

S A R V E R  
**H E A R T**  
 C E N T E R

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## Gem Show Hosts Create Crown Jewel for the Sarver Heart Center

“The Allan & Alfie Norville Endowed Chair for Heart Disease in Women Research will be a cornerstone of a comprehensive women’s cardiovascular care program.”

– Gordon A. Ewy, MD

**T**ucsonans Allan and Alfie Norville have made a gift that will make it possible to create the Allan & Alfie Norville Endowed Chair for Heart Disease in Women Research. This endowed chair will significantly advance the understanding and treatment of heart and vascular disease in women. The endowed chair has been made possible thanks to the Norvilles and an anonymous donor. “This gift is not only extremely important but also very timely,” says Gordon A. Ewy, MD, Director of the Sarver Heart Center. “This endowed chair is the only one of its kind. The Allan & Alfie Norville Endowed Chair for Heart Disease in Women Research will be a cornerstone of a comprehensive women’s cardiovascular care program at the Sarver



Allan and Alfie Norville

Heart Center.” Dr. Ewy adds, “It is hard to turn on the television or read the newspaper and not be reminded of how pervasive heart disease in women has become. Thanks to the generosity of Allan and Alfie we will be able to address this issue head-on.”

### The right move at the right time

Allan, Alfie and their four children moved to Tucson from Chicago more than 40 years ago upon the advice of a physician who recommended Alfie’s arthritis would improve with a change of climate. It turned out to be the right choice.

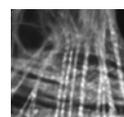
The road that led to Financial Associates, a successful business that continues to grow today, was not an easy

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**4** The ABC’s of a Healthy Heart: E is for Exercise



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## Gem Show Hosts

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road for Allan and Alfie. “Tucson was quite different from what it is today” Allan recalls. “But even then I knew that real estate development would be the most fruitful endeavor.” Just as they always had, they entered into a venture together that continues to be successful today. Alfie served as the secretary, bookkeeper and office manager for many years. Today, the company’s Tucson offices are located in the historic train station in downtown Tucson, a fitting place as Allan’s father was an electrician for the New York Central Railroad for more than 45 years. Twenty years ago, Financial Associates also started developing properties in Alaska, where Allan and Alfie spend their summers.

### Creating Tucson’s premier gem and jewelry show

In 1993 – at the urging of Alfie – the couple created GJX (Gem & Jewelry Exchange). What started with 34 exhibitors at the annual Tucson Gem and Mineral Show has grown to a business hosting more than 900 exhibitors. GJX is now the premier Tucson gem and jewelry show, showcasing some of the most beautiful and precious pieces, and helping to generate hundreds of thousands of dollars of revenue for the Tucson community each year. But if you asked Allan, he would tell you the gem that shines brightest is his wife of more than 40 years.

Although Allan and Alfie always

believed in their success, there are times when they look back and they find it difficult to believe. Says Alfie: “I am a farm girl from Indiana. As a child I would do my chores and get a penny – a whole penny! With that I would buy ten pieces of candy – and I still remember the dilemmas I faced in choosing!” she says. Allan adds, “Growing up, we never had a lot of money either. I went to Loyola on a

*“To be able to give this gift surprises even us, but it was an easy decision to make.”*

—Alfie Norville

basketball scholarship – had it not been for that, an education would not have been possible.”

Having toiled endless hours, Allan and Alfie have created a true legacy – both in business and now at the Sarver Heart Center. “To be able to give this gift surprises even us, but it was an easy decision to make,” Alfie says. “This is the biggest gift we have ever made and we could not be happier.” “It is an honor for us to be able to do this,” Allan adds.

### Leaving the hospital to see the Wildcats game

Alfie was being seen at the Sarver

Heart Center by Dr. Joseph Mills for her peripheral vascular disease and by Dr. Ewy for her cardiovascular risks. But it was during a stay in Hawaii at the NCAA Men’s Basketball Maui Invitational last November when Alfie developed weakness of her arm and was hospitalized to determine if she was having a stroke. “I remember getting a call from Alfie from the Maui Hospital,” says Dr. Ewy. “She said, ‘I have got to get out of here, the Wildcats are playing!’ She promised to come seek a complete medical check-up at the Sarver Heart Center as soon as she returned.” She was discharged from the Maui hospital and made it to the game. What Alfie didn’t tell Dr. Ewy – nor her physician in Hawaii – was not only did she go to the game but she also cooked four Thanksgiving turkeys for nearly 50 people. (To our readers: Dr. Ewy DOES NOT recommend this!)

