



THE UNIVERSITY OF ARIZONA
HEALTH SCIENCES

Sarver Heart
Center

*Innovating.
Life-Saving.
Patient Care.*



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January 24, 2020 | Visit our website

Early Career Scientists Receive Investigator Awards



Sarver Heart Center awarded 10 Investigator Awards totaling \$165,000 for the 2019-2020 grant cycle. These competitive research projects focus on advancing knowledge in the areas of surgical interventions, the role of provider bias, heart muscle development and interventions at the cellular level, mechanical circulatory support, congenital heart disease and pulmonary hypertension. "We are grateful for our generous donors who ensure the ongoing success of the Sarver Heart Center Investigator Award Program," said **Nancy K. Sweitzer, MD, PhD**, director of the UA Sarver Heart Center and chief of cardiology.

[Read more](#)

Happy New Year! Stay Resolved and Healthy

28 Days Towards a Healthy Heart

Try one of these tips each day for a month, then keep up the momentum and make your favorites part of your regular routine.

#ourhearts
are healthier together

Day 1 Grab a friend and join the #OurHearts movement.

Day 2 Make a heart healthy snack with a friend or your family.

Day 3 Schedule your annual physical. Ask your doctor for your heart health goals.

Day 4 Squat it out. Do 1 minute of squats.

Day 5 Visit Smoketfree.gov to take the first step to quitting smoking.

Day 6 Make today a salt-free day. Use herbs for flavor instead of salt.

Day 7 Sport red today for National Wear Red Day.

Day 8 Get your blood pressure checked.

Day 9 Walk an extra 15 minutes today.

Day 10 Aim for 30 minutes of physical activity today.

Day 11 Plan your menu for the week with heart healthy recipes.

Day 12 Reduce stress using relaxation techniques.

Day 13 Give the elevator a day off and take the stairs.

Day 14 Protect your sweetheart's heart: Plan a heart healthy date.

Day 15 Swap the sweets for a piece of fruit for dessert.

Day 16 Stress less. Practice mindful meditation for 10 minutes.

Day 17 Head to bed with enough time to get a full 8 hours of sleep.

Day 18 Add a stretch break to your calendar to increase your flexibility.

Day 19 Eat vegetarian for a day.

Day 20 Share a funny video or joke that makes you laugh.

Day 21 Dance for 15 minutes to your favorite music.

Day 22 Call a relative and ask about your family health history.

Day 23 March in place during commercial breaks to get your heart going.

Day 24 Get a tape measure and find out the size of your waist.

Day 25 Phone a friend or neighbor and go for a walk.

Day 26 Fill half of your lunch and dinner plates with vegetables.

Day 27 See how many push-ups you can do in 1 minute.

Day 28 Pay it forward and tell a friend about *The Heart Truth*.

nhlbi.nih.gov/heartmonth

NIH National Heart, Lung, and Blood Institute THE HEART TRUTH

We hope you made a heart healthy resolution for 2020. Here's one way to stay resolved for your heart's sake. To commemorate Heart Month 2020, Sarver Heart Center joins the National Institutes of Health's focus on **#OurHearts are Healthier Together** education initiative.

If you need a group to help you start, the Heart Series, led by Dr. Charles Katzenberg, retired Sarver Heart Center faculty member, and Edna Silva, RN, is enrolling people for the **Heart Series session that begins Feb. 4**. For more prevention information ...

[Read more](#)

Community Lectures Scheduled for Green Valley

Sarver Heart Center has three more community lectures scheduled in **Green Valley February-April, 2020**. Topics will cover strokes, heart rhythm disorders and cardiac amyloidosis. We hope you can join us Feb. 20, when **Mohammed El-Ghanem, MD**, presents "**Stopping Stroke in its Tracks: Stroke symptoms and modern treatments to minimize brain attack damage.**"

Thanks to **Aaron Wolfson, MD, MS**, for launching the lecture series on Jan. 16 with, "Understanding Heart Failure: When to ask for an advanced heart disease referral?" For an appointment with Dr. Wolfson, please call Dalila Martinez at 520-694-6303.



[Read More](#)

Help Beat Heart Disease!



Philip Davia and Erika Yee share a number of life-saving messages, including chest-compression-only CPR and how to participate in clinical research.

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.

Support Sarver Heart Center's Mission



Pictured from left: Jerry Cannella, Bob Rockov, John Fung, Becky O'Hara and Brent Berge.

We are grateful to **Desert Toyota of Tucson** for their 18 years of supporting Sarver Heart Center. We hope you'll join them 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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