

LEGACY

ACHIEVEMENTS IN HEALTH CARE, MEDICAL SCIENCE, AND PHILANTHROPY



Donors with Heart

a message

from Thomas F. Zenty III Chief Executive Officer, University Hospitals



HARRINGTON-McLAUGHLIN GIFT BENEFITS TODAY'S PATIENTS AND FUTURE GENERATIONS

In this special edition of *Legacy* magazine, we are proud to express our profound gratitude to Ron and Nancy Harrington and their children and their spouses, Jill and Steve McLaughlin and Ron and Lydia Harrington, for the family's extraordinarily generous support of University Hospitals and the newly established Harrington-McLaughlin Heart & Vascular Institute.

In August of this year, the family demonstrated a singular commitment to advancing our health system and our exceptional work in the field of cardiovascular medicine by bestowing \$22.6 million – one of the largest gifts in our 143-year history – to help sustain and advance our Heart & Vascular Institute. This truly transformational gift will be used to ensure the Harrington-McLaughlin Heart & Vascular Institute, aptly named in honor of our kind benefactors, is propelled to the forefront of cardiovascular care centers in the nation and the world.

In this issue of *Legacy* magazine, you will learn what inspired the Harringtons and McLaughlins – as grateful patients and as results-driven philanthropists – to present this significant gift to University Hospitals. It honors the groundbreaking research of their family's physician, Carl E. Orringer, MD, Director of the Lipid Clinic and Preventive Cardiology at the Institute, through the establishment of the Harrington-McLaughlin Chair in Preventive Cardiovascular Medicine. The gift also acknowledges the visionary leadership of Daniel I. Simon, MD, Chief of the Division of

Cardiovascular Medicine at University Hospitals Case Medical Center and Director of the Harrington-McLaughlin Heart & Vascular Institute.

As important, we will share with you the clinical advances we will be able to achieve as a result of the family's concerted support of our efforts. Their exceptional gift will strengthen our ability to recruit to our academic medical center physician-investigators of national and international renown who are dedicated to the prevention and treatment of cardiovascular disease. Further, the funding will enable us to continue to develop the leading-edge programs in stem cell biology and clinical research for which UH Case Medical Center is known. Finally, the transformational gift will allow us to partner with the family to ensure that the Harrington-McLaughlin Heart & Vascular Institute continues to earn recognition as a national center of excellence.

Over the past year, I have had the singular opportunity to get to know the Harrington and McLaughlin family and learn about their abiding commitment to enhancing health care in our region. Today, we are honored to count the family among our most loyal supporters and proud to have them as friends of University Hospitals.

In honor of the patients whose lives will be transformed and, in many cases, saved as a result of our benefactors' great generosity, we are privileged to dedicate this special issue of *Legacy* magazine to the Harrington-McLaughlin family.

U|H

A handwritten signature in black ink that reads "Thomas F. Zenty III". The signature is fluid and cursive, with a large initial 'T' and 'Z'.

A gift *to* and *from* the heart

Ronald G. Harrington never expected to become the torch bearer for a test to detect the potential for sudden heart attack. Trim and fit, he'd been a runner for 35 years, six to seven miles a day, six days a week. He lifted weights. He ate lean and healthy.



😊 "Life's great achievement is doing something people say you can't." 😊

In fact, he was in such great shape that he always tried to break the distance record when he took the treadmill stress test for his annual physical, as he did in May 2000.

Less than a year earlier, Ron had passed a similar test with flying colors for an insurance physical. So, he was surprised when he was asked to stop running, and then given an echocardiogram. Carl E. Orringer, MD, Director of Preventive Cardiology at University Hospitals Case Medical Center, recommended catheterization. Dr. Orringer is the physician and cardiologist for Ron, his wife Nancy, their daughter, Jill, and her husband, Steve McLaughlin, and their son, Ron, Jr., and his wife, Lydia.

Ron was even more surprised when the cardiologist who performed the catheterization informed him and Nancy that his arteries were more than 70 percent blocked and he would require a quadruple bypass.

"I thought he was talking to the wrong wife," Nancy recalled. "Ron had exercised like a champion, and he had done everything right."

If you want to see Ron and Nancy turn into a force of nature, though, tell them they can't do something. Ron keeps a framed fortune cookie adage on his desk that serves as their family motto: "Life's great achievement is doing something people say you can't."

