Penn’s Tuition for 2010-2011

The University of Pennsylvania announced one of its smallest tuition increases in 42 years—3.8 percent—while reaffirming its commitment to its innovative no-loan financial-aid program. Penn will expand its financial-aid budget for the coming year by $15 million, or 11 percent, to $149 million.

In 2009-2010, the number of aided undergraduates jumped by 10 percent, and aid expenditures have grown by 19 percent.

“The effects of the lingering recession remain deep and painful, with millions still without work as many struggle to meet their day-to-day obligations,” President Amy Gutmann said. “This is why we remain so committed to no-loan financial-aid packages for our dependent, undergraduate students and why we will continue to respond to changes in families’ financial circumstances as we did throughout this past challenging year.”

Beginning in September 2009, Penn substituted grants for loans for all aid-eligible undergraduates. The average grant for those students is $32,548.

Total undergraduate charges for 2010-2011—tuition, fees and room and board—will increase by 3.9 percent. Undergraduate tuition will increase to $36,208 from $34,868; room and board will increase to $11,430 from $11,016; and fees will increase to $4,306 from $4,102.

The Budget and Finance Committee of Penn’s Board of Trustees approved the tuition increase last Thursday. The full board approved it on Friday.

In 2009-2010, 42 percent of Penn’s undergraduate students received need-based grants from Penn. Most undergraduates from families with incomes of less than $175,000 are receiving some level of grant assistance, and the typical student with family income of less than $40,000 receives grant aid that covers tuition, room and board.

Penn’s financial-aid budget has increased 71 percent since 2004, the first year of Dr. Gutmann’s presidency.

Penn is one of fewer than 50 private institutions in the United States that both admits academically qualified students without regard to their families’ ability to pay and meets the full need of all undergraduates. Of the handful of other colleges and universities that have adopted no-loan policies in their financial-aid packages, Penn has the largest undergraduate enrollment at more than 10,300.

Increasing educational access remains a priority of Penn’s historic $3.5 billion ‘Making History’ campaign, which raised $2.4 billion to date. The campaign includes a fundraising goal of $350 million for undergraduate student aid and another $323 million for graduate and professional student aid.

Additional information on undergraduate financial aid at Penn is available at www afs upenn edu/ giving paying pro.htm.

$4.25 Million for Penn’s Rare Book & Manuscript Library

The Penn Libraries have received $4.25 million for the renovation of the Rare Book & Manuscript Library (RBML) and the creation of a Special Collections Center. The donor, who wishes to remain anonymous, is a member of the Libraries’ Board of Overseers. This is the largest gift to the Libraries from a living donor.

“Because of this gift, we will have a multipurpose space in our Rare Book & Manuscript Library that is equal to the scholarship that our special collections inspire,” said President Amy Gutmann. “Students will now have a place where they can physically experience the past as part of their preparation for the future. We are thrilled and enormously grateful.”

The gift will support the first phase of a $15 million expansion project whereby the collection, study, and curatorial facilities on the sixth floor of the Van Pelt-Dietrich Library Center will be transformed into a new Special Collections Center. The redesigned Center will play to the strengths of the rare book library’s teaching and digitization program. The Center will encourage the use of special collections in both research and in the curriculum; a fully equipped and staffed conservation suite will ensure continued effective stewardship of Penn’s rare book and manuscript collections. The new design will also include much-needed additional classrooms, improved reader spaces, and a media lab. Its new consultation areas will foster interaction between curators and scholars.

The Rare Book Library’s existing spaces, including its Furness Shakespeare Library are to be remodeled and improved. And the Schoenberg Center for Electronic Text and Image will have an entirely new home, one that enables humanities researchers to create—and experiment with—a wide range of digital content.

The centerpiece of the Special Collections Center will be Penn’s more than 250,000 rare books, representing subjects as diverse as Aristotle, the history of chemistry, Shakespearean and Renaissance literature, the 18th century, the Spanish Inquisition, comic books and cookbooks, and the Gotham Book Mart Collection. In addition to 800 medieval manuscripts, notable manuscript collections include those of Theodore Dreiser, Lewis Mumford, Marian Anderson, Alma Mahler Werfel, Howard Fast, and, most recently, Chaim Potok, as well as the Lenkin Family Collection of Photography, which comprises nearly 4,000 historical photographs of the Holy Land taken between 1850 and 1947.

“This gift will energize fundraising efforts to reach our $15 million goal for the Special Collections Center,” said Carton Rogers, Vice Provost and Director of Libraries. “It is a truly momentous gift for Penn and the Libraries.”

The first phase of construction of the Penn Libraries’ Special Collections Center will begin in late summer 2010.

Alan Charles Kors: Henry Charles Lea Professor of History

The University of Pennsylvania has named the Henry Charles Lea Professor of History in the School of Arts and Sciences. Dr. Kors specializes in European intellectual history of the 17th and 18th centuries, with a special teaching interest in the deep intellectual transformation of European thought and a special research interest in the relationships between orthodox and heterodox thought in France after 1650. He has published several books and many articles on early-modern French intellectual history, and was editor-in-chief of the Encyclopedia of the Enlightenment (4 volumes, Oxford University Press, 2002).

He served for six years, after confirmation by the US Senate, on the National Council for the Humanities, and he has received fellowships from the American Council for Learned Societies, the Smith-Richardson Foundation and the Davis Center for Historical Studies at Princeton University. He has won the University’s Lindback Award and the School of Arts and Sciences’ Ira Abrams Memorial Award for distinguished teaching and several national awards for the defense of academic freedom. In 2005, at the White House, he received the National Humanities Medal, for, according to the citation, “his study of European intellectual thought and his dedication to the study of the humanities. A widely respected teacher, he is the champion of academic freedom.” Dr. Kors also has served on the Board of Governors of the Historical Society and on the Executive Committee of the American Society for Eighteenth-Century Studies and in 2008, he was awarded the Bradley Prize.

(continued on page 3)
The following is published in accordance with the Faculty Senate Rules. Among other purposes, the publication of SEC actions is intended to stimulate discussion among the constituencies and their representatives. Please communicate your comments to Sue White, executive assistant to the Senate Office, either by telephone at (215) 898-6943, or by e-mail at senate@pobox.upenn.edu.

Faculty Senate Executive Committee Actions
Wednesday, February 24, 2010

Chair’s Report: Faculty Senate Chair Harvey Rubin reported that the March SEC meeting will be held in the Meyerson Conference Room on the 2nd floor in the Van Pelt-Dietrich Library. Dr. Rubin announced that the March SEC meeting will start as a meeting of the full Senate with an agenda to vote on a Faculty Senate Executive Committee Bylaw change.

