care of others and never anticipated that a routine physical would lead to a life-threatening discovery. In 2005 my doctor referred me to a nephrologist, a kidney specialist, after my blood work indicated abnormalities. I learned that my kidneys were operating at only 25 percent capacity and that a transplant was in my future.

Just a few months later, in February 2005, I joined thousands of others on the national transplant waiting list. I started dialysis while I waited, and it took a lot of adjusting to make it work. I was undergoing peritoneal dialysis treatments with the hope that I could continue my work as an operating room nurse. Peritoneal dialysis is done at home and consists of filtering fluid through your abdomen to remove waste products. This procedure allowed me to live a relatively normal life for a while. Knowing that my days were numbered depending on when a transplant might come, I tried my best to spend quality time with my family and even managed a few very carefully planned vacations.

Unfortunately, I ended up with an infection at the filter site and had to quit my job and switch to hemodialysis, a procedure that directly filters your blood. I underwent treatments at a clinic for hours at a time, three days a week. The process left me exhausted and I felt like as soon as I started recovering from a session, it was time to go back again.

As I continued to wait for a kidney transplant, my entire life revolved around dialysis. I felt fuzzy mentally and wasn’t quite myself. I had young kids, Adam and Ashley, 11 and 5 years old at the time, and I struggled to keep up with them, but they gave me the motivation to fight through the pain. I lost my mother when I was in second grade and I didn’t want my children to go through that too. I told myself that God wouldn’t give me anything I couldn’t handle and continued to push forward.

Nearly two years after I was listed for a kidney transplant, the call came on May 17, 2007. It was 5 a.m., and it was the best news I had ever received — I tear up just thinking about it. I was hysterically happy and anxious as I drove to the transplant center!

When I arrived, it was like clockwork. I was in surgery before I knew it, and when I woke up I overheard nursing saying that my kidney was working. I knew everything would be all right.

After I recovered, I couldn’t believe how fortunate I was. Living with a transplant is a lot of work, but I am so grateful for my donor’s gift that I’ll do whatever it takes. I absolutely appreciate everything about my life and this second chance to live it.

Thanks to my donor, I went back to working as a nurse just a few months after my transplant. My kids won’t have to live without their mother, my husband won’t have to go without a partner, and for that I am so grateful.

Today, I work at the James Cancer Hospital at The Ohio State University Wexner Medical Center and can empathize with all of my patients. I think my transplant helped me to be a better nurse, and I am thankful that I am still able to take care of others and make them more comfortable. Now, as a Donate Life Ambassador, I am trying to give back for the incredible gift I received. I hope that people reading my story can see the impact a transplant can make. And to all donor families, I would like to say thank you for letting life go on.

Learn more about organ donation at lifesavingohio.org!
November is Personal Healthcare Month

Ohio State’s Wexner Medical Center and the Cleveland Clinic have teamed up to lead Ohioans in a month-long commitment to and celebration of Personalized Health Care.

Gov. John Kasich has asked Ohio’s two most innovative medical research and care institutions to lead the way in engaging and empowering Ohioans to take charge of their own health and wellness. Ohio State’s Wexner Medical Center and the Cleveland Clinic are offering citizens programs related to nutrition; exercise and physical activity; stress reduction, mindfulness and spiritual growth; social connectedness; health maintenance; and family health and medical history.

“We are excited to partner with the Cleveland Clinic and Governor Kasich to celebrate personal healthcare month and focus on the health and well-being of our families, friends and communities. Given the Thanksgiving holiday, it is important to recognize the central importance of family, fun, food and gratitude for our health and longevity,” says Clay Marsh, MD, executive director of the Center for Personalized Health Care (CPHC) at Ohio State’s Wexner Medical Center.

Ohio State and its Center for Personalized Health Care are earning international distinction through its leadership in a novel approach to personalized health care known as P4 Health – predictive, preventive, personalized and participatory medicine. The Center facilitates research, education, prevention and treatments designed to meet patients’ individual needs. Its missions are to create a pipeline for innovation and accelerate the application and dissemination of discovery to realize the promise of personalized health care and to advocate for this approach locally, nationally and internationally.