Upon her return from Hawaii Alfie kept her promise and was hospitalized. In the coronary care unit, she was attended by Sarver Heart Center member Dr. Julia Indik. Alfie recalls: “Dr. Indik told me ‘You’re not going anywhere until we find out what is wrong’ and that is just what she did – I awoke with two stents in my heart.” Her husband Allan says: “We are appreciative of Dr. Ewy and Dr. Indik – I say they saved Alfie’s life.”

### Heart disease: Men and women are different

“Alfie’s case is a great example of how difficult it can be to diagnose heart disease in women from symp-

toms alone. Their symptoms can be significantly different from those in men,” says Dr. Ewy. “Feeling tired or weak and experiencing heaviness in one or both arms is not specific to only cardiovascular disease. When such symptoms occur in a woman however, it is important to realize they may result from cardiovascular disease. When it comes to matters of the heart in the medical sense, women and men really are different.”

Because symptoms of heart disease are often different in women compared to men, a woman may be turned away at the doctor’s office or the emergency department because the warning signs go unrecognized or are misinterpreted for something else. “Women don’t have heart attacks,” is still a wide-spread notion not only among the general public but some physicians as well. The Sarver Heart Center’s Heart Disease in Women Program will continue to

emphasize these differences in its educational programs, patient care and clinical research. The Allan & Alfie Norville Endowed Chair for Heart Disease in Women Research will work in cooperation with the newly established Molecular Cardiovascular Research Program (see page 8). An integral part of the endowed chair will be devoted to research into the gender-specific differences

underlying heart disease on the levels of cells and molecules.

“We are anxious to begin our national search for the best scientist to hold the endowed chair that Allan and Alfie created,” says Ewy. “We are deeply indebted to the Norvilles and the anonymous donor. The Sarver Heart Center is committed to a future free of heart disease for men and women.” ♥



**Happy New Year!**

*Desert Toyota of Tucson is a longtime friend of Dr. Jack Copeland and the cardiothoracic surgery program at the Sarver Heart Center and University Medical Center (UMC). Right on time for the new year, Brent Berge, owner of Desert Toyota (left), and General Manager Jerry Cannella presented another check to Nancy Edling, UMC transplant coordinator. A big ‘Thank you’ to Desert Toyota!*

## Lorraine Mackstaller, MD, Honored with Women on the Move Award

Lorraine Mackstaller, MD, Clinical Associate Professor at The University of Arizona’s College of Medicine, received the award during the 24th annual “Women on the Move” Banquet on December 5. Dr. Mackstaller, who was the first nurse practitioner in cardiology at University Medical Center (UMC), received the University Medical Center’s Patient’s Choice Award in 2003. She now has a practice at UMC. The YWCA of Tucson established the Women on the Move Awards Banquet in 1982 to honor Tucson women for their outstanding achievements and contributions to the community. Out of 86 women nominated last year, only 13 received the 2005 Women on the Move award.



## THE ABC'S OF A HEALTHY HEART

## E is for Exercise – The Health Benefits of Physical Activity

By Jack H. Wilmore, PhD, and  
David R. Lamb, PhD

The 1990s will be remembered as the decade in which the medical profession formally recognized the fact that physical activity is vital to your body's health. It is ironic that it took this long for clinicians and scientists to reach this conclusion, as Hippocrates (460-377 B.C.), a prominent physician and athlete, had strongly endorsed physical activity and proper nutrition as essential to health more than 2,000 years earlier!

### Physical inactivity: A major risk factor for coronary artery disease

The first acknowledgment from the modern medical profession came in 1992, when the American Heart Association proclaimed physical inactivity a major risk factor for coronary artery disease, placing it alongside smoking, abnormal blood lipids, and hypertension. In 1994, the Centers for Disease Control and Prevention (CDCP) in collaboration with the American College of Sports Medicine (ACSM) held a press conference to announce the importance of physical activity as a public health initiative and subsequently published a consensus statement by a panel of experts in 1995. The National Institutes of Health (National Heart, Lung, and Blood Institute) followed suit and released a consensus statement in 1996. The

statement advocated physical activity as important for cardiovascular health. Finally, in 1996, coinciding with the start of the Olympic Games in Atlanta, the Surgeon General released a written report on the health benefits of physical activity. This was a landmark report recognizing the importance of physical activity in reducing the risk for chronic degenerative diseases. See the box on page 5 for a summary of this report.