Past Chair’s Report: Faculty Senate Past-Chair Sherri Adams reported that the Academic Planning and Budget Committee heard a report on undergraduate research and had a short presentation on the status of the budget. Dr. Adams reported that Capital Council approved infrastructure improvements.

Discussion and vote of School of Engineering and Applied Science Proposal to amend Faculty Handbook provisions relating to non-standing faculty tracks: Senate Committee on Faculty and the Academic Mission (SCOF) Chair Reed Pyeritz presented the SCOF recommendation to endorse the School of Engineering and Applied Science (SEAS) proposal to alter several specifications in the Faculty Handbook regarding non-standing faculty and academic support staff. Dr. Pyeritz explained that specifically the proposal is asking for: an ‘Associate Professor of Practice’ to be established in the practice professor track of the non-standing faculty; a ‘Principal Lecturer’ designation superior to the current Lecturer designation in the academic support staff; and that the 5% current cap (as a percentage of the number of standing faculty) on the number of senior lecturers be increased to 15% for senior and principal lecturers combined. He reported that SCOF devoted several meetings to these requests, posed questions to the senior leadership of SEAS, and met with Deputy Dean Vijay Kumar to review data on courses taught by academic support staff. Dr. Pyeritz stated that after this review SCOF endorsed the SEAS proposal and while urging for continued examination of the role of non-standing faculty at Penn, did not want that analysis to impede the SEAS request.

Dean Eduardo Glandt explained to SEC members the background of the request citing a need to enhance the quality of lecturers, and reduce reliance on part-time and adjunct lecturers. He explained that the proposed expansion in academic support staff is important to establish ties with and stay relevant to modern industry, as well as educate and train students in current areas.

After much discussion, SEC members voted unanimously to table the vote on the SEAS proposal and requested that SCOF invite SEAS Dean Eduardo Glandt and Deputy Dean Vijay Kumar to a meeting to discuss the rationale for the increase to 15% for the cap and also to gather more information about the range of courses that the proposed non-standing faculty would teach.

Division of Public Safety Overview: Vice President of Public Safety Maureen Rush updated SEC on public safety at Penn. She reviewed a map showing the Penn Patrol Zone which comprises a 2 1/2 mile radius. VP Rush provided crime statistics for aggravated assault, residential burglaries, and thefts. She showed the importance of crime mapping and maintaining close communication with the Department of Public Safety to track where crimes are committed and the location of the perpetrator’s residence. VP Rush reviewed Penn’s Public Safety Model which is comprised of: Human Resources, Fire Safety Technology, Emergency Communication, Community Engagement, and Lighting. She updated SEC on recent changes in the Philadelphia Police Department and how they have affected Penn’s Department of Public Safety. VP Rush reviewed the new Penn Siren Outdoor System, lighting, CCTV cameras, and diversity education and training for Penn police personnel. VP Rush proudly reported that for the third year, Penn is ranked number one for safety in the Higher Education sector by Security Magazine.

McNair Scholars Program: March 22

The McNair Scholars Program at Penn is currently accepting applications from eligible sophomores for its 2010 cohort. The program identifies and prepares academically talented undergraduates interested in obtaining research PhDs who come from several groups currently underrepresented in higher education: students from low-income backgrounds who will be the first in their family to obtain a college degree, as well as African-American, Latino/a, and Native-American students. The program provides research training, early scholarly experiences, and preparation for the graduate school application process and doctoral study. This year, admission priority will be given to applicants majoring in one of the STEM disciplines (science, technology, engineering, and mathematics). Faculty and staff members are urged to refer potential applicants to the McNair Scholars website at www.vprl.upenn.edu/aap/mcnair for complete eligibility guidelines and application materials. The deadline for applications is March 22, 2010.

Trustees’ Meeting Coverage

At last week’s Trustees’ Stated Meeting, in the invocation, Chaplain Charles Howard said when it comes to service “Penn leads” and that “our students have become our teachers,” noting how they have raised money and awareness to help the victims of the Haitian earthquake.

This was the first board meeting presided over by the new chairman, David Cohen, who said it was an honor to read the memorial resolution for the late Christopher Browne.

Mr. James Riepe presented the resolution of appreciation for Paul Kelly, a trustee since 1997, who was designated as an emeritus trustee.

President Amy Gutmann presented the resolution to reappoint Michael X. Deli Carpini as dean of the Annenberg School of Communication.

Dr. Gutmann called for a moment of silence to remember the late former trustee Carl Kayser, whom she described as “a truly fine Quaker, a beloved son of Philadelphia and a veritable polymath.”

The president said that there was a 17% overall increase in the undergraduate applications submitted for the class of 2014; with SEAS up 32% and Nursing up 31%. The charges for next year’s tuition, fee, room and board will go up 3.9% which she described as a “modest” increase. Meanwhile the financial aid budget will increase 11%. The Making History campaign has reached $2.66 billion or 76% of its $3 billion goal. This was accomplished thanks to contributions from several recent gifts including the $4.2 million for the Rare Book & Manuscript Library.

Provost Vincent Price suggested that the jump in undergraduate applications may be due to the “world-renowned faculty.” He mentioned that the Trustees Council of Penn Women will honor the first recipient of a new award for women faculty. He also mentioned the formation of the Penn Forum for Women Faculty, intended for building networks.

EVP Craig Caruaroli gave the financial report: the consolidated performance for the six months ended December 31, 2009 showed that the total net assets increased to $8.349 billion, an increase of $788.1 million or 10.4% due to favorable investments and operating performance. He noted that Standard & Poors had approved an AA- rating on Tuesday for UPHS.

Dr. Arthur Rubenstein explained that during the severe snowstorm that closed the University for two days, the “enormously dedicated staff at HUP” ensured that patients and their families were taken care of around the clock: some 300 staff slept overnight at the Perelman Center to be able to get back to the hospital. He also mentioned that three women and a child from Haiti were flown to HUP for medical care and are now recovering. Penn Medicine has contributed more than $700 million worth of services to the local community in the past year. Dr. Rubenstein said he is proud of how Penn Medicine is contributing to Penn and the world.

