

SARVER HEART CENTER

NEWSLETTER ISSUE 71 • SPRING/SUMMER 2015

UA SARVER HEART CENTER CARDIOLOGISTS EMPHASIZE BASICS AS BEST FOR HEART HEALTH



If one point emerged from recent heart-health education programs at the University of Arizona Sarver Heart Center, it's that the basics are often best for your heart.

"Every day at the Sarver Heart Center we conduct technologically sophisticated, life-saving cardiac procedures, but often the most important intervention we provide is to remind our patients of the basic lifestyle changes that make such a difference in risk for heart attack and stroke," said **Nancy K. Sweitzer, MD, PhD**, director of the

UA Sarver Heart Center and chief of the Division of Cardiology. Kicking off the UA Sarver Heart Center's Healthy Heart Day 2015, she cited a study from Sweden's Karolinska Institute, which observed 20,721 healthy Swedish men - ages 45 to 79 - for 11 years. The study, published in the *Journal of the American College of Cardiology*, noted men could reduce their heart attack risk by 80 percent if they made five lifestyle changes. "I believe these also apply to women and Americans," said Dr. Sweitzer.

Here's how these lifestyle changes stack up:

- 36 percentage heart attack risk reduction attributed to **not smoking**.
- 18 percent reduction by **eating a diet rich in fruits, vegetables, legumes, nuts, reduced-fat dairy products, whole grains and fish**.
- 12 percent reduction by **maintaining a waistline of 37 inches or less (for men). (For women, this waistline circumference would be about 35 inches or less.)**
- 11 percent reduction by **drinking fewer than two alcoholic drinks per day. (Probably one drink per day for women.)**
- 3 percent reduction for moderate **daily and weekly exercise** routines.
- **1 percent** – the percentage of study participants who exhibited all five of the healthy habits.



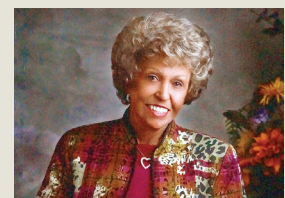
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Please visit the UA
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NOTE FROM THE DIRECTOR



As I reflect back on my first year as director of the University of Arizona Sarver Heart Center, keeping pace with change has become part of our daily routine. Some changes are the result of my goals to build upon past excellence in clinical cardiology and expand our research mission. Other changes are the result of interactions with our highly engaged boards and staff, and are focused on improvement of our already successful community education programs. And, change is unavoidable in the era of "Endless Possibilities" and our new affiliation with Banner Health. My vision for improving our academic medical center for our patients, trainees, faculty and staff is in line with Banner's vision.

Much has been written about the vast resources Banner plans to invest in Tucson. It's very clear that this non-profit health system will take the physical plant of the UA-affiliated hospital and clinics from the 1970s to a 21st century medical complex. I look forward to working with them and sharing more news of this transformation in the future.

Our fellowship education program also is undergoing changes. Following three years of internal medicine residency training, our fellows come to us as fully trained internists, ready to begin three (or more) years of specialty fellowship education in general cardiology. The structure of that training is dictated by a document called "COCATS" – Core Cardiology Training Symposium, written by the American College of Cardiology Foundation. A new version of COCATS has just been published and is aligned with changes in how we are training doctors nationally. Dr. Julia H. Indik, who serves as our cardiology fellowship director, our entire fellowship committee and I are beginning a process of re-examining our training programs to determine how we might improve them.

An important external source of change is the stunningly large round of cuts to our universities in the State of Arizona budget. This underscores what UA leadership has been saying for years – we need to raise more funds from private supporters. To this end, the Arizona Health Sciences Center leadership has recruited new development staff to oversee major gifts and is realigning staff relationships to maximize giving opportunities. The UA Sarver Heart Center development team now reports in part to the new AHSC development leadership.

Sarver Heart Center is operating with its two partners – Banner and the AHSC leadership – to move forward our mission to improve patient care, research and education of professionals and the public at the University of Arizona. We ask for your patience as we learn how to balance long-standing successful traditions with new ways of achieving excellence.

