

*Dedicated to
a Future Free of
Heart Disease
and Stroke*

...from the Director

It is with mixed emotions that I write my next to last “From the Director” for the University of Arizona Sarver Heart Center Newsletter. Earlier this year, I officially informed the College of Medicine of my decision to retire June 30, 2013, when I will be almost 80 years of age. Priscilla, my wife, soulmate and editorial assistant of 55 years, agrees with me that it is time.

In 1968, Dr. Frank Marcus became the founding chief of cardiology at the then-new University of Arizona College of Medicine and asked me to join him. What an opportunity! We came from Georgetown University Medical School, started teaching and caring for patients at the then-named Tucson Veterans Administration Hospital. We opened the “University Hospital” in November 1970. Since, initially there were no security officers, the hospital’s front doors were locked at night. When I was called in at night, I either had to use my key to the front door or go around to the back of the hospital to come in via the Emergency Room.

In our present litigious society, it is hard to believe that our founding faculty also practiced

for the first few years without malpractice insurance! At that time, the very rare malpractice suits went to the State of Arizona. Subsequently, the “University Hospital” was created with its own board of directors, and the faculty was organized as University Physicians Incorporated (UPI) and obtained malpractice insurance!

After a few years, Dr. Marcus took a sabbatical in Paris and I became acting chief of cardiology. Dr. Marcus established the first two endowed chairs in cardiology, one of which was in electrophysiology. Since he was a pioneer in the field, it was decided that he should take that chair and Dr. Rubin Bressler (then head of the Department of Medicine) gave me the responsibility of chief of cardiology. The Section of Cardiology was composed of a great group, including Dr. William Roeske, who was an invaluable help with scheduling and advising on financial matters.

Dr. James Dalen asked me to take over as director of the then-University Heart Center in 1991. I told my wife, Priscilla, that I had just accepted the first job in which I would fail, as I could not ask anyone for money! I am indebted to Brian Bateman and Clint McCall, both former



Gordon A. Ewy, MD, director of the UA Sarver Heart Center since 1991 and College of Medicine faculty member since 1969, plans to retire at the end of June 2013.



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development officers of the center, who taught me that it was not my job to ask for money. Instead, it was the job of everyone in the Sarver Heart Center to create something so sustainable, worthwhile and exciting that individuals would want to support it. Eventually, people who have been financially successful must decide how to invest their money after they are gone and the Sarver Heart Center has been fortunate indeed to now have 12 endowed chairs, three endowed professorships and four endowed cardiology fellowships.

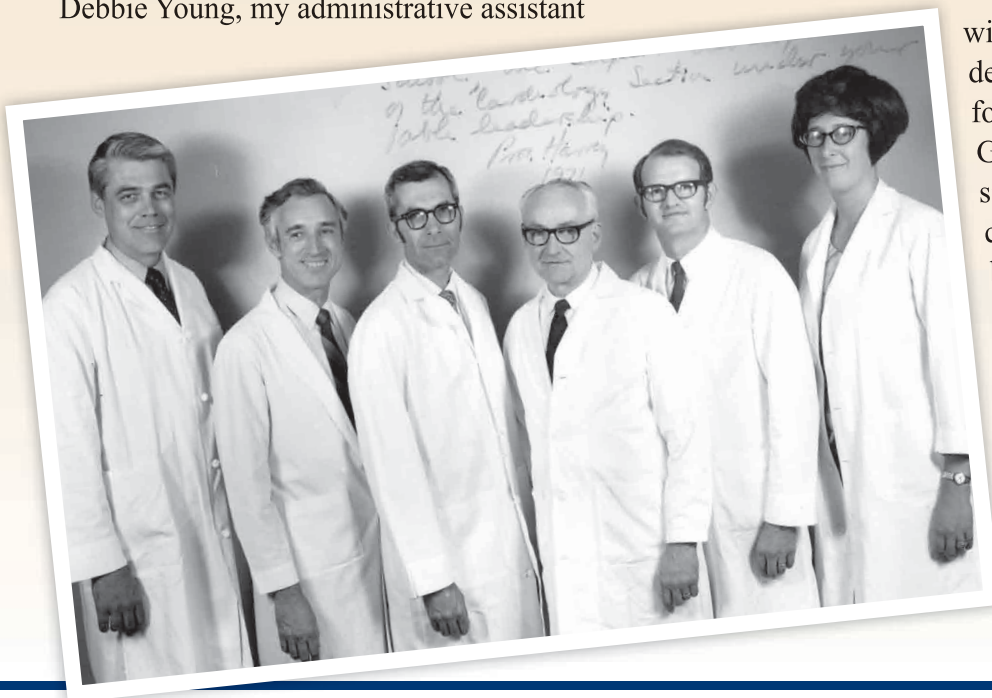
When I became director, few knew about the Heart Center. Accordingly, our first approaches were to publish a newsletter and give cardiovascular health-related lectures to lay audiences throughout Southern Arizona. This is because we firmly believed that patient and public education is as important as physician education, but outreach programs alone were and are not the answer. We had to provide service to those who wanted care—so answering the phone and providing prompt appointments with personalized medical care were integral to our reputation. As well as my physician colleagues, the secretaries and administrative assistants were outstanding. I would like to mention them all, but have to publicly thank Isabelle Preiss, my secretary for 32 years, Debbie Young, my administrative assistant