The Budget & Finance Committee presented 11 resolutions which all passed including the undergraduate tuition, fees and other charges for academic year 2010-2011 (see page 1). They also authorized a 10-year lease for Wharton, in San Francisco ($23,121,914); Sansom East and West renovations ($10 million); design of the Krishna P. Singh Center for Nanotechnology, an additional $8,175,000, (to be matched); Steinberg Hall-Dietrich Hall renovations ($2.955 million); Evans Building renovations ($5.250 million); Steinberg Hall-Dietrich Hall Cafe and Reprographics renovation ($4.680 million); Locust Walk improvements ($3.5 million); Phase 3 renovations to Fagin Hall ($2.955 million); Evans Building renovations ($1.470 million) and electrical and systems engineering lab in Moore ($1 million).

PSSA Brown Bag Lunch

PSSA will hold a Social Networking Technologies Workshop on Wednesday, March 17, noon-1 p.m., rm. G65, Jon M. Huntsman Hall.
Penn’s Center for the Advanced Study of India’s $2 Million Grant from the Government of India

The University of Pennsylvania announced a $2 million grant from the Ministry of Overseas Indian Affairs of the Government of India (MOIA) to support Penn’s Center for the Advanced Study of India (CASI), which will conduct research on international migration from India.

This is the first time that MOIA has ever awarded an empirical research grant of this magnitude to an academic institution outside India.

“Penn was chosen because it is home to CASI, which has become known around the world as the first and only academic research unit in a US university focused on contemporary India,” G. Gurucharan, Joint Secretary, MOIA said. “We see this as a small beginning.”

He signed the agreement on behalf of the MOIA at a ceremony at College Hall on February 16, joined by Rajeev Ranjan, community affairs counsel of the India Embassy in Washington; Shiv Ratan, MOIA director, financial services and budget; Rebecca Bushnell, dean of the School of Arts and Sciences at Penn; Devesh Kapur, associate professor of political science and Madan Lal Sobti, director of CASI; Penn Provost Vincent Price; Jack H. Nagel, associate dean for the social sciences; and Ramin Sedehi, vice dean for finance and administration.

As principal investigator of the research project, Dr. Kapur will be supported by a group of scholars recruited specifically for the purpose of conducting the research, as needed during the next four years. Dr. Kapur’s forthcoming book, Diaspora, Democracy and Development: The Impact of International Migration from India on India will be published this summer.

CASI, which was founded in 1992, has been awarded numerous research grants from major philanthropic foundations such as The GE Fund, The Ford Foundation, The Bill & Melinda Gates Foundation and the John D. and Catherine T. MacArthur Foundation. Additional information about Penn’s Center for the Advanced Study of India is available at http://casi.ssc.upenn.edu/

| Penn Libraries Appointments |

The Penn Libraries announced the appointment of Candice Galindo as the first Eugene Garfield Resident in Science Librarianship. Reporting to the Assistant Director for Engineering and Physical Sciences Libraries, Ms. Galindo will be an integral member of the Engineering and Physical Sciences Libraries.

Established by library overseer Eugene Garfield, the Eugene Garfield Residency in Science Librarianship arose from an idea to support a growing information literacy program in the School of Engineering and Applied Science at Penn.

“The Libraries are very proud of this initiative and so thankful to Gene for making it possible,” said Carton Rogers, Vice Provost and Director of Libraries.

The Residency is intended to provide a new librarian with practical experience and preparation for a permanent position in science librarianship. The Residency is also intended to serve as a diversity initiative, encouraging, but not requiring, applications from members of under-represented racial/ethnic groups. While similar programs exist at other universities, this one is unique in its focus on science librarianship.

Ms. Galindo is a recent MLIS graduate from the University of Texas-Pan American.

Mr. G. Gurucharan, Joint Secretary, MOIA, with Rebecca Bushnell, Dean of the School of Arts and Sciences, University of Pennsylvania

Penn Genome Frontiers Partnerships in Translational and Personalized Genomics: March 15

The Penn Genome Frontiers Institute (PGFI) is seeking Letters of Interest for partnerships in translational and personalized genomics. The PGFI intends to establish focal centers within the PGFI for large-scale projects targeting translational and personalized genomics.

Each focal center will apply genomics, computational analysis, and systems modeling on a single disease, single translational model system, or a therapeutic problem. Ideal projects will vertically integrate well-characterized clinical populations, high-throughput assays, pathway and target identification, functional validation in model systems, and the design of therapeutic strategies.

Each focal center is expected to immediately launch pilot projects including genomic sequencing, RNA sequencing, design of analysis strategies, and functional assays. The focal centers are expected to seek external funding in partnership with PGFI and dynamically participate in all PGFI activities.

The PGFI anticipates an investment of $5 million over the next three years to support up to three centers. We anticipate the installment of next-gen sequencing machines, additional computational infrastructure, support personnel, and funding of preliminary data collection.

Investigators interested in participating in the establishment of the focal centers should send a letter of interest to PGFI. The letter of interest should contain the following information:

1. List of interested investigators
2. Target problem
3. Rationale for PGFI partnership
4. Description of current resources including clinical populations

Potential projects will be evaluated for the following criteria:

- Interdisciplinary team including multi-school participation
- Strength and availability of clinical populations and other existing resources
- Potential for vertical integration with genomic technologies
- Potential for impact and external funding

Please send letter of interest and any supporting material to Kristin Field, assistant director of programs, Penn Genome Frontiers Institute, 301 Lynch Laboratories/6018, 433 S. University Avenue, Philadelphia, PA 19104-6018.

(continued from page 1)

Henry Charles Lea Professor

The Henry Charles Lea Professorship in History was established through the estate of Nina Lea in memory of her father, Henry Charles Lea (1825-1909), a noted Philadelphia historian, publisher, activist and civic reformer. His career as a historian spanned over half a century, during which time he published ten books and many articles on subjects including church history in the later Middle Ages; institutional, legal and ecclesiastical history; magic and witchcraft; and the history of the Italian city-states.
First Anniversary of American Recovery and Reinvestment Act: $171 Million in Research Funding for Penn

On the first anniversary of the enactment of the American Recovery and Reinvestment Act (ARRA), the University of Pennsylvania has received more than $171 million in awards that fund more than 348 studies in gene therapy, robotics, public education, neurological disorders, the origins of cardiovascular disease and more. Approximately 700 different positions at Penn are funded by ARRA, allowing Penn researchers to continue studies in nearly every aspect of basic science and public health.

The stimulus act has delivered the largest increase in basic funding in the history of federally funded science, with $215.5 billion. While one of the smallest pieces of the stimulus measure—less than 3 percent of the total $787 billion—scientific inquiry and discovery play an essential role in both short-term recovery and long-term economic growth.

Since enactment, Penn faculty members have submitted more than 1,000 grant applications to institutions like the National Institutes of Health and National Science Foundation.

