

Rady Children's *Magazine*

Hospital
San Diego

Fall Issue
2011



Diabetes:
Caring for Kids,
Finding a Cure

INSIDE Rady Children's Magazine



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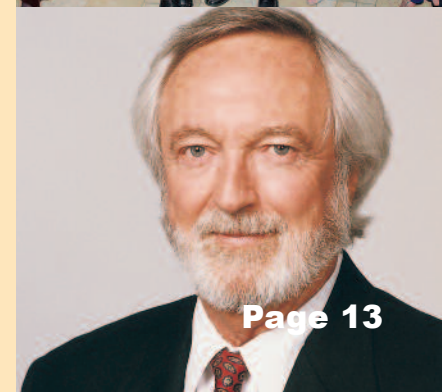
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Visit our website at: www.rchsd.org

On the cover: Meet Zon Herman, and learn how Discovery is helping kids with type I diabetes.



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A MESSAGE FROM THE CEO

I am proud to share some wonderful news with you.

Rady Children's was ranked by *U.S. News & World Report* among the top 30 children's hospitals in eight pediatric specialties – three more than last year – and among the top 40 in two specialties. With 177 children's hospitals in the United States participating in the survey, the top rankings place Rady Children's among the nation's elite.

The magazine's 2011 edition of *Best Children's Hospitals*, the most extensive listing of its kind, recognized the top 50 children's hospitals in 10 specialties. The 17 pediatric specialties at Rady Children's not surveyed by the magazine also contribute significantly to making our Hospital world-class.

Rady Children's rankings are remarkable when you consider that many of the top-ranked children's hospitals in this survey are more than 100 years old and have built their reputation for treating children, teaching doctors and conducting research over many years. Rady Children's is a relatively young hospital at age 57.

These rankings reflect our growing reputation for extraordinary outcomes and our emphasis on research and teaching in collaboration with UC San Diego that will help save the lives of children in San Diego and around the world.

We are grateful to our generous donors who make this incredible achievement possible, and to the physicians and staff for the exemplary work they do every day to provide excellent medical care to our region's sick and injured children.



With warm regards,

Kathleen A. Sellick

President and Chief Executive
Officer

Rady
Children's
Hospital
San Diego

A PERFECT 10!



Proud to be ranked among the nation's elite
in all 10 pediatric specialties
surveyed by *U.S. News & World Report*:



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FUNdamentally important



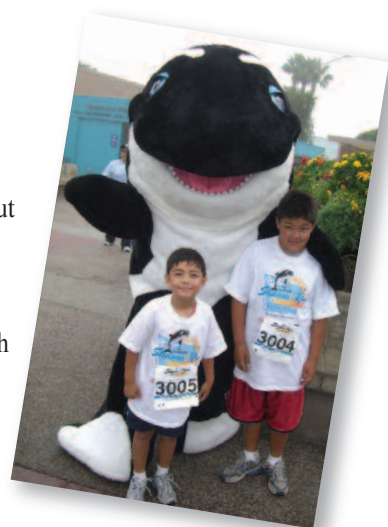
Mark your calendars for some fun ways to make an important impact.

Helping Kids – One Step at a Time

5th Annual SeaWorld Shamu & You Family Walk
Saturday, Oct. 1 – 8 a.m.



We know there are lots of walks around, but this one is truly special. Not only do you begin with an easy 1-mile walk through SeaWorld with a chance to see some cool animals (how often do you get to walk with a flamingo?), but you can also choose to continue on a scenic 3-mile walk along Mission Bay. That makes this event perfect for all ages! There's a fun, family-themed festival after the walk, too.



But the real reason this Walk stands out? It benefits the patients and families at Rady Children's!

The Walk is on Oct. 1, so the time to register is now! You can join an existing team or start your own, and of course, all your family and friends are welcome too! Just go to www.shamuandyouwalk.org and click "Register Now."

Follow the walk on Facebook (and look for a special "likers" discount code) at facebook.com/shamuandyouwalk.

One paper. One dollar. One day.

Our 22nd Annual Union-Tribune Kids' NewsDay is inspiring reading.

Too much bad news in the paper? We have the answer! On Oct. 25, you can be a part of the *Union-Tribune Kids' NewsDay*, a project of Rady Children's Hospital Auxiliary and a proud part of our community outreach efforts for 22 years.

This special edition of the daily paper costs just \$1 and includes an entire section devoted to patient stories and information about the important role that Rady Children's plays in the health and well-being of our community's kids.

When you see our volunteers in their yellow aprons, please help make a difference, \$1 at a time. Or you can volunteer to sell papers yourself. Visit www.kidsnewsday.com today or call 858-966-4965 to see how you can make Kids' NewsDay an even bigger success story.

A Full Social Life

Social Media is a powerful tool for connecting with Rady Children's.

MySpace, Facebook, Twitter: A few years ago, they just seemed like made-up words.

