

# Update

FALL 2012 SCRIPPS HEALTH FOUNDATION



## ADVANCING HEART HEALTH

INNOVATIVE HEART CARE HELPS ATHLETES STAY STRONG

# Update

FALL 2012 SCRIPPS HEALTH FOUNDATION

Update is produced by the Scripps Marketing and Communications Department. If you would like to be taken off our mailing list, please call 858-678-7378.

**Editor:** Laura Dennison/  
Shannon Strybel

**Writers:** Shannon Strybel  
Lisa Valentino

**Designer:** Shaun Menestrina

**Marketing Specialist:** Juligie Santos

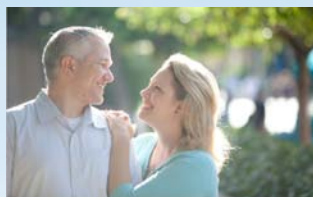
Scripps Health Foundation's Mission:  
*Through philanthropy we help to heal, enhance and save lives.*



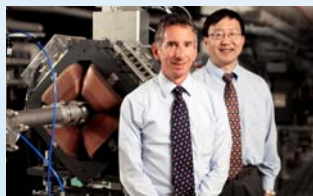
**On the Cover:**

*When Mary Rose experienced heart palpitations, she came to Scripps to receive state-of-the-art cardiac care for an irregular heart rhythm. Her health care team had her back to her active life quickly, enjoying the outdoors.*

## CONTENTS



**CAMPAIGN FOR SCRIPPS MERCY HOSPITAL** 4  
*New ED Saves Lives*



**LEADING THE WAY IN CANCER CARE** 6  
*Proton Therapy Center and Radiation Therapy Center*



**PREBYS CARDIOVASCULAR INSTITUTE** 8  
*Topping Out*



**PADDLING TO VICTORY** 10  
*Racing to Heart Health*



**CAMPAIGN FOR SCRIPPS ENCINITAS** 12  
*Critical Care Building Groundbreaking*



**TEEN TACKLES RARE DISORDER** 14  
*Encinitas Doctors Save Teen's Leg*



**CELEBRATING SCRIPPS** 16  
*Fundraising Events*



**INVESTMENT IN THE FUTURE** 17  
*Benefits of Charitable Remainder Trusts*



**HONORING OUR LEGACY** 18  
*History Book Unveiled at Legacy Celebration*

### STAY CONNECTED TO SCRIPPS

Join our Scripps Health Foundation email list to receive the latest updates on special events and fundraising priorities, and learn more about ways you can make a difference in the lives of our patients. Scripps does not share your personal information and limits the number of ecommunications. Use the business reply envelope in this issue of Update or visit [scrippshealthfoundation.org](http://scrippshealthfoundation.org) to stay connected.



## DEAR FRIENDS,

Philanthropy at Scripps began with our two extraordinary founders, Ellen Browning Scripps and Mother Mary Michael Cummings. This spring, Scripps published a history book celebrating the legacy of Miss Ellen and Mother Mary. “Good Company,” by former Scripps pediatrician Sarita Eastman, describes how Scripps was created to serve the health care needs of a growing San Diego — a mission that continues today as Scripps expands and develops to meet community needs throughout San Diego County.

From expanded trauma and emergency services to advanced cancer and heart care, your generous contributions further our legacy.

The new Conrad Prebys Emergency and Trauma Center at Scripps Mercy Hospital opened in January 2012. Named in honor of our dear friend Conrad Prebys, whose leadership gift of \$10 million is the largest in Scripps Mercy’s history, this Level 1 trauma center will help us provide compassionate care for our most critically ill and injured patients.

In April, we broke ground on the new critical care building at Scripps Memorial Hospital Encinitas. Slated to open in 2014, this facility will double the size of the emergency department and allow us to continue to care for our patients in North County — such as high school student and football player Joshua Church, whose dramatic story you will read about in this issue.

Other significant developments realized by your contributions include the topping out of the Prebys Cardiovascular Institute. Once completed in 2015, this impressive seven-story facility will redefine heart care on the West Coast. Featuring robotics and other minimally invasive techniques, wireless medicine and state-of-the-art treatment rooms, the institute will provide the most advanced heart care for patients in San Diego and beyond. We are thankful for Conrad’s extraordinary gift of \$45 million that is helping make the Prebys Cardiovascular Institute a reality.

Additionally, construction of Scripps Proton Therapy Center is nearly complete. Scheduled to begin treating patients in early 2013, the center will be the first proton therapy center in San Diego and one of only two in the Western United States. Coupled with the opening of the new Scripps Radiation Therapy Center, cancer patients will have access to the most advanced treatments and therapies available today.

Through your contributions, we are advancing health care and beginning a new chapter in our rich history. We know there are many worthy causes that you can support — and we are honored that you choose Scripps.



