



February 28, 2020 | Visit our website

Minority Outreach Committee Members Accept the 28-Day Challenge



When Sarver Heart Center Director **Nancy K. Sweitzer, MD, PhD**, told the Women's Committee about the 28-Day Heart Month Challenge developed by the National Institutes of Health, members of the Minority Outreach Program said, "We'll do that!" Wanda Moore, chair of the program, co-chair of the Women's Committee and Sarver Heart Center board member reported the team was on track to do something everyday. #OurHearts are healthier together is more than a slogan to these dedicated volunteers who tirelessly donate their time throughout the year to educate our community about heart health.

[Read more](#)

Understand Heart Failure —and Know Your Risk

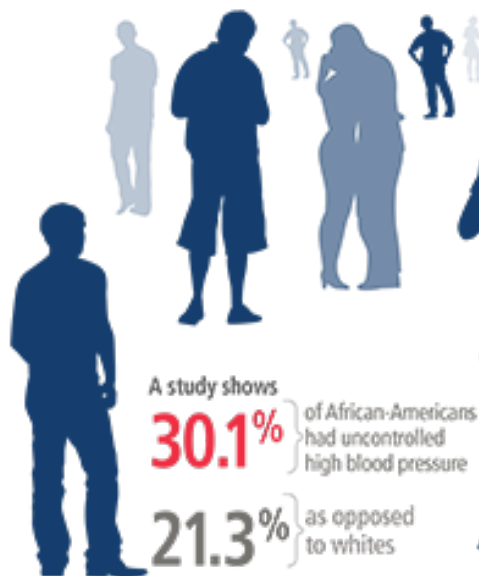
Heart failure affects approximately 6.5 million Americans, and

900,000 new cases are diagnosed each year.

Heart failure was once considered a “man’s disease,” but we now know that is not the case. Heart failure can happen to anyone, but some are at greater risk than others.

About **3 million American women** have heart failure. Of the 900,000 new cases of heart failure diagnosed ever year, women account for **505,000**. Women die from congestive heart failure more often than men do, accounting for **56.3%** of all heart failure deaths.

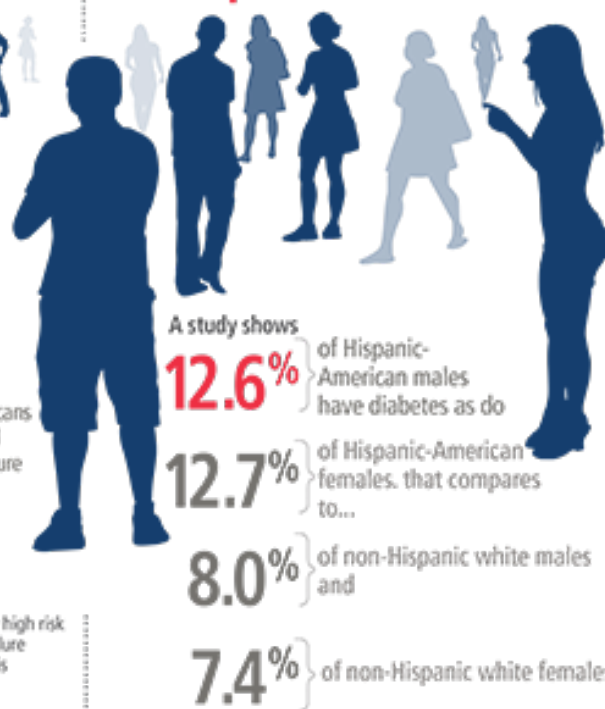
Heart disease for African-Americans:



Among all ethnicities, African Americans are at a particularly high risk for heart failure, and more African Americans die of heart failure within 5 years of diagnosis than any other group. This trend is expected to continue growing over the coming years.

The leading cause of heart failure in African Americans is poorly controlled hypertension (high blood pressure). African Americans tend to get high blood pressure at an earlier age, and it tends to be more severe in African Americans than in their white counterparts. African Americans experience **uncontrolled high blood pressure** more often than whites.

Heart disease for Hispanic-Americans:



Among all Americans, Hispanic Americans have **higher rates of cardiac dysfunction**, which can lead to heart failure. They also have high rates of incidence of heart failure compared to whites (3.5 to 2.4 per 1000 person-years, respectively).

Hispanic Americans also tend to experience the comorbidities of heart failure more frequently. They have higher rates of diabetes, obesity, and metabolic syndrome than do their white counterparts.

[Read more](#)

"It's My Calling to Change the Statistics"

"I knew that cardiovascular disease was devastating communities of color at a young age. It was and remains my calling to use medicine and research to change the statistics," said **Khadijah Breathett, MD, MS**, center, in a Forbes article, "**It's My Calling to Change the Statistics: Why We Need More Black Female Physicians.**"



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Community Lectures Scheduled for Green Valley

Sarver Heart Center has two more community lectures scheduled in **Green Valley during March and April, 2020:**

- **March 19 - "Heart Rhythm Disorders: What's the Role of Medications and Technology?,"** **Peter Ott, MD**, associate professor of medicine at the College of Medicine - Tucson and The Peter Ott, MD, Endowed Chair of Electrophysiology at the Sarver Heart Center. He practices at Banner - UMC Tucson.
- **April 16 - "From Hands to Heart - Screening for Cardiac Amyloidosis,"** **Preethi William, MD**, a member of the Sarver Heart Center, clinical assistant professor at the College of Medicine - Tucson and a cardiologist with the Advanced Heart Failure, Mechanical Circulatory Support and Transplant Cardiology team at Banner - UMC Tucson.



Thanks to **Mohammad El-Ghanem, MD**, who presented "Stopping Stroke in its Tracks: Stroke symptoms and modern treatments to minimize brain attack damage" on February 20. For an appointment with Dr. El-Ghanem, please call Banner at 520-694-8888 and ask for Neurology and Dr. El-Ghanem.

[Read More](#)

Help Beat Heart Disease!



Sarver Heart Center clinical research staff
#GoRedForWomen during February. They
recruit people for research all year long.

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



#GoRedForWomen (pictured from left): Preethi William, MD, Khadijah Breathett, MD, MS, Nancy Sweitzer, MD, PhD, Elizabeth Juneman, MD, Sophia Airhart, MD, Katie Maass and Jennifer Bungler

While we take time to acknowledge Heart Month, everyday Sarver Heart Center faculty and staff know #OurHearts are healthier together. Please consider their dedication by donating to support Sarver Heart Center's life-saving innovations, research and patient care. Please contact **John B. Fung**, 520-621-1946, for more information. We invite you to be part of our mission!

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