



May 5, 2020 | Visit our website

## What's the Relationship Between COVID-19 and Heart Disease?



While a clear link exists between heart disease and COVID-19, doctors continue to study and learn as more data are available from hot spots. Dr. [Nancy Sweitzer](#), director of the **University of Arizona Sarver Heart Center**, outlines what is understood currently.

If you have heart disease or other chronic conditions, you're more likely to become severely ill with a COVID-19 infection. It is important to continue taking your heart medications during this time, even

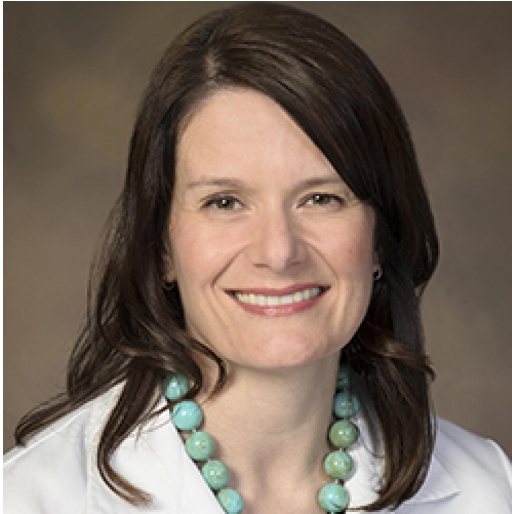
if you think you may be ill. In addition to preventing heart attack or stroke, new data suggest some heart medications may protect you if you become ill with COVID infection.

The **Cardiovascular Services Team** is taking care of patients in the clinic and using remote video visits while working with **Banner - University Medical Center Tucson** to resume elective cardiac procedures safely. Any person with heart attack symptoms should immediately call 911. "We will protect you from infection if you come to the hospital, and we are able to give you the very best rapid heart attack care despite the times we are in. Come in for evaluation if you develop chest discomfort that is concerning to you," said Dr. Sweitzer.

If you have questions or concerns, please call **520-694-3278 (520-My-Heart)**.

[More on what is known](#)

## Compassion is Evident in Publication and Faculty Award



Dr. Elizabeth Juneman has been spending a lot of time thinking about compassion during this COVID-19 era. As a heart failure provider who cares for one of the most frail patient populations, compassion is part of her profession's everyday work life. "Although compassion may not be easy in pandemics, I do have hope," writes Dr. Juneman

in ***Circulation: Heart Failure, April 17, 2020.***

Dr. Juneman also was recognized at the UArizona College of Medicine - Tucson 40th Annual Faculty Teaching Awards. The award recognizes excellence in teaching the basic science curriculum.

[Browse News Page for More](#)

## Help UArizona Health Sciences Track COVID-19 Spread

To address a critical lack of local data as COVID-19 continues to spread, a team of researchers from **University of Arizona Health Sciences** and the university's **Data Science Institute** is launching a two-way texting system to gather and provide valuable information to track COVID-19 in Arizona and identify areas where more resources may be needed.

[Learn More](#)

## Heart Healthy Habits Boost the Immune System

How many times have you heard these guidelines for preventing the spread of **COVID-19 from the CDC** - wash your hands, wear a cloth mask in public, stay at least six feet from other people, cover your coughs and sneezes, disinfect frequently touched surfaces? Keeping your immune system strong is another way to maintain your health.

Fortunately, many of the same healthy habits that keep your heart healthy also boost your immune system. Explore the Sarver Heart Center Prevention pages for some ideas to improve your health.

[Read More](#)

## Congratulations to the Future Dr. Yee



People who have attended a recent Sarver Heart Center chest-compression-only CPR training session very likely met **Erika Yee**, Sarver Heart Center's health education assistant since 2016. Erika's motivation to volunteer with the program stemmed from her use of CCO-CPR to save the life of a high school bandmate after being trained at Camp Fury, a summer program for high school-age girls organized by the Girl Scouts of Southern Arizona, Northwest Fire, Tucson Fire and Tucson Police departments.

Erika has trained thousands of people throughout Arizona, traveling to schools, churches, community centers, wherever people gather. She has recruited, trained and managed a UArizona group of student volunteers who helped spread this life-saving information. The research behind CCO-CPR is the result of years of research by **Dr. Gordon Ewy** and **Dr. Karl Kern** at Sarver Heart Center.

Erika also performs research with Dr. Khadijah Breathett's team. She will be presenting an oral abstract on "Sex Disparities in Organ Donation: Finding an Equal Donor Pool" at the American Heart Association Quality of Care and Outcomes Research Scientific Sessions. This abstract was one of the top scoring abstracts

for this conference. "I am so proud of Erika Yee, BS, Seyedeh Maryam Hosseini, MD, and Bianca Duarte, BS. This is important research that will help save lives. It is a privilege to witness the growth of these aspiring cardiologists #YouLookLikeADoctor #WomenInCardiology," wrote **Dr. Brethett**, assistant professor of medicine.

This summer, Erika will transition out of her role as she begins medical school at the College of Medicine - Tucson. "We are so proud of all her accomplishments and look forward to continuing to work with her while she works toward her medical degree," said Katie Maass, director of communications and community education at Sarver Heart Center.

"Erika will be a great doctor. I am a proud fan and happy to launch her on this next phase of her medical journey," said **Dr. Nancy Sweitzer**, director of the Sarver Heart Center, professor of medicine and chief of cardiology.

We miss being in the community during the COVID-19 pandemic, but our website remains open. Visit the "**Learn CPR**" webpage for online resources.

[Visit "Learn CPR" for more](#)

## The Path to Resiliency: Thriving in a Changing World

**Charles Katzenberg, MD**, retired professor of medicine and Sarver Heart Center member, will present an online community lecture in collaboration with the University of Arizona Arthritis Center. "The Path to Resiliency: Thriving in a Changing World" will be presented via video stream on Thursday, May 7 at 6 p.m.

[Online Event Information](#)

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## Support Sarver Heart Center's Mission

Our health care workers are on the front lines to keep our patients safe and well during this unprecedented time for our health care system. 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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