I want to take a moment to gratefully celebrate the life of one of our strongest private supporters, Alfie Norville, who recently passed away. Alfie lived a remarkable and generous life – I wish I could have known her longer. Among her many charitable causes, Alfie counted the UA Sarver Heart Center as vital. She served as a member of the advisory board and the Women's Heart Health Education Committee. She and her husband, Allan Norville, generously support our research mission by providing funds for an endowed chair focusing on heart disease in women. In Alfie's memory, the family continues their support of the Sarver Heart Center. (Please read more about the life of this remarkable woman on page 15.)

With a focus on expanding and improving cardiology clinical services and heart failure research, I'm pleased to welcome Dr. Elizabeth Juneman. Some of you know her as a faculty member with a research laboratory at the Sarver Heart Center and a clinical cardiology appointment at the Southern Arizona VA Health System. Dr. Juneman now will be on the Banner - University Medical Center and Arizona Health Sciences Center campuses full time, serving as director of Outpatient Cardiology and assistant program director of the Cardiovascular Disease Fellowship. She continues her important research in deciphering the mechanisms of heart failure. In her role as Outpatient Cardiology director, Dr. Juneman is soliciting feedback from patients and staff as she explores opportunities for improving our outpatient care. (Learn more about Dr. Juneman on page 13.)

As I stated in prior messages, clinical research is one of my passions. Incorporation of more clinical research is central to our mission of providing the highest-quality, cutting-edge patient care. I am pleased to announce the addition of Catherine MacDonald, BScN, MBA, who joins the Sarver Heart Center staff as cardiology clinical research manager. We have several clinical trials underway. Catherine is helping us pursue even more. (Please see page 10 to learn more.)

I have always found energy and excitement in change, and came to the University of Arizona specifically for the privilege of leading through such fast-changing times. Thank you for being part of this progress.

A handwritten signature in black ink, reading "Nancy K. Sweitzer".

Nancy K. Sweitzer, MD, PhD
Director, University of Arizona Sarver Heart Center
Chief, Division of Cardiology

What foods will I eat?

SAD

Meat
Dairy
Eggs
Processed grains
Fast food / fried food
High added sugar
Sweets / desserts
High salt

Continued from page 1

For the past 20 years, **Charles Katzenberg, MD**, cardiologist and UA clinical professor of medicine, has offered an educational program in Tucson called the HEART Series, which emphasizes the importance of a healthy lifestyle – including a good diet, exercise, community engagement and stress management – as the best prevention against heart disease.

As the Healthy Heart Day keynote speaker, Dr. Katzenberg shared his top tips for heart health. For starters, don't try to do everything at one time. That's a formula for failure. Start taking steps in one area so you'll succeed.

Dr. Katzenberg added some details to the tips outlined by Dr. Sweitzer:

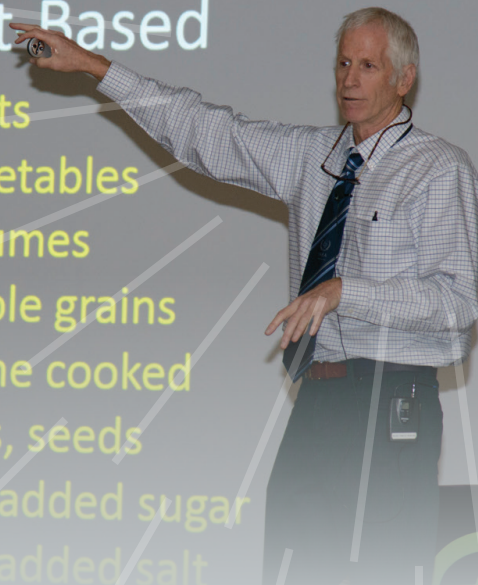
1. Find your own healthful diet. There are so many diets. The only one that is right for you is the one that you choose and can stick to. Run away from the Standard American Diet (SAD) – meat, dairy, eggs, processed food, fast food, fried food, desserts, added sugar, processed grains (white bread, white rice, white pasta), added salt, low fiber. The SAD diet is associated with increased heart attacks, cancer and strokes. Start walking toward a whole-foods, plant-based diet – fruits, vegetables, legumes (beans), whole grains, nuts, seeds, fiber, small amounts of lean meat and fish, and low-fat dairy. This diet is associated with decreases in heart attacks and strokes.

