Letter From the CEO

Feb. 1, 2015, was a very special moment in UCSF’s history as hundreds of our staff helped move 131 patients by ambulances from our Parnassus and Mount Zion campuses to UCSF Medical Center at Mission Bay. In the process, they were leaving behind spaces where countless stories of lives transformed were forged. Our new complex is poised to build upon this 150-year legacy of providing the best possible care to patients and families. We hope you enjoy reading about them in this issue of Healing Abounds and Leaps & Bounds.

Sincerely,

Mark R. Laret
Chief Executive Officer
UCSF Medical Center and UCSF Benioff Children’s Hospitals

Main Websites:
www.ucsfhealth.org
www.ucsfbenioffchildrens.org

Online Versions:
www.ucsfhealth.org/healingabounds
www.ucsfbenioffchildrens.org/leapsandbounds

Primary Care:
www.ucsfhealth.org/primarycare

Outreach Clinics:
www.ucsfhealth.org/outreachclinics

Find a Doctor:
(888) 689-8273
www.ucsfhealth.org/findadoctor

Health Coverage:
www.ucsfhealth.org/healthinsurance

Our Hospitals:
UCSF Medical Center at Parnassus
505 Parnassus Ave.
San Francisco, CA 94143

UCSF Bakar Cancer Hospital
1855 Fourth St.
San Francisco, CA 94158

UCSF Benioff Children’s Hospital
San Francisco
1975 Fourth St.
San Francisco, CA 94158

UCSF Betty Irene Moore Women’s Hospital
1855 Fourth St.
San Francisco, CA 94158

UCSF Medical Center at Mount Zion & UCSF Helen Diller Family Comprehensive Cancer Center
1600 Divisadero St.
San Francisco, CA 94115

UCSF Benioff Children’s Hospital Oakland
747 52nd St.
Oakland, CA 94609

Maps and Directions:
www.ucsfhealth.org/pathway

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Creating new homes for our cancer program, children’s hospital and women’s health services: For 10 years, it’s been a major focus as we envisioned a world-class UCSF medical complex at Mission Bay—then planned and built it.

As the three-hospital complex rose from land that was once weeds and rail yards, our long-time dream became a reality. In February, the UCSF Betty Irene Moore Women’s Hospital, UCSF Bakar Cancer Hospital and UCSF Benioff Children’s Hospital opened at Mission Bay, replacing locations they had outgrown. The complex also includes the UCSF Ron Conway Family Gateway Medical Building for adult and pediatric outpatient treatment.

The size and sophistication of the project are breathtaking. Advanced technology is everywhere—as are amenities that set a national benchmark by providing an unparalleled patient- and family-focused environment.

Covering two city blocks and situated in a 4.3-acre park-like setting, the $1.5 billion, 878,000-square-foot complex is built and furnished using healthy, sustainable materials.

And the location couldn’t be better: The three-hospital complex is across the street from UCSF’s biomedical research campus, speeding the process of converting scientific discoveries into patient treatments.

With its move to the new campus, the UCSF Betty Irene Moore Women’s Hospital became the first dedicated women’s hospital in the region. The building is well-suited for a women’s program that’s the only National Center of Excellence in Women’s Health in Northern California.

With soaring atriums, meditation alcoves, natural light, overnight accommodations for loved ones and a garden view from most beds, the hospital houses nine spacious labor and delivery rooms, a 36-bed center for mothers and newborns, cancer treatment, specialty surgery and outpatient services.

The new 70-bed UCSF Bakar Cancer Hospital is also designed for leading-edge patient care, safety and comfort.

Every square inch of this building reflects UCSF’s status as one of only 41 National Cancer Institute-designated comprehensive cancer centers in the U.S. From unsurpassed technological advances to interactive multimedia walls and cozy family areas in each room, the new hospital embodies compassionate, state-of-the-art cancer care.