After all, this is a family whose inherent tenacity and drive enabled them to acquire a nearly defunct pharmacy with 35 employees in 1990, and turn it into Edgepark Medical Supplies, the leading mail-order provider of medical supplies in the U.S., with 25,000+ products and a staff of more than 800 people.

Thus, six weeks after his surgery, Ron was running and lifting weights and back to his normal routine.

Shortly afterward, Nancy had some medical tests in Ocean Reef, Fla., where they spend their winters, including a cardiac CT imaging for coronary artery calcium scoring. Upon her return to Cleveland, Dr. Orringer examined her results and informed her about his extended study of heart-disease prevention programs and his innovative,

**“We want to help people
so that they don’t have to go through
what our family did.”**



Members of the Harrington and McLaughlin family celebrate the announcement by UH CEO Thomas F. Zenty III of their \$22.6 million gift. From left: Ronald G. Harrington, Stephen McLaughlin, Ronald M. Harrington, Jill Harrington McLaughlin, Lydia Harrington, Nancy Harrington and Thomas F. Zenty III observe the unveiling of the newly named UH Harrington-McLaughlin Heart & Vascular Institute.



assiduous promotion of this, at the time, fairly new and highly successful diagnostic tool. He believed it could save many lives of unsuspecting patients with heart disease such as her husband. [See adjacent story]

Because of the commitment of UH leadership and the Department of Radiology to make this \$400-\$500 test an affordable \$99 by absorbing the additional costs, the Harringtons wanted to support Dr. Orringer’s EDUCATE (Early Detection Using Calcium Scoring for Treatment and Elimination of Coronary Heart Disease) program.

“If Ron had had this test 35 years ago, he probably would never have needed quadruple bypass surgery,” Nancy said. “And Tim Russert might be alive today.”

After meeting Daniel I. Simon, MD, Chief of the Division of Cardiovascular Medicine at University Hospitals Case Medical Center, the family decided to donate \$22.6 million, one of the largest gifts in the hospital’s 143-year history. The gift will endow the Harrington-McLaughlin Chair in Preventive Cardiovascular Medicine in honor

of Dr. Orringer and support and advance the work of Dr. Simon’s team at the Harrington-McLaughlin Heart & Vascular Institute, named in honor of the family.

“We’re interested in catching heart disease on the front end,” said Ron, whose family has a long history of generous philanthropy. “We want to help people so that they don’t have to go through what our family did.”

“It has been an exhilarating experience learning about this family’s true commitment to community service,” said Dr. Simon. “The Institute has found passionate partners in the Harringtons and McLaughlins for our ultimate goal of building a Heart & Vascular Institute that will rise even further as a national center of excellence.”

UH

Test that can pre-empt heart attacks is made affordable by UH for just \$99

Members of the Harrington and McLaughlin family found an ideal way to express their deep regard for their physician and cardiologist, Carl E. Orringer, MD, Director of Preventive Cardiology at UH. They stipulated that \$1.5 million of their recent \$22.6 million gift to the Heart & Vascular Institute fund an endowed chair in honor of Dr. Orringer. Patients of his for nearly a decade, they also generously included funding to ensure that he has all of the tools he needs to continue his leading-edge work with high-risk heart disease patients.

Convinced that more accurate early diagnosis was vital to defeating the silent, deadly effects of arteriosclerosis or hardened arteries, Dr. Orringer has been researching heart attack prevention programs since 1979, often on his own time.

Then, nearly 10 years ago, medical scientists introduced a safe, easy test to predict future risk of heart attack due to arteriosclerosis. Known as cardiac CT imaging for coronary artery calcium scoring, the noninvasive, low-radioactivity x-ray procedure takes five to 10 minutes to measure the amount of calcium in the walls of the coronary arteries.

Doctors use the score to determine the patient's annual risk of heart attack, based on the amount of calcium present. The test augments the assumptions based on risk factors such as high cholesterol, high blood pressure and cigarette smoking.

"With this test, we don't have to guess whether or not hardening of the arteries is present; we know," said Dr. Orringer. Cardiologists recommend the test for males age 45 or older and women age 55 or older.



Carl E. Orringer, MD, a cardiologist and medical practice leader at University Hospitals Landerbrook Health Center in Orange, is photographed through the opening of a CT scanner.

Typically, the test costs \$400 to \$500 and is not covered by insurance, so many patients never take it. But University Hospitals Harrington-McLaughlin Heart & Vascular Institute offers the test for only \$99.

