



Dr. Gerard Aranha of Loyola University has earned yet another round of plaudits for his professional achievements. A surgical oncologist at the Loyola University Medical Center in Maywood, IL, Gerard was counted among the magnificos of medicine when he was named in August to *Newsweek's* very exclusive **List of Top Cancer Doctors 2015**. This list is compiled by *Newsweek*, in conjunction with Castle Connolly Medical LTD, the well-respected publisher of *America's Top Doctors*<sup>®</sup>, through peer nominations and extensive research<sup>1</sup>.

The Castle Connolly physician-led research team makes tens of thousands of phone calls each year, talking with leading specialists, chairs of clinical departments and vice presidents of medical affairs, seeking to gather further information regarding the top specialists for most diseases and procedures. Each year, Castle Connolly receives nearly 100,000 nominations via this process. After a careful review of credentials, less than 3% of these nominations are selected for inclusion in the final list<sup>2</sup>.

Gerard's induction to this coterie of highly distinguished and accomplished doctors is the latest of many honors and recognitions he has earned in his very productive medical career. In fact, he has been named several times over the years to the lists of top doctors in Chicago and the US, and has been often cited in *Chicago Magazine*.

Born in Bangalore, India, he graduated from St. Joseph's Boys High School (Bangalore) in 1960, and then went on to earn an MBBS (equivalent of MD) from Bangalore Medical College in 1967. Over the next ten years, he held various positions in several universities and hospitals in the US and India. He began his Loyola career in 1977 as an Assistant Professor of Surgery in the Stritch School of Medicine, and was appointed to full professorship at Loyola in 1987.

Gerard has masterfully woven the threads of excellence in the operating room, teaching, research, patient care, and mentorship to students and residents, into a strong and holistic weft of exceptional professionalism and achievement. He served as Chief of the Division of Surgical Oncology and General Surgery at Hines, VA. At Loyola, he was the Director of the Breast Care Center, Associate Director of the Cardinal Bernadin Cancer Center, and Chief of the Division of Surgical Oncology. He was responsible for setting up the Multi-Disciplinary Breast Cancer Center and the Multi-Disciplinary Gastrointestinal Oncology Center.

He has taught, trained and influenced thousands of medical students, residents and fellows, playing an integral role in the lives of the excellent physicians and surgeons who graduate from Loyola. In 2003, he won the Association of V.A. Surgeons Distinguished Physicians Award, and is also a recipient of the Indian American Medical Association's Distinguished Physicians Award. He has received several teaching awards, the most recent being the Ralph P. Leischner, Jr., M.D. Master Teacher Award (in 2008), an honor bestowed by the Stritch faculty to those who exhibit excellence in teaching skills, innovations, mentoring and contributions to the school's educational community<sup>3</sup>. He was responsible for introducing to Loyola several leading edge Surgical Oncology procedures.

In 2009, he was awarded the very prestigious and coveted Stritch Medal, Loyola's highest honor to an Alumnus or Staff Member. Speaking to this honor and to his professional gravitas, Richard L. Gamelli, MD, FACS, dean, Loyola University Chicago Stritch School of Medicine had this to say: "*Dr. Aranha has been a cornerstone of this institution for more than three decades. His excellence in the operating room, teaching and patient care epitomizes the characteristics of a medal winner. He is an outstanding example to our students and residents of how a physician can provide optimal care to patients*"<sup>4</sup>.

To continue to recognize and celebrate his influence and contributions to medicine and to the University, Loyola instituted in 2014 the annual *Gerard V. Aranha Surgical Oncology Lectureship* which will each year invite a top expert in the field to come to Loyola to share new ideas with attending physicians, residents and medical students about advances in cancer treatment. Dr.

<sup>1&2</sup> Excerpted from <http://www.newsweek.com/top-cancer-doctors-2015?page=87>. (Scroll down to view Dr. Gerard Aranha's listing.)