“The American Recovery and Reinvestment Act is making a difference for Penn’s world-class researchers, students embarking upon research careers, support staff and the community at large by funding important scientific studies that will lead to the improved health and well being of millions and will spur economic growth in the long term,” Steven J. Fluharty, Penn’s vice provost for research, said.

In addition to Penn awards announced previously that fund literacy and teaching programs, research into neurodegenerative disorders, genetic susceptibility to lung cancer and the emerging field of haptotherapy, newly funded researchers and their studies include:

- Raquel E. Gur, professor in the department of psychiatry, $10 million for a two-year project that has funded $6 full-time positions at Penn. Working with researchers from The Children’s Hospital of Philadelphia, Dr. Gur is looking for genetic markers that may indicate mental disorders in children, a first step towards detecting problems earlier.
- Daniel Dries, assistant professor in Penn’s School of Medicine, $250,000 by the National Heart, Lung and Blood Institute to study the genetic links that contribute to the progression of hypertensive heart disease in those with kidney failure. The award also included a teaching component under the Act’s Summer Research Experiences for Students and Science Educators.
- Daniel J. Rader, professor of medicine and director of preventive cardiovascular medicine and the Lipid Clinic at Penn, $2.4 million from the National Heart, Lung and Blood Institute to study the heart, lung and blood diseases that account for three of the four leading causes of death in the United States. Coronary heart disease is the leading cause of mortality in both men and women worldwide, and incidence is highly correlated with levels of cholesterol and fat in the blood. Dr. Rader will target newly discovered genes for new therapies that deal with lipid disorders.
- Dan Hammer, professor of bioengineering, and Gary Koretzky, a professor of medicine, $762,608 from the National Institutes of Health for a two-year study to model the way lymphocytes, or white blood cells, make their way around the body. The research seeks to understand how multiple chemical and cellular signals direct immune-cell traffic throughout the body. This work represents a marriage of computational and molecular biology applied to unraveling the complexities of the immune system.

“The University of Pennsylvania, like many of the nation’s established research institutions, believes that ARRA represents the nation’s renewed commitment to science,” said Bill Andresen, associate vice president of research.

Penn supports one of the world’s leading research communities with more than $750 million in total research awards and has 323 invention disclosures in 2008. Penn is the nation’s second largest recipient of NIH funding.

University faculty perform basic research across 12 schools, including the School of Medicine; the School of Veterinary Medicine, which is a regional governmental partner in food safety and public health; and the schools of Arts and Sciences and Engineering and Applied Science, which focus on achieving scientific advances with practical applications to improve health, the nation’s infrastructure, technology and education.

2010 Performance and Staff Development Program

Open and effective communication is essential when it comes to enhancing performance and achieving goals. The Performance and Staff Development Program (the annual performance appraisal program) provides staff and supervisors with a formal process to open the lines of communication and promote a healthy work environment.

The performance appraisal process provides benefits for both the staff member and the supervisor, such as:

- Providing documented feedback on job expectations, performance, and accomplishments from the past year
- Offering positive reinforcement as well as developmental feedback
- Providing substantive support for annual salary increases
- Allowing staff members to participate in goal-setting
- Setting performance expectations and goals for the upcoming year
- Encouraging open communication between staff and supervisors
- Predicting discussion of professional development opportunities
- Ensuring that job performance and accomplishment information is recorded in each staff member’s official personnel file

This year, performance appraisals for all eligible regular staff should be completed and entered into the Performance Appraisal Database (PAD) by June 1. Appraisals may be entered into PAD beginning March 1. Keep in mind that it’s important for supervisors to complete appraisals for all staff who may or may not receive annual salary increases to validate the level of increase awarded. You can find information and materials for the 2010 appraisal cycle on the Human Resources website at www.hr.upenn.edu/staffrelations/performance. For assistance and training on the Performance and Staff Development Program, contact Human Resources at (215) 898-6093.

Correction: In the February 23 issue, the Models of Excellence Selection Committee, mistakenly listed Peter Rockett as the chair of the Weekly-Paid Professional Staff Assembly. Although he is an active member, Michelle Wells Lockett is the chair. For a listing of officers see: www.upenn.edu/wpsa/boardmembers.html

Center for Molecular Studies in Digestive and Liver Diseases—Pilot and Feasibility Grant Program

2010 Competition: April 9

Application Instructions

Purpose and Research Focus

The purpose of Penn’s Center for Molecular Studies in Digestive and Liver Diseases is to unite investigators with interests in digestive and liver physiology and disease and to stimulate others in the biomedical community to enter this exciting area of research. One of the most important aspects of this effort is the funding of Pilot/Feasibility Projects.

The Pilot/Feasibility Project should be related to the focus of the Center, which encompasses molecular studies on the biology or disease of the alimentary tract, pancreas, and liver. Relevant investigations include those in developmental biology, nutrition, regulation of gene expression, growth, differentiation and carcinogenesis, the biology of stem cells, molecular genetics, gene therapy, and immunology, including growth factors and cytokines.

Eligibility

All faculty members of the University of Pennsylvania scientific community who meet the eligibility requirements below are invited to submit proposals. Applicants must be US citizens or have permanent visas.

1. New investigators who have never held extramural support (R29, RO1, PO1).
2. Established investigators in other areas of biomedical research who wish to apply their expertise to a problem in digestive and liver disease.
3. Established digestive and liver investigators who wish to study an area that represents a significant departure from currently funded work.
4. Pilot project awardees are eligible for two years of funding; renewals are evaluated competitively.

Proposal Preparation

1. Submit all documents, in the format below, as one PDF to kmimeyer@mail.med.upenn.edu

Proposals are due Friday, April 9, 2010.

2. Format

- Cover page: includes abstract of up to 250 words and list of approved or pending IACUC/IRB protocols
- NIH biographical sketch
- NIH other support (provide full information; do not use modular format)
- Budget and justification: one year, $20,000; one page only
- Background, preliminary results, estimated core usage, research plan, and future directions; up to four pages total
- Senior Investigators should indicate how this project represents a new direction in their research

References: one page only

Appendix: pertaining to preliminary data only, no reprints

For additional information, please contact: Center for Molecular Studies in Digestive and Liver Diseases, tel: (215) 573-4264, fax: (215) 573-2024, e-mail: kimmeyer@mail.med.upenn.edu.

—Dr. Anil K. Rustgi,
Chief, Division of Gastroenterology,
T. Grier Miller Professor of Medicine & Genetics,
Director, Center for Molecular Studies in Digestive & Liver Diseases
Animal Research Information Electronic Submission (ARIES) Now Available

The Vice Provost for Research, the Division of Finance, the Office of Regulatory Affairs, and Information Systems and Computing are pleased to announce the release of the Animal Research Information Electronic Submissions system (ARIES).

