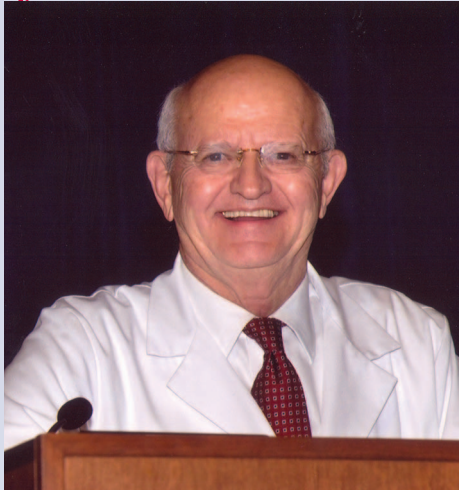


# ...from the Director



It was 25 years ago in 1986 when the University of Arizona Sarver Heart Center was founded as the University Heart Center with the goal of preventing and curing cardiovascular disease through

the three pillars of research, education and patient care. Renamed in 1998 in recognition of generous support from the Sarver family, the Center now is composed of more than 175 physicians and scientists with national and international reputations from a number of colleges and departments. (See the member list on pages 10-11.)

This year, the Spring issue of the Sarver Heart Center newsletter reflects a time of renewal and growth as we welcome Dr. Robert Poston as one of the Center's new co-directors and the *Jack G. Copeland, MD, Endowed Chair of Cardiothoracic Surgery*. While Dr. Copeland was renowned as a pioneer in transplant surgery, Dr. Poston is a pioneer in the new frontier of cardiothoracic (CT) surgery robotics.

The Center's leadership also now includes Dr. Karl B. Kern as a new co-director and Kalidas Madhavpeddi, chief executive officer of Aurizon Resources, Ltd. in Phoenix, as the new chair of the advisory board. We thank Humberto Lopez for his many years of service as advisory board chair. You'll learn more about our new leaders in the next issue of the newsletter.

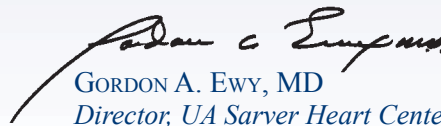
We are enthused to announce the new appointment to the *William M. Feinberg, MD, Endowed Chair in Stroke Research*, Leslie Ritter, PhD, RN, a professor of nursing

in the UA College of Nursing and of neurology in the UA College of Medicine. She has a robust history of improving care for stroke patients in our community and advancing the field of stroke research.

New innovations are the cornerstone of a Center of Excellence, and we've encapsulated a number of advances on pages 6 and 7. Several previously invasive surgeries are being replaced by new minimally invasive procedures. Pediatric and adult cardiologists and surgeons are teaming up to provide the best combination of procedures for individual patients. New technologies from a more portable artificial heart to new tools in electrophysiology, are replacing more invasive procedures.

We also acknowledge people from our community who helped our Center grow. We are indebted to all of the leaders who have stepped up to help us achieve our vision of a future free of heart disease and stroke. On a sad note, we honor the memory of Valerie Vance-Goff, a long-time advisory board member, who recently lost her battle against cancer. On a celebratory note, we honor Mary Anne Fay who received the inaugural *Mary Anne Fay Heart Health Advocate of the Year Award* at the 2011 Healthy Heart Conference in February.

As we look at prevention, sometimes the more things change, the more they stay the same. Our health article is an update on my favorite top-10 list for preventing heart disease and stroke. You may feel as though you've heard these before, and you have, but they continue to be true and we need to be reminded of them. While fewer people now die of heart disease and stroke, these diseases remain the leading causes of death in the United States. So, read the article and take these tips to heart!

  
GORDON A. EWY, MD  
Director, UA Sarver Heart Center

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