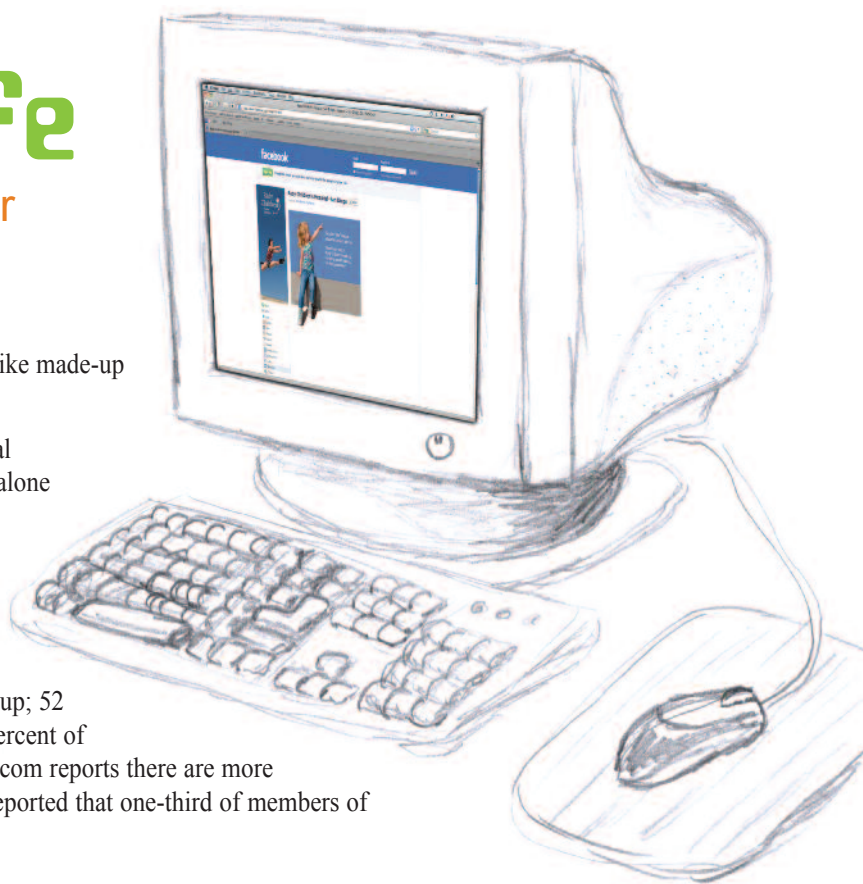
Today, they help make up one of the most powerful and influential communications tools on the planet. Yes – the planet! Facebook alone now has 700 million users worldwide, nearly 200 million in the U.S. But that was two whole months ago. Considering that Facebook grew by 400 million users in the last two years, that number could reach 1 billion in 2012.

A recent study by Edison Research and Arbitron shows that social media now reaches the majority of Americans ages 12 and up; 52 percent have a profile on one or more social networks. About 8 percent of Americans age 12 and up use Twitter, and they use it a lot; ragan.com reports there are more than 50 million tweets a day, and the *Los Angeles Times* recently reported that one-third of members of Congress are using Twitter.

So what does all this have to do with Rady Children's? A lot!

Our more than 5,500 “likers” have regular access to important news and information in a fun and interactive forum. There are event notices, pictures, videos and job postings at your fingertips, as well.

Not yet a part of this social revolution? Come join the fun at www.facebook.com/radychildrens and www.twitter.com/radychildrens.



At www.facebook.com/radychildrens, you get up-to-the-minute information about new programs and services, important health and safety tips for children, and inspiring messages from our patient families.

Get updates – and cheer on your team – for the Shamu & You Family Walk at www.facebook.com/shamuandyouwalk.



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What's that funny barcode? It's a Quick Response (QR) code. You can now download a QR reader onto your Smart Phone, then scan the QR on a piece of printed material to go straight to a website. Look for QR access on many of our materials in the future.

DISCOVERY

What it means to kids.

Discovery is our focus on research, teaching and innovation. We will always put kids first, and exceptional patient care at the bedside will always be the hallmark of Rady Children's. Discovery helps us find new treatments and cures, train the next generation of new physicians, and develop the latest technologies to help kids in the best possible way.

Diabetes: Caring for Kids, Finding a Cure

Every day, six to eight times a day, 9-year-old Zon Herman must do what he dreads most – prick himself to test his blood sugar. He does this three times at school – leaving class to go to the nurse's office – then calls mom to tell her his numbers.

