

# HIGENTRY Health

AUTUMN 2012

QUARTERLY

## A CUT ABOVE

Craig Albanese  
Revolutionizes Packard  
Children's Hospital

## THE REACT TRIAL

*The Debate over  
Lung Cancer Detection*

## *Rock* HEALTH

*A Shock to the System*



New Ideas in Cosmetic  
Procedures & Doctoring  
to the Olympians

## PAMFRI Wins Major Research Grant

The American Diabetes Association names the Palo Alto Medical Foundation Research Institute as the recipient of a \$300,000 grant to study gestational diabetes.

Gestational diabetes is marked by high blood sugar (glucose) that starts, or is first diagnosed, during pregnancy. Women with gestational diabetes may have increased perinatal health risks and are also at increased risk for the later development of type 2 diabetes. Although Asian Americans have the highest rates of gestational diabetes in the United States, there is limited information regarding racial/ethnic differences in gestational diabetes among Asian American subgroups (Asian Indians, Chinese, Filipino, Japanese, Korean, and Vietnamese), compared to Non-Hispanic Whites. The American Diabetes Association has just given \$300,000 to PAMFRI to conduct a three-year research study into this subject. According to the U.S. Census Bureau, Asian Americans are the fastest growing racial/ethnic group in the country, with a population of more than 14 million, and this figure is projected to reach nearly 34 million by 2050. At the Palo Alto Medical Foundation (PAMF), Asian Americans comprise the largest racial/ethnic minority group of all patients. [www.pamf.org](http://www.pamf.org).



## Mindful Munchies

MORE THAN JUST GOOD FIBER

When life gives you lemons, make lemonade . . . or, in the case of Jennifer Bielawski, gluten- and dairy-free granola. The Lafayette mom and entrepreneur is the co-founder of **THOUGHTFUL FOOD**, an organic and gluten-free health food distribution and production company whose **GIDDY UP & GO GRANOLA** blends can be found in over 300 stores and vending machines on the West Coast.

In addition to organizing a lecture series on food intolerance, Bielawski, whose own children struggled with food-related health problems, developed the Thoughtful Food line to “fill the gap for people needing clean, healthy, pure alternatives.” Giddy Up & Go Granola is trans-fat free, contains 100% organic agave nectar (making it a safe choice for some diabetics), and boasts the optimal daily requirement of omega-3 fatty acids needed for brain development. Overall, the company hopes to encourage customers to pay more attention to the messages their bodies are sending them and to settle for nothing less than great health. Now that’s food for thought. [www.thoughtfulfood.net](http://www.thoughtfulfood.net)

## PARTNERS *in* CARE

After the merger of the two historic UCSF auxiliaries of Mount Zion and Parnassus, **UCSF PARTNERS IN CARE** was born. Representing both the UCSF Medical Center and UCSF Benioff Children’s Hospital, this new nonprofit volunteer group is on a mission to fund programs that will have the greatest impact on patients and their families, simultaneously serving as a complement to the excellent provision of healthcare for which UCSF is renowned. Through year-round fundraisers that inspire people to get involved, the quest of Partners in Care is simple: make a difference by supporting patients and families.

Many of these fundraisers and social events are put on by Partners in Care’s new membership group, Infusion, comprised of young Bay Area professionals dedicated to the organization’s goal of raising both awareness and funds. With events like the 2nd annual summer cruise, Splash!, which took place on August 24, Infusion aims to make giving fun. The group’s next big fundraiser, Cirque du Soiree, is set to take place on November 15 and promises a night of delicious food, great music, and even a few trapeze performances.

In addition to these events, UCSF Partners in Care relies on the generosity of friends and donors through membership, the annual fund, car donations, special sales, and more. One of its biggest supporters is Bloomingdale’s, which has helped organize several events for the organization in the past. “We are eternally grateful for their support,” says Marsha Monro, director of fundraising for the nonprofit. “However, any support, whether from donors, corporate sponsors, or any of our 500 members, goes a long way.”

Says Monro, Infusion’s co-founder, “We’re starting off small so that it’s intimate and memorable.” One day, the group hopes to be so memorable that its annual signature event becomes one of the leading fundraisers in San Francisco. ♦ —KRISTY GUSTAFSON



Taylor Finn and Bailey Locke at UCSF’s Splash! event.