For details about the new Mission Bay home of UCSF Benioff Children’s Hospital, see page 9 or go to www.ucsfmissionbayhospitals.org.
Nothing makes Beyla happier than knitting a cap or scarf for the homeless in her community.
No one is more surprised to be alive than Beyla McIntosh. A year ago, the 67-year-old Santa Clara resident was in the hospital fighting for her life, suffering from liver and kidney failure caused by a genetic disorder that had already claimed her mother, brother, sister and numerous relatives. Today, thanks to a simultaneous liver and kidney transplant at UCSF Medical Center, Beyla has a future she never thought possible. “I feel like a walking miracle,” she says.

Beyla has both polycystic kidney and polycystic liver disease—inherited disorders that cause clusters of fluid-filled sacs to grow in the affected organs. “When the cysts grow too large, they cause serious complications, including organ failure,” says kidney surgeon Dr. Ryutaro Hirose.

UCSF is a leader in kidney and liver transplantation, with some of the best outcomes in the nation—despite treating the most complicated patients. “We treat the sickest of the sick,” says liver surgeon Dr. Andrew Posselt. “Everyone deserves the best chance for a healthy life.”

Beyla’s genetic defect already claimed many loved ones. A simultaneous liver/kidney transplant restored her life anew.

Beyla had already undergone a kidney transplant at UCSF in 2011. It helped, for a time. But her worsening liver disease triggered an onslaught of problems, which resulted in the failure of her new kidney. By April 2014, Beyla’s liver also failed and her prognosis was grim.

Transplant was the only option, but finding two compatible donor organs in time seemed hopeless. Then miraculously, one day in May, the call came in, and Beyla was whisked to surgery.

The grueling eight-hour surgery, performed by Dr. Posselt and Dr. Hirose, was a success. “Liver transplant is a lifesaving operation,” says Dr. Posselt. “She was at death’s door,” adds Dr. Hirose. “Now, her kidney function is better than mine.”

A grateful Beyla gives thanks every day for her UCSF doctors and the organ donor who gave the ultimate gift. “I wouldn’t be here without them,” she says.

For information on UCSF’s transplant program, go to www.ucsfhealth.org/clinics/organ_transplant.
There’s nothing like the joy of bringing a baby into the world. But for couples struggling with fertility problems, that joy can be elusive.

The UCSF Center for Reproductive Health, now in its new, state-of-the-art home at Mission Bay, helps turn heartbreak into hope, with a team of board-certified reproductive endocrinologists that includes some of the country’s foremost experts.

Leading-edge fertility treatments at the center include reproductive surgery, embryo biopsy and one of the nation’s most successful in vitro fertilization (IVF) programs. “We don’t shy away from complex cases,” says Dr. Marcelle Cedars, fertility specialist and the center’s medical director. “Many patients come to us after trying other approaches elsewhere and find success with our program.”

Michelle Bakhtari, 33, is one of them. The Sacramento resident came to UCSF after a failed IVF course at another clinic; she had already lost three pregnancies due to a rare genetic mutation. Now, Michelle and her husband Ross are expecting a healthy baby this summer. “UCSF had the expertise to meet our needs,” Michelle says. “That made all the difference.”

“Each patient is unique and our treatment plans reflect that,” says Dr. Cedars. “There’s no one-size-fits-all approach.”

One special group of patients is those with a newly diagnosed cancer. “We work closely with the oncology team to help these patients balance their reproductive needs with their cancer care,” says Dr. Cedars. “And we’re working in the lab to find new ways to protect the ovary and/or derive germ cells (sperm/eggs) for both men and women who otherwise would lose this ability.”

Male fertility is also a focus of this interdisciplinary team. “We’re constantly searching for better ways to treat infertility in women and men,” Dr. Cedars says. “The desire to procreate is so powerful and basic to who we are as humans.”

The Bakhtaris know the feeling well. “Our joy is indescribable,” Michelle says. “UCSF has changed the trajectory of our lives.”