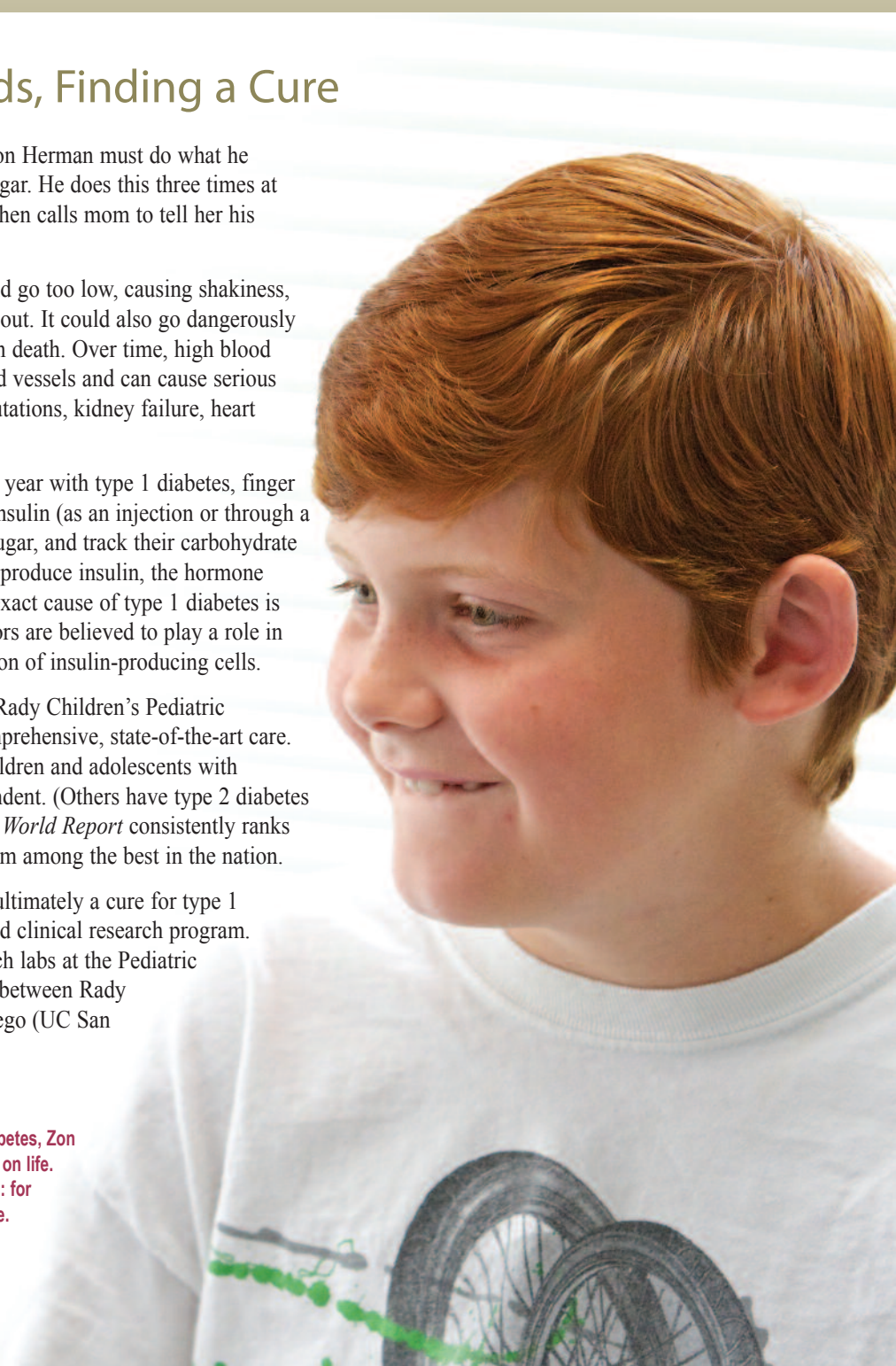
Without this strict schedule, Zon's blood sugar could go too low, causing shakiness, vision problems and confusion; he could even pass out. It could also go dangerously high, putting him at risk for a diabetic coma or even death. Over time, high blood sugar (also called blood glucose) damages the blood vessels and can cause serious health issues, including blindness, lower-limb amputations, kidney failure, heart disease and stroke.

For Zon and more than 15,000 kids diagnosed each year with type 1 diabetes, finger sticks are a way of life. They must also take daily insulin (as an injection or through a pump attached to the body) to control their blood sugar, and track their carbohydrate consumption. In type 1 diabetes, the body does not produce insulin, the hormone needed to convert sugar into energy. Although the exact cause of type 1 diabetes is unknown, genetics, viruses and environmental factors are believed to play a role in the autoimmune response that leads to the destruction of insulin-producing cells.

To help Zon and other kids manage their diabetes, Rady Children's Pediatric Endocrinology and Diabetes Division provides comprehensive, state-of-the-art care. Physicians in the division treat more than 1,000 children and adolescents with diabetes each year, most of whom are insulin-dependent. (Others have type 2 diabetes or less common types of the disease.) *U.S. News & World Report* consistently ranks Rady Children's diabetes and endocrinology program among the best in the nation.

With the goal of discovering better treatments and ultimately a cure for type 1 diabetes, the division has an active basic science and clinical research program. Basic research is conducted in 10 individual research labs at the Pediatric Diabetes Research Center (PDRC), a collaboration between Rady Children's and the University of California, San Diego (UC San Diego) School of Medicine.

Despite the daily challenges of living with diabetes, Zon Herman is a happy child with a can-do outlook on life. Recently, he won three school awards: for scholarship, citizenship and perfect attendance.



