



August 15, 2019 | Visit our website

## Are You 1 in 84 Million with Prediabetes?



*Knowing their prediabetes risk may help people adopt healthy lifestyle patterns before their conditions progress to diabetes and heart disease.*

Most likely you're familiar with type 2 diabetes. You may also understand that diabetes increases your risk for developing heart disease. But, do you know if you're among the 84 million people who have prediabetes? Odds are you don't - 9 out of

10 people with prediabetes are unaware. That's about 76 million people who could take steps to reduce their risks, if only they knew. In UA Health Sciences' ["Healthy Dose" blog](#), **Kelly Palmer, MHS**, discusses the diabetes/heart disease connection and steps people can take to prevent disease progression, especially if you're aware of the risks of prediabetes.

[Read more](#)

## Register Today Online: The Diabetes/Heart Disease Connection



### THE DIABETES HEART DISEASE CONNECTION A LUNCH & LEARN PROGRAM

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

[REGISTER NOW](#)

**Learn more about the connection between heart disease and diabetes.** Too often people who are living with diabetes 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.

Presenters include **David Marrero, PhD**, University of Arizona Health Sciences and the Mel & Enid Zuckerman College of Public Health, **Linda Dingle, RN, CDE**, Pima County Health Department, and **Nancy Sweitzer, MD, PhD**, UA Sarver Heart Center.

[Register Today](#)

## Erika Yee Makes CPR More Accessible for the Greater Good



*Erika Yee (giving a thumbs-up) teaches chest-compression-only CPR to thousands in Southern Arizona.*

Erika Yee first encountered the Sarver Heart Center when she was a Girl Scout and learned chest-compression-only CPR at Camp Fury in Tucson. A couple of months later while sharing a meal with friends before high school band practice, she put that training into action when she learned a bandmate collapsed in sudden cardiac arrest. As a health education assistant at Sarver Heart Center, she has collaborated with other UA groups to make CPR training accessible to underserved communities, including Spanish speakers and the deaf.

[Read more](#)

## Help Beat Heart Disease!

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

## BEAR DOWN AND BEAT HEART DISEASE



IT'S A TEAM EFFORT

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. The generosity of forward-thinking donors enables Sarver Heart Center to recognize medical students and resident physicians who demonstrate outstanding performance during their cardiology rotations. **Christine E. Chiu, MD**, a recent UA College of Medicine - Tucson graduate, is the 2019 recipient of the **Zenas B. Noon Award of Excellence in Cardiology**. **Louis Eubank, MD**, a second-year internal medicine resident physician received the **Charles W. Hall, Jr., and Virginia C. Hall Memorial Award**. [Read more about Drs. Chiu and Eubank.](#) If you would like information on establishing a legacy gift, please contact Manon L. O'Connor at 520-626-4518. We invite you to be part of our mission.




[Support Sarver Heart Center](#)

*Christine Chiu, MD, with Joseph  
Alpert, MD.*



*Louis Eubank, MD, with his wife,  
Katie, and their newest daughter.*

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