ARIES is a new secure, web-based animal research protocol submission application that will provide the ability to electronically submit, track, and manage Institutional Animal Care and Use Committee (IACUC) protocol submissions.

This release allows the creation, submission, electronic routing, and approval of animal research protocols to the IACUC, including the ability to submit Continuing Reviews and Amendments to an existing animal research protocol created within the ARIES system. This release also includes electronic notifications and the ability for internal review entities, including IACUC members, to review protocols [electronically].

Using ARIES for new protocols and those due for their three-year renewal is currently optional but highly recommended. It is expected that ARIES will become the only acceptable method of submitting these types of protocols in the very near future.

Who should use ARIES?

ARIES can be used by members of the research community involved in IACUC protocol creation, submission, routing, review and/or approval. The following internal review entities with appropriate access may also use this application to view a protocol:

- IACUC Committee Members
- Veterinary Review
- Office of Environmental Health and Radiation Safety
- Office of Research Services
- HUP Department of Healthcare Epidemiology and Infection Control
- ULAR Diagnostic Services
- Animal Welfare Compliance (ORA)

Benefits of ARIES

Anticipated benefits of ARIES include:

- Streamlined submission process, eliminating the need for researchers to copy and deliver multiple copies of a protocol to other University review units, and eliminating duplicative data entry
- Official inclusion of delegated research personnel into the submission and review process, effectively reducing the amount of direct effort of the Principal Investigators
- Ability for Principal Investigators to reuse data and reduce manual efforts associated with the submission of protocols
- Improved process efficiency and accuracy through electronic routing for approvals and reviews and automatic generation of alerts/notifications based on status changes
- Easy access to review step-wise progress and status of the protocol review
- Secure access to information, including historical data
- Enhancing regulatory compliance through integration of organizations that support animal research, including ULAR (Veterinarians, Diagnostic Services, and Training), EHRS, and HUP Infection Control
- Ability for IACUC Members to electronically review IACUC protocols and amendments

Access

ARIES will be available to all research staff at Penn with a valid PennKey and password. Users will only need to authenticate with their PennKey and password before accessing the system with a standard web browser (see www.upenn.edu/computing/pennkey/ for more information about PennKeys and PennKey passwords).

Optional orientation sessions

Optional orientation sessions are available to researchers who create, review, or approve animal research protocols. These sessions will provide an overview of the ARIES application, including navigation and other features.

To register for a session:
1) Go to Knowledge Link at http://knowledgelink.upenn.edu/.
2) Authenticate with your PennKey and PennKey password.
3) Click “Training—Optional” in the left toolbar.
4) When the training list loads, scroll down to the course titled “ARIES—Animal Research Information Electronic Submissions Orientation Sessions—UNIV” and click “Enroll.”

If you have any trouble accessing the course, contact aries_help@lists.upenn.edu.

Deskto requirements

ARIES can only be accessed using one of the University-supported browsers. For a current list of Penn-supported browsers see the Support Products page at www.upenn.edu/computing/product/.

Saving to PDF: If you do not currently have software such as Adobe Acrobat Pro to save documents as PDF files, there are shareware and freeware options available. See the “Saving Documents in PDF Format” section of the Penn Computing web page at www.upenn.edu/computing/provider/product/specs/adobereaderprovider.html for more information and for links to shareware and freeware options.

For more information on desktop requirements, see the Desktop Requirements page at http://project.pennera.upenn.edu/desktop_req.asp. If you have any questions about the desktop requirements, contact your Local Support Provider. For a contact list, go to www.upenn.edu/computing/view/support/.

End-user support

For help with the ARIES application, contact aries_help@lists.upenn.edu.

Reference materials available

ARIES reference materials are available on the “Submissions” page on the IACUC website at www.upenn.edu/regulatoryaffairs/index.php. Included are a Submitters’ Guide (plus a quick reference guide) and a PI/Dept Reviewers’ Guide.

Questions

If you have any questions, comments, or suggestions, please send an e-mail to aries_help@lists.upenn.edu.

—Dr. Steven J. Fluharty, Vice Provost for Research
—Stephen Golding, Vice President, Finance and Treasurer
—Robin H. Beck, Vice President, Information Systems and Computing
—Dr. Troy Hallman, Director of Animal Welfare, Office of Regulatory Affairs

Research Community: Submitting Recombinant DNA Registrations

The Institutional Biosafety Committee (IBC) and the Office of Environmental Health and Radiation Safety (EHRS) strongly encourage the University of Pennsylvania research community to submit recombinant DNA registrations well in advance of submitting IACUC protocols using the IACUC’s Animal Research Information Electronic Submissions system (ARIES).

When you submit an ARIES protocol involving rDNA work, you will be required to enter either an IBC number or “pending.” If you enter “pending,” your protocol will be reviewed, but approval will be withheld until a valid IBC number has been entered. To avoid approval delays, we encourage you to submit an rDNA registration to obtain a valid IBC number before you submit a protocol through ARIES.

If you have an rDNA registration pending IBC review, you can receive the IBC number assigned to your registration and add it to your initial ARIES submission by contacting any member of the biosafety staff (215-898-4453). This will avoid the need to resubmit your protocol in order to enter the rDNA approval number to replace a “pending” entry. You must still have the IBC rDNA approval letter in your possession before any rDNA work covered by the relevant registration is initiated.

Failures to comply with The NIH Guidelines for Research Involving Recombinant DNA Molecules may threaten NIH funding for the entire institution. Prior planning and coordination of your submissions to the IBC and the IACUC should eliminate system with a standard web browser (see www.upenn.edu/computing/pennkey/ for more information about PennKeys and PennKey passwords).

Environmental Health & Radiation Safety

—Laura Peller, Director, Environmental Health & Radiation Safety
Are You Eligible for a Tax Credit?