Caring for the Entire Family

As diabetes care spans all age groups and affects all family members, a program that revolves around not only the child, but the entire family, is required to effectively treat diabetes. To accomplish this, the division offers a comprehensive, integrated program to help children and families manage the disease, including continuous glucose monitoring, insulin pump therapy, diabetes education, and nutrition counseling.

Through the diabetes program, Zon knows the importance of sticking to a meal plan. He counts his carbohydrates and makes sure to have a healthy portion of vegetables — green beans are his favorite. “Short ones, long ones, any kind,” he says.

Every three months Zon goes for a checkup at Rady Children’s Diabetes Clinic. His physician, Thomas Kelly, MD, reviews his blood sugar readings, gives him an exam, and makes any necessary modifications to his eating plan. During Zon’s most recent visit, he gave Dr. Kelly a huge hug. “He really likes coming here,” his mom, Allison, says.



Research to Defeat Type 1 Diabetes

At the Pediatric Diabetes Research Center (PDRC), scientists are involved in cutting-edge research, with an emphasis on developing novel therapies to prevent, treat and cure type 1 diabetes.

One research area is the survival and function of insulin-producing cells (called beta cells).

- The lab of Steven D. Chessler, MD, PhD, is investigating the cellular and molecular biology of beta cells and the processes that control insulin secretion. He is also researching cellular events that cause damage to beta cells that result in diabetes, and means by which to detect such damage in a clinically useful way.
- The lab of Ulupi S. Jhala, PhD, is identifying factors that initiate and sustain beta-cell death, and examining mechanisms that would allow successful reprogramming of other cell types into beta cells.

The ultimate goal of the PDRC’s research on type 1 diabetes is to develop a cell-based therapy. An exciting avenue is the formation or regeneration of beta cells from stem cells, an approach that may one day provide a new cell therapy to treat or cure the disease.

- Maike Sander, MD, seeks to identify effective processes to generate replacement insulin-producing cells from stem cells.

- Anthony Montgomery, PhD, focuses on the derivation of beta cells from human embryonic stem cells and on the new formation or regeneration of insulin-producing cells.

- C.C. King, PhD, is researching signaling events that regulate differentiation of human embryonic stem cells into insulin-producing cells.

- PDRC co-director Alberto Hayek, MD., is investigating ways to safely and effectively transform adult skin cells into insulin-producing cells. (To watch a video about this research, visit www.rchsd.org > Our Care > Programs and Services > Endocrinology/Diabetes > Research and Clinical Trials.)

In the area of clinical research, Michael Gottschalk, MD, PhD, Chief of Rady Children’s Pediatric and Endocrinology Division and Clinical Professor, UC San Diego, is involved in several clinical trials. Among these studies, he is investigating changes in T-cell populations during the early phase of type 1 diabetes to identify potential biomarkers for the disease.

Uniting Research and Care

The PDRC is currently located near the UC San Diego campus, in the hub of San Diego's biotech community. In the near future, the PDRC research labs will move to the UC San Diego Altman Clinical and Translational Research Building, to be constructed on the UC San Diego medical campus in La Jolla – the facility is slated for completion in 2016. Rady Children's Diabetes Program will also move to the La Jolla medical campus, so that patient care, research and teaching will be united.

"The creativity and synergy that result from integrating clinical care and research from several disciplines cannot be overstated," says Gabriel G. Haddad, MD, Physician-in-Chief at Rady Children's, Chair of the UC San Diego Department of Pediatrics, and Interim PDRC Director. "This collaborative approach offers the most promising way to successfully fight this devastating disease."

Learn more about the PDRC at <http://peds.ucsd.edu/pdrc>.



Type 2 Diabetes: The Obesity Link

Obesity is a chief risk factor for type 2 diabetes, in which the body does not produce adequate insulin or the cells are resistant to insulin. If the current rate of childhood obesity continues, nearly one in three of American children born in the year 2000 will develop the disease, according to the American Diabetes Association.

At the PDRC, scientists are studying the type 2 diabetes/obesity link:

- Jane J. Kim, MD, is investigating molecular mechanisms of insulin resistance and pancreatic beta cell failure in experimental models of type 2 diabetes and obesity.
- Jianhua Shao, MD, PhD, aims to understand and demonstrate the underlying process of insulin resistance during the development of obesity.
- Susan Phillips, MD, is studying how fat hormones affect the body's response to insulin.



A PIONEER IN INNOVATION

DR. PAUL KURTIN RETIRES.



Rady Children's Dr. Paul Kurtin, a national champion for children's health and healthcare who has served as the Hospital's Chief Quality and Safety Officer for 17 years, has retired.

Dr. Kurtin was the Director of the Blair L. Sadler Center for Quality and was responsible for the design, implementation, evaluation and continuous improvement of health services for children.

In 2009, Dr. Kurtin was the recipient of the David Bergman Award from the National Initiative for Children's Healthcare Quality for his many contributions to improving the health and healthcare of America's Children.

His work also was recognized by the Joint Commission on Accreditation of Healthcare Organizations with the 2002 Ernest A. Codman Award for the outstanding use of process and outcomes measures for the improvement of clinical care.