Now, the remarkable Harrington-McLaughlin gift will enable Dr. Orringer and his staff to make significant advances in their forerunning heart attack prevention program.

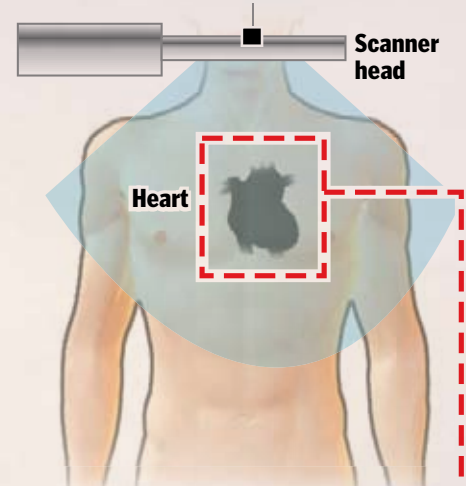
"We're just floored by the generosity of the Harrington-McLaughlin gift," he said. "Our gratitude is overwhelming for what they've done, because by presenting this large gift, they've given us the funding to research our program, expand its outreach, learn more about which patients may actually be at the highest risk, and thus refine our ability to predict who is at risk."

To schedule a calcium scoring test, call 866-UH4-CARE (866.844.2273).

A new tool in detecting risk of heart attacks

Many people are at risk of heart attack and don't know it. Many have suffered heart attacks but had no sign of heart disease and weren't considered high risk by traditional means: family history, weight, blood pressure, age, smoking and cholesterol levels. But these methods are not precise at predicting your level of risk for a heart attack. A scanning technology shown here may change that.

1. A CT scanner is used to detect calcium deposits in your coronary arteries.



A scan costs \$99 through a program at University Hospitals Case Medical Center; otherwise, costs range from \$400 to \$500.

2. The CT scanning yields a calcium score, which indicates the degree of plaque buildup in the coronary arteries.

Coronary artery

Calcium deposits

High levels signal the presence of atherosclerosis, otherwise known as plaque. High levels of plaque cause coronary arteries to clog and can lead to a heart attack.

3. The scores here show the level of risk of having a heart attack.

Calcium score	Annual risk of heart attack	Level of risk
1-99	0.4%	Moderately low
100-399	1.3%	Moderate
400 or greater	2.4%	High

A score of 400 or greater is a warning that extensive hardening of the arteries is present and aggressive prevention is necessary.

SOURCE: University Hospitals Health System

“I’ve never before seen such an avalanche of world-class physicians, scientists and researchers in such a short period of time.”

Pied Piper

lures world-class team to Cleveland

By Christopher Johnston

In the two years since he joined University Hospitals Case Medical Center, Daniel I. Simon, MD, has thoroughly revitalized the newly named Harrington-McLaughlin Heart & Vascular Institute. With the extraordinary \$22.6 million gift from the Harrington-McLaughlin family, the Institute is now poised to become one of the premier cardiovascular centers in the U.S.

The families were inspired to give this tremendous gift by the pioneering calcium scoring and heart attack prevention programs of Carl E. Orringer, MD, Director of Preventive Cardiology at UH, and the impressive leadership of Dr. Simon, Director of the Harrington-McLaughlin Heart & Vascular Institute.

“The piece that really intrigued us is Dr. Simon’s entrepreneurial approach to building the Institute,” said Ronald G. Harrington, who along with his wife Nancy and their family run the Harrington-McLaughlin Family Foundation. “His goal of making this one of the top five centers in the country is a little bit edgy and we respect that.”

Ron is the quintessential entrepreneur. Within 10 years, he and Nancy built the floundering Edgepark Medical Supplies company into the leading mail-order provider of medical supplies in the U.S. Five years ago, they retired and turned over the reins to their son, Ron, Jr., CEO; son-in-law Steve McLaughlin, president; and their daughter, Jill McLaughlin.

The entire family believes strongly in giving back. Dr. Simon is grateful for their philanthropic spirit.

“The Harrington gift is obviously monumental and transformative,” said Dr. Simon. “Their gift has greatly strengthened our mission to position ourselves not only as a top-ranked national center of cardiovascular excellence from a clinical standpoint, but also to identify ourselves as a top-ranked international center of excellence.”