### Why fitness training is good for your heart

What are the benefits of an active lifestyle, including fitness training? When sedentary people engage in a program of physical activity, both systolic and diastolic blood pressures are reduced by 5 to 10 mmHg within only 10 to 20 weeks. Total cholesterol (TC), LDL-cholesterol (LDL-C – the bad cholesterol), and triglycerides (TG) are decreased by 5% to 10% of their initial values. HDL-cholesterol (HDL-C – the good cholesterol) is increased by 5% to 10%. Most importantly, the ratio of TC/HDL-C decreases as you become more active, with a low ratio being associated with a lower risk for coronary artery disease (CAD).

With increased physical activity, there is an increase in insulin sensitivity and a decrease in insulin resistance. This simply means that

for a given amount of insulin, more glucose (sugar) will be removed from the blood into the cells, thus maintaining lower blood glucose levels. Overall, the body can better control blood glucose levels. Diabetes is associated with increased insulin resistance and decreased insulin sensitivity, thus physical activity lowers the risk of diabetes.

### Your scale weight tells only part of the story

As you become more active, there will be a reduction in your body fat stores, and when you lose fat you have a lower risk of high blood pressure, heart disease, diabetes, kidney disease, gall bladder disease and joint disorders. Often, your scale weight does not accurately reflect the magnitude of the loss in body fat, since physical activity generally stimulates an increase in muscle and bone mass at the same time your body fat stores are decreasing. It is not unusual to lose only 3 to 4 pounds of weight after 10 to 20 weeks of increased physical activity. However, the fat loss could be as much as 5 to 7 pounds with an accompanying increase of 2 to 3 pounds of muscle and bone. As muscle increases, so does your resting metabolic rate, which is an added bonus for weight control. Exercise also strengthens your bones and reduces the risk of osteoporosis.

In addition to gaining some muscle mass, exercise training can improve muscle strength, joint flexibility, and balance, all of which are vital for older adults who wish to maintain their mobility and their

THE ABC'S OF A HEALTHY HEART

**The Surgeon General's Report on Physical Activity and Health**

In July 1996, the U.S. Surgeon General's office released its official Report on Physical Activity and Health. This detailed report resulted in the following major conclusions:

1. People of all ages, both male and female, benefit from regular physical activity.
2. Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 min of brisk walking or 15 min of running) on most, if not all, days of the week. Through a modest increase in daily activity, most Americans can improve their health and quality of life.
3. Additional health benefits can be gained through greater amounts of physical activity. People who can maintain a regular regimen of activity that is of longer duration or of more vigorous intensity are likely to derive greater benefit.
4. Physical activity reduces the risk of premature mortality in general and of coronary artery disease, hypertension, colon cancer, and diabetes mellitus in particular. Physical activity also improves mental health and is important for the health of muscles, bones, and joints.
5. More than 60% of American adults are not regularly physically active. In fact, 25% of all adults are not active at all.
6. Nearly half of American youths 12 to 21 years of age are not vigorously active on a regular basis. Moreover, physical activity declines dramatically during adolescence.
7. Daily enrollment in physical education classes has declined among high school students from 42% in 1991 to 25% in 1995.
8. Research on understanding and promoting physical activity is at an early stage, but some interventions to promote physical activity through schools, work sites, and healthcare settings have been evaluated and found to be successful.

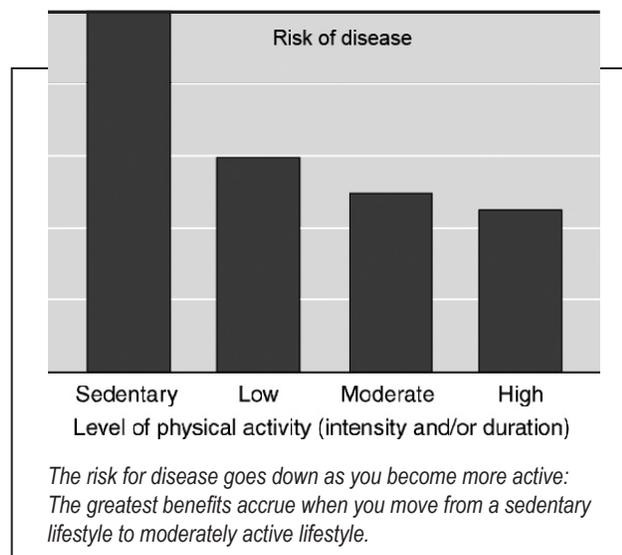
independence. Aging is associated with a decline in muscle mass and strength such that some older persons have difficulty even rising from a seated position. And we all know how balance can deteriorate with aging and lead to falls, broken bones and even death. Fitness training can help prevent or delay these adverse effects of aging.