Dr. Kurtin is the founding medical director of the Child Health Accountability Initiative, a national collaborative of children's hospitals working to improve care for hospitalized children and children with special health needs. He is the author of two books focused on improving healthcare for

children: "Child Health Services Research: Applications, Innovations, and Insights" and "Optimizing Care for Young Children with Special Needs: Knowledge and Strategies for Navigating the System."

Before his retirement, he was leading large-scale, multihospital clinical improvement efforts, including a statewide community practice of 41 NICUs in California designed to improve care and reduce hospital acquired infections for hospitalized newborns, as well as working with 31 labor and delivery units to reduce mortality and morbidity associated with post-partum hemorrhage.

A Movie and an MRI

Rady Children's is the only hospital in San Diego with this innovative technology.

Sharp and Children's MRI Center recently opened its new MRI facility inside the Acute Care Pavilion at Rady Children's. The state-of-the-art GE Discovery MR450 features the CinemaVision system that allows children to watch a movie or listen to music while being scanned. Getting an MRI can be a stressful experience that often requires young patients to be sedated. Studies have shown that entertainment during an MRI exam can soothe anxiety and minimize claustrophobia, leading to faster and better exams. To make the process even more kid-friendly, the entire MRI suite – including the MRI itself – is decorated in a cartoon sea creature theme.

The new facility was made possible through gifts from many of our most generous donors, including LEDCOR Construction.





Your Heart's Content

Evan Hanson was just 7 days old when he had open heart surgery. Now, he's touching the hearts of everyone he meets.

For an expectant mom, it is a moment that stops your heart: The news the something may be wrong with your baby.

For Lisa Hanson, that moment happened when she was 26 weeks pregnant. During an ultrasound, her physician detected an anomaly and referred her to Dr. Raymond Fripp in Rady Children's Cardiology Department. Lisa learned that her baby, already named Evan, was very ill.

Evan's tiny heart, not even the size of walnut, had big problems. Tests showed that Evan had a Ventricular Septal Defect (VSD), a significant hole between his right and left ventricle.

He also had a coarctation of the aorta; his aortic arch was too narrow to provide sufficient blood flow, and Aortic Stenosis, meaning that his aortic valve is too small and has a slight leak.

"When Dr. Fripp informed me of Evan's condition, I was devastated," Lisa remembers. "I couldn't gather my thoughts at the time to ask questions, but at the end of the weekend I had a list. I emailed Dr. Fripp with them. I was impressed when I received a response the very next day. He addressed all of my questions."

"People came out of the woodwork with their stories," she adds, "Talking about how their children are now thriving. It really brought me hope."

Dr. John Lamberti, Director of Rady Children's Heart Institute and Clinical Professor of Surgery, University of California, San Diego, was Evan's surgeon – and a beacon of hope.

"After Evan was born, they also discovered an Atrial Septal Defect, a small hole between the right and left atria," Lisa explains. "Dr. Lamberti explained just what we would do for that, as well as for the VSD and coarctation. He's been wonderful, every step of the way."

"I had faith in God, faith in the surgeons and faith in my son," she says, simply.

That faith will be there for future challenges, as well. Evan's Aortic Stenosis will be repaired in a future surgery, probably when he's about 2 years old.

Through it all – the complicated surgery and weeks in the Neonatal Intensive Care Unit (NICU) – Evan was one cool customer. "The nurses called him the 'Mr. Congeniality of the NICU'," Lisa says. Now that he's home and thriving, Lisa strives to keep it all in perspective. "I need to try to remember that Evan is a normal baby with a heart defect. Most times his fussing or crying is actually related to normal baby needs!"

Not that Evan is a very fussy baby. Resting in his mother's arms, he's clearly found his heart's content.



"SMILE"STONES

Rolling over. Sitting up. First steps. These are the milestones that parents look forward to and celebrate.

Lisa Hanson will look forward to these magic moments, as well, but baby Evan's milestones so far have been much more dramatic.

Lisa will remember the day when he had his final chest tube removed. The day he went off the ventilator. The day when, after nearly four weeks in his NICU bed, she could hold her son in her arms.

They were moments of joy and celebration. "We called them 'smile'stones,'" Lisa says.

These days, home and growing more every day, Evan's milestones seem much more common: First professional portraits. First time in a pool. First big road trip. And you can bet that each of these moments make Lisa Hanson smile.



Children's Circle of Care

A national membership that helps right here at home.

It begins with a child – a sick or injured child who needs the best technology, the latest research, the most compassionate care. From that need springs the extraordinary generosity of individuals, couples and family foundations who make an annual contribution to Rady Children's of \$10,000 or more.

It continues with 24 other prominent children's hospitals in North America and the selfless giving of their community members. Together, these hospitals were able to invest \$1.5 billion in research to seek better treatment and cures and help provide for 10.7 million patient visits last year alone. It is astounding national impact.

But for the family of that one sick or injured child, all of that support circles back to one life saved. One lifetime of promise.

This is what Children's Circle of Care is all about. The gifts of our members stay right here in San Diego, but all Children's Circle of Care hospitals work together to ensure that knowledge gained helps children across the nation and around the world.