If you’re currently saving for retirement through Penn’s retirement plans or contributing to an Individual Retirement Account (IRA), you may be eligible for a tax credit for calendar year 2009. Up to $1,000 of your retirement savings could be returned as a tax credit if you meet certain income limits and eligibility requirements, including the following:

- You must be 18 years of age or older and not a full-time student in order to be eligible for the tax credit.
- You’re not eligible to receive the credit if you’re claimed as a dependent on someone else’s tax return.
- You must be within the following income limits in order to receive the credit:

<table>
<thead>
<tr>
<th>Married Filing Jointly</th>
<th>Head of Household</th>
<th>Single</th>
</tr>
</thead>
<tbody>
<tr>
<td>$0 - $33,000</td>
<td>$0 - $24,750</td>
<td>$0 - $16,500</td>
</tr>
<tr>
<td>50% of first $2,000</td>
<td>deferred</td>
<td>$1,000</td>
</tr>
<tr>
<td>$33,001 - $36,000</td>
<td>$24,751 - $27,000</td>
<td>$16,501 - $18,000</td>
</tr>
<tr>
<td>20% of first $2,000</td>
<td>deferred</td>
<td>$400</td>
</tr>
<tr>
<td>$36,001 - $55,500</td>
<td>$27,001 - $41,625</td>
<td>$18,001 - $27,750</td>
</tr>
<tr>
<td>10% of first $2,000</td>
<td>deferred</td>
<td>$200</td>
</tr>
</tbody>
</table>

* The maximum contribution taken into account for an individual is $2,000.

Source: Internal Revenue Service

Example: Amy contributes $2,000 to her employer’s retirement plan for the 2009 calendar year. Because she’s single and her modified adjusted gross income is less than $16,500, she’s eligible for a $1,000 tax credit. The credit reduces the amount of taxes that she owes (or increases her tax refund) by $1,000 at tax-filing time.

For more information about the saver’s tax credit, visit the Internal Revenue Service’s website at www.irs.gov.

—Division of Human Resources
Penn Vet Working Dog Center Presents: Selecting Working Dogs for the Next Century

Veterinarians, vet techs, dog handlers, members of breeding programs and members of the general public are invited to register for Penn Vet’s Working Dog Center’s first conference, Selecting Working Dogs for the Next Century, scheduled for March 12-15. Doors will open at 5 p.m. Friday, March 12, followed by a reception and Keynote Address at 6 and 7 p.m., respectively.

Those interested can find more information about the Center and the conference and register at: www.pennvetwdc.org/. Partial conference registration is available in the 30 hours, as a result of Continuing Veterinary Education Credits are provided through this conference to veterinary professionals.

Among the featured speakers is Dave Kontny, acting deputy director, Protective Security Coordination Division of the Department of Homeland Security, who will speak about the development of Alaskan sled dogs.

Dr. Glen Golden, Monell Chemical Sensory Center, who will talk about the standards for evaluating candidate dogs for scent discrimination tasks;

Debra Tosch, executive director, National Search Dog Foundation, who will talk about the challenges in finding the right candidates and the screening process to determine successful search dog potential.

Several additional lecturers are slated to present. Full conference itinerary with lecture descriptions and posters to presenters’ gallery can be found online at www.pennvetwdc.org/Working_Dog_Conference.html.


The University of Pennsylvania Police Department Community Crime Report

About the Crime Report: Below are all Crimes Against Persons and Crimes Against Society from the campus report for February 15-21, 2010. Also reported were 13 crimes against property (including 11 thefts and 2 cases of fraud). Full reports are available at: www.upenn.edu/upd/volumes/systems/english/creep.html. Prior week’s reports are also online. –Ed.

The summary is prepared by the Division of Public Safety and includes all criminal incidents reported and made known to the University Police Department between the dates of February 15-21, 2010. The University Police actively patrol from Market Street to Baltimore Avenue and from the Schuylkill River to 43rd Street in conjunction with the Philadelphia Police. In this effort to provide you with a thorough and accurate report on public safety concerns, we hope that your increased awareness will lessen the opportunity for crime. For any concerns or suggestions regarding this report, please call the Division of Public Safety at (215) 898-4482.

The University of Pennsylvania’s journal of record, opinion and news is published Tuesdays during the academic year, and as needed during summer and holiday breaks. Its electronic editions on the Internet (accessible through the PennWeb) include HTML and Acrobat versions of the print edition, and interlink information may be posted in electronic-only form. Guidelines for readers and contributors are available on request and online.

Update AT PENN Deadline

Submissions for the update are due every Monday for the following Tuesday’s issue. The deadline for the April AT PENN calendar is Tuesday, March 16. For information see www.upenn.edu/almanac/calendar/caldead-real.html.

Events are subject to change. Information can be found on the sponsoring department’s website. Sponsors are listed in parentheses. For locations, call (215) 898-5000 or see www.facilities.upenn.edu.

Additional events are in the March AT PENN calendar online, www.upenn.edu/almanac.

Subscribe to Express Almanac

Sign up to receive e-mail notification when we post breaking news between issues. Send an e-mail to listserv@lists.upenn.edu with “subscribe e-almanac <your full-name>” in the body of the message. –Ed.

Penn Vet Working Dog Center

Hill Pavilion on the Philadelphia campus of Plough Intervet, Hill’s Pet Nutrition, The Mc

The 2010 George H. Heilmeier Faculty Award for Excellence in Research—Lecture: March 4

Dr. Rajeev Alur has been named the 2010 Recipient of the George H. Heilmeier Faculty Award for Excellence in Research for his “fundamental contributions in software verification for real-time systems.” Dr. Alur is the Zisman Family Professor of Computer and Information Science and director of Penn Engineering’s Embedded Systems master’s program.

The main focus of his research is the foundations and tools for automated analysis of software and embedded systems. His research spans multiple computing disciplines including computer-aided verification, embedded control systems, logic in computer science, and programming languages. He is a Fellow of the ACM, a Fellow of the IEEE, and an Alfred P. Sloan Faculty Fellow. He received the inaugural CAV (Computer-Aided Verification) Award for fundamental contributions to analysis of real-time systems.

The Award will be presented following a lecture to be given by Dr. Alur on March 4 entitled, Software Verification: From an Unsolvable Problem to Useful Tools. This event will be held at 4:30 p.m. in Wu and Chen Auditorium in Levine Hall on the Penn Engineering campus. A reception will follow the lecture and award presentation.

The George H. Heilmeier Faculty Award for Excellence in Research was established by Penn Engineering for the purpose of recognizing excellence in scholarly activities of the faculty. Named in honor of George H. Heilmeier, it recognizes his extraordinary research career, his leadership in technical innovation and public service, and his loyal and steadfast support of Penn Engineering.

The University of Pennsylvania Police Department Community Crime Report

ALMANAC—UNIVERSITY

RESEARCH

Have you had a terrifying experience? Are you still haunted by the memory even though you try to forget it? Are you also smoking cigarette but want to quit? You may be eligible for a research study with 12 weeks of counseling and medication. Financial compensation up to $485 is provided for eligible persons. Call Shelley at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania: (215) 746-3327.