Finally, for many people, engaging in a regular program of physical activity seems to be important for their mental health; they simply feel better when they exercise regularly. Some undoubtedly feel good about the fact that they are taking charge of their lifestyles, whereas others gain an enhanced sense of self esteem because they believe they look better when they are fit. Changes in hormones or brain chemistry may also play a role in making people feel better when they exercise regularly. Even the risk for Alzheimer's is reduced!

**The benefits of getting off the couch**

How much physical activity or exercise do you need to improve your health? The bottom line: doing something is far better than doing nothing. Scientists estimate if they can just get sedentary people into even low-level activity, the health benefits are substantial. The following figure illustrates the reduction in risk of chronic degenerative

diseases as you move from a totally sedentary lifestyle to an active lifestyle. While more is better, the greatest benefits accrue when you move from a sedentary lifestyle to modestly active lifestyle. As little as 30 minutes of moderate activity per day on most days of the week will result in marked benefits. Further, the 30 minutes can be cumulative throughout the day, e.g., two 15-minute sessions, or three 10-minute sessions. ♥



**Further reading:**  
 Wilmore, J.H. & Costill, D.L. (2004). *Physiology of Sport and Exercise*, 3rd edition, Champaign, IL: Human Kinetics Publishers.

**About the authors:**  
 Jack H. Wilmore, PhD, is Professor-Emeritus at The University of Texas at Austin.  
 David R. Lamb, PhD, is Professor-Emeritus at The Ohio State University.

## “We want to put our energy where it could do the most good.”

“December 1997 set our lives on a different course” recalls Sarver Heart Center Board Member Linda Lee. “My husband Jim had suffered a heart attack and was recovering after a stent had been placed in his heart.”

Recognizing that their lives had dramatically changed, Linda convinced Jim that they should spend a week at Canyon Ranch in Tucson, for the duration of the resort’s annual Healthy Heart Week, and learn how to care for their hearts. It was during that week that Jim

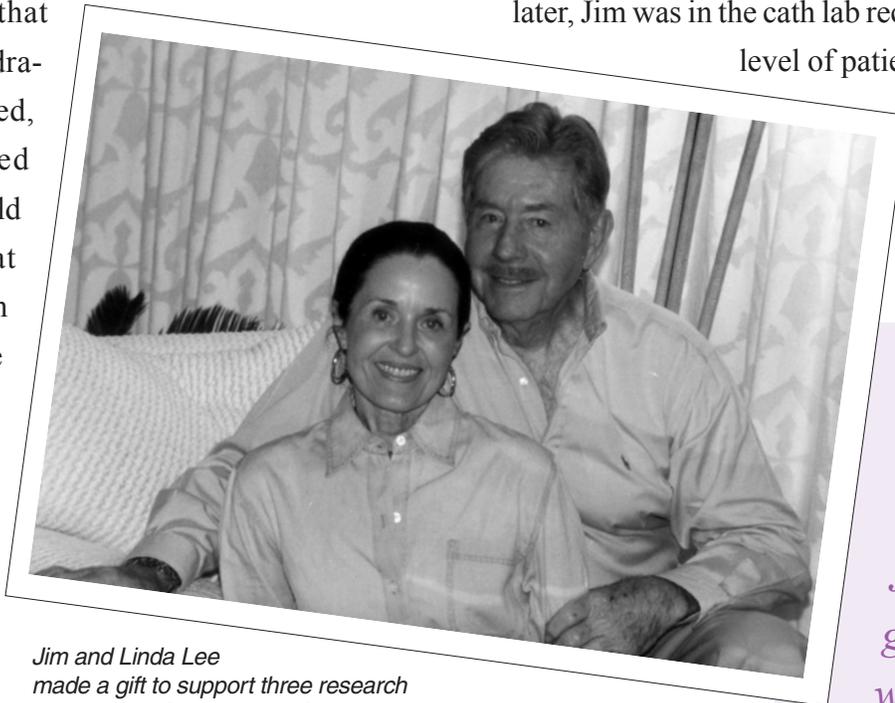
and Linda got to know, on a personal level, a few of the nationally and internationally recognized cardiologists of the Sarver Heart Center: Dr. Ewy, Dr. Alpert and Dr. Kern.

“What impressed me was the attention and thought that each of the doctors put into their presentations and answering our questions” says Jim. “I asked a question during Dr. Alpert’s presentation and the next day he came to my room and said ‘Jim, I was thinking all night about what you had asked me – I pulled together some research and statistics that may interest you.’