The Center for Reproductive Health will continue to operate a satellite program at its Mount Zion location. For information, call (415) 353-7475 or visit www.ucsfhealth.org/ivf.
Dancing was the first thing to go, followed by snowboarding, skiing, running and horseback riding. For Kimberly Dellacorva—petite and athletic—the growing pain in her right hip was steadily robbing her of the activities she loved. Even sleep became difficult. “My hip felt like it was on fire,” Kimberly, 56, recalls. That’s when she turned to the UCSF Arthritis and Joint Replacement Center for hip replacement surgery.

Kimberly, diagnosed with osteoarthritis four years ago, might seem young for a new hip. But patients like her are increasingly becoming the norm. “We’re seeing many more patients in their 50s,” says orthopaedic surgeon Dr. Erik Hansen. “They’re active and want to stay that way.”

And while surgery is still considered a last resort for osteoarthritis, it can be life-changing for patients like Kimberly, whose condition had become especially severe.

UCSF is a major referral center for joint replacement, performing more than 1,000 hip and knee implants each year. After careful research, Kimberly chose Dr. Hansen for his expertise in a minimally invasive technique called the direct anterior approach. The surgeon operates through a small incision in the front of the hip instead of the back or side, placing the implant without cutting through muscle tissue. “From the front, we can go between the muscles instead of through them,” Dr. Hansen says. Less muscle damage can mean a shorter hospital stay and quicker recovery.

This anterior approach isn’t right for everyone. But for Kimberly, it worked like a charm. She was up and walking—albeit with crutches—the same day. The pain in her hip was gone. “It was incredible,” she says.

Today, she’s back to hiking and exercising, and hopes to start riding again soon. “Just being able to bend down and pick something up off the floor is a big deal,” she says. “You don’t realize how much you’ve lost until you get it back.”

For more information on hip replacement surgery, call (415) 353-2808 or learn more at www.ucsfhealth.org/hipreplacement.
Miles Mitchell (pictured here) had his first surgery before he was born. At just 28 weeks, doctors at UCSF Benioff Children's Hospital worked to correct problems caused by a congenital diaphragmatic hernia (CDH)—a hole in the muscle between Miles' chest and stomach. The defect allows organs in the abdomen to move into the chest, preventing the lungs from growing normally. Babies with severe CDH aren’t able to breathe after birth.

In a procedure called tracheal occlusion, a balloon was used to help expand Miles’ lungs in the womb. Dr. Hanmin Lee, surgeon-in-chief at UCSF Benioff Children's Hospital and director of the UCSF Fetal Treatment Center, is one of the few surgeons in the world who performs this minimally invasive operation.

Fetal surgery was pioneered by Dr. Michael Harrison, who co-founded the UCSF Fetal Treatment Center. He and his colleagues developed open and minimally invasive fetoscopic techniques for operating inside the uterus. Among these procedures are stem-cell transplantation to correct inherited diseases such as sickle cell anemia, and laser surgery for twin-to-twin transfusion syndrome, in which abnormal blood-vessel connections allow one fetus to grow at the expense of its identical twin.

Other fetal conditions treated at UCSF include congenital heart disease, congenital airway malformation, spina bifida and many types of tumors.

“Correcting these life-threatening problems in utero requires specialized instruments and the precise coordination of many specialists,” Dr. Lee explains. “We have the only full-service fetal treatment team on the West Coast. In fact, most of the leaders in fetal surgery were trained here. We also provide the support and long-term follow-up these children need after birth.”

This expertise saved Miles’ life. Today, he’s a happy, 4-and-a-half-year-old bundle of energy. “He’s a charmer like his father, Robert,” says mom Lori Mitchell. “And he has my determination.”

Dr. Lee adds, “It was a privilege to take care of the Mitchells and wonderful to watch Miles, knowing we’ve helped him have a healthy life.”

For more information on fetal surgery, visit www.ucsfbenioffchildrens.org/fetalsurgery.
State-of-the-Art Kid-Friendliness

Introducing the new UCSF Benioff Children's Hospital!

