



Sarver Heart  
Center

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Sarver Heart Center



May 27, 2021

## Volunteers Assist in At-home Blood Pressure Monitoring and Control



Sarver Heart Center volunteers in collaboration with the American Heart Association's Self-Monitoring Blood Pressure Program are working with African American community partners to distribute education materials and blood pressure cuffs. "Success in this program is likely to lead to expansion to include more in our community and have a real impact to reduce health disparities in heart disease risk in the

greater Tucson area," said Wanda F Moore, co-chair of the Sarver Heart Center Women's Committee and chair of the Community Coalition for Heart Health Education.

*Pictured above: Lisa Harmon, trainer for the self-monitoring blood pressure program, Wanda F Moore, and the Reverend Je're Harmon, assistant pastor of New Trinity Temple CME Church (and Ms. Harmon's daughter).*

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# Awareness, Education are Keys to Reducing Hypertension



African Americans are disproportionately impacted by high blood pressure, also called hypertension, being two times more likely to develop high blood pressure by age 55 compared to whites, according to the CARDIA study, published in the Journal of the American Heart Association (2018).

"The early onset of hypertension in African Americans is what is really notable," said **Nancy K. Sweitzer, MD, PhD**, director of the University of Arizona Sarver Heart Center. This points to the need for early interventions, including **healthy lifestyle education and support**, and health monitoring and management.

"Community-based efforts to educate and train people about blood pressure control, like the one being spearheaded by the Sarver Heart Center's Community Coalition for Heart Health Education, have been shown to lead to extremely significant blood pressure lowering," said Dr. Sweitzer.

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## Hall Awards Honor Outstanding Resident Physicians

Division of Cardiology faculty and fellows selected two University of Arizona College of Medicine – Tucson internal medicine resident physicians to receive the **Charles W. Hall Jr. and Virginia C. Hall Memorial Endowment Award for Outstanding House Officer in the Cardiac Care Unit**.



"Our residency program really appreciates the work the cardiology division invests in



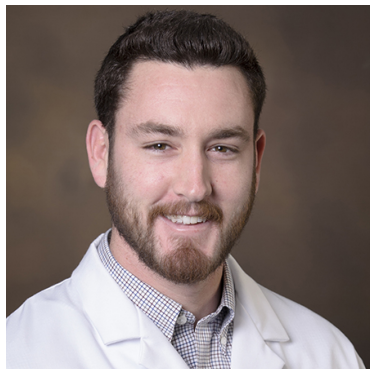
our learning and the Hall family is a critical part of that. Thank you for being a continued part the University of Arizona community and specifically the internal medicine residency community," said **Colin Anderson, MD**.



"I extend my sincerest thanks to the Hall family for this tremendous honor. Words fail to express how grateful I am," said **Samantha Russell, MD**.

[Read More About These Outstanding Trainees](#)

## Noon Awards Distinguish Graduating Medical Students



Joseph Heiler, MD



Chelsea Marshall, MD



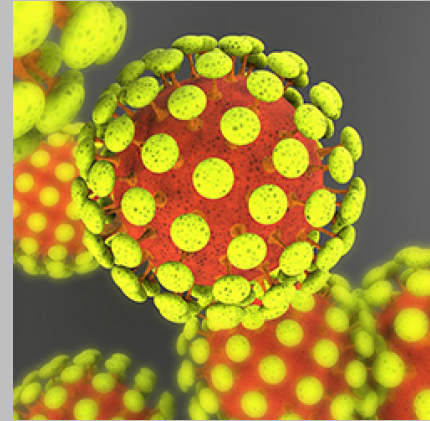
Luis Paulino, MD, with his wife, Cushla, and their son, Theo

Three University of Arizona College of Medicine – Tucson medical school graduates were selected to receive the 2021 Zenas B. Noon Award for Excellence in Cardiology. The award was established by the family of Dr. Noon, a surgeon born in Nogales, AZ who served that community for more than three decades.

[Read More About These Outstanding New Doctors](#)

# Clinical Trial Studying Drug to Improve Outcomes for COVID-19 Patients

Vaccinations may be slowing the spread of COVID-19, but the pandemic continues. Sarver Heart Center cardiologists are collaborating with a clinical research team led by University of Pennsylvania in the FERMIN clinical trial, studying a generic drug's ability to reduce COVID-19 progression in patients.



The FERMIN research team is studying whether 10 days of fenofibrate treatment can achieve clinically, markedly inhibited SARS-CoV-2 viral replication and improve outcomes for COVID-19 patients. Patients are eligible to participate in this trial for the first two weeks after diagnosis with COVID-19 infection.

This is one example of the more than 20 clinical research studies underway in Sarver Heart Center's Clinical Research Program. To learn more about clinical research at Sarver Heart Center, visit **[SARVER HEART CENTER CLINICAL RESEARCH](#)**

**[Read More about the FERMIN Trial](#)**

## Support Sarver Heart Center

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### Sarver Heart Center

1501 North Campbell Avenue  
Tucson, Arizona 85724  
Phone: 520-626-2000  
Toll Free: 800-665-2328

**[Contact SHC Staff](#)**