We invite you to be a part of this special circle. Those becoming members in 2011 will be invited to exclusive events and presentations, all celebrating what big gifts mean to little lives.

For more information, please contact Jean Larsen at 858-966-7584.



Celebrations for 2010 Members

In May, our Board of Trustees and the Children's Circle of Care Committee held "Philanthropy in Action," a two-day, activity-packed event here in San Diego for our 2010 Children's Circle of Care members. Through a variety of "physician experiences," members tried their hands at brain surgery (by operating on a melon), helped Dr. John Lamberti with an aortic valve repair (using animal tissue), and participated in a mock laparoscopy with our urologists.

The second day's events at The Grand Del Mar included golf and tennis lessons, wine tasting with a master sommelier, and a wine-paired dinner with live music by Eve Selis. And those who attended "Lunch and Learn," presented by Gabriel G. Haddad, MD, heard a fascinating talk on Discovery – that's research, teaching and innovation at Rady Children's.



In September, members rocked Humphrey's by the Bay with a performance from Three Dog Night. There was "Joy to the World" from the band, but the real joy came from celebrating the significant impact that Children's Circle of Care members have on pediatric healthcare here in our region.



Gifts that Inspire

Facing an Inspiring Future

All that some high school students really need to succeed is a chance — someone to believe in them and provide them an opportunity to help themselves.

A recent \$100,000 gift to FACES for the Future-San Diego from the Hervey Family Fund at the San Diego Foundation is exactly what the 65 students enrolled in the program needed.

FACES for the Future, a partnership between Rady Children's Center for Healthier Communities and Hoover High School, is part of a collaborative statewide program working to address health equity for all communities through the training and empowerment of young people. The program includes four key elements: health career exploration, academic enrichment, wellness support and youth leadership development.

"We would really like to see the FACES program continue," says Matthew Hervey. "It's an excellent program to not only help keep students in high school but give them the skills, training and assistance they need to secure entry level jobs in the healthcare field after graduating."



Students enrolled in the FACES program participate in clinical and non-clinical rotations through a variety of departments within Rady Children's, as well as with a number of partnering healthcare organizations in City Heights. The students are also enrolled in personal and professional growth workshops designed to prepare them for advanced study and/or careers in the health field. A strong commitment to engaging parents in their child's progress and opportunities for leadership development all help to make the program a success.

In June of 2011, FACES graduated its first class of 24 students. For the Hervey family, seeing students who might not have graduated from high school now on track to pursue a career in healthcare is exciting.

"For anyone, the key to success is finding something you are interested in and following that passion," says Mr. Hervey.

Thanks to the Hervey Family Fund, more students are finding they have a passion for helping others and are now planning a future in healthcare where they can make a difference for others.

Gifts for the future... Inspiration now. **LEGACY CIRCLE**



A Legacy Circle gift –including Rady Children’s in your estate plan – is an incredibly meaningful way to help us keep our covenant to always care for the kids in our community.

Letting us recognize you for such a generous plan? That’s even better.

“When people think highly enough of Rady Children’s to leave us a gift, we’d really like to be able to thank them personally,” says Carlee Harmonson, member of the Rady Children’s Hospital Foundation Board of Trustees and Chair of the Hospital’s Estates and Trusts Committee. “And the growth of our Legacy Circle membership inspires others to think about this special way to give.”

When you include Rady Children’s in your will or trust or make another form of planned or deferred gift, we can help you plan that gift and assure that your intentions are fulfilled. You are creating a legacy that will help thousands of children for generations to come.

Carlee knows just how good this feels. She and her husband, Rick, are Legacy Circle members and recognize how important it is that the Hospital knows about their plans.

“We understand that in today’s uncertain economic times, making a gift outright can be difficult,” she explains. “That’s why leaving a gift in your trust or will is a great way to help Rady Children’s and still provide for your family today.”

For more information on Rady Children’s Legacy Circle – or to let us know that you’re already a part of our future – please call Elise Webster at 858-966-7537.

In Remembrance... **John Davies**



Rady Children’s lost a friend and champion with the passing in May of John Davies, a longtime trustee who was a trusted advisor to governors, civic leaders and the Hospital’s leadership.

A trustee since 2002, Mr. Davies was a champion of plans for the Acute Care Pavilion and helped it become reality. He was a visionary, strengthening the Hospital’s relationship with UC San

Diego and Rady Children’s commitment to research. He saw the promise of what Rady Children’s could become.

“John was always the perfect match for our mission,” says Kathleen Sellick, Rady Children’s President and Chief Executive Officer.

At its annual meeting in February, the Hospital honored Mr. Davies with the Thomas F. Carter Leadership Award, Rady Children’s most prestigious award for extraordinary volunteer leadership. Later that

day, Mr. Davies accepted the “Spirit of San Diego Award” from the San Diego Regional Chamber of Commerce.

A gifted attorney and partner at Allen Matkins since 1993, Mr. Davies served as an advisor to governors Schwarzenegger and Wilson. He was a University of California regent for more than 10 years and served as chairman. Mr. Davies also served on the board of the UC San Diego Foundation.