John B. Engle  
Senior Corporate Vice President  
and Chief Development Officer



“THE MOST  
IMPORTANT GIFT  
ONE HUMAN BEING  
CAN GIVE TO  
ANOTHER IS, IN  
SOME WAY, TO MAKE  
LIFE A LITTLE BETTER  
TO LIVE.”

– Ellen Browning Scripps

# Cheering for Blake

*Blake Peter will be forever grateful that paramedics took him to the Conrad Prebys Emergency and Trauma Center at Scripps Mercy Hospital. Blake can't remember his first 23 hours at Scripps Mercy, but he will never forget the emergency department team that saved his life.*

## CODE BLUE

Blake became a patient at the emergency and trauma center soon after it opened, arriving by ambulance on a February morning after experiencing a racing heart and fainting for the second time in two days. According to Valerie Norton, MD, as soon as Blake was hooked up to a monitor, paramedics yelled that he was flat-lining — his heart had stopped beating.

Blake was resuscitated, but kept slipping away as Dr. Norton, medical director of emergency medicine at Scripps Mercy, tried to determine what could have caused a healthy 37-year-old to faint and his heart to stop beating. With her patient going in and out of cardiac arrest, Dr. Norton could not administer the tests that would definitively diagnose what she suspected — a pulmonary embolism, or massive blood clot in the lungs.

With time running out and CPR under way, she decided to administer a clot-busting drug that could save Blake's life. The team was waiting for the medication to arrive from the hospital's pharmacy when word came that the patient's wife, Melanie, had arrived in the waiting room.

*Blake Peter and  
his wife, Melanie*





In an unusual gesture, Dr. Norton decided to ask Melanie if she wanted to be with her husband. Most physicians do not advocate having family present during a “code blue,” or when a patient needs resuscitation.

Melanie didn't falter, and the physician maintains that it was Melanie's coaching and cheering that helped stabilize

Blake's condition. Melanie was only in the room two minutes before Blake's heart began to beat steadily.

“I had a great team, but I sincerely believe that what made the difference to Blake was Melanie's cheerleading,” says Dr. Norton.

## BLOOD CLOT DIAGNOSED

Dr. Norton was able to diagnose a pulmonary embolism and safely administer the thrombolytic, or clot-busting drug, which she hoped would save her patient. When he opened his eyes the next morning, Blake's first thought was that he was glad to be alive.

“I was so grateful to the people who cared for me,” he says. “The team works miracles.”

After such a traumatic experience, Blake and Melanie formed a lasting bond with his health care team and have dinner with them once a month.

To keep his health on track, Blake left his stressful real estate position of the past four years to work as a broker selling limited properties. The former runner now walks three days a week in nearby Balboa Park, eats four to five small meals a day and makes sure to take time to relax with Melanie.



*Valerie Norton, MD, was part of the team that saved Blake Peter's life.*

# CAMPAIGN FOR SCRIPPS MERCY HOSPITAL

The Campaign for Scripps Mercy Hospital has raised more than \$33 million to modernize and expand its facilities. Through the generosity of donors and the community, Scripps Mercy patients receive the most advanced technologies and equipment, from the new emergency department to the infusion center.

## CONRAD PREBYS TRAUMA AND EMERGENCY CENTER

The Conrad Prebys Emergency and Trauma Center opened in January 2012 with 27 emergency beds and a four-bed trauma unit. The department has its own lab, a 64-slice CT-scanner and wireless technology to monitor patients. The center is named in honor of philanthropist Conrad Prebys, who donated \$10 million for the project. When completed in 2013, the entire department will have 49 beds, each in private rooms with space for family members.

The \$41.3 million facility is a three-phase project that doubles the size of the Scripps Mercy emergency department. As a Level 1 trauma center able to care for the most critically ill patients, Scripps Mercy treats nearly 60,000 patients in its emergency room.