Even before the first architectural plans were created, our vision of the future facility was clear. We wanted the hospital to be comforting for children, with a design that sustained family-centered care and patient safety. We also wanted the new structure to incorporate green design, while supporting leading-edge technology.

Fast forward through 10 years of planning, approvals, water conservation strategies, energy performance studies, healthy building-materials reviews and construction. (continue to page 11)
Dr. Amy Gelfand helps kids find relief from this adult-sized pain.

Imagine your worst headache ever. Then imagine it lasting for three months. Curled up in a darkened room, John Hanley, then 11 and in fifth grade, could do little more than watch television with the screen dimmed and sound turned down. Standing up brought waves of nausea. Light and sounds made his head throb. School became impossible.

John had suffered frequent headaches for years—but this one differed in intensity and length. His mother, Anna, brought him to a pediatrician first—and then in desperation to the UCSF children's emergency department. There they met Dr. Amy Gelfand, a pediatric neurologist at the UCSF Headache Center. After a thorough exam, Dr. Gelfand concluded that John had pediatric migraine. “I’d never heard of it,” recalls Anna.

More than just a headache, pediatric migraine is a neurological condition that occurs when the brain overreacts to stimuli like light, sound or motion. But a diagnosis can be tricky. “Childhood migraine doesn’t always come with a headache,” notes Dr. Gelfand. Some kids can have an abdominal migraine, with major symptoms limited to belly pain, nausea and vomiting.

Medications can bring relief, but kids can do a lot to help themselves. “The migraine brain likes regularity,” says Dr. Gelfand. “Regular sleep, regular exercise and a regular diet are all important for migraine control.”

John tried several medications before finding a winning combination. His three-month-long migraine finally went away, on Good Friday. “The best Easter gift ever,” jokes Anna. Now 14, John hasn’t had a migraine in months, is doing well in school and even playing football. “It’s just great to have a normal life,” he says.

“Pediatric migraine is very treatable,” says Dr. Gelfand. “And the sooner it’s diagnosed, the faster we can give these kids relief.”

The UCSF Headache Center is the most comprehensive facility of its kind on the West Coast. For an appointment, call (415) 353-8393.

For more information, visit www.ucsfbenioffchildrens.org/headache.
Should parents worry about childhood stomach aches? That depends. “Most stomach upsets are minor. But even very young children sometimes develop inflammatory bowel disease (IBD), which causes chronic inflammation in one or more parts of the digestive tract,” explains Dr. Melvin Heyman, chief of pediatric gastroenterology at UCSF Benioff Children’s Hospital. He notes that IBD symptoms can be mild or severe and are often accompanied by other symptoms. But sometimes these can be hard to distinguish from typical belly pain.

“In older children, watch for recurrent fevers, frequent stomach pain and diarrhea, blood in the stool or slowed growth when there aren’t signs of other diseases. Toddlers are more likely to have rectal bleeding or changes (such as skin tags or pus collections) around the anus,” Dr. Heyman says.

There are two main types of IBD—Crohn’s disease and ulcerative colitis. Both are usually well controlled with treatments, which include nutrition, medications and in some cases, surgery. A pediatric gastroenterologist can determine the best short-term and long-term treatment for IBD.

Dr. Heyman stresses that the goal is always to maintain normal growth and development in children with IBD, ensuring a healthy, active life. “We don’t tell our young patients they should be like normal kids—they are normal kids,” he says.

For more on the UCSF Benioff Children’s Hospital Inflammatory Bowel Disease Program, go to www.ucsfbenioffchildrens.org/ibd.
Three Monumental Steps Forward at Mission Bay

See all the amazing ways we’re advancing care at www.ucsfmissionbayhospitals.org.

UCSF Benioff Children’s Hospital San Francisco
1975 Fourth St.
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UCSF Betty Irene Moore Women’s Hospital
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The UCSF Ron Conway Family Gateway Medical Building houses a variety of specialty outpatient services for women, children and cancer patients located at 1825 Fourth St., San Francisco, CA 94158.