### The second stent

“A few years after I received my first stent, we came home one day and I could not even get out of the car,” Jim recalls. Linda called Dr. Ewy and he said ‘Bring him down and I’ll meet you at the hospital.’ A few hours later, Jim was in the cath lab receiving a new stent. “This level of patient care is why Linda and

I decided that we would like to make a gift to the Sarver Heart Center.”



*Jim and Linda Lee made a gift to support three research areas at the Sarver Heart Center.*

*“We are very excited and grateful about Jim and Linda’s gift, because it will make a real difference in the work we do.”*

*– Gordon A. Ewy, MD*

Jim and Linda are impressed with the Sarver Heart Center’s commit-

ment to research as well as its quality of patient care. Through their generosity, three laboratories at the center will receive support: Dr. Ewy’s research on cardiocerebral resuscitation (the New CPR), Dr. Douglas Larson’s research on heart failure and the work of the center’s newest member, pediatric cardiothoracic surgeon Dr. Kimberly Gandy.

“One of the reasons we support Dr. Ewy’s research is that no one else in the world could do what he has done and will do,” Jim and Linda agree. “We want to put our energy – our small bit of help – where it could do the most good. Nothing else we could do will affect humanity in the way the work of the heart center will,” says Jim.

Jim and Linda are long-time residents of Prescott, Arizona. Linda comes from a ranching family in Texas where she was an educator. Jim has spent his life in Arizona, developing real estate.

When they moved to Prescott from the Phoenix area, the two of them worked together to develop The Ranch at Prescott, an upscale community of residential and commercial development. Through their vision and hard work they have helped to bring a new dimension to the city of Prescott.

In addition to their most recent generous gift to the Sarver Heart Center, Jim and Linda also sponsor the Prescott “Take Heart” Conferences, presented in Prescott by the Sarver Heart Center. ♥

## Happy Birthday, Sarver Heart Center!



Founded in 1986, the Sarver Heart Center continued to prosper and grow as a “center without walls” until the current building was completed five years ago. On December 5, 2005, Director Dr. Gordon Ewy cut the cake to celebrate the fifth anniversary of the day our center received its – well, yes – heart.

### Save the Dates:

**Saturday, August 12, 2006**  
**Prescott “Take Heart” Conference**

*Historic Hassayampa Inn, downtown Prescott*

**Saturday, October 14, 2006 • 11:30 am**  
**Panel Discussion & Lunch**  
**“Cardiovascular Disease in Women”**

*Skyline Country Club, 5200 E. Saint Andrews Drive, Tucson*  
The Sarver Heart Center Women’s Education Committee will host a luncheon with an expert panel discussing women and cardiovascular disease. The panel will include Dr. Gordon Ewy and Dr. Lorraine Mackstaller. Admission is \$25 and includes lunch. For reservations or more information email us at [stolte@email.arizona.edu](mailto:stolte@email.arizona.edu) or call 626-4083.

### Correction:

The previous issue of the Sarver Heart Center Newsletter mistakenly named Abigail S. McElhinny, PhD, as the recipient of the Steven M. Gootter Sudden Cardiac Death Research Award. The award was given to Julia H. Indik, PhD, MD. We apologize for the mistake.

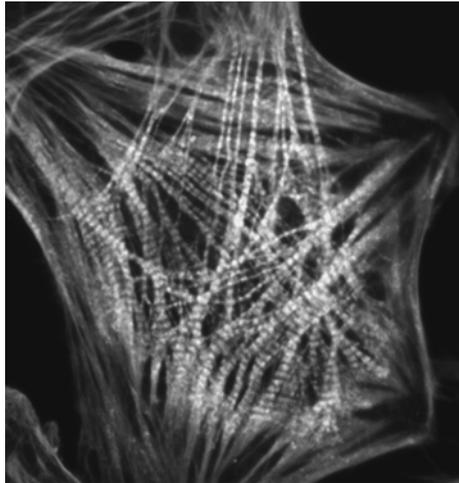
# Heart Disease in Women: Unlocking the Molecular Mysteries

**D**r. Carol Gregorio is a heart specialist – although she never sees patients. Unlike most other members of the Sarver Heart Center, she is not wearing scrubs and a stethoscope but a turtleneck sweater and jeans. Rather than taking patients' ECG's or putting bypasses in defective hearts, Gregorio's work place is her research laboratory, where she delves deep into the microscopic realm of cells, protein molecules and DNA strands. Together with her team, the young associate professor studies heart muscle cells to unravel their molecular mysteries. This kind of basic research is a keystone to developing cures for diseases like cardiomyopathies and congestive heart failure.