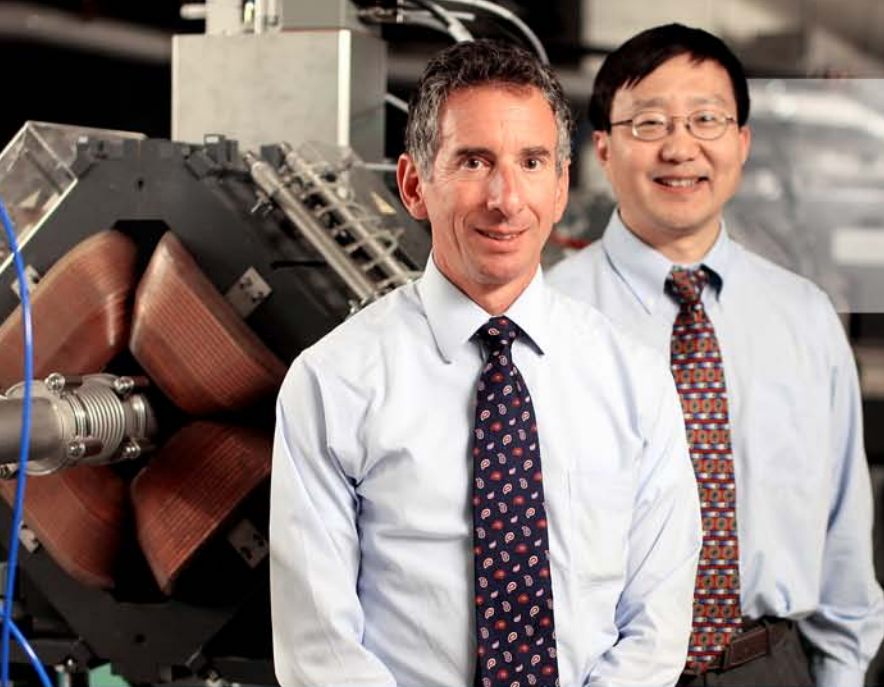
## NOW OPEN: WOLTMAN FAMILY INFUSION CENTER

Thanks to the support of Richard Woltman, Scripps Mercy Hospital is expanding services for patients receiving chemotherapy treatments.

The Woltman Family Infusion Center welcomes patients with a brightly lit, warm environment that includes 12 treatment spaces with amenities such as heated blankets and Wi-Fi access.

“For more than a decade, the Woltman family has provided unwavering support to further cancer care for our community,” says William Stanton, MD, medical director, Scripps Cancer Center at Scripps Mercy Hospital. “Mr. Woltman's most recent philanthropy will continue this legacy and benefit countless patients as they receive critical cancer treatments.”

**For more information about how you can support the Scripps Cancer Center at Scripps Mercy Hospital, please call 619-686-3558.**



# LEADING THE

*Carl Rossi Jr., MD, and Lei Dong, PhD, prepare for the opening of Scripps Proton Therapy Center.*

## EXPERTS LEAD PROTON THERAPY TEAM

Carl Rossi Jr., MD, and Lei Dong, PhD, are heading to work each day with one thing top of mind: getting the Scripps Proton Therapy Cancer Center up and running. Dr. Rossi began serving as medical director in January, and Dr. Dong came on board as chief medical physicist in February 2012.

When the center opens in Mira Mesa next year, Scripps will be the first facility in San Diego County to offer state-of-the-art proton therapy — a treatment that uses a controlled beam of protons to target and destroy tumors with unprecedented accuracy. Unlike other forms of radiation, the precise delivery of proton energy limits damage to surrounding healthy tissues.

## CONSTRUCTION COMPLETED

In April, engineers successfully extracted proton beams from the cyclotron, marking a major milestone in the project. During these next months, the sophisticated technology will continue to be fine-tuned and tested to ensure it works as designed and is able to deliver the radiation dose to the treatment rooms at the targeted positions. As chief medical physicist, Dr. Dong, who served as deputy chair of the department of radiation physics at the University of Texas MD Anderson Cancer Center, is responsible for overseeing the commissioning and testing of all the equipment, maintaining quality control and ensuring the highest safety standards.

Today, the building is 95 percent completed and the powerful equipment installed, including the remarkable 90-ton cyclotron that will deliver the proton beam, the beam transport system and the three-story gantries that will help guide the beam to the patient's bedside.

## RECRUITING THE MOST EXPERIENCED CLINICAL TEAM

“We have the best technology and equipment, and are recruiting the most experienced clinical experts to provide treatments in a variety of cancers,” says Dr. Rossi.

The former director of the first proton therapy center in California, at Loma Linda University Medical Center, Dr. Rossi has treated about 9,000 prostate cancer patients with proton radiation during the last 20 years, more than any other physician in the world. According to Dr. Rossi, less than 1 percent of those patients has any kind of intestinal side effects that required treatment.

Dr. Rossi expects to eventually have physicians on staff who can treat lung, breast, head and neck, and primary brain tumors. Scripps also will partner with Rady Children's Hospital-San Diego on treatment planning for children.

When fully operational and staffed, the 102,000-square-foot facility will be able to treat up to 2,400 patients annually in five treatment rooms. Scripps Clinic Medical Group will handle medical services, and Scripps Health will provide clinical management at the center, which is part of a unique partnership funded by Advanced Particle Therapy of San Diego.

## LEADING THE WAY

Such leading-edge therapy is garnering Scripps international acclaim. In 2015, Scripps will host the largest proton and light ion particle therapy conference in the world, which is expected to attract up to 1,000 clinicians and researchers.

“This is very exciting and will bring international renown to Scripps as a future leader in proton therapy,” says Dr. Dong.



# WAY IN CANCER CARE

## SCRIPPS RADIATION THERAPY CENTER

Scheduled to open in September 2012, Scripps Radiation Therapy Center also features the most advanced technologies. Walking into the light-filled lobby, patients are immersed in a space that conveys hope and optimism.