Learn more about Ohio State’s Center for Personalized Health Care at cphc.osu.edu.

Health and Wellness programs offered

Faculty, staff and students are participating in several events sponsored by the Health and Wellness Initiative at Ohio State’s Wexner Medical Center.

Begun earlier this year, the Health and Wellness Initiative “represents our commitment to becoming the healthiest Medical Center and it supports our University’s goal to be the healthiest university on the globe,” Medical Center CEO Steven G. Gabbe, MD, has announced.

This Initiative is led by Stephen Pariser, MD, Health and Wellness medical director, and Larry Lewellen, vice president of Care Coordination and Health Promotion.

The Initiative states its mission as follows: “Programs should be preventive and educational (based on P4 Health principles) and enhance physical and psychological health and well-being.

The programs will employ predictive knowledge, emphasize the opportunities for prevention, involve employee participation and help educate and guide our employees so that they can attain the best health possible.”

The Initiative has already sponsored several programs on nutrition, fitness, cancer prevention and stress reduction/burnout prevention.

Medical Center faculty, staff and students can find details about upcoming Health and Wellness Lunch and Learn programs on OneSource or in This Week.

Make a Pledge to Live Healthy

Everyone can commit to a change that will help us all to be healthier and happier. Making the pledge is your first step! Making the pledge in November, during Ohio’s Personal Healthcare Month couldn’t be easier.

Pledge to Eat Right, Chill Out, Get Fit or Be Tobacco-Free by going to Facebook.com/OSUWexnerMedicalCenter.

At Ohio State’s Wexner Medical Center, we are committed to improving people’s lives through personalized health care.
Turkey with a side of family health history

Eileen Scahill  | The Ohio State University Wexner Medical Center

As families gather across the country this year to share holiday meals, they should share something else with each other — their family health histories. While passing the turkey and stuffing around the table, relatives can also pass along vital family medical information that might one day save their lives, says Heather Hampel, MS, CGC, a genetic counselor in the Clinical Cancer Genetics Program at Ohio State’s James Cancer Hospital and Solove Research Institute.

“The holidays are a great time to share old stories and talk with relatives about your family medical history,” says Hampel, who also is a researcher at The Ohio State University Comprehensive Cancer Center.

“Understanding your family health history is a vital step in gathering information about your relatives’ health,” Hampel says. “It helps you determine if you need to share old stories and talk with relatives about your family medical history.”

Understanding your family health history is a vital step in gathering information about your relatives’ health. By participating in gathering Personalized family health histories, individuals can work with health professionals to predict disease risk and take steps to prevent disease. Some family members inherit genes that make them more susceptible to Alzheimer’s disease, cancer, heart disease or other conditions, Hampel says.

Genetic testing and counseling is available to help families determine if they carry mutations in certain genes. “We’d like people to talk to their families about any health condition that seems to be running in their family, such as cancer or heart disease,” Hampel says. “Red flags might be multiple individuals with the same condition, family members diagnosed with medical problems at unusually young ages, and family members who have had more than one type of cancer.”

If one blood relative tests positive for a gene mutation, other family members are encouraged to also be tested, Hampel says. “If you can find out ahead of time that you have an increased risk for cancer, then you can do something about it,” Hampel says. “This is a gift that older generations didn’t have. They were walking around at increased risk with no way of knowing whether or not they were going to be the one to get cancer. But with this generation, we have the ability to know who is at risk and who’s not.”

For help creating your family health history, visit https://familyhealthlink.osumc.edu or www.hbsc.osu.edu/familyhistory.

medFIT promotes students’ health

In a collaborative effort with the College of Medicine Wellness Team, Ohio State medical students have created medFIT, an initiative that can provide fitness training, nutrition advice and health education specifically for medical students. medFIT founders, students Rajiv Mallipudi and Juliette Yedinenko, have experienced some of the major challenges that can plague students working toward their medical degrees — paying proper attention to their own health and wellness while dealing with stress, sleep deprivation, poor diet and the lack of exercise that can result from endless studying, exams and hospital rounding.

The students hope that medFIT will provide inspiration and practical help for medical students to participate in their own healthy lifestyle practices.