In January, Gregorio was appointed director of the Molecular Cardiovascular Research Program, a new basic research initiative of The University of Arizona College of Medicine in collaboration with the Sarver Heart Center. The Molecular Cardiovascular Research Program will emphasize translational research "from bench to bedside." Basic and clinical researchers will work hand in hand to bring more new discoveries from the laboratory to clinical application.

## Women don't have heart attacks, do they?

Cardiovascular disease is the leading cause of death in the United States, accounting for 38% of all deaths in the latest statistics. The causes of cardiovascular diseases are manifold and in some cases still pose a mystery to scientists and physicians. Only in recent years have scientists and physicians begun to realize how vastly different heart disease is in women in comparison to men. "Women don't have heart attacks," is still a widespread notion among large portions of the population who associate heart disease with over-worked businessmen neglecting their health. Although physicians



**Hidden architecture:** *Under the microscope, a heart muscle cell reveals its meshwork of protein fibers that enable it to contract.*

are beginning to acknowledge the differences in cardiovascular symptoms between their male and female patients, a woman presenting with symptoms of an imminent heart attack or a stroke could be turned away at the doctor's office because the warning signs go unrecognized or are misinterpreted for a different condition.

The Sarver Heart Center has set out to heighten awareness for heart disease in women and to help bring about the changes necessary to improve the ways it is diagnosed and treated. The center has taken a first and crucial step toward this goal with

the newly established Allan & Alfie Norville Endowed Chair for Heart Disease in Women Research (see cover story). Gregorio and Sarver Heart Center Director Dr. Gordon A. Ewy are leading a nationwide search to hire an outstanding scientist to occupy the endowed chair and to investigate the molecular causes of heart disease in women as part of the Molecular Cardiovascular Research Program.

Scientists are only beginning to understand the complex mechanisms that underlie all biological processes, from the biochemical interactions within a single cell to the physiological workings of an entire organism, including humans. At the same time, the opportunities for significant discoveries have never been greater: Recent scientific breakthroughs such as deciphering the human genome have provided researchers with the tools and the knowledge to tackle the most complex problems in biology. They are learning how cells, tissues and organs function and how disruptions of these processes can lead to disease.

Only if scientists learn to unravel all the biochemical and molecular interactions that underlie those processes can they design new drugs or develop treatments that target the actual causes of disease: malfunctioning

## HEART NEWS FOR YOU

molecules or biochemical interactions gone haywire.

“Our goal is to identify the underlying molecular mechanisms of the cardiovascular system and to truly understand how it functions,” says Gregorio. “We are in the process of identifying top-priority research areas within cardiovascular medicine and hiring new investigators to bring new ideas and new technologies that will have a significant impact on our basic and clinical research.”

The Allan & Alfie Norville Endowed Chair for Heart Disease in Women Research will be an integral part of the Molecular Cardiovascular Research Program. One of the chair holder’s research assignments will be to study the molecular differences between men and women with respect to heart disease. For example, one possible scenario could be to look for differences in genes and gene activity between men and women and how those differences account for different predispositions for heart disease.

### Searching for a ruler on the molecular scale

As an example to illustrate how the Molecular Cardiovascular Research Program intertwines clinical and basic research and paves the way for new treatments and drugs that some day will save lives, Gregorio points to a group of heart defects collectively known as cardiomyopathies.

“Let’s assume a clinical researcher finds a genetic mutation associated with a certain form of cardiomyo-

pathy. Using the clinical findings as a starting point, basic researchers can then uncover the molecular mechanisms that disrupt the structure or function of the heart muscle and ultimately cause the disease.”

Most of the time, we don’t pay attention to our heart doing its work, unencumbered by conscious effort. Each day, the heart muscle in our chest beats 100,000 times!

Each contraction requires a highly orchestrated interaction of heart muscle cells, nerve cells and other cell types that make up the heart. Each heart muscle cell, in turn, is comprised of an array of different types of protein molecules, each performing a very specific role. For example, there are certain types of proteins that assemble to form the muscle fibers, which interact and allow the muscle to contract. The slightest disruption in this molecular architecture of heart muscle proteins can be detrimental, even fatal, to heart function.

Gregorio has earned international reputation by studying how this architecture is formed and maintained in heart muscle cells. The wall above her desk is decorated with examples of her work that made it onto the front covers of various scientific journals. Chosen by editors for their scientific significance and stunning resolution, the colorful photographs offer glimpses into a hidden world: the inner structure and intricate workings of single heart muscle cells, each ten times thinner than a human hair.