The 41,000-square-foot center contains powerful, fast and flexible equipment that allows physicians to treat patients with greater precision and in less time than traditional approaches. Front and center are three state-of-the-art accelerators, including the TruBeam STx linear accelerator. The first of its kind in San Diego, the sophisticated equipment works by choreographing three different systems — 3-D tumor imaging, beam delivery and motion management — to deliver external beam radiation to patients with unprecedented safety and accuracy, even if the patient is moved during treatment. All three

precise accelerators, manufactured by Varian Medical Systems, deliver carefully calculated doses of high-energy radiation along a straight line, damaging or killing cancer cells.

Located on the Torrey Pines Mesa, the \$44 million treatment center consolidates the existing radiation oncology programs at Scripps Green Hospital and Scripps Memorial Hospital La Jolla. All cancer patients and Scripps-affiliated physicians will have access to services at the center.

**Your gift to support Scripps Radiation Therapy Center enables Scripps to deliver leading-edge cancer care in a setting where the comfort of patients, families and friends takes center stage. For more information on ways to support Scripps Radiation Therapy Center and Scripps cancer care, please call 858-554-3046.**



*Scripps Radiation Therapy Center*



# USHERING IN A NEW ERA OF HEART CARE

*Giant construction cranes, bulldozers and a cadre of construction workers on the Scripps Memorial Hospital La Jolla campus are working overtime to construct the building that will usher in a new era of heart care in San Diego. Scheduled for completion in 2015, Prebys Cardiovascular Institute will offer world-class cardiovascular care to patients throughout San Diego and beyond.*

*In 2012, for the third consecutive year, Scripps was recognized by U.S. News & World Report as among the best in the nation for cardiology and heart surgery. To continue to provide the best heart care with the most advanced technologies and in the best environment, Scripps is creating the landmark Prebys Cardiovascular Institute.*

*Construction is under way on the Prebys Cardiovascular Institute.*







*Philanthropist Conrad Prebys signs the last steel beam for the Prebys Cardiovascular Institute.*

## PREBYS CARDIOVASCULAR INSTITUTE

In May 2012, the community celebrated the topping out of the \$458 million center as the last steel beam was placed on the 383,000-square-foot heart hospital. Prebys Cardiovascular Institute will feature 108 beds in private rooms, 60 intensive care beds, six state-of-the-art operating rooms and four cardiac catheterization labs.

Prebys Cardiovascular Institute will bring together the renowned heart programs of Scripps, including Scripps cardiologists, electrophysiologists and surgeons, and Kaiser Permanente heart specialists, into one central location — seamlessly integrating state-of-the-art heart care services.

In addition to providing the most advanced diagnostic and treatment options, Prebys Cardiovascular Institute will serve as a center for medical research, clinical trials, wireless medicine and graduate medical education.

## YOUR SUPPORT MATTERS

With your help, patients will have access to one of the most advanced heart centers in the nation. Through the \$45 million leadership gift from philanthropist Conrad Prebys and the generosity of donors who have already contributed \$35 million, we are well on our way. To support Scripps cardiovascular care, please contact us at 858-626-6357 or [scripphealthfoundation.org](http://scripphealthfoundation.org).



*(From left) Paul Teirstein, MD; Conrad Prebys; and Scripps President and CEO Chris Van Gorder tour the construction site.*



# Racing to Heart Health

Athlete Mary Rose competes in outrigger paddling, skis, kayaks and even scales ice-covered peaks. She never imagined her heart would slow her down, and she never gave it more than a passing thought.

Until 2009, when Mary's heart sent her a message that made her sit up and take notice.

That spring evening, Mary was driving home after practicing for the annual outrigger paddle race from Newport Beach to Catalina. Suddenly, she started feeling sick to her stomach and as if she were about to pass out, so she pulled off the road and rested in her car until she felt better.

"I thought maybe I had hyperventilated because of the intense training," says Mary, who competes in outrigger canoeing throughout the country — when not leading dog sled teams in the Yukon, crewing on San Diego's own Star of India or working fulltime as a naturalist.

When Mary arrived home, her heart palpitations continued for one hour and 40 minutes. The next morning, Mary called her Scripps primary care physician, David Wetherhold, MD, at Scripps Clinic and scheduled a treadmill test.

Her test revealed that she had ventricular tachycardia, an abnormal heart rhythm that can cause cardiac arrest.

"I was shaken up by the diagnosis," says Mary. "Even though this was the third, and by far the worst, heart palpitation episode I had experienced in as many months, I wasn't prepared for the shock of a serious condition that might require a pacemaker and cause me to give up any strenuous activity."

## ADVANCED HEART CARE

Fortunately, Mary had access to a multispecialty team of doctors and advanced arrhythmia care at Scripps. Mary's team at Scripps acted quickly — the time from her initial diagnosis to ultimate cure was only two days.



