



May 9, 2019 | Visit our website

## This Mother's Day, How About the Gift of Heart Health Knowledge?

**WHAT A  
HEART  
ATTACK  
FEELS  
LIKE  
TO A  
WOMAN.**



UPPER BODY PAIN



NAUSEA



CHEST PAIN  
DISCOMFORT  
OR SQUEEZING  
LIKE THERE IS  
A TON OF  
WEIGHT ON YOU



SHORTNESS  
OF BREATH



BREAKING OUT IN  
A COLD SWEAT



LIGHT HEADEDNESS  
OR DIZZINESS



UNUSUAL  
FATIGUE

Heart disease is the leading cause of death in women (and men). Consider the statistics: 1 in 3 women will die from cardiovascular disease, compared with 1 in 31 who will die from breast cancer. Heart disease doesn't discriminate; it is the leading cause of death whether you're black, white or Latina. If you think this is your grandmother's health concern, bear in mind that heart disease occurs in 1 in 9 women ages 45 to 65. At every age from 45 up, more women die from heart disease than from cancer. Mother's Day and Women's Health Week provide great excuses for revisiting Dr. [Elizabeth Juneman's](#) web article, "[The Heart of Women's Health Lies Deep Within the Chest.](#)"

## Congratulations to a 'Remarkable Mom'



*Dr. Nancy Sweitzer (center) with her son, Peter, and daughter, Geneva.*

Perhaps the greatest honor a mother might receive is to be nominated by one of her children to be a "Remarkable Mom." This is the case for **Nancy Sweitzer, MD, PhD**, who is being recognized by Tu Nidito as one of five remarkable moms. Dr. Sweitzer, director of UA Sarver Heart Center and chief of cardiology, was nominated by her daughter, Geneva, who was a volunteer at Tu Nidito after the family moved to Tucson about five years ago. Dr. Sweitzer shared how a similar organization in Wisconsin helped her family cope with the death of her husband, Kurt.

[Read more](#)

## Congratulations to a Graduating Intern



Congratulations to **Ariel Shirley**, a graduating senior at the [UA Mel & Enid Zuckerman College of Public Health](#) who completed an internship focused on community education at the UA Sarver Heart Center. Ariel is the 2019 recipient of the Arizona Indians Into Medicine (AZ INMED) Award for Excellence and Service, presented by Alberta Arviso, PhD, a learning support specialist in the [UA Health Sciences Office of Diversity and Inclusion](#). Following graduation, Ariel plans to pursue a master of public health degree via the UA online program while working as a program assistant for the Community Outreach and Patient Empowerment (COPE) [Food Access Program](#). COPE works in partnership with the Navajo Nation Community Health Representative Outreach Program to improve the lives of those living with chronic diseases in Navajo. If you missed Ariel's blogpost, "Running at Dawn: A Diné Cultural and Health Teaching," click on the "Read more" link.

[Read more](#)

## Mark Your Calendars: The Diabetes/Heart Disease Connection

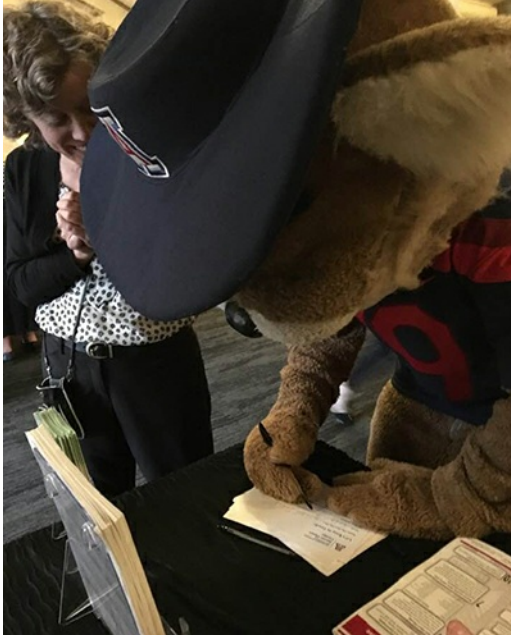


**What's the connection between heart disease and diabetes?** Learn why people who are living with diabetes too often progress to heart disease. Join us **Saturday, Sept. 28** for a "Lunch & Learn"

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

[Read more](#)

# Help Beat Heart Disease!



*Wilbur signs up to learn more!*

Have you ever wondered what you can do, personally, to beat heart disease? Consider becoming part of the **UA Sarver Heart Center**

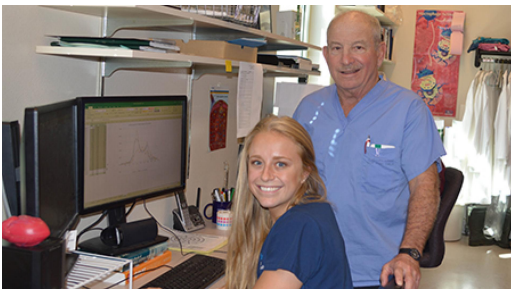
**Biorepository**. Our clinical research team will warmly welcome you to participate whether or not you have heart disease or a known risk factor. Enrollment means completing a questionnaire, signing an informed consent form that allows researchers to view your electronic medical record and

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.



Danielle Spencer-Bearham, a UA senior graduating with a degree in biomedical engineering, competed as a UA GymCat while also working in the Goldman-Juneman Lab. She received a

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[Award](#) for her work. Donors make such research awards possible. After graduation, Dani will work as an intern at a Phoenix biomedical company.

Congratulations, Dani!