The University and Ohio State’s Wexner Medical Center offer numerous opportunities to maintain and improve wellness. Mallipudi and Yedinenko see medFIT as an opportunity to address the personalized needs of campus medical students. In fact, part of medFIT’s mission is to connect medical students with the health and fitness resources available to Ohio State students and staff.

Whether a medical student is trying to lose body fat, find new healthy recipes or train for a marathon, medFIT provides each student with a personalized exercise and nutrition program to help meet individual health and fitness goals by working with peers and trained professionals.

As our medical students study and train to become outstanding practitioners, Mallipudi and Yedinenko believe students should also strive to exemplify high standards of health in their personal lives.

For more information, contact Rajiv.Mallipudi@osumc.edu or Juliette.Yedinenko@osumc.edu.

‘Journey to Innovation’

Joe Meaney  | The Ohio State University Wexner Medical Center

"Being intimidated while growing up makes you tougher, I think,” says Bhagwan Satiani, MD, MBA, FACS, remembering his childhood. Satiani recalls that it was not always easy growing up in Karachi, Pakistan. Satiani is Hindu, a religion that makes up approximately 1.6 percent of the predominantly Muslim nation of Pakistan.

Minorities were specifically targeted by politicians and people seeking votes, often in an extreme fashion. “It becomes much harder to exist and not be fearful,” says Satiani, referring to the actions of politicians and people seeking votes from minority groups such as his. “You were pretty prominent if you were a minority.”

Today, Satiani is the medical director of Non-Invasive Vascular Services at Ohio State’s Wexner Medical Center as well as a professor of Clinical Surgery. Satiani earned his medical degree from Dow Medical College at the University of Karachi in 1971 before moving to the United States the following year. He completed his General Surgery residency and Trauma fellowship at Emory University in Atlanta and a Vascular Surgery fellowship at Ohio State. In addition to his medical degree, Satiani earned his MBA in healthcare management in 2002 from Franklin University in Columbus, Ohio.

Satiani has authored several books, including An American Journey: Life Lessons for Parents of Immigrant Children, a guide for immigrant parents on how to tackle the struggles that occur when raising children in another culture. The book details issues that are critical to immigrant parents coming to the United States. "I wanted to write about my own personal life and experiences," says Satiani. "You want your children to be like the other kids growing up at school and not look or talk different, yet you want them to hang on to the culture you come from so they won't forget that.”

In addition to his focus on vascular diseases and surgery, Satiani has been interested in the dynamics of the business of medicine. In 2003, he founded Savvy Medicine, a physician-led organization that works to educate healthcare providers on business-related topics. Through speaking engagements, articles and books, Satiani hopes to inform medical professionals about topics such as accounting, financial planning, healthcare legislation and professional liabilities.

"My biggest concern is that we turn out excellent surgeons and physicians, but they have no idea about the job market; they have no idea how to run a practice or how to support a family," explains Satiani. "These are just as important as educating them to be scientists.”

See and hear Satiani’s journey to Ohio State at go.osu.edu/QAR.

About ‘Journey to Innovation’

Diversity in people and ideas is a core value and strength of The Ohio State University and its Wexner Medical Center. The video series “Journey to Innovation” shares the stories of 12 foreign-born physicians who made Ohio State’s Wexner Medical Center their destination.

Follow the series in Insight and online at YouTube.com/OSUMedicalCenter (search “Journey to Innovation”).

"Journey to Innovation” was made possible by a grant from the OSU Medical Alumni Society; Ismail Nishtar, MBBS, MPH, the OSU Wexner Medical Center Diversity Council, and the Department of Marketing and Strategic Communications.
Dr. Paul is an Ohio State professor who has been profoundly hearing-impaired since birth. At 59, he is experiencing what many of us have taken for granted all our lives – the complexity of sound.

Dr. Paul recently received a cochlear implant at Ohio State’s Wexner Medical Center. For over 25 years, Ohio State has been a leader in hearing research and personalized care for patients with hearing impairment and hearing loss.

Now, Dr. Paul can hear the emphasis in his students’ voices, the range of his old records, even the whisper of his own breath. “I want more noise. I just can’t get enough of it.”

Learn more about Dr. Paul’s story at osu.edu/butforohiostate.