for 28 years, and Abby Totten, the business manager for over two decades. For over a decade, my nurse practitioner Connie Doner has helped me to provide personalized patient care.

With a restructured advisory board, our first task was to raise money for a “University Heart Center” building. Although during this period there were many “wants and needs,” we were focused on building a structure that would be the “heart” of the center. We decided early on that the center always would be a “center without walls,” with members in various departments and campuses. Humberto Lopez (chair of the advisory board) convinced Robert Sarver to support the center. Thus, we became the UA Sarver Heart Center and he has been a valuable adviser ever since. The center was (and continues to be) supported by many individuals in Arizona and elsewhere.

One of the things I always have enjoyed is patient care, including a number of patients whom I have been following for more than three decades. In retrospect, it really was not work, as almost all of my patients became my friends. In addition, as a young cardiologist I was able to do some of the exciting things that were at the time new techniques and therapies.

Early in my academic career, I worked with Dr. Mike Gordon of Miami in developing some of the teaching material for “Harvey” (named after our mentor at Georgetown), the first cardiology patient simulator. We received an NIH grant to compare the effectiveness of teaching bedside cardiovascular diagnosis using “Harvey” compared to actual patients with heart disease, and found that medical students trained on “Harvey” did



Section of Cardiology in 1971: James Stagg, MD, Samuel Goldfein, MD, Frank Marcus, MD, Proctor Harvey, MD (visiting professor), Gordon A. Ewy, MD, and Marlyns Witte, MD.

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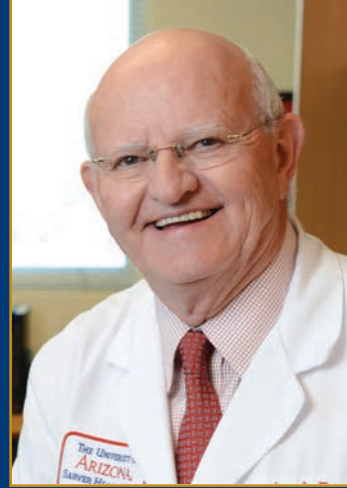
as well or better than students trained only on patients.

My most fulfilling research has been in the area of cardiopulmonary resuscitation. While still in Washington, D.C., (in the late 1960s), I used the first defibrillator tester (built by my older brother, Dale, an electrical engineer) to test all defibrillators in the area. I found that defibrillators in the hospitals did not deliver the amount of energy indicated. This resulted in standardization of defibrillator output.

This interest in defibrillators led to research in cardiopulmonary resuscitation. After joining the faculty at the UA, research with Dr. Charles Otto showed improved survival in subjects with cardiac arrest when intravenous vasopressors were used. Then, with Dr. Art Sanders and Dr. Karl Kern, we found that the most important factor in survival from prolonged resuscitation efforts was generating an adequate blood perfusion pressure by near-continuous chest compressions. As a cardiology fellow and young faculty member, Dr. Kern worked with our colleagues at Purdue and Duke universities to help change the thinking about resuscitation.

