



“I Get By With A Little Help From My Friends”

The Beatles song reminds me of my life

Soon after I was born my mother realized that something was terribly wrong with me. Many of the doctors we saw told her I had cerebral palsy. But because I seemed bright and was learning to talk very early, she refused to believe that I had CP even though I couldn't control my legs and arms.

Following months of visiting different doctors, we were very fortunate to find Dr. Arnold Gold. After many tests, his diagnosis was that a spinal cord injury suffered at birth had left me with “spastic quadra paresis,” more commonly called quadra plegia. Mom told me that Dr. Gold said that from the neck up, I was normal, that there was nothing wrong with my *brain*.

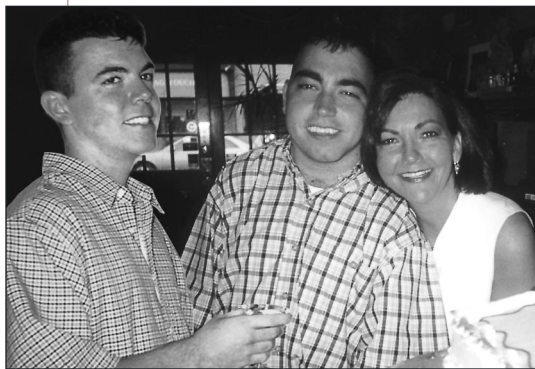
My childhood was spent visiting many physical and occupational therapists and doctors. By age 13, I had had more than ten surgeries. The doctors did a great job in surgery, but they did an even better job in preparing a scared young kid for surgery.

Today, I can drive with hand adaptors, and can even walk independently, but have limited use of one arm, and still have spastic movements. I will live with this physical disability for the rest of my life.

I can still remember after a surgery hearing: “Matthew!” “Matthew!” “How are you feeling?” “Someone is

here to see you!” I remember opening my eyes in the recovery room still feeling the effects of the anesthesia.

To my right, the team of doctors and



Brother Joe with Matthew and their mother Ronnie celebrating Matt's graduation from Boston College.

nurses was smiling at me, and to my left were my brother and my mom. My mom grabbed my hand and told me it was all over. I was consumed by a feeling of inner joy not only because I survived my second hip surgery, but because my team of supporters was there to greet me.

My parents divorced when I was very young and my mom struggled hard and sacrificed much to push me to be the best. She never let me feel sorry for myself. As a single mother with her own problems, she managed to raise my brother and me to be positive. My brother does not see me as disabled. He looks at me as his older brother who can do anything. After surgeries he would push my wheelchair and carry me up the steps.

While a few of my grammar school teachers said I would never make it out of fourth grade, I am now studying to be a broadcast journalist. I could not have made it to 21 on my own. But, with my family and special doctors in my corner I feel I can accomplish anything. They have helped me to conquer the *mental* part of being physically disabled.

My roommate in college was studying to be a doctor and the best advice I could give him was to be personal with his patients, the way my doctors were with me.

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Spotlighting humanism

The Arnold P. Gold Foundation lecture on “Humanism and Medicine” will be featured at the national meeting of the Association of American Medical Colleges (AAMC) in recognition of The Foundation's tenth anniversary and the year-long magazine series on “Humanism and Medicine” being published throughout 1999 by the prestigious journal, *Academic Medicine*. This series is supported by a grant from The Foundation.

The lecturer will be Jerome Groopman, M.D., distinguished author and the Recanati Professor of Immunology at Harvard Medical School, Chief of Experimental Medicine at Beth Israel Deaconess Medical Center, and one of the world's leading researchers in cancer and AIDS. His lecture is scheduled for October 24, at 4 pm at the Washington, D.C. Hilton.

Following the lecture The Foundation will sponsor a reception honoring Dr. Groopman and the attending medical school deans and administrators.

A little help from my friends...

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This Fall I am attending The Columbia School of Journalism. I also have wonderful friends and a beautiful girlfriend. While this is not the typical life of someone who is physically disabled, I am here to tell you that if you are lucky enough to be surrounded by the right people, it can be.

I believe my family represents 50% of the team that has pushed me to be the best I can. The other half is the group of people, of whom as children we are often scared, but I have grown to love –

doctors! Dr. Arnold Gold is among this special group of people, who have been like a second family to me while I was growing up. He has been an important father figure in my life for over 20 years, and that is why I urge everyone to support the work of The Gold Foundation.