Mary Rose



Her team determined that Mary had a type of ventricular tachycardia that is best treated with catheter ablation — a minimally invasive electrophysiology procedure in which the abnormal cells causing the irregular heart rhythm are destroyed (ablated). Once the abnormal cells are located and destroyed, the patient can resume an active lifestyle without a pacemaker or implantable defibrillator.

Cardiac rhythm specialist Douglas Gibson, MD, explained to Mary that the ablation procedure would be done through small puncture sites in her veins and would result in only minimal discomfort. Patients are often up and walking the same day of the procedure and are able to go home the next day.

---

*“I’m so grateful to my Scripps team,” says Mary Rose. “I’m amazed that I was able to walk around only six hours after my procedure and am tickled pink that this was so easy. Thank you, Scripps.”*

---

Mary’s procedure was finished in a few hours. Dr. Gibson and his team used 3D-heart-mapping technology, catheter ablation equipment and imaging modalities to eradicate the abnormal heart muscle that caused Mary’s arrhythmia. Mary’s post-operative course was uncomplicated, and she was discharged after an overnight stay at Scripps Green Hospital.

“This was truly a team endeavor, and we have one of the best teams to be found,” says Dr. Gibson.

One month after her ablation, Mary was back to paddling on her own — from sprint to long-distance racing. In 2011, Mary and her team paddled to first place in the Queen Lili’uokalani 18-mile race in Hawaii.

## INVESTING IN HEART HEALTH

Scripps is committed to keeping Mary healthy. Cardiologist Christopher Suhar, MD, at the Scripps Center for Integrative Medicine, followed her progress during her hospital stay and developed a treatment plan so Mary could get back to winning races.

Dr. Suhar encourages Mary’s involvement in sports and fitness and taught her how to eat right, including taking vitamin supplements. Mary also takes medication to lower her cholesterol.

“Mary is one of my favorite patients,” said Dr. Suhar, who sees Mary every six months. “She has made the lifestyle changes I recommended, such as incorporating aerobic activity into her daily routine.”

According to Dr. Suhar, consistent exercise is necessary for heart health, and if the body is pushed to extreme levels and not allowed to heal properly, consequences can be severe. Spikes in physical activity can trigger heart problems by as much as 2.7 times, according to studies at Tufts and Harvard Universities, while regular physical activity is associated with a decreased risk of cardiovascular disease.

Mary is only too happy to perform any changes needed to maintain her newfound rhythm.

“I’m so grateful to my Scripps team,” says Mary. “I’m amazed that I was able to walk around only six hours after my procedure and am tickled pink that this was so easy. Thank you, Scripps.”



*Mary Rose competes in outrigger paddling in sprint and long-distance racing.*



# PHILANTHROPY EMPOWERS EXPANSION AT ENCINITAS



*The critical care building at Scripps Memorial Hospital Encinitas is expected to open for patient care by early summer 2014.*

*Thanks to the support of generous donors, Scripps Memorial Hospital Encinitas is moving forward with expansion to meet the health care needs of North County, which has undergone explosive growth in the past two decades.*

*In May, groundbreaking for the critical care building, the centerpiece of the project, marked the \$94 million second phase of expansion, which also includes a central energy plant and infrastructure improvements. The first patient care facility to be built at Scripps Encinitas since 1992, the building will more than double the size of the hospital's emergency department and increase the number of medical-surgical beds by 43 percent. Totalling more than 60,000 square feet, the two-story building is expected to be open for patient care by early summer 2014.*



## ENHANCING EMERGENCY AND HOSPITAL CARE

The first floor will house a 27-bed emergency department, featuring private rooms for greater patient confidentiality and comfort. The second floor will be home to 36 medical-surgical beds, which are used by patients who are recovering from surgery or are recuperating from acute illnesses. Medical-surgical beds are also used by those admitted as inpatients via the emergency department — and since approximately 70 percent of the hospital's inpatients are admitted through the ER, more beds will improve the flow of emergency care.

Medical-surgical beds will be in private rooms with window views and ample space so friends and family can visit or stay overnight. The 36 new medical-surgical beds are an addition to the hospital's existing quantity of 83.

New technology will include an MRI, CT scanner and diagnostic X-ray units. All patient rooms on both floors will have access to a telemetry system to provide continuous wireless monitoring of patient vital signs.

The critical care building also will offer improved access for first responders, with six ambulance bays — triple the number currently available. The roof will include a helipad, which will be used primarily for transporting patients out of the hospital to a designated trauma center, or for transporting newborns in distress to Rady Children's Hospital-San Diego.

The project also includes construction of a 10,678-square-foot, high-efficiency central energy plant, which will be the new primary source of utilities serving future patient care facilities on campus.