As more colleagues joined us, we organized the Sarver Heart Center Resuscitation Research Group, consisting of physicians with different areas of expertise. (Forming research groups from multiple departments is one of the purposes of “centers” here at the University of Arizona.) We found that chest-compression-only CPR (CCO-CPR) for primary cardiac arrest was more effective than the recommendations from the previous 40 years of CPR “Standards and Guidelines” that required mouth-to-mouth breathing as the first step. We also developed more effective approaches to the resuscitation of patients by paramedics and other emergency medical services personnel. Our new approach, called “Cardiocerebral Resuscitation,” first applied by the forward-looking paramedics here in Tucson, has resulted in marked improvement in survival of patients with out-of-hospital cardiac arrest. With Dr. Bentley Bobrow and the statewide Save Hearts in Arizona Registry and Education (SHARE) team, we markedly have improved neurologically intact survival of patients with out-of-hospital cardiac arrest. As of this past September, we have more than 1,000 survivors of out-of-hospital cardiac arrest in Arizona alone. And, we are focusing on changing the way such patients are managed throughout the world.

How fortunate when Dr. Jack G. Copeland, Rich Smith, BME, Dr. Gulshan Sethi and others joined our faculty in cardiovascular surgery. How exciting it was to be a small part of the cardiac transplantation and artificial heart programs



Upcoming Lectures with Dr. Ewy

Stress and the Heart –

Thursday, Dec. 20, 2012 at
10 a.m.

Canoa Hills Social Center
3660 S. Camino del Sol, Green Valley

So, You're 40 and Feel Fine: It's Time to Be Serious about Heart Attacks –

Wednesday, Jan. 9, 2013
5:30 p.m.

Murphy-Wilmot Library
530 N. Wilmot Road

UA Sarver Heart Center Healthy Heart Conference –

Saturday, Feb. 16, 2013

7:30 a.m. - Registration and Health Fair

9 a.m. - Education Programs

DuVal Auditorium

The University of Arizona Medical Center –

University Campus

1501 N. Campbell Ave.

A Future Free of Heart Disease & Stroke –

Friday, March 8, 2013

2 p.m. at DuVal Auditorium

The University of Arizona Medical Center –

University Campus

1501 N. Campbell Ave.



After decades of resuscitation research seeking better outcomes for victims of sudden cardiac arrest, the UA Sarver Heart Center launched a major public education program in 2008 with support from the Phoenix Suns. From left: Robert Sarver, owner of the Suns and major supporter of the UA Sarver Heart Center, Former Phoenix Mayor Phil Gordon, Dr. Ewy and Dr. Bentley J. Bobrow of the AZ SHARE Program, are joined by the Suns' Gorilla while a Phoenix Fire Department captain demonstrates how to do effective chest compressions.

here at the then-named University Medical Center. Cardiology and heart surgery at UMC was ranked by *U.S. News & World Report* in its “Best Hospitals in America” as one of the top 25 programs in the United States (among 6,000 hospitals) for a number of years.

The innovative basic research programs of the Sarver Heart Center, headed by Carol Gregorio, PhD, added significantly to the translational research goals of the center. There are many, many others that I should name, but already this is becoming an epistle rather than a letter from the director!

Directing courses for the American College of Cardiology in Emergency Cardiac Care in Washington, D.C., and post-graduate courses in cardiology in New York City with a colleague from Harvard, Dr. Dolph Hutter, helped us both stay on the cutting edge of medical advances—a requirement for any academic physician teaching medical students, residents and practicing physicians.

Part of academic medicine is writing scientific



Dr. Ewy looks forward to more time with Priscilla, his wife of 55 years. The couple founded the Sarver Heart Center Newsletter in 1991 and edited the content for many years.

articles. Writing is much easier now—when I started copies were made by carbon paper. Early in my career, working on a manuscript over the weekend, I would frequently need another reference or two. I would have to drive to the library, find the reference card, and go to the “stacks” to find the journal, copy the reference and drive back home to complete the manuscript. How simple it is now to write an article, and use my computer-based “End-Notes” for the references. But none of my publications would have been accepted without the constant editing of my wife, Priscilla. I barely passed “bone-head” English in college, so she has edited and nursed along each publication, including the initial and early editions of the Sarver Heart Center Newsletters.

I am grateful to have served as chief of cardiology for 28 years and, at the end of this academic year, as director of the UA Sarver Heart Center for 22 years. I see nothing but continued success because of the quality and dedication of the center’s 170 physicians and scientists. The Sarver Heart Center’s vision will continue to be a future free of heart disease and stroke obtained via the academic pillars of patient care, education and research.

I cannot thank everyone here at the University of Arizona College of Medicine enough for such an exciting and fulfilling career—I really have been blessed. ♥

Sincerely,

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

Community Reception for Dr. Ewy

Following Dr. Ewy’s lecture for patients and the public on March 8 (see page 3), a community reception will be held on the Arizona Health Sciences Plaza at 3 p.m. Please join us. Email heart@u.arizona.edu or call 520-626-4146 to RSVP.