I hope this story lets people know that one person alone cannot overcome a disability. But with the power of teamwork, especially my doctors who care about me and care about my family – like the Beatles song says – “I Get By With A Little Help from My Friends.”

Matthew R. Pike

Patient-centered medical practice

Patients and their needs must be the focus of care from every member of the hospital family, from the parking attendant to the Chief of Staff and every member of the support, technical and professional staff.

Do medical students preserve their compassionate approach to patient care during the rigorous, technically demanding atmosphere of third year clinical studies and beyond? Are their humanistic attitudes devalued in the actual practice of medicine? Is humanism under-represented in medicine's home – the hospital?

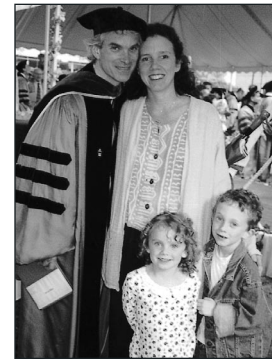
Consideration of these questions and their answers has spurred The Gold Foundation to look closely at the nation's teaching hospitals to determine how patient-centered, humanistic medical practice can be nurtured in the hospital setting.

With a grant from The Healthcare Foundation of New Jersey, a partner in efforts to bring more humanism to medicine, The Gold Foundation is researching model programs in teaching hospitals throughout the country where patient-centered care is practiced and promoted. Site visits, personal interviews, a literature review and attendance at this year's Picker Institute symposium have yielded rich information about the delivery of humanistic, as

well as technologically proficient care in a teaching hospital atmosphere.

Beth Israel Medical Center in New York City is one of several in the nation currently hosting model units which create a total environment conducive to the delivery of compassionate and humanistic patient care.

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Steven Z. Miller, M.D., Gold Foundation Assistant Professor of Pediatrics at Columbia College of Physicians & Surgeons and Director of Pediatric Emergency Medicine celebrates with his wife, **Dodi Meyer, M.D.**, Director of The Foundation's Home Visit Program, and their children, at the 1999 Columbia Commencement exercises at which Dr. Miller received special recognition.



Marla Catherine Mikelait, M.D., Graduate from the Class of '99 Columbia University College of P & S recipient of The Arnold P. Gold Foundation Commencement Award for excellence in both science and patient care.



Barbara Barlow, M.D., Professor of Clinical Surgery and Director of Pediatric Surgical Services at Harlem Hospital, recipient of the '99 Arnold P. Gold Foundation Faculty Commencement Award at Columbia for distinction as an exceptional role-model.

The humanistic connection

Our recent and continuing literature investigation indicates that there has been considerable research addressing the connection between humanistic practices of physicians and degrees of patient satisfaction, compliance and emotional well being.

However, there seem to be fewer quantitative studies which measure the incidences of patient recovery or cure rates vis-à-vis treatment given by humanistic medical personnel versus those perceived to be less humanistic.

From hundreds of studies reviewed the data clearly indicates that since humanistic practices of physicians play a role in influencing patient well-being, and patient well-being has been associated with greater patient recovery rates, one can logically conclude that there is indeed a connection between a physician's humanistic qualities and patient recovery.

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Patient-centered medical practice

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While exemplary work is being done in select hospital environments, there remains an important role for advocates of humanism in medicine in influencing the profound changes taking place in hospital organizational culture.

Our Foundation is committed to joining the national dialogue on change in hospital environments. Ensuring a patient-centered focus in major medical institutions, especially teaching hospitals, is the next logical step in fostering humanism throughout the medical system. In the coming months, we will report more fully on our research results and on The Foundation's activities in the promotion of healing hospital communities.

Rebecca Sullivan

Research Consultant

Appreciated securities appreciated!

Tremendous gains in the stock market during the past several years, now make it an excellent time to consider a gift to The Foundation of long-term appreciated stock.

A gift of appreciated stock provides a two-fold tax advantage. First, you avoid paying capital gains tax on the increase in value of stock. In addition, you receive a tax deduction for the full market value of a stock on the date of the gift.

The easiest way to make your stock gift is to transfer your shares directly into The Arnold P. Gold Foundation's investment management account. With a direct transfer, you control the date of the transaction rather than waiting for stock certificates to be mailed and received. Information is available at The Foundation office, (201)567-4930.