*The new critical care building will more than double the size of the emergency department at Scripps Memorial Hospital Encinitas.*

## COMFORTING PLACE TO HEAL

Garden areas for families and staff are designed as part of the ground level between the new building and existing hospital. A terraced roof garden on the building's second level will be planted with drought-tolerant native grasses and succulents, offering a green buffer from the hospital roof.

Designed to reflect its coastline setting, the building will feature panels that resemble sails on the water, and include landscaped gardens and planted terraces reminiscent of the nearby hillsides. Inside, a beach theme will coordinate sand-colored flooring and countertops with sea shell accents. Interior walls will use glass accent tiles and colors in blues, greens and whites to evoke the tranquility of the ocean.

The first phase of expansion at Scripps Encinitas included construction of an 884-space parking structure, which opened in spring 2011. As part of the second phase of expansion, Scripps will provide more than \$4 million in public infrastructure improvements required by the city of Encinitas. These include enhancements to Devonshire Drive and the southbound Interstate 5 off-ramp at Santa Fe Drive.

## SUPPORT THE CAMPAIGN FOR SCRIPPS ENCINITAS

Costs to build and equip the campus expansion will be funded through a combination of philanthropic gifts, income from operations and debt financing.

As part of The Campaign for Scripps Encinitas, Scripps recently launched a grassroots fundraising effort to support this important expansion and encourage donations from local residents. The 354 Campaign — named for the address of the hospital — seeks to raise \$1 million in donations, ranging from \$1,000 to \$20,000, to complement ongoing fundraising efforts. **For more information about these giving opportunities, contact 760-633-7722 or visit the [campaignforscrippsendinitas.org](http://campaignforscrippsendinitas.org).**

*Scripps Memorial Hospital Encinitas is scheduled to open the doors of its new critical care building in 2014.*





A young man with short brown hair and a slight beard, wearing a blue Nike football jersey, is smiling and looking towards the camera. He is sitting on a green football field with white yard lines. The background is slightly blurred.

# Teen Tackles *Rare Disorder*

*Scripps physicians diagnosed Joshua Church with a rare condition called compartment syndrome, caused by an injury on the football field.*

*Wind and driving rain made it tougher than usual for football player Joshua Church at his high school homecoming game. The 17-year-old linebacker went down as the running back's helmet hit his thigh. Joshua had been playing football for three years and loved the hard-hitting sport, so after 10 minutes of excruciating pain, his drive to compete was so strong that he was back in the game to win.*

Joshua was sore and tight after the game and could barely run at practice that week, but the intrepid student figured he had a deep bone bruise that would heal with lots of ice and stretching. Then, a fellow teammate's knee hit his thigh in the injured spot, and Joshua knew it was something more.

"When I went down I thought, 'Oh man, this is not good,'" says Joshua.

At home, Joshua lay on the sofa as his thigh stiffened up, swelling and becoming as hard as a rock. Looking at his white face, his parents rushed Joshua to the emergency room at Scripps Memorial Hospital Encinitas.

"I couldn't find five seconds of relief from the pain," says Joshua. "But I was still expecting to just get pain medication, go home and finish my biology homework."



## DIAGNOSING COMPARTMENT SYNDROME

But biology had to wait.

Within 20 minutes, emergency physician Andrew Accardi, MD, was evaluating Joshua and recognized that his patient could have compartment syndrome — a rare and serious condition in which swelling within muscle compartments can produce an increase in pressure. If not diagnosed accurately and treated quickly, compartment syndrome can block the flow of blood to a muscle completely, leading to muscle death and loss of the injured limb.

A physical exam alone is not definitive to diagnose compartment syndrome, so Dr. Accardi brought in a state-of-the-art device. Using the handheld apparatus, Dr. Accardi measured the pressure in the compartment by inserting a sterile needle attached to a pressure reader directly into the injured area.

The prognosis: Joshua did indeed have acute compartment syndrome and needed surgery immediately.

Orthopedic surgeon William Holland, MD, was called in to perform the surgery, or fasciotomy. “If Joshua didn’t have a fasciotomy that night, he

probably would have lost function in his leg,” says Dr. Accardi.

Dr. Holland made an incision to open the skin and fascia covering the affected compartment in Joshua’s thigh, relieving the pressure and restoring blood flow to his muscle.

“It was a grave situation,” says Dr. Holland. “Fortunately, Dr. Accardi was astute enough to recognize this rare condition, and we were able to perform the surgery that would save Joshua’s leg.”

## BACK ON THE FIELD

“It was crazy,” says Joshua, shaking his head at the memory of that night. “I had the best possible care in a bad situation and will forever be thankful to Scripps.”

After six months of physical rehabilitation, Joshua was back on the field with his buddies, throwing passes and protecting his teammates. A poet as well as a football player, Joshua created a spoken word poem about his experience, which he believes made him stronger mentally.