Throughout Mr. Davies’ distinguished career, as the director of many companies and partners in several law firms, he always made volunteerism and civic involvement a priority.

“The greatest part of the long list of public service jobs I’ve done was ... they were all interesting,” Davies told the *San Diego Union-Tribune* in February.

“I could have done them all for selfish interests perfectly happily, but the reward, the payback, has been that I have friends everywhere. That’s my treasure.”

Corporate and Community Partners

Gifts that Inspire

Walmart is known for rolling back pricing, but the company – and its employees – put equal effort into stepping up to help the community. Since 1992, local Walmart and Sam's Club associates have contributed more than \$3 million to Rady Children's. Walmart is the number one Children's Miracle Network Hospitals sponsor and one of the top five Rady Children's corporate sponsors.

As a company, Walmart enthusiastically supports our Miracle Month of May campaign. 2011 was their best year ever, raising more than \$583,000 – up 62 percent from last year.

We thank all Walmart and Sam's Club employees for their loyal support.

Stores show a lot creativity when it comes to fundraising. Here, managers from the Poway Walmart store hold a "bike race" to help raise funds.



Our corporate and community partners raised more than \$10.2 million last year!

There were 587 Miracle Makers – groups that pledge to raise at least \$500 a year – and 334 additional members of the Miracle Makers Council, each of whom raise more than \$5,000 a year.

To learn more about fundraising for Rady Children's, visit HelpSDKids.org

2011 Miracle Makers Gala Miracles under the Big Top

The circus is magical, a dizzying array of activity. To see the face of a child at the circus is to understand the meaning of awe and wonder.

But too many children in our community face serious illness and injuries. In fact, more than 147,000 kids were treated at Rady Children's last year. That's why philanthropy from our corporate and community partners is so important. The Miracle Makers Gala celebrates all that these groups do to support Rady Children's, from purchasing vital equipment to ensuring that every child in need receives care. It's a great party, too!

There were lights and music and showmanship, but the hope and healing for kids was the real magic.



2011 Chairs Paige and Mike Metz and Camille and Tom Lofaro



Adam Hank

Adam has a contagious smile that warms the hearts of everyone he meets – even though he has faced many challenges: he was diagnosed with acute lymphocytic leukemia in 2006 and is being treated at the Beckman Center for Cancer and Blood Disorders at Rady Children's. Adam, who also has Down syndrome, is helping others, too. His parents are board members of DG Action, a non-profit group that has partnered with Rady Children's to establish the first Down syndrome center in Southern California.

Luke Tanner

Luke was born with a rare metabolic disorder that caused his liver to malfunction. His very future depended on a transplant. His mom, Leah, was a match and donated part of her liver to save her son. Today, mother and son are both doing well and looking forward to a healthy future.



Lauren Lowary

Lauren was born with what was thought to be a run-of-the-mill birthmark, but her facial hemangiomas had life-threatening consequences. Lauren's family and doctors are helping her cope with her glaucoma and other medical challenges, but they are grateful that laser surgery has helped her appearance and her confidence.



Rebecca Parrish

Rebecca never wanted her eyebrows to show her down – but the severity of her condition required surgery. Thanks to the surgeons at Rady Children's, Rebecca is back on track – literally – enjoying reading and being able to see the world.



Victor Hernandez

Victor was riding his bike when he was hit by a car in 2008, suffering massive brain injuries and many broken bones. With the help of physical therapy, Victor is now slowly walking again, and his life is getting back to normal. His mom, Patricia, an X-ray technician at Rady Children's, knows that it was only the helmet that he was wearing that saved his life.

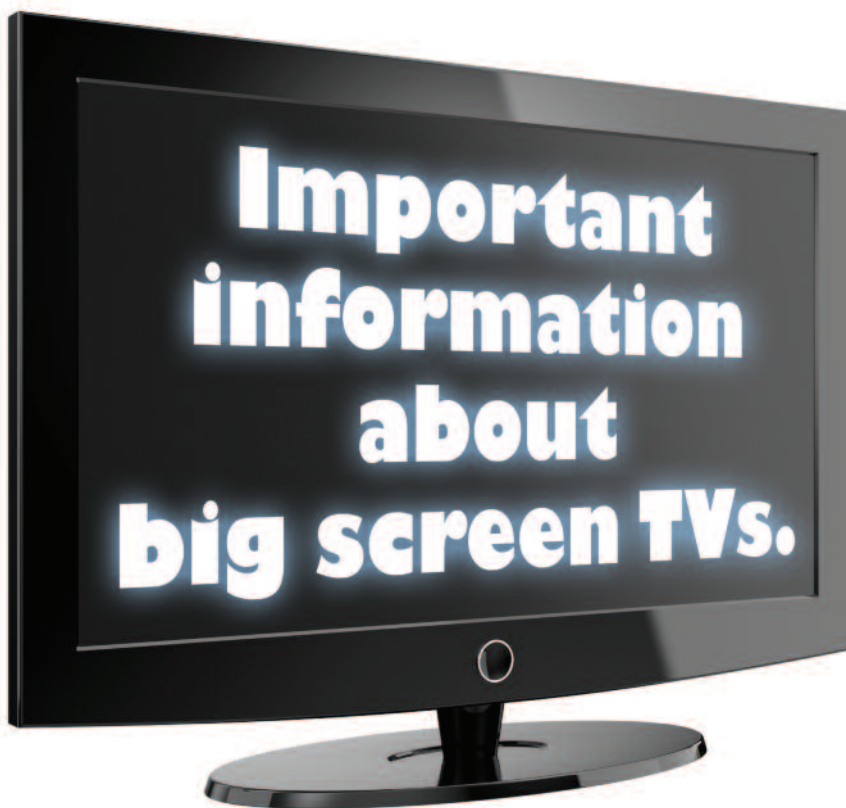
**THE
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Jennifer Yamamoto