Dr. Karl B. Kern appointed as the “The Gordon A. Ewy, M.D. Distinguished Endowed Chair of Cardiovascular Medicine”

Endowed chairs at the University of Arizona Foundation are in perpetuity, so that when the holder of an endowed chair in cardiovascular medicine leaves the University or retires, another cardiovascular specialist is given the named chair. In anticipation of Dr. Gordon Ewy's upcoming retirement, Karl B. Kern, MD, has been appointed to The Gordon A. Ewy, M.D. Distinguished Endowed Chair of Cardiovascular Medicine. Dr. Kern is a professor of medicine and acting chief of the Section of Cardiology in the UA College of Medicine - Tucson.

“It is a pleasure to know that with my upcoming retirement, this endowed chair will be filled by someone who has my highest regard.

Karl and I have worked together for over three decades. He is an exceptional academic cardiologist, excelling in patient care, education and research. He is a consummate clinical cardiologist, caring, hardworking, talented, honest, kind, and he has made exceptional contributions in medical research,” says Dr. Ewy, director of the UA Sarver Heart Center.

Dr. Kern came to the UA College of Medicine as a medical intern, continued as a medical resident and then as a cardiology fellow, before he was recruited to the UA College of Medicine faculty in 1985. He began his career as an instructor in the Department of Medicine.

“He joined our resuscitation research efforts during his cardiology fellowship and we have continued our collaboration ever since. The Sarver Heart Center's Resuscitation Research Group—which Karl has chaired for the last couple of decades—has literally changed the world's approach to the resuscitation of individuals with cardiac arrest. This is not inconsequential research, as cardiac arrest is the most common cause of death in the United States. This is what academic medicine is all about—meaningful research, compassionate patient care and education—and I cannot think of a more deserving individual in academic medicine,” says Dr. Ewy.

“This is a wonderful honor and I am both humbled and grateful to be named to The Gordon A. Ewy, MD, Distinguished Endowed Chair of Cardiovascular Medicine. My long-standing relationship with Dr. Ewy is the very reason I am still at the University of Arizona after 27 years. He has been a wonderful mentor and true friend for almost three decades. I feel a special responsibility to continue the great example he has set in clinical cardiology, resuscitation research and teaching. I am very grateful and will do my best to live



Dr. Karl B. Kern, professor of medicine and acting chief of the Section of Cardiology in the UA College of Medicine - Tucson.

up to this high standard,” says Dr. Kern.

An endowed-named chair is a rare honor in academic medicine. To occupy an endowed chair in one's own name is extremely rare. Dr. Ewy explained how this came about.

“I had been taking care of a gentleman for several years. My wife, Priscilla, and I became friends with him and his wife. One evening, during dessert, his wife asked me what the Sarver Heart Center needed. I outlined the goals and the many things that would help the Sarver Heart Center make progress toward our vision of a future free of cardiovascular disease.

“Support was needed for research equipment, funds to support promising research projects and I concluded with the need for \$2 million for an endowed

chair. Her response was, ‘That is what I want to do.’ Her husband, my patient, did not exactly choke on his dessert, but must have swallowed hard, and when composed he said, ‘We have had luck with challenge grants—why don't we give you a million dollars and challenge you to match it?’ I responded that would be extremely generous! Then his wife said, ‘But I want to do something for you.’ I said that I would be honored to hold ‘The [their name] Endowed Chair of Cardiovascular Medicine.’ She said, ‘No, this is an anonymous gift. We want your name on it!’”

The following Monday, stocks worth \$1 million were transferred to the UA Foundation for the endowed chair. Brian Bateman, who was the development officer of the Sarver Heart Center at that time, took the challenge of raising matching funds while Dr. Ewy continued taking care of patients, doing research, teaching, writing and continuing the academic duties of being chief of the Section of Cardiology and director of the Sarver Heart Center.

Brian met with a number of friends of the Sarver Heart Center regarding the challenge. During the next year, 258 individuals and couples contributed to complete the endowment. “Those of you reading this article will know who you are,” says Dr. Ewy. “The Sarver Heart Center and I are so grateful to each and every one of you.”