2. Avoid weight gain. While a normal Body Mass Index is in the 18.5-24.9 range, the 25-30 range can still be a heart-healthy zone.

3. Get moving. Exercise aerobically – walk, jog, bike, swim, do circuit weights or aerobic exercise classes – three to four hours each week. Include a few minutes of warm-up and cool down in each session. Add two 30- to 60-minute sessions of light-to-moderate weight lifting. Exercise safely.

Whole Food Plant Based

fruits
vegetables
legumes
whole grains
home cooked
nuts, seeds
low added sugar
low added salt



4. Avoid smoking. Using tobacco products carries an extremely high risk for future heart disease or stroke. Heart disease risk falls quite rapidly after quitting. Many people need multiple attempts to quit successfully. E-cigarettes are tools to help quit smoking, but long-term effects are unknown; so, only use these while stopping cigarettes.

5. Know your numbers, especially blood pressure (120/80 or less) and cholesterol numbers (LDL less than 100; HDL at least 40 for men and 50 for women) and, if necessary, follow treatment prescribed by your doctor to keep these under control.

6. Manage your stress. Stress is a risk factor for coronary heart disease and is associated with elevated blood pressure and poor lifestyle choices in areas of diet, exercise, smoking and weight management. Learn to recognize unhealthy stress and use tools and mechanisms to reduce its impact. Some people relax by reading a book or listening to music. Others benefit from tai chi, meditation, yoga or exercise. Find out what works for you and do it 30 to 60 minutes each day to reduce the impact of unhealthy stress. Seek help if you need to learn ways to manage your stress.

7. Be involved in a community you enjoy. This could be as simple as sharing a meal with friends or family, volunteering, participating in an education or fitness class, a book club or a religious group. Find what works for you.

"It's important for people to understand these lifestyle basics can go a long way to help prevent heart disease and improve quality of life if you develop heart disease. Even for people with advanced heart disease, often basic treatments help the vast majority of patients live well," said Dr. Sweitzer, who is a board-certified advanced heart disease and transplant cardiologist.

SARVER HEART CENTER

Healthy Heart Day 2015

More than 160 people from the greater Tucson community and student volunteers gathered for Healthy Heart Day 2015 in February for a highly interactive day that included (1), tai chi with Edna Silva, RN (2), laughter yoga with Emily Vance, EdD (3), health talks and a walk with a doctor session led by Nancy Sweitzer, MD, PhD, and Charles Katzenberg, MD, (4) and health screenings with UA College of Pharmacy students.

Thanks to these supporting sponsors

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Leslie S. Ritter, PhD, RN, professor of nursing and neurology at the University of Arizona (left), was honored with the **Mary Anne Fay (right) Heart Health Advocate of the Year Award**. Dr. Ritter received the award in recognition of her dedication to stroke education and

prevention, including frequent community presentations on behalf of the UA Sarver Heart Center Women's Heart Health Education Committee, Minority Outreach Program and other groups. Since 2012, Dr. Ritter has facilitated monthly stroke-support groups in Tucson and Green Valley. During the last two years, she has worked with many Sarver Heart Center volunteers and members of the Women's Committee to establish the Stroke Resource Center of Southern Arizona. This first-of-its-kind resource helps patients and families struggling to adjust after a life-altering stroke event. (More information is available at soazstrokeresources.org.) Dr. Ritter currently holds the *William M. Feinberg Endowed Chair for Stroke Research*.



HEART PROCEDURE UPDATES

CPR GIANT 'THREEPEAT' FOR UA SARVER HEART CENTER

The International Liaison Committee on Resuscitation honored a third member of the UA Sarver Heart Center Resuscitation Research Group as a CPR Giant at its 2015 Honorees Dinner in February. **Karl B. Kern, MD**, was named a "CPR Giant" in recognition of his 30 years as an international leader in resuscitation science. The committee noted his clinical and laboratory research has focused on many of the most important topics in resuscitation.