“Basically, we have been looking for a ruler on a molecular level,” explains Gregorio, “a regulator that makes sure the muscle fibers inside the cell have the exact length and align properly – necessary prerequisites for proper heart muscle function.” Together with her team, Gregorio has discovered that a muscle protein called titin is likely to act as such a molecular regulator that is both a ruler and a scaffold, helping the muscle fibers to acquire the correct length and to align properly.

“The Molecular Cardiovascular Research Program and The Allan & Alfie Norville Endowed Chair for Heart Disease in Women Research are a critical step in our vision toward a future free of cardiovascular diseases,” says Gordon A. Ewy, MD, director of the Sarver Heart Center at the UA. “By unraveling the molecular processes that make cardiovascular diseases different in women and men, we will undoubtedly make headway in fighting heart disease, the number one killer of women in this country.” ♥



*Carol Gregorio studies cultured heart muscle cells to unravel their molecular structure.*

## When Experts Educate Experts: The Marcus Visiting Professorship

**Y**ou would not be reading this newsletter, were it not for Dr. Frank I. Marcus. In fact, there wouldn't be a Heart Center or Section of Cardiology, were it not for a fateful decision Dr. Marcus faced in the late 1960s.

"You're nuts" – is what most of his friends and colleagues thought when Dr. Marcus was trying to decide whether he should move from Georgetown in Washington, D.C. to Tucson. He had been asked to help shape what is now The University of Arizona College of Medicine and the Section of Cardiology at University Medical Center.

Since you *are* reading this newsletter, you already know Dr. Marcus' decision. He left his position with Georgetown University and together with his wife Janet and his family moved to Tucson. As one of the founding fathers of the Sarver Heart Center, Marcus helped to create this leading center in cardiovascular care and research.

But creating one legacy was not enough for Dr. Marcus, who is Professor Emeritus at the College of Medicine. Ten years ago he and his family created an endowed visiting professorship, an annual program that brings world-class physicians to the Sarver Heart Center.

"Our parents valued education

the most," says Dr. Marcus, "This is why my brother, sister, other family members and I created the Samuel and Edith Marcus Visiting Professorship."

Each year, the Marcus Visiting Professorship has provided a unique opportunity for the members of the Sarver Heart Center. Thanks to the generosity of the Marcus family, the physicians and scientists at The University of Arizona are able to spend time with a leader in the field of cardiovascular medicine who conducts grand rounds, gives lectures and is featured as the key-note speaker at a banquet honoring the Marcus family.

This year Dr. Blase A. Carabello,

and engaged in many fruitful discussions with the physicians at the heart center. Listed as one of the best doctors in the nation in the field of cardiovascular disease, Dr. Carabello is also the Moncrief Professor of Medicine and Vice Chairman in the Department of Medicine at Baylor College of Medicine. He is a founding member and current president of the Society for Heart Valve Disease and has received numerous awards for excellence in teaching.

Though the Marcus Lecture has been funded for the past several years, the cost of the program continues to increase. "We have been fortunate to have several companies like Medtronic and AstraZeneca step

forward to help bridge the financial gap," says Dr. Marcus. That is why Dr. Marcus and his wife Janet invigorated the endowment with a generous gift. "My wife Janet and I want to ensure the future of the lecture by making a supplemental gift to the principal."

"We are extremely grateful to Frank and Ja-

net for their foresight and generosity," said Dr. Gordon A. Ewy. "This program is so important for many reasons and we are indebted to the Marcus family for creating this unique opportunity for the Sarver Heart Center." ♥



**Marcus Dinner 2006:** Frank I. Marcus, MD, (right) and his wife Janet, receive a certificate of appreciation for their support of the Sarver Heart Center and the Marcus Visiting Professorship from Gordon A. Ewy, MD, director of the Sarver Heart Center.