* For information call (215) 898-5274 or visit www.upenn.edu/almanac/faqs.html. Almanac is not responsible for contents of classified ad material.

Almanac Schedule

There will be no issue March 9 due to Spring Break. Submissions for the March 12 issue are due March 9. The schedule for the remainder of the academic year is online, www.upenn.edu/almanac/issues/2010/s106.html. Submissions are due every Tuesday for the following Tuesday’s issue.

18th District Report

6 incidents with 2 arrests (including 3 robberies and 3 aggravated assaults) were reported between February 15-21, 2010 by the 18th District covering the Schuylkill River to 49th Street & Market Street to Woodland Avenue.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Incident</th>
</tr>
</thead>
<tbody>
<tr>
<td>02/16/10</td>
<td>12:45 PM</td>
<td>3744 Spruce St</td>
<td>Male wanted on warrant/Arrest</td>
</tr>
<tr>
<td>02/19/10</td>
<td>1:16 AM</td>
<td>3411 Chestnut St</td>
<td>Male trespassing/Arrest</td>
</tr>
<tr>
<td>02/19/10</td>
<td>8:58 AM</td>
<td>3800 Sansom St</td>
<td>Complainant assaulted by unknown male</td>
</tr>
<tr>
<td>02/19/10</td>
<td>9:50 AM</td>
<td>3800 Sansom St</td>
<td>Male wanted on warrant/Arrest</td>
</tr>
<tr>
<td>02/20/10</td>
<td>6:20 PM</td>
<td>3340 Walnut St</td>
<td>Unauthorized male i building/Arrest</td>
</tr>
</tbody>
</table>

© 2010 Almanac. All rights reserved.

CLASSIFIED—UNIVERSITY

The University of Pennsylvania’s journal of record, opinion and news is published Tuesdays during the academic year, and as needed during summer and holiday breaks. Its electronic editions on the Internet (accessible through the PennWeb) include HTML and Acrobat versions of the print edition, and interlink information may be posted in electronic-only form. Guidelines for readers and contributors are available on request and online.

EDITOR
Marguerite F. Miller
ASSOCIATE EDITOR
Natalie S. Woulard
ASSISTANT EDITOR
Andrea Tursi
STUDENT ASSISTANTS
Shane Goldberg, Sonie Guseh, Amy L. Agatha Tavera, Janday Wilson

ALMANAC ADVISORY BOARD: For the Faculty Senate, Martin Pring; for the Staff Assemblies, Michelle Wells Lockett, WPPSA; Jon Shaw, Librarians Assembly. For the Student Assemblies, Nancy McCue, PPSA; Michelle Wells Lockett, WPPSA; Jon Shaw, Librarians Assembly.

Equal Opportunity Protection

American Association of University Women—Greater Philadelphia

3910 Chestnut Street, 2nd Floor
Philadelphia, PA 19104-3111
Phone: (215) 898-5274 or 5275 FAX: (215) 898-9137
E-Mail: almanac@upenn.edu
URL: www.upenn.edu/almanac

The University of Pennsylvania Police Department Community Crime Report

About the Crime Report: Below are all Crimes Against Persons and Crimes Against Society from the campus report for February 15-21, 2010. Also reported were 13 crimes against property (including 11 thefts and 2 cases of fraud). Full reports are available at: www.upenn.edu/upd/volumes/systems/english/creep.html. Prior week’s reports are also online. –Ed.

The summary is prepared by the Division of Public Safety and includes all criminal incidents reported and made known to the University Police Department between the dates of February 15-21, 2010. The University Police actively patrol from Market Street to Baltimore Avenue and from the Schuylkill River to 43rd Street in conjunction with the Philadelphia Police. In this effort to provide you with a thorough and accurate report on public safety concerns, we hope that your increased awareness will lessen the opportunity for crime. For any concerns or suggestions regarding this report, please call the Division of Public Safety at (215) 898-4482.

The University of Pennsylvania Police Department Community Crime Report

ALMANAC ADVISORY BOARD: For the Faculty Senate, Martin Pring (chair), Sunday Akintoye, Helen Davies, Heather Love, Cary Mazer, Robert Hornek, Harvey Rubin, Katherine Sender. For the Administration, Lon N. Doyle. For the Staff Assemblies, Nancy McCue, PPSA; Michelle Wells Lockett, WPPSA; Jon Shaw, Librarians Assembly.

The University of Pennsylvania Police Department Community Crime Report

Almanac

Contact Us

The University of Pennsylvania Police Department Community Crime Report

Almanac

The University of Pennsylvania Police Department Community Crime Report

Almanac

The University of Pennsylvania Police Department Community Crime Report

Almanac

The University of Pennsylvania’s journal of record, opinion and news is published Tuesdays during the academic year, and as needed during summer and holiday breaks. Its electronic editions on the Internet (accessible through the PennWeb) include HTML and Acrobat versions of the print edition, and interlink information may be posted in electronic-only form. Guidelines for readers and contributors are available on request and online.

ED
Marguerite F. Miller
ASSOC EDITOR
Natalie S. Woulard
ASSISTANT EDITOR
Andrea Tursi
STUDENT ASSISTANTS
Shane Goldberg, Sonie Guseh, Amy L. Agatha Tavera, Janday Wilson
Sexual Activity in Tweens Delayed By Abstinence-only Program

A study weighs in on the controversy over sex education, finding that an abstinence-only intervention for pre-teens was more successful in delaying the onset of sexual activity than a health-promotion control intervention. After two years, one-third of the abstinence-only group reported having sex, compared to one-half of the control group. The study by researchers at the University of Pennsylvania appears in the February 1 edition of the Archives of Pediatrics & Adolescent Medicine.

While abstinence-only intervention did not eliminate sexual activity all together, this is the first randomized controlled study to demonstrate that an abstinence-only intervention reduced the percentage of adolescents who reported any sexual intercourse for a long period, in this case two years, following the intervention.

“It is extremely important to find an effective intervention that delays sexual activity; the younger someone is when they have sex for the first time, the less likely they are to use condoms,” said lead author John B. Jemmott III, professor of communication in psychiatry and of communication at the School of Medicine and Annenberg School for Communication.

There was a 33% reduction in self-reported sexual intercourse from the abstinence-only group, compared to the control group, by the end of the study. Of the students who reported that they were sexually active during the study, there were fewer reports of recent sexual activity from the abstinence-only intervention participants (20.6%) compared to the control participants (29%).

The researchers cautioned that before any policy issues are discussed, more research is needed to determine the efficacy of abstinence-only education for different populations, including replication of a study like this in young African Americans.