Among his accomplishments cited by the ILCOR:

- The first laboratory investigator to study the effectiveness of CPR in the presence of coronary artery obstruction and heart attack (tissue damage caused by lack of oxygen when blood supply is obstructed).
- Part of the research team that published landmark studies that provided the basis for layperson and emergency responder chest-compression-only CPR.
- Led public education programs, including a chest-compression-only CPR video production viewed by millions of people. (A link is on the Sarver Heart Center website: heart.arizona.edu/learn-cpr.)
- Leadership on guidelines committees for the American Heart Association and in education in South America and Europe.



Dr. Kern (left), named a CPR Giant by the International Liaison Committee on Resuscitation, was joined in Dallas by family members, including his wife, Martha, son, David, and daughter-in-law, Jessica.

Dr. Kern joins past SHC faculty CPR Giants, including **Gordon A. Ewy, MD**, professor emeritus and director emeritus of the UA Sarver Heart Center, who was named a CPR Giant in 2000, and **Robert Berg, MD**, now professor of anesthesiology and critical care at University of Pennsylvania, who was honored in 2010.

Next Horizon: Improving Emergency Care of Cardiac Arrest Patients

Dr. Kern is conducting a new clinical research study that could lead to further improvements in post-arrest survival.

Cardiac arrest is a major public health issue.

- Only 40 percent of the people who have an out-of-hospital cardiac arrest make it to the hospital alive.
- Of those 40 percent who make it to the hospital alive, only one in four survives to go home.
- If the electrocardiogram (ECG) shows changes of a heart attack, cardiac arrest patients have a coronary angiogram (heart catheterization).
- When the ECG does not show an obvious heart attack, the timing of the heart catheterization is decided on a case-by-case basis by treating doctors.

Dr. Kern's study will answer the question: Does an early heart catheterization improve survival, regardless of what the ECG shows?

The Power of Private-Public Funding

Dr. Kern's research is funded in part by an Arizona Biomedical Investigator Grant from the Arizona Biomedical Research Commission in the Arizona Department of Health Services, plus the *Gordon A. Ewy, MD, Distinguished Endowed Chair of Cardiovascular Medicine*, the *Gordon A. Ewy, MD, Resuscitation Research Endowment* and the *Steven M. Gootter Foundation*.

You can help Dr. Kern advance his study by completing this community survey either online at heart.arizona.edu/PEARL or by mailing this sheet (front and back) to Debby Strootman, PEARL Study coordinator, University of Arizona Sarver Heart Center, P.O. Box 245046, Tucson AZ 85724.

PEARL Study

A Pilot Randomized Clinical Trial of Early Coronary Angiography Versus No Early Coronary Angiography for Post-Cardiac Arrest Patients Without ECG ST Segment Elevation

Community Consult Survey

Principal Investigator: Karl B. Kern, MD

Co-Investigator: Kwan Lee, MD

Research Nurse: Deborah Strootman, RN

These members of the University of Arizona Sarver Heart Center, based at Banner - University Medical Center Tucson and South, are planning to conduct a research study involving people who have had a cardiac arrest (the heart suddenly stops pumping blood) outside the hospital and are brought to the emergency room for treatment.

Cardiac arrest is a major public health issue.

- Only 40 percent of the people who have an out-of-hospital cardiac arrest make it to the hospital alive.
- Of those 40 percent who make it to the hospital alive, only one in four survives to go home.
- If an electrocardiogram (ECG) shows changes of a heart attack, a cardiac arrest patient has a coronary angiogram (heart catheterization).
- When the ECG does not show an obvious heart attack, the timing of the heart catheterization is decided on a case-by-case basis by the treating doctors.

This study will answer the question: Does an early heart catheterization improve survival, regardless of what the ECG shows?