Because the total amount contributed to this chair exceeded \$2 million, the UA president added the word “distinguished” to the title of the chair and established The Gordon A. Ewy, M.D. Distinguished Endowed Chair of Cardiovascular Medicine in 2002. “It was an honor to occupy this chair and an equal honor to have the next holder be Dr. Karl B. Kern,” says Dr. Ewy. ♥

Does Daily Aspirin Therapy Prevent Cardiovascular Disease?

By Gordon A. Ewy, MD,
Director, the University of Arizona
Sarver Heart Center

Almost everyone takes an aspirin now and again for headaches, body aches or fever. It is a rare person who cannot take aspirin because of an allergy. So for the rest of us, the question is who should be taking daily aspirin? **The answer is simple—you should only take daily aspirin on the advice of your physician!** Knowing your medical history, your physician can determine if aspirin-related risks of increased bleeding outweigh the risks of clotting.

Aspirin therapy for the prevention of cardiovascular disease falls into two general categories: **Primary prevention** is the effort to avoid an initial heart attack or stroke, while **secondary prevention** is the treatment of patients who have had a heart attack or stroke to deter a recurrence. This article focuses on the role of aspirin in primary prevention—preventing heart attacks and strokes in individuals who do not have heart or vascular disease.

Cardiac Arrest: No Aspirin Needed

A cardiac arrest often is referred to as “a massive heart attack.” In fact, a cardiac arrest in an adult often is caused by the same thing that causes a heart attack: a blockage of a coronary artery that supplies blood to the heart muscle. The reason the public and the news media often refer to cardiac arrest as massive heart attack is that in the past, very few patients survived. In cardiac arrest, the heart

Recognizing Heart Attack Symptoms

Men typically feel pain in their chests or left arms.

Women's symptoms are harder to detect. Most women report weakness, fatigue, shoulder, stomach or back pain or shortness of breath.

stops pumping blood so the patient with primary cardiac arrest has an unexpected, witnessed (seen or heard) collapse and is not responsive. For a cardiac arrest, the most important steps are: **Check! Call! Compress!** (**Check** to see if the person is responsive, **Call** 911 and **Compress**—start chest-compression-only CPR). This is not an indication for bystanders to give aspirin! Go to (<http://www.heart.arizona.edu/learn-cpr>) for more details.

Heart Attack: Aspirin Recommended

Near-continuous blood flow to the heart muscle and the brain is essential for survival. A heart attack—or myocardial (heart muscle) infarction (tissue death due to a lack of blood flow)—usually is caused by a blood clot that blocks a coronary artery that supplies blood to the heart muscle. The blood clot is started by the platelets in the blood stream becoming activated and initiating the blood clot. Aspirin inhibits platelet stickiness, thereby helping to prevent a blood clot. So, if you experience heart-attack symptoms, an aspirin might be helpful.

Stroke: Aspirin Not Recommended

A stroke, a “brain attack,” can be similar to a heart attack in that it can be caused by blockage of the blood supply—an event that might be prevented by aspirin. But unlike heart attacks, a brain attack also can be caused by a rupture of an artery and bleeding into the brain—an event that might be made worse by aspirin! The key is to call 911 and get to the hospital as soon as possible.

Platelet Function

Platelets are an important element of our blood, for if a blood vessel gets cut, the activation of platelets initiates the blood-clotting process—keeping us from excessive bleeding and even death. However if the damage to the vessel is inside an artery, activation of the platelets may initiate a clot that may block the artery. Abnormal or excessive clotting is a major cause of cardiovascular disease.

How Does Aspirin Work?

Aspirin interferes with normal platelet function. For primary prevention, the major use of aspirin is for antiplatelet therapy: to prevent platelets from sticking together and initiating blood clotting. But aspirin therapy also increases the risk of bleeding.

If you have had a heart attack or stroke due to a blood clot, your doctor will likely recommend that you take a daily aspirin. If you are a middle-aged person with diabetes or an older person with cardiovascular risk factors, you are at increased risk for intravascular clotting and chronic aspirin therapy may be indicated.

