



June 14, 2019 | Visit our website

## Men's Health Month: 10 Things to Prevent Heart Disease



*From left: Greg Gilles, Dr. Charles Katzenberg, Edna Silva, collaborators on the Heart Series.*

Heart disease is the leading cause of death in men (and women), claiming 321,000 men's lives per year - that's 1 in every 4 male deaths, according to the [Centers for Disease Control](#). Take a few minutes during **Men's Health Month** to learn the "10 Things

You Can Do Today to Prevent/Reverse Heart Disease," by the now-retired **Charles Katzenberg, MD**, and **Edna Silva, RN**, founders of the **Heart Series**.

"Although we will miss Dr. Katzenberg, who retired from the UA College of Medicine - Tucson in May, we welcome his continued involvement with Sarver Heart Center' fellowship program and community education programs," said **Nancy K. Sweitzer, MD, PhD**, director of the UA Sarver Heart Center and chief of cardiology at UA College of Medicine - Tucson.

Click "**Read more**" for "10 Things" and to take the Heart Series Risk Assessment.



*From left: William Roeske, MD, Tom Lassar, MD, Charles Katzenberg, MD, Nancy Sweitzer, MD, PhD, and Irving Kron, MD, interim dean of the UA College of Medicine - Tucson, gathered for Dr. Katzenberg's retirement reception.*

[Read more](#)

## June is CPR and AED Awareness Month



*It takes a village to train the community about cardiac arrest and the importance of CPR and AEDs. Our village includes the UA Sarver Heart Center [Minority Outreach Program](#), the [Steven M. Gootter Foundation](#), and UA student volunteers and health educators.*

Here's another tip that covers both Men's Health and CPR and AED Awareness Month: between 70 and 89 percent of sudden cardiac events occur in men, according to the [Centers for Disease Control](#). Visit the [UA Sarver Heart Center's "Learn CPR" web page](#) for resources to learn the "3 C's" of chest-compression-only CPR and view training videos in English, Spanish and American Sign Language.

[Read more](#)

# Mark Your Calendars: 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.



*Training cardiology fellows is one of the UA Sarver Heart Center's most important missions. [Read about the next steps for this year's graduates](#) from two fellowship programs through the Division of Cardiology at the UA College of Medicine - Tucson, including six from cardiovascular disease and two from interventional cardiology.*

**We invite you to be part of our mission ...**

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