Why are we asking you to complete this survey? This study falls under **FDA Guidelines – Exception from Informed Consent for Emergency Research**. Before we start this study, we need to inform the community about its purpose. Response to this survey helps us know our efforts to notify the community were received and whether you consider this research acceptable to the community and to you. This survey gives you an opportunity to opt out of this study. When you arrive at the hospital, you will be unconscious and we may not have time to reach a family member to obtain consent to enroll you in the study. The doctor will decide if you are qualified and enroll you in the study without your consent. This study has the potential to impact care of all cardiac arrest patients. **To complete this survey online, please go to heart.arizona.edu/PEARL** Your answers are completely confidential.

Are you at least 18 years of age?

- ☐ Yes
- ☐ No

Is it acceptable to you for this research to be conducted in your community?

- ☐ Yes
- ☐ No
- ☐ Prefer not to answer

What are your concerns?

- ☐ You don't have enough information yet
- ☐ You don't trust the researchers
- ☐ You don't want to be in the study
- ☐ Research should not be conducted without patients providing consent
- ☐ I have no concerns
- ☐ Prefer not to answer

Over

Why do you think this study is acceptable in your community? Is it because...

- ☐ It is in the best interest of the patient
- ☐ It is in the best interest of the community
- ☐ It is in the best interest to advance medicine and is okay for patients and the community
- ☐ Other _____
- ☐ Prefer not to answer
- ☐ Do you have any additional comments for the researchers about this study?

If you were brought to the hospital unconscious after suffering a cardiac arrest and the emergency physician or cardiologist thought you were eligible for this study, would you accept being enrolled in this study even though you could not provide consent?

- ☐ Yes
- ☐ No
- ☐ Don't know, uncertain

Would you like to "opt out" of this study? (we will send a bracelet to you and hold your name on an "opt-out" list.)

- ☐ No
- ☐ Yes

If yes, Name: _____

Email Address: _____

Phone Number: _____

DEMOGRAPHICS

What is your age?

- ☐ 18-39
- ☐ 40-59
- ☐ 60 or older
- ☐ Prefer not to answer

Are you Hispanic or Latino?

- ☐ Yes
- ☐ No
- ☐ Don't know/Uncertain
- ☐ Prefer not to answer

What is your race?

- ☐ White
- ☐ Black or African American
- ☐ Alaskan Native or American Indian
- ☐ Asian
- ☐ Native Hawaiian or Other Pacific Islander
- ☐ More than one race
- ☐ Don't know
- ☐ Prefer not to answer

What is the highest level of education you have completed?

- ☐ Less than Grade 12
- ☐ GED or High School Diploma
- ☐ Any College Degree
- ☐ Prefer not to answer

What is the zip code where you live? _____

**Please send completed surveys to Debby Strootman, PEARL Study coordinator,
University of Arizona Sarver Heart Center, P.O. Box 245046, Tucson AZ 85724.**





UA Cancer Center Retiree Is (Almost) Back in the Saddle

When Bill Chacon (left) saw Gene Gerner fall off his horse, he knew something was seriously wrong: Gene wasn't moving. That's when Bill, who just completed a chest-compression-only CPR refresher course, ran over to see if he could help. Bill and Sandy Gerner, Gene's wife, teamed up to do the 3 Cs of chest-compression-only CPR – Check, Call, Compress. Bill, who was visiting his in-laws, the Gerner's neighbors, quickly began chest compressions while Sandy called 9-1-1. The emergency crew arrived a few minutes later and transported Gene to Banner – University Medical Center Tucson. There, Kapil Lotun, MD, opened Gene's blocked arteries and Karl Kern, MD, oversaw his care during the week he remained unconscious.

"Gene had no prior history, but his right coronary artery was 99.9 percent blocked. Dr. Lotun inserted four stents," said Sandy. "Bill gave Gene his life back."

Gene, a professor emeritus from the University of Arizona Cancer Center, continues to recuperate at home and plans to slow down a bit during the rest of 2015. Hopefully, he'll be back in the saddle soon.

Would you know what to do if you saw someone suddenly collapse?

CHECK

Check for responsiveness – Shake the person and shout, "Are you OK?"

CALL 911 EMERGENCY

Call – Direct someone to call 9-1-1 or make the call yourself if the person is unresponsive and struggling to breathe (gasping or snoring).