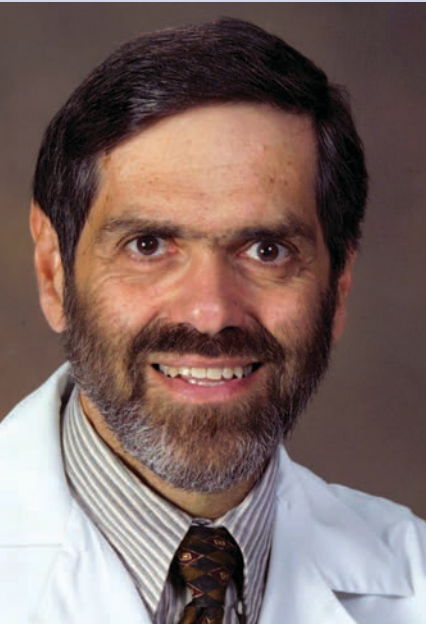
What is the data for or against daily aspirin therapy?

A recent analysis of nine randomized controlled trials of aspirin therapy versus placebo (followed for at least six years) involving more than 100,000 participants, found that aspirin treatment reduced total cardiovascular disease events (but mainly nonfatal heart attacks) by 10 percent. The number of patients needed to be treated for six years to prevent one cardiovascular disease event was 120. There was no significant reduction in cardiovascular death. However, there was an increased risk of significant bleeding events; the number of patients needed to be treated to cause harm was 73. (*Seshasai et al. Arch Intern Med 2012;172:209*). This means that if you treat 100 apparently healthy individuals with aspirin, you are more likely to cause harm than good.

Bottom line: you only should take daily aspirin on the advice of your physician! ♥

To learn more about chest-compression-only CPR in the event of sudden cardiac arrest, please visit the UA Sarver Heart Center website at heart.arizona.edu and click on “Learn CPR.”

Dr. Arthur B. Sanders Elected to Prestigious Institute of Medicine of the National Academies



Congratulations to Arthur B. Sanders, MD, MHA, who has been elected to the prestigious Institute of Medicine of the National Academies. Considered one of the highest honors in the fields of health and medicine, the appointment recognizes individuals who have demonstrated outstanding professional achievement and commitment to service.

know about clinical research. When I was a young faculty member, Dr. Ewy took me into his lab and guided our research efforts. Dr. Ewy would always ask, ‘what is the most important question that will impact the clinical care of patients?’ This would guide our research efforts. My accomplishments in geriatric emergency medicine were modeled after our success in CPR research, always focusing on the clinical care of patients.

“I have been blessed over the past three decades to work with collaborators who not only were superb scientists, but outstanding clinicians. Drs. Kern, Berg, Bobrow, Otto, Hilwig and all my colleagues in the Sarver Heart Center have taught me so much and inspired me to strive for greater success,” says Dr. Sanders.

Besides serving as a member of the UA Sarver Heart Center Resuscitation Research Group, Dr. Sanders also served as chair of the Advanced Cardiac Life Support Committee for the American Heart Association.

Dr. Sanders’ research interests include geriatric emergency medicine. He helped develop a more comprehensive model of care for elder patients in the emergency medical system that specifically addresses the special needs of older patients. He edited the first textbook in geriatric emergency medicine, “Emergency Care of the Elder Person,” and co-edited the textbook “Emergency Medicine: An Approach to Clinical Problem Solving.”

He has published more than 250 articles in scientific journals and is author or co-author of several books. In addition to research and patient care, Dr. Sanders spends about one-third of his time teaching and mentoring medical students.

The Institute of Medicine is both an honorific and an advisory membership organization. Established in 1970 by the National Academy of Sciences, IOM has become recognized as a national resource for independent, scientifically informed analysis and recommendations on health issues. ♥

Dr. Arthur B. Sanders

Dr. Sanders, a professor in the UA College of Medicine’s Department of Emergency Medicine, and a member of the UA Sarver Heart Center and the Arizona Emergency Medicine Research Center, is one of 70 new members and 10 foreign associates elected to the IOM at its 42nd annual meeting on Oct. 15. New members are elected through a selective process that recognizes individuals who have made major contributions to the advancement of the medical sciences, health care and public health.

“We could not be more delighted with Dr. Sanders’ appointment,” says Gordon A. Ewy, MD, professor of medicine and director of the UA Sarver Heart Center. “He has been a major contributor to the Sarver Heart Center’s Resuscitation Research Group, whose research developed chest-compression-only CPR and Cardiocerebral Resuscitation, new approaches to resuscitation from sudden cardiac arrest that already have saved – and will continue to save – innumerable lives.”

“I have spent my entire academic career at the University of Arizona and this honor reflects the collegial academic community in our College of Medicine. In particular, I would like to thank Dr. Ewy for being my mentor and teaching me everything I

Establishing the Peg M. Barrett Distinguished Endowed Fellowship in Cardiology

Peg Barrett, a long-time patient and friend of the University of Arizona, passed away peacefully in October at the age of 88.