Jennifer first came to Rady Children's when she was 12, diagnosed with asthma and pneumonia. But, while she was at the Hospital, X-rays showed she had an enlarged heart, fatal without immediate surgery. The very next morning, surgeons replaced her aortic valve. Jennifer continues to come to Rady Children's for follow-up care.





Your Child's Health

Many parents are concerned about what their kids watch on television, but it's the TV itself that may be the real problem. Those big screen TVs – top-heavy and easy to tip over – can pose a serious danger.

“Since 2006, 74 children in San Diego County have been injured by falling televisions or furniture, such as dressers or bookcases, on which a TV was sitting on top,” says Sue Cox, Trauma Services Director at Rady Children’s. “Children trying to reach a TV either pull the television off of the furniture or, more often, pull both the furniture and television onto themselves.”

Nationwide, more than 130 children died as a result of these injuries from 2006 to 2008 – and more than 21,800 kids are treated in emergency rooms every year due to these “tip overs.”

What can parents do?

- Use an anchor and/or angle brace or appliance strap to secure TVs and furniture to the wall.
- Place your television on a low piece of furniture, as far back as it will go.
- Make sure the television stand is sturdy, is designed for and can handle the weight of the TV, and does not easily tip over.
- Clear your TV and stand of any items that children might try to climb and reach, such as toys, movies, books, or a VCR/DVD player.

Kendall's Story

Why anchoring all furniture is so important.

Kendall was a beautiful 3-year-old – curious and eager to explore. When her mom laid her down for a nap on Oct. 18, 2007, Kendall apparently decided to climb her lightweight three-drawer chest. Suddenly the chest fell, and Kendall died from asphyxiation. Although there were safeguards throughout her home, this small chest had been overlooked.

Kendall's family chose to help protect other families from this tragedy. Her grandmother, Sharon Vega, now works closely with Rady Children's Center for Healthier Communities and Safe Kids San Diego to educate families about securing TVs and other furniture. For more information on this important group, visit safekidssandiego.org.



Your Child's Health Online

Rady Children's online resources provide a wealth of information. Here's just a sampling of facts that are right at your fingertips:

For videos on topics such as toppling TVs, pool safety, the effects of loud music, and nutritional guidelines, visit www.vimeo.com/rchsd.

For information on symptoms from fevers to bites and stings, visit www.rchsd.org > *Your Child's Health*.

For specialized content for parents, kids and teens, visit www.rchsd.org > *Your Child's Health* > *Health & Safety* > *KidsHealth*.

For programs and services that keep kids well, visit www.rchsd.org > *Our Care* > *Programs & Services* > *Center for Healthier Communities*.

For regular safety tips, "like" us on Facebook at www.facebook.com/radychildrens.



CALENDAR of Events

Shamu & You Family Walk, presented by San Diego County Credit Union

Saturday, October 1, 2011 7 a.m., SeaWorld

This Walk is truly unique! Stroll with your whole family on a one-mile route through SeaWorld – then stop for our family festival or continue on a scenic three-mile walk or fun run by the bay. And it all helps Rady Children's!

Call **858-966-7540** or visit www.shamuandyouwalk.org for more information.

Union-Tribune Kids' NewsDay

Tuesday, October 24, 2011

One paper. One dollar. One day. Our 22nd Annual Union-Tribune Kids' NewsDay is inspiring reading. Buy your \$1 edition of the paper that day, or volunteer to help.

Call **858-966-4965** or visit www.kidsnewsday.com for more information.

More Events – Right at Your Fingertips!

Visit HelpSDKids.org and click on *Events*. You'll see what's coming up and view pictures of recent events.



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Donor Services at **858-966-7749** so we can reduce our mailing costs.

Discover Rady Children's!

Children live in a world of discovery. Every step and each milestone leads them into the future. At Rady Children's, we are dedicated to creating milestones – and changing the future of pediatric healthcare.

- Come explore with us what Discovery – and our commitment to research, teaching and innovation – means to kids (*page 4*).
- Meet a tiny heart patient who now has a lifetime of milestones to celebrate (*page 8*).
- See how each of us can be a part of the future, creating lasting legacies of love (*page 12*).
- Learn more ways to keep your child safe as they make their own discoveries (*page 16*).