Since being appointed as Chief of the Division of Cardiovascular Medicine at University Hospitals, Dr. Simon has implemented a strategy similar to the one employed by general managers of major league baseball teams to build championship clubs: leverage the strengths of the existing players, draw on the talents in the farm system (in this case, fellowships), and recruit the top free agents for clinical and research positions.



Daniel I. Simon, MD

"We had a very strong existing team whose ranks were depleted and needed a significant amount of supplementation when we got here," Dr. Simon related. "That's been accomplished through recruitment of extraordinary physicians and scientists who came for the amazing academic medicine opportunities."

Capitalizing on the great admiration and affection his colleagues have for him, Dr. Simon enlisted 15 physician scientists and their families to relocate from Boston, where he was formerly Associate Professor of Medicine and Associate Director of Interventional Cardiology at Harvard Medical School and the Brigham and Women's Hospital. From the latter, he recruited James C. Fang, MD, Chief Medical Officer, to run Clinical Cardiology, and Mukesh K. Jain, MD, to serve as Chief Research Officer for the Heart & Vascular Institute. He also recruited six additional clinician-scientists from Harvard and two from the University of Pennsylvania – all highly accomplished individuals supported by the National Institutes of Health.

"The most important piece was recruiting and establishing the right leadership out of the gate," Dr. Simon said. "Dr. Jain, for example, has built a very strong research institute, with strengths in vascular biology, and a new group in cardiovascular development and genetics, so the research program is going very well."

"I've never before seen such an avalanche of world-class physicians, scientists and researchers in such a short period of time," said another of those key recruits, Marco Costa, MD, PhD. Serving as Director of Invasive Services and the Center for Research & Innovation, and one of the top interventional cardiologists in the world, he has elevated UH's Cardiovascular Imaging to one of the best anywhere.

Dr. Costa, a native of Brazil who trained in the Netherlands, adds that this innovative team provides doctors who combine leading-edge medical research with personalized care. "I don't think there is any other center in this country that has those two components together," he said.

Three other high-profile recruits include another native Brazilian, Maurico Arruda, MD, Director of Electrophysiology

Services and the AF Center, who is renowned for his ability to ablate or correct atrial fibrillation and complex arrhythmia conditions; Teresa Carman, MD, who oversees vascular medicine for the Institute and focuses on the vessels in the neck and head that cause stroke and the arteries in the lower extremities that cause peripheral vascular disease; and Richard Josephson, MD, Director of Cardiovascular-Pulmonary Rehabilitation and the Coronary Intensive Care Unit.

Dr. Carman will also be involved with creating a new vascular medicine fellowship which, along with a new cardiovascular imaging fellowship, will augment the current heart and vascular fellow opportunities. Fellows, Dr. Simon explained, represent an outstanding recruitment pool as well. "They're trained by us, they're young and hungry," he said. "Also, when you hire someone out of your own program, they're usually a great value."

To complement UH Case Medical Center's expertise in stem cell biology and imaging, Dr. Simon recently announced that Takayuki Asahara, MD, a pre-eminent researcher from the RIKEN Institute in Kobe, Japan, who codiscovered cardiovascular stem cells, joined the team.

Patients are also following Dr. Simon to the Harrington-McLaughlin Heart & Vascular Institute. From 2006 to 2007, there has been a 17 percent increase in patients in the eight-county region of Northeast Ohio. Currently, the Institute faces two key challenges in its drive to become one of the top heart and vascular centers of excellence in the country: recruiting enough cardiovascular physicians to meet the growing demand for services and identifying sustaining resources. The Harrington-McLaughlin gift will help achieve all of Dr. Simon's goals.

"To give this amount of money away to one institution was a big decision for us," Nancy Harrington revealed. "But we felt that it was such a great opportunity to meet the growing demands for services to help Dr. Simon and these brilliant doctors and scientists."

To make an appointment with a physician, call toll-free 866-UH4-CARE (866.844.2273)

U|H



Marco Costa, MD



Mukesh K. Jain, MD

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Celebrating the announcement of the \$22.6 million gift to establish the UH Harrington-McLaughlin Heart & Vascular Institute on August 14 were, from left, UH CEO Thomas F. Zenty III; Stephen McLaughlin; Daniel I. Simon, MD; Jill Harrington McLaughlin; UH Board Chairman Monte Ahuja; Nancy and Ronald G. Harrington; UH President Achilles A. Demetriou, MD, PhD; Lydia Harrington; Carl E. Orringer, MD; Ronald M. Harrington; and UH Executive Vice President Fred C. Rothstein, MD.

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