Peg came to the United States from England after World War II. She had a remarkable career in public relations and marketing and lived a most adventurous life.

Unfortunately, she also had a lifelong battle with multiple health problems. She once said, “While I traveled extensively to various states, I have been treated in many more hospitals than I wish to recall. I find the knowledge, compassion and caring of the UA physicians unsurpassed. Dr. (Gordon) Ewy and his colleagues are wonderful physicians,” she said.

Because of her extensive medical history, she developed close relationships with physicians and nurses. She also was helped over the years by members of the UA Foundation. “This is my family here,” she said. “I feel they are doing so much—they are wonderful.



Dr. Gordon Ewy with Peg Barrett at the Sarver Heart Center

Everybody goes out of their way to be kind to you.” In gratitude and to help future generations of patients with cardiovascular disease, she established a charitable remainder annuity trust and designated the UA Foundation as the trustee to establish **The Peggy Barrett Distinguished Endowed Fellowship in Cardiology.**

Peg wrote that this annuity was established, “To make a difference and to perpetuate my enduring interest, goals and vision that will extend my influence beyond my lifetime by establishing the fellowship.”

Her foresight enables the UA Sarver Heart Center to provide for the training and education of future cardiologists. “Peg had been a supporter of the center for many years, her endowment not only will support the center, but more importantly will serve as a reminder of her incredible philanthropy,” says Dr. Ewy. ♥

Mary Anne Fay, Sarver Heart Center advisory board member and chair of the Women’s Heart Health Education Committee, thanks Clint McCall for his years of service as Sarver Heart Center’s development director. Clint now is the senior director of development for the UA College of Medicine - Tucson.



Development Team Welcomes Newest Member

The University of Arizona Sarver Heart Center welcomes Jennifer Camano as the new director of development. Jennifer most recently worked at UApresents, where she raised funds for the professional performing arts and its education programs. Prior to that, she helped the Children’s Museum Tucson to grow into the outstanding organization it is today.



Jennifer Camano, Sarver Heart Center’s new development director

“Jennifer’s passion about philanthropy is apparent,” says Dr. Gordon Ewy. “She is an experienced professional and we look forward as she sets out to meet Sarver Heart Center supporters and helps people advance their goals for the center.”

“I have so many fond memories of people who entrusted the Sarver Heart Center to help them achieve their visions of improving the lives of people with heart disease and stroke,” said Clint McCall, who served as the Sarver Heart Center development director for eight years and helped increase the number of endowments. “While I will miss working day to day with the Sarver Heart Center, I am happy to see Jennifer take over the development role and I’m glad that I’ll continue to be somewhat involved in the center in my new role as senior development director for the UA College of Medicine - Tucson.”

“I feel privileged to connect people with the deeply important work of Sarver Heart Center,” says Jennifer. When she is not visiting donors, Jennifer enjoys spending time with her two daughters, Zoe and Francesca Rosenthal, practicing yoga and meditation and going scuba diving. ♥

Celebrating

the Completion of
The Steven M. Gootter Endowed Chair
for the Prevention and Treatment
of Sudden Cardiac Death

and the appointment of

Jil C. Tardiff, MD, PhD

Friends and family members gathered to celebrate the funding of the Steven M. Gootter Endowed Chair for the Prevention and Treatment of Sudden Cardiac Death and officially presenting the white coat to the holder of the chair, Jil Tardiff, MD, PhD. Dr. Tardiff is a professor in the Department of Medicine, Section of Cardiology, and the Department of Cellular and Molecular Medicine in the UA College of Medicine - Tucson, and the BIO5 Institute.



Pictured from left: Karl B. Kern, MD, Andrew Messing, Claudine Messing, Shari Gootter, Sophie Gootter, Jil Tardiff, Alfie Norville, Paulette Gootter, Allan Norville, Joe Gootter, Gordon A. Ewy, MD, and Carol Gregorio, PhD.



UA Sarver Heart Center *Green Valley*

26th Annual Lecture Series ... 2012 – 2013

In Collaboration with Green Valley Recreation, Inc.

Free and open to the public. Presentations are held Thursdays at 10 a.m. at
Canoe Hills Social Center, 3660 S. Camino del Sol, Green Valley
No reservation required, refreshments provided.

