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Running at Dawn: A Diné Cultural and Health Teaching



We thank **Ariel Shirley** for sharing the importance of running in her Diné culture this month in the [UA Health Sciences Healthy Dose](#) blog. April is **National Minority Health Month** and the theme is Active & Healthy. "With high rates of chronic diseases such as diabetes, heart diseases and cancer, returning to foundational teachings is a way to address these health issues," wrote Ariel, a graduating senior at the [University of Arizona Mel & Enid Zuckerman College of Public Health](#) who completed an internship focused on community education at the UA Sarver Heart Center.

[Read more](#)

Dr. Marvin Slepian Named a Regents'

Professor



Congratulations to **Marvin Slepian, MD**, who was appointed a Regents' Professor, a title awarded to full professors who have the most distinguished accomplishments in teaching, scholarship, research or creative work. These prestigious appointments are limited to no more than 3 percent of the university's tenured and tenure-track faculty members and only four other UA professors received this title for 2019. **Michael Dake, MD**, senior vice president of UA Health Sciences, called Dr. Slepian a true Renaissance man.

[Read more](#)

We Appreciate Our Volunteers



The Steven M. Gootter Foundation presents AED to Mt. Calvary Mission Baptist Church.



UA staff, undergraduates and medical students collaborated to produce CPR education materials in Spanish.



Nancy Ermoian (left) a long-time volunteer at Green Valley Lectures with Jennifer Bunger and Katie Maass.

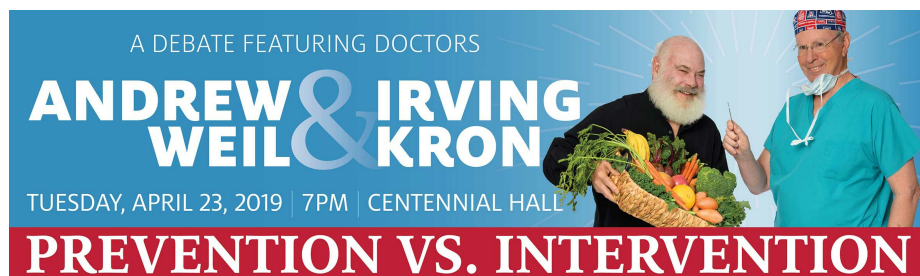


Members of the Minority Outreach Program regularly teach CPR, offer health education and raise funds to support research and education programs.

Did you know that over the course of a decade, Sarver Heart Center provided **chest-compression-only CPR** trainings to about 52,000 people? How is that possible? **Volunteer power!** While we appreciate the support of our volunteers every day, April, **National Volunteer Appreciation Month**, gives us a special excuse to thank our volunteers. If you've ever been to a Sarver Heart Center community lecture, health-education program or a CPR training, most likely your experience was enhanced by one of our dedicated volunteers.

[Read more](#)

Upcoming Community Programs from UA Health Sciences



Prevention vs. Intervention - A debate featuring Doctors Andrew Weil and Irving Kron, Tuesday, **April 23** at 7 p.m. in Centennial Hall, University of Arizona. Sarver Heart Center Director, **Nancy K. Sweitzer, MD, PhD**, will be one of the panelists. If you attend #UAGreatDebate, stop by our information table. Doors open at 6 p.m.

May 1 - UA Arthritis Center presents **The Pursuit of Happiness: Eight Scientifically-Proven Techniques to Create Balance and Purpose in Your Life**, 6 p.m. - 7:15 p.m., with Robert Logan, MBA, in the Health Sciences Innovation Building, 1670 E. Drachman Street, Tucson.

[Read more](#)

The Diabetes/Heart Disease Connection



What's the connection between heart disease and diabetes? Learn why people who are living with diabetes too often progress to heart disease. Join us **Saturday, Sept. 28** for a "Lunch & Learn"

program presented by the UA Sarver Heart Center Women's Heart Health Education Committee.

[Read more](#)

Help Beat Heart Disease!

**BEAR DOWN AND
BEAT HEART
DISEASE**



IT'S A TEAM EFFORT

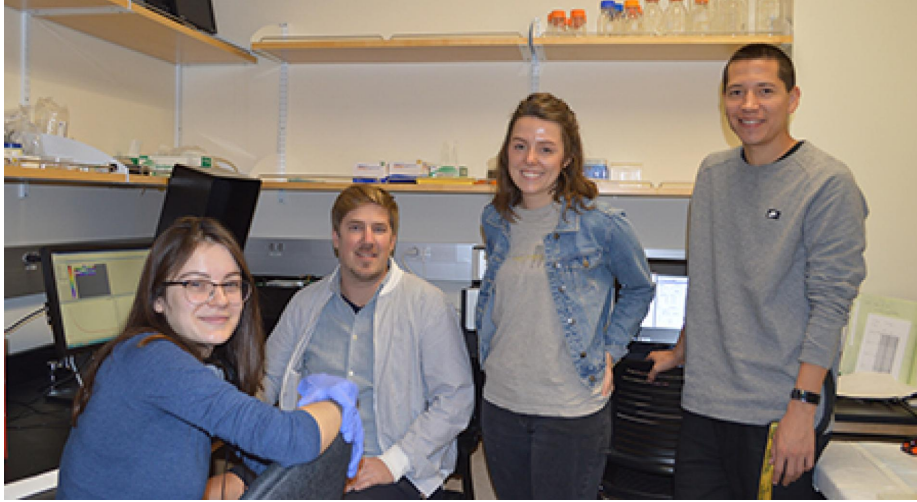
Have you ever wondered what you can do, personally, to beat heart disease? Consider becoming part of the **UA Sarver Heart Center Biorepository**. Our clinical research team will warmly welcome you to participate whether or not you have heart disease or a known risk factor. Enrollment means completing a questionnaire,

signing an informed consent form that allows researchers to view your electronic medical record and donating about three tablespoons of blood. These blood samples will help scientists better understand heart disease to improve care and treatment now and in the future. Click on the **[Cardiology Research Registry link](#)** to get started.

[Read more](#)


Support Sarver Heart Center's Mission

We are grateful for your support as we work to improve heart health in Arizona and around the world. Your gifts help us achieve our mission of innovating life-saving patient care for generations to come.



A Sarver Heart Center Investigator Award is giving [Brett Colson, PhD](#), (*second from left*) funding to develop a proof-of-concept tool to evaluate the Nox4 gene as novel therapeutic target for Duchenne muscular dystrophy, a condition that often leads to heart failure. Dr. Colson also mentors young undergraduate and graduate student scientists, such as (*from left*) Erin Lessie (undergraduate), Torie Lepak (lab technician), and Rhye Kanassatega (PhD student).

[Support Sarver Heart Center](#)

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