<sup>3&4</sup> Excerpted from Chicago Tribune article "*Oak Brook Resident Dr. Gerard Aranha and Francis Cardinal George to be Lauded at Stritch Dinner*", Nov 4, 2009 (<http://www.triblocal.com/oak-brook/community/stories/2009/11/oak-brook-resident-dr-gerard-aranha-and-francis-cardinal-george-to-be-lauded-at-stritch-dinner/>)

Charles J. Yeo of Thomas Jefferson University Hospital – one of the best surgeons in the world performing the Whipple procedure – delivered the first lecture (*New Faces of Pancreatic Cancer Treatment*) in this series on September 9, 2015.

Gerard's influence and impact on the medical profession extend far beyond Loyola. He is a prolific researcher who has published many hundreds of research articles, letters and book chapters. He has authored over 100 peer-reviewed articles and is not only internationally known for his work in surgical oncology, but is also widely admired as a role model for all levels of learners as well as by his peers. He has presented his research findings at multiple regional, national and international conferences.

His uberosus professional contributions have won him sweeping recognition from his confreres and leadership roles in a myriad of professional and scientific societies. He was the keynote speaker at the 2<sup>nd</sup> Central European Congress of Surgery in Katowice, Poland (2009). He has served on the Board of Directors of the American Cancer Society, the Illinois Surgical Society (President 2003-2004), Chicago Surgical Society (President 2005-2006), Midwest Surgical Association (President 1992-1993), the Western Surgical Association (Vice- President 2010-2011), and is currently on the Board of Governors of the American College of Surgeons. He has been invited to peer review research articles for several renowned US and international medical journals.

Gerard's research has benefited Loyola and influenced the medical profession in many ways, a few of which are:

1. A paper he co-authored in 1982 in the *American Journal of Surgery*<sup>5</sup> not only went on to become Loyola's most cited clinical paper, but also fundamentally changed the practice of gall bladder surgery and reduced mortality rates in patients with cirrhosis;
2. His variant of the Whipple procedure - a complex operation to remove part of the pancreas, bile duct, small intestine and stomach for patients with pancreatic cancer - has reduced the procedure's mortality rate to 1.5% in his hands, compared to the prevailing rate of 5% to 8%. He successfully performed the Whipple procedure on Chicago's Archbishop, the late Cardinal Bernardin.<sup>6</sup>
3. His research in esophageal cancer, administering chemotherapy and radiation before surgery, has resulted in a better 5-year survival rate of 41% compared to the dismal prevailing rate of 19%, and reduced mortality from the procedure<sup>7</sup>; and
4. He was one of the first to propose that chemotherapy and radiation therapy be administered before surgery in locally advanced stomach cancer. This is now standard practice and has increased survival rates.<sup>8</sup>



Gerard's eclectic spheres of interests and influence envelope far more than his profession alone. He and his wife, Rosemary Aranha, reside in Oak Brook, Illinois, and celebrated their 45<sup>th</sup> wedding anniversary in January. They have five children and seven grandchildren. They are active in their parish, Visitation Church in Elmhurst, and in the India Catholic Association of Chicago, where Rosemary has served as a former president. He is an active member of his community, is a life trustee of Fenwick High School in Oak Park, Illinois, and has served on school boards and in other positions of social leadership. When not involved in professional or social activities, he enjoys world history, American civil war, and travel.

<sup>5</sup> Aranha, G.V., Sontag, S.J., and Greenlee, H.B.: "Cholecystectomy in the Cirrhotic: A Formidable Operation" *American Journal of Surgery* 143:55-60, 1982

<sup>6</sup> Zero Mortality after 152 Consecutive Pancreaticoduodenectomies with Pancreaticogastronomy (*Journal of the American College of Surgeons* 197; 223-232, 2003)

<sup>7</sup> *Archives of Surgery*, 139;532-539, 2004

<sup>8</sup> *Gastric Linitis Plastica is not a Surgical Disease (Surgery, 106; 758-763, 1989)*