The 13-inch scar on his thigh? Joshua wears it proudly — evidence of a battle he and Scripps fought and won. And if girls think it’s from a deadly shark bite — we’ll never tell.

## ANATOMY OF COMPARTMENT SYNDROME

Less than 200,000 people in the United States are affected by compartment syndrome, according to the National Institutes of Health, which characterizes the condition as a rare disease.

The painful syndrome occurs when an injury, usually a fracture or sprain, causes increased pressure in a muscle compartment. The pressure decreases blood flow, which prevents oxygen and nutrients from reaching the muscles and nerves. Most often, the condition is seen in the forearm or lower leg.

Compartments are groupings of muscles, nerves and blood vessels in the legs, arms and other parts of the body. These compartments are covered by thick fibrous bands of tissue called fascia, which separate and keep the compartments in place. Because fascia is inflexible, it does not stretch easily to accommodate swelling or bleeding within a compartment.

The lack of flexibility causes increased pressure in the compartment, which cuts off the blood flow to the nerves and cells. Without oxygen and nutrients, the nerve and muscle cells will begin to die.



*Joshua Church was unanimously elected captain of the football team for 2012 and 2013.*

# CELEBRATING SCRIPPS

## SPINOFF RAISES MORE THAN \$1 MILLION

The 21st Annual Spinoff: Auction for Life, "Champagne and Chocolate," held May 2012, raised more than \$1 million for cancer programs and patient support services at Scripps Cancer Center, Stevens Division, at Scripps Memorial Hospital La Jolla.



Gary Fybel, chief executive and senior vice president, Scripps Memorial Hospital La Jolla; Aber Hage, chair of the event; presenting sponsor George Hage of Revo Biolabs; and James Sinclair, MD.

More than half of the \$1 million is earmarked for intraoperative radiation therapy (IORT) for breast cancer patients at Scripps Cancer Center. The state-of-the-art therapy allows patients to receive radiation directly to the tumor site during breast cancer surgery. Typically, standard breast cancer radiation therapy involves several days of treatment per week for several weeks in a row.

With IORT, physicians can deliver a high dose of radiation in one session — and with such precision that there is minimal exposure to surrounding healthy breast tissue and other organs.

Nearly 500 guests sipped champagne and enjoyed chocolate from around the world while bidding on luxury items, once-in-a-lifetime experiences and lavish getaways. The event was chaired by Aber Hage and honored the Ellen Browning Scripps Foundation, which has consistently supported Scripps Health since 1947.

## SAVE THE DATE

Join us for these exciting upcoming events to support lifesaving care, breakthrough research and vital medical services in our community.

**44th Annual Scripps Clinic Invitational Golf Tournament and Invitational Dinner**  
Benefiting Scripps Clinic and Scripps Green Hospital  
Sept. 13–14, 2012

For more information or to purchase advance tickets, please contact Benita Hartman at [hartman.benita@scrippshealth.org](mailto:hartman.benita@scrippshealth.org) or 858-678-6814.

## ANNUAL CANDLELIGHT BALL CELEBRATES HOLIDAY SEASON

For the ninth consecutive year, philanthropist Betty Knight Scripps is planning a night to remember as general chairman of the 83rd Candlelight Ball, to be held Dec. 1, 2012, at The Grand Del Mar. Through the generosity and leadership of Mrs. Scripps, the annual gala has raised \$22 million to date to support lifesaving care at Scripps Memorial Hospital La Jolla.



"I am committed to supporting Scripps Health and the premier health care services it has provided to our community for nearly 90 years," says Mrs. Scripps.

## SAVE THE DATE

### 83rd Annual Candlelight Ball

Benefiting Scripps Memorial Hospital La Jolla

**December 1, 2012**  
The Grand Del Mar

For tickets, please contact Lindsay Petersen at [petersen.lindsay@scrippshealth.org](mailto:petersen.lindsay@scrippshealth.org) or 858-678-6349.

**42nd Annual Mercy Ball**  
Benefiting Scripps Mercy Hospital,  
San Diego and Chula Vista  
Nov. 10, 2010  
The Grand Del Mar  
For more information or to purchase advance tickets, please contact Benita Hartman at [hartman.benita@scrippshealth.org](mailto:hartman.benita@scrippshealth.org) or 858-678-6814.



# An Investment in the Future

An international banker by trade, Jim Ferris is a savvy investor.

Soon after Jim and his wife, Jane, settled in Kensington in 1986 they joined the Scripps family through care provided by their primary care physicians, Carla Fox, MD, and John Fox, MD. In 2000, Jane was diagnosed with breast cancer and underwent a mastectomy at Scripps Mercy Hospital. The innovative care and advanced treatment she received inspired the Ferrises to begin giving to Scripps.

The couple established a charitable remainder trust designating Scripps as the beneficiary and also joined Mercy 1000, a special donor group composed of individuals who make gifts of \$1,000 or more annually to Scripps Mercy.