As with any tax situation, you should check with your financial advisor or attorney to see how this applies to your particular situation.



Jody Heymann, M.D., at left, Harvard Medical School professor and author of Equal Partners, guest speaker at the 1999 Columbia P & S annual Ethics Night, held March 10 in memory of the 90th birthday of humanistic role-model physician, Dr. Norbert Goldenberg. Center, Dr. Goldenberg's daughter Eva Gans, a sponsor of the event, and at the right, his widow, Lilo Goldenberg Ollendorff.

Contest announced

The Arnold P. Gold Foundation has embarked on a new initiative designed to encourage medical students to express their feelings and articulate their experiences as they enter the medical profession.

Medical students at any accredited school of medicine or osteopathy are invited to submit essays, stories or poems of 1,000 words or less on one of two questions: "Who is the good doctor," or "What are the barriers to humanism in medicine today?" The deadline for submissions is September 30, 1999.

Prize-winning authors will win \$2,000 for first prize, \$1,000 for second prize, \$500 for third prize. There will also be ten awards of \$100 U.S. Savings Bonds for entries deserving an honorable mention. The best 100 entries will receive a certificate of merit. The panel of judges includes a geographically and academically diverse group of recognized experts. Selected essays or stories will be published on *The Big Picture...Daily Message* on our web site.

DOC's Angels

This issue of DOC is made possible by the support of Milton and Shirley Gralla, Thomas and Judith Livingston Moore, Norman and Barbara Seiden and Stanley and Sylvia Shirvan.

Welcoming the Class of 2003!

As 1999 unfolds we are pleased to announce that 108 schools of medicine and osteopathy are working with The Arnold P. Gold Foundation and are planning to hold White Coat Ceremonies (WCC) this year. Fifteen thousand lapel pins, bearing The Foundation's award winning humanism in medicine logo, are being distributed throughout the U.S. and Israel for students in the Class of 2003. In addition, at least 23 schools are holding their own similar version of The Gold Foundation's WCC.

This year ten new schools are sponsoring a White Coat Ceremony for their entering medical students. They are: Louisiana State University at Shreveport, Morehouse School of Medicine, Dartmouth Medical School, Columbia University's Program in Physical Therapy, Indiana University School of Medicine, University of Nebraska College of Medicine, University of Illinois at Chicago College of Medicine, University of Pennsylvania School of Medicine, University of New Mexico School of Medicine and Tel Aviv University Sackler Faculty of Medicine.

A complete schedule of 1999 White Coat Ceremonies is available on our web site: www.humanism-in-medicine.org, or you may call The Foundation office.



Physician - artist, Wilma Bulkin Siegel mesmerized visitors, patients and staff in the Energy Court of the Columbia Presbyterian Center of the New York Presbyterian Hospital as she created images of those who live and work in the hospital community. These likenesses will be transferred to kites and banners to be suspended in the Energy Court, symbolizing the energy of the hospital family. Here she is sketching Herbert Pardes, M.D., Vice President of Columbia University's Health Sciences, and Dean of the College of Physicians & Surgeons.

Annual Dinner/Musical



Russ Berrie, Foundation benefactor and co-host (with his wife Angelica) of the annual dinner/musical, chats with Barbara and Norman Seiden, Foundation Vice President on May 16, 1999.



Jeffrey L. Saltzer, C.P.A., Foundation patron and Treasurer of the Board of Trustees

A living tribute to a special man

William J. McGorry was a dedicated community volunteer and philanthropist for nearly all of his 86 years. He worked diligently for his church, his town, and his home owners association. During his business career, he was a Vice President at Hanover Bank, and a specialist and author on tax and estate planning.

When Mr. McGorry died last February, his son Mark named The Arnold P. Gold Foundation as a recipient of gifts in his father's memory. Many friends and business associates chose to commemorate William McGorry's life and work with a memorial gift.

Contributions made in honor of a special occasion, such as a birthday or anniversary, or in memory of a family member or friend serve as especially meaningful living tributes.



Joan Liman, M.D., Associate Dean for Student Affairs, New Jersey Medical School. Dr. Liman has been actively involved in implementing Foundation programs since 1994.



Hilde and Sid Schonfeld, active volunteers and devoted Foundation supporters.

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COMMEMORATING
 OUR TENTH ANNIVERSARY
 YEAR