- **December 20, 2012**
Stress and the Heart
Gordon A. Ewy, MD
- **January 17, 2013**
New Methods for Opening Arteries: Update on Surgery and Interventional Approaches
Karl B. Kern, MD, and Kapil Lotun, MD
- **February 21, 2013**
Keeping the Beat: What's New in Drugs to Treat Arrhythmias?
Peter Ott, MD
- **March 21, 2013**
Stroke Update: Caring for the Survivor and Caregiver
Leslie Ritter, PhD, RN
- **April 18, 2013**
Controlling Diabetes: The Role of Food and Exercise
Betsy Dokken, NP, PhD



The Tucson Alumnae Chapter of Delta Sigma Theta Sorority Inc., in recognition of the 100th anniversary of Delta Sigma Theta and its commitment to educate women on their risks of heart disease, donated \$10,000 to the UA Sarver Heart Center for research in heart disease focused on women of color.



7th Annual
The Heart of the Matter
 An Educational Luncheon
 on Heart Disease in Women

The Mary Anne Fay Heart Health Advocate of the Year Award from the UA Sarver Heart Center was presented during the Seventh Annual Heart of the Matter Luncheon to Cynthia Butler McIntyre, national president of the Delta Sigma Theta Sorority, Inc. The award was established to honor the advocacy and leadership of Mary Anne Fay, a Sarver Heart Center Advisory Board member and chair of the Women's Heart Health Education Committee. Mrs. McIntyre was honored for her deep and unwavering commitment to serving women and advocating for heart health. Accepting the award (above) from Dr. Gordon A. Ewy on Mrs. McIntyre's behalf is Sandra Phillips Johnson, Farwest Regional Director of Delta Sigma Theta Sorority. Also pictured: Mary Anne Fay and Wanda Moore.



Meghann Miller, Kjersti Johnson and Diana Hess, members of the UA Student Health Advisory Committee, offer people information on good nutrition options.



UA Student Emergency Medical Services volunteers Derek Smith and Zach Saxman explain to Marilyn Gibbs of Green Valley how to use an automated external defibrillator (AED) in the event of a sudden cardiac arrest.

ADDRESS SERVICE REQUESTED

Upcoming Tucson Lecture Series and CPR Training 2012-2013

in collaboration with Pima County Public Library



5:30 p.m. - 7 p.m.

All lectures are free and open to the public. Free parking is available. Reservations requested, but not required. Please email heart@u.arizona.edu or call 520-626-4146.

Learn how to prevent and manage heart diseases and stroke at these community lectures, presented by leading physicians, scientists and dietitians from the University of Arizona Sarver Heart Center and UA Medical Center.

You'll also learn how to respond if you witness a sudden cardiac arrest. In fact, if you're a man over age 40, you have a one-in-eight chance of suffering a cardiac arrest. Learn this lifesaving skill!

Tuesday, Dec. 11, 2012
Keeping the Beat: What's New in Drugs to Treat Arrhythmias?

Peter Ott, MD

Miller-Golf Links Library

9640 E. Golf Links Road, Community Room

Wednesday, Jan. 9, 2013
So, You're 40 and Feel Fine: It's Time To Be Serious About Preventing Heart Attacks

Gordon A. Ewy, MD

Murphy-Wilmot Library

530 N. Wilmot Road, Community Room

Wednesday, Feb. 13, 2013
Fall in Love with the Heart Health Diet

Shari Schoentag, RD, CNSC

Wheeler Taft Abbett Sr. Library

7800 N. Schisler Drive, Marana, Children's Room

Wednesday, March 13, 2013
Eating Heart Healthy on a Budget

Susan Bristol, MS, RD, CNSC, with Leslie Guzman, Phil Lewis, Meghan Smith, and Christina Caple

Woods Memorial Library

3455 N. First Ave., Community Room

Wednesday, April 10, 2013
New Approaches to Opening Arteries: Update on Surgery and Interventional Approaches

Karl B. Kern, MD, and Kapil Lotun, MD

Kirk-Bear Canyon Library

8959 E. Tanque Verde Road, Community Room

Wednesday, May 8, 2013
Controlling High Blood Pressure and Preventing Heart Failure

Lorraine Mackstaller, MD

Murphy-Wilmot Library

530 N. Wilmot Road, Community Room

Save the Date

2013 **Healthy Heart** Public Education Conference
Saturday, Feb. 16, 2013

visit our website for more information
heart.arizona.edu
and click on "Events."