*Jane and Jim Ferris*

Charitable remainder trusts make it possible to transfer assets to a trust and receive an income based on a percentage of the value of the trust assets. At the end of the term, the assets remaining are a charitable gift to Scripps Health.

Jim had researched the benefits of this giving vehicle and wanted to establish a charitable remainder trust using an apartment building the couple had owned for 30 years. Scripps' planned giving director was able to answer Jim's questions and help him build an expert team that made his vision a reality.

Today, Jane is cancer-free and staying healthy — including participating in the lifestyle change program offered by Scripps Center for Integrative Medicine, where she enjoys a broad range of activities designed for physical, emotional and spiritual well-being.

Jane and Jim enjoy the income they receive from their charitable remainder trust. They feel certain about their investment in Scripps and encourage others to explore the full benefits of planned giving opportunities.

“In the end, the reward of the giving is that we're helping others. And that feels good,” Jim says.

**A charitable remainder trust can be a way to receive income and also benefit from income tax, capital gains tax and estate tax savings. For more information about this and other planned giving opportunities, contact Scripps Health Foundation's Office of Gift Planning at 858-678-7120, [giftplanning@scrippshealth.org](mailto:giftplanning@scrippshealth.org) or visit [scrippsheritage.org](http://scrippsheritage.org).**



# HONORING OUR LEGACY

“GOOD COMPANY” TELLS THE STORY OF SCRIPPS

GENEROUS CONTRIBUTIONS FROM SPONSORS, INCLUDING UNITED HEALTHCARE AND MCCARTHY, HELPED MAKE THE SCRIPPS LEGACY CELEBRATION A MEMORABLE EVENING



*Representatives from United Healthcare, title sponsor, joined the historic celebration. (Left to right) Don and Cathy Williams, Dave and Cindy Anderson, and Eileen and Graham Anderson.*



*Members of McCarthy, title sponsor, also showed additional support for Scripps by taking part in the evening's festivities. (Left to right) Robert and Lisa Betz, Barbara and Randy Highland, and Sheryl and Mike Gritters.*



*Brent Eastman, MD, chief medical officer; author Sarita Eastman; Rosemary Van Gorder; and President and CEO Chris Van Gorder.*



*A spectacular live musical performance by music ensemble MASS entertained the crowd at the Scripps Legacy Celebration.*





*MASS, an internationally renowned performance group that blends sculpture, music, dance and the visual arts, is known for large-scale instruments.*

*The story of Scripps is also the story of San Diego as told in a captivating book about the rich legacy of Scripps. Published in May 2012, “Good Company: The Story of Scripps Health and Its People,” written by Sarita Eastman, describes how Scripps Health grew as San Diego expanded, starting as two hospitals founded by two intrepid women when San Diego was merely a dusty harbor town. The commitment of Ellen Browning Scripps and Mother Mary Michael Cummings to provide for the health care needs of a growing community led to the Scripps Health of 2012, a health care system with hospitals and clinics throughout the region.*

As well as showcasing the renowned personalities who created Scripps, the book also depicts the connection between the story of Scripps and the history of San Diego. As President and CEO Chris Van Gorder states in the foreword to the book, San Diego would not be what it is today without Mother Mary Michael Cummings, Ellen Browning Scripps and the Scripps entities and other organizations that have evolved from their contributions.

## SCRIPPS LEGACY CELEBRATION

The book was unveiled at a special event in May 2012. The Scripps Legacy Celebration honored the rich history of Scripps Health and the contributions of countless individuals who have ensured that Scripps continues to fulfill the vision of our founders.

“Good Company” was unveiled to the crowd of about 800, which included Scripps leadership, physicians, staff and donors, as well as community and corporate leaders. Susan Taylor, executive director of external affairs, and Marty Levine, Scripps Health Board of Trustee member, regaled the audience with vignettes from the book to accompany a presentation in-the-round. A spectacular live musical performance by MASS — Music, Architecture, Sight & Sound — was also featured.

This event was made possible in part by our lead sponsors: McCarthy, MedAssets, Microsoft, Panera and United Healthcare. It is contributions such as theirs that help Scripps continue the philanthropic mission of our founders.



Scripps Health Foundation  
Post Office Box 2669  
La Jolla, CA 92038-2669  
800-326-3776

NON-PROFIT  
U.S. POSTAGE  
PAID  
PERMIT NO. 1914  
SAN DIEGO, CA

# The Scripps Legacy

## Then and Now

Discover the rich history of Scripps in its 2011 annual report. Founders Ellen Browning Scripps and Mother Mary Michael Cummings were committed to providing for the health care needs of a growing San Diego more than 120 years ago. The Scripps Health of today continues their philanthropic mission as a nationally recognized health system with hospitals and clinics throughout the region. Visit [scripps.org/annualreport](http://scripps.org/annualreport).