A total of 662 African American students in grades 6 and 7 participated in this randomized controlled trial, which was held on Saturdays in classrooms at four public schools participating in the study.

Researchers determined that none of the interventions had significant effects on consistent condom use or unprotected sex. For those who lost their virginity during the two-year study, there was no difference in consistent condom use between the abstinence-only intervention and the control group.

The researchers noted that, in the United States, the consequences of early sexual involvement—including HIV, other STIs, and unintended pregnancies—are especially great among African American adolescents. An effective abstinence-only intervention could stave off unwanted consequences until adolescents are more prepared to handle the consequences of sex.

Other study authors were from Penn Nursing and the University of Waterloo.

Examining the Protective Effects of Mindfulness Training

A University of Pennsylvania-led study in which training was provided to a high-stress US military group preparing for deployment to Iraq has demonstrated a positive link between mindfulness training, or MT, and improved working memory and mindfulness in individuals who are able to be aware and attentive of the present moment without emotional reactivity or volatility. The study was published in the journal Emotion.

The study found that the more time participants spent engaging in daily mindfulness exercises the better their mood and working memory, the cognitive term for complex thought, problem-solving and cognitive control of emotions. The study also suggests that sufficient MT practice may protect against functional impairments associated with high-stress challenges that require a tremendous amount of cognitive control, self-awareness, situational awareness and emotional regulation.

To study the protective effects of mindfulness training on psychological health in individuals about to experience extreme stress, cognitive neuroscientist Amishi Jha of the department of psychology and Center for Cognitive Neuroscience at Penn and Elizabeth A. Stanley of Georgetown University, and a former US Army officer, provided mindfulness training for the first time to US Marines before deployment. Dr. Jha and her research team investigated working memory capacity and affective experience in individuals participating in a training program developed and delivered by Dr. Stanley, a former US Army officer and security-studies professor who has experience in mindfulness techniques.

The program, called Mindfulness-based Mind Fitness Training (MMFT™), aims to cultivate greater psychological resilience or “mental armor” by bolstering mindfulness.

“Our findings suggest that, just as daily physical exercise leads to physical fitness, engaging in mindfulness exercises on a regular basis can improve mind-fitness,” Dr. Jha said. “Working memory is an important feature of mind-fitness, which it safeguards against disruption and emotional reactivity, but it also provides a mental workspace to ensure quick-and-considered decisions and action plans. Building mind-fitness with mindfulness training may help anyone who must maintain peak performance in the face of extremely stressful circumstances, from first responders, relief workers and trauma surgeons, to professional and Olympic athletes.”

Persistent and intensive demands, such as those experienced during high-stress intervals, have been shown to deplete working memory capacity and lead to cognitive failures and emotional disturbances. The research team hypothesized that MMFT may mitigate these deleterious effects by bolstering working memory capacity.

Team-based Approach Improves ICU Outcomes

A severe shortage of especially-trained intensivist physicians has hospital intensive care units (ICUs) nationwide struggling to staff units with critical care teams led by intensivists, even though the presence of these specially-trained physicians reduces the risk of death for patients in the ICU. A new report found that replacing intensivist-led teams with multidisciplinary care teams can also reduce the risk of dying in intensive care units. The study appears in the February 22 edition of the Archives of Internal Medicine.

The study authors examined data from 112 hospitals in Pennsylvania, comparing outcomes from ICUs that both were and were not staffed by intensivists. The researchers found that a multidisciplinary approach to care teams, with or without an intensivist, was associated with a 16% reduction in the odds of death. When hospitals employed both a multidisciplinary care team and an intensivist physician, there was a 22% reduction in the risk of death during an ICU stay.

Perhaps most importantly, a multidisciplinary approach in the absence of a trained intensivist was associated with a significant 12% reduction in mortality. “Given our findings, having ICU clinicians work better together is a key strategy to improving survival in the ICU,” said Dr. Jeremy Kahn, assistant professor of medicine at the School of Medicine.

The researchers noted a few explanations for the improved multidisciplinary care team model. Multidisciplinary care may facilitate implementation of best practices, including the application of evidence-based treatments, pharmacists identifying potential adverse drug indications, and implementation of respiratory therapy and nurse-driven protocols to reduce ventilation time and shorten ICU length of stay.

Health care providers and administrators can use these results to help organize their critical care services and potentially improve outcomes for critically ill patients in hospitals where intensivist staffing is not available.

The study also included authors from the Health Care Management and Economics program at Wharton and the University of Pittsburgh.

Longer Use of Nicotine Patch Improves Abstinence from Smoking

Research from the School of Medicine may help more smokers keep their New Year’s resolution by helping them quit smoking. Extended use of a nicotine patch—24 weeks versus the standard eight weeks recommended by manufacturers—boosts the number of smokers who maintain their cigarette abstinence and helps more of those who backslide into the habit while wearing the patch, according to a study published in the February 2 issue of Annals of Internal Medicine.

Lead author Robert Schnoll, an associate professor of psychiatry at Penn, and senior author Caryn Lerman, a Mary W. Calkins Professor of Psychiatry and deputy director of the Abramson Cancer Center, studied 568 adult smokers who smoked 10 or more cigarettes per day for at least the past year. At the end of the 24-week study, smokers who used a nicotine patch throughout the whole trial were about two times as likely to have been successful in their quitting attempts than those who received a placebo patch after the eighth week of the study. The benefits also extended to those who relapsed during the study.

When the researchers followed up with participants at week 52, however, they found no difference in the main measures of smoking abstinence between those who had used the extended patch therapy (14.5%) and those who used the standard regimen (14.3%), though the extended patch users were more likely (29.1% vs. 21.3%) to have reported no periods of smoking lasting more than 7 days in a row—during the entire year.

Though drug therapies including Zyban and Chantix produce similar results to extended patch therapy, the authors say their findings provide a cessation option to more smokers, since nicotine patches are available over the counter and can be used even by people with seizure disorders or many smoking-related problems like schizophrenia, who are generally advised not to use those drugs. The authors estimate that the cost per quitter for extended therapy is $2,482, which is similar to other drug-related cessation aids. However, cost may remain a barrier to accessing proven smoking cessation tools: Just 8.6% of US health insurers fully cover the cost of nicotine patches, and only 33 states pay for Medicaid patients to use the patch.

“While we have documented that extended therapy is more efficacious overall than the standard therapy, everyone benefits equally,” Dr. Lerman says. “Therefore, our team is using genetic approaches to identify smokers who will achieve the greatest benefit from an extended or maintenance therapy approach.”