MD, from the Michael DeBakey Veterans Affairs Medical Center in Houston, Texas, visited the Sarver Heart Center, where he gave lec-

## Sarver Heart Center Loses a Cowboy and a Crooner



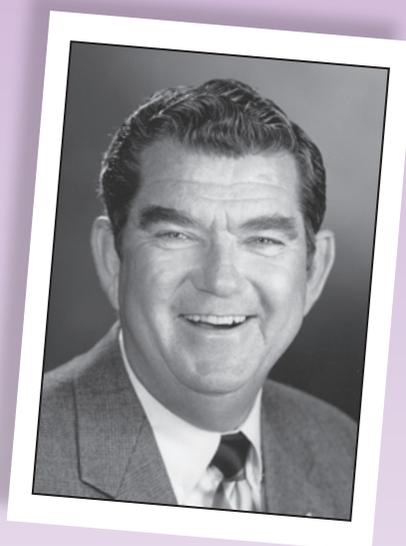
Chris Mooney/Balfour Walker Photo

### Sid "Slim" Morse



The Sarver Heart Center mourns the loss of one of our best friends and avid supporter of our mission to fight death and disability from stroke. Sid "Slim" Morse, General Managing Partner of the California Mart, succumbed on February 1, 2006 at Johns Hopkins Hospital in Baltimore, where he was receiving leukemia treatment. He was 71 years old. A native of Brooklyn, New York, Morse moved to Los Angeles with his parents when he was a teenager. After receiving his associates degree in Animal Husbandry from Sierra College and starting his career as an executive, he expanded the family-owned California Mart into the center of West Coast fashion. Morse crossed the finish line in 14 marathons and completed many 50 and 100 mile horse races as an endurance rider. Loving horses and the outdoors, he considered himself a cowboy at heart. Morse is remembered as a kind and gentle man who always

rooted for the underdog. A foster dad to eight children, he was involved in numerous community and philanthropic projects granting him a host of awards and honors, including being named Tucson's Philanthropist of the Year in 2001.



### Jim Fleming

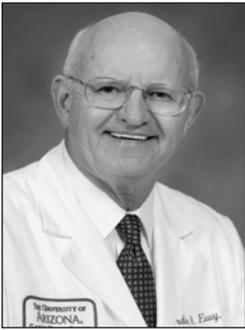


James B. Fleming, a long-term survivor of a domino heart transplant, died November 26, 2005 after a long illness at his home at Desert Mountain in Scottsdale. He was 69 years old. Born in Topeka, Kansas, to Virginia and Ned Fleming, the founder of Fleming Foods, Inc., Jim graduated from the Southern Arizona School for Boys and The University of Arizona in Tucson. He completed his graduate studies at Harvard University before he returned to Topeka to manage the store's development operations in the expanding family

business. After advanced heart failure from a severe heart attack Jim received a rare domino heart transplant during a procedure performed by a team led by Sarver Heart Center Co-Director Jack G. Copeland, MD, on March 3, 1989. Jim was so grateful for his second chance at life that he devoted the rest of his life to numerous charitable activities and initiatives related to heart transplantation and other "gift of life" issues. To name but a few of his many humanitarian activities, he was a major contributor to the Sarver Heart Center, where he also actively raised funds and served as the National Campaign Chair and on the Board of Directors. Jim was president of The New Heart Society of Arizona and co-founded the Arizona Save-a-Life Alliance. A business man by training, Jim's passions extended to playing the guitar and singing. With his band, "The Casuals", Jim and four friends from college were the hottest rock'n'roll show in Tucson in the late 50's and early 60's. They later toured the country and their single, "I Can't Quit", made it to the Top-40. One of his greatest claims of fame, Jim would say in later years, was the time he "backed up Elvis Presley."

The Sarver Heart Center will keep Sid and Jim in the best of memories. ♥

## FROM THE DIRECTOR



**I**t was very touching. Allan Norville, his wife Alfie and I were discussing the growing problem of heart disease in women and the mysteries of why heart disease is often so different in women and in men. We wondered at the fact that over the past decade mortality from cardiovas-

cular disease was decreasing in men, but increasing in women. The need for research, education and patient care in this area was obvious. The need to establish a named Endowed Chair for Heart Disease in Women Research to tackle this problem was also obvious. Then it happened. Allan, a tall strong man, an outstanding basketball player in college and a respected businessman and a supporter of the Tucson community, very gently took Alfie's hand, paused as if to say 'I am doing this for you,' and then said, "We will commit to this."

For a while we had difficulty continuing the conversation.

But the silence did not last long. The excitement over what will be accomplished with this endowed chair was too great. Allan and Alfie Norville will be justifiably proud and the community grateful when an outstand-

ing molecular scientist is recruited in a national search to hold the Allan and Alfie Norville Endowed Chair of Heart Disease in Women Research. They will be proud of the research contributions that will be made to the present and future generations as holders of this research chair help to unravel the mysteries of heart disease in relation to gender. And as this research moves from bench to bedside – from research laboratory to clinic – it will directly benefit patients and reverse the disturbing rise in cardiovascular disease in women.

Gordon A. Ewy, MD  
Director, UA Sarver Heart Center

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