COMPRESS



Compress – With the victim flat on the floor, begin forceful chest compressions at a rate of 100 per minute. Place the heel of one hand on top and place the heel of the bottom hand on the center of the victim's chest. Lock your elbows and compress the chest forcefully; make sure you lift up enough to let the chest recoil.



If an automated external defibrillator (AED) is available, turn the unit on and follow the voice instructions. If no AED is available, perform chest compressions continuously until the paramedics arrive. This is physically tiring so if someone else is available, take turns after each 100 chest compressions. AEDs are small boxes marked by a heart with lightning flash symbol.

Visit heart.arizona.edu/cpr-video to watch a demonstration video featuring Dr. Kern and to find more resources.



UA SARVER HEART CENTER CLINICAL RESEARCH PROGRAM IS GROWING

*A message from Catherine MacDonald, BScN, MBA,
cardiology clinical research manager*

Friends and supporters of the University of Arizona Sarver Heart Center, I am truly excited to be part of the UA Sarver Heart Center research team. I am new to Tucson, formerly an east-coast Canadian, but well acquainted with cardiac disease.

My father had his first heart attack at the young age of 42, which dramatically changed my family life on several levels – diet, physical fitness and stress management – to name a few. I am sure it was this life-changing event that spurred my interest in cardiology, working many years in pediatric cardiology in addition to cardiac research.

To be working with Dr. Nancy Sweitzer's team of basic and clinical scientists, designing and building the infrastructure to support the rapidly growing research program at Sarver Heart Center, is an honor. Dr. Sweitzer's vision to build Sarver Heart Center's cardiac clinical and translational research program into one of the best in the nation is attainable. We have a solid foundation in place and past achievements of internationally known clinicians at Sarver Heart Center, such as Drs. Frank

Marcus and Gordon Ewy, plus generous community support. Once achieved, Sarver Heart Center will have the ability to offer Arizonans the opportunity to participate in the most leading-edge clinical research. Not a small dream, but certainly an achievable one as we are well on our way.

Research studies currently enrolling patients are focused in the areas of congestive heart failure, coronary artery disease and vascular disease (buildup of cholesterol in blood vessels) – diseases that typically affect everyone's family in one way or another.

You or members of your family may be eligible for one or several of these trials. More details can be found on the Sarver Heart Center website - heart.arizona.edu/clinical-research. A cardiology research registry information form is on page 11 of this newsletter. An online version is on the webpage noted above. Or, feel free to contact me directly at cmacdonald@shc.arizona.edu or 520-626-4899.



SARVER HEART CENTER

University of Arizona Cardiology Research Registry Information Form

A number of clinical research studies are being conducted at the University of Arizona and Sarver Heart Center. The goal of this research, in general, is to gain new knowledge and to improve health care.

By completing this form, you are giving your permission for someone to contact you about our heart research studies. You will not be enrolled in clinical research without your knowledge or consent. Taking part in research is voluntary. Therefore, it is always up to you to decide if you want to take part.

Information you provide will be entered into our heart research database and will be stored on a secure University of Arizona server. Your information will not be shared with anyone or used for any other purposes than to contact you to learn more about heart research studies for which you may be eligible.

Please answer the questions below about the person who may be interested in participating in heart research.

Patient Demographics

Gender: ☐ Male ☐ Female

Ethnicity: ☐ Hispanic or Latino
☐ Non-Hispanic or Non-Latino

Race: ☐ American Indian/Alaska Native
☐ Asian
☐ Native Hawaiian or other Pacific Islander
☐ Black or African American
☐ White
☐ Other

Primary Language: ☐ English
☐ Spanish
☐ Other _____

Patient's Medical History

Has a physician diagnosed you with any of the following heart conditions? (Check all that apply):

Angina	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Atrial Fibrillation Heart Arrhythmia	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Coronary Artery Disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Had a Heart Attack	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have an Implantable Cardiac Defibrillator (ICD)	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have a Pacemaker	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Heart Failure	<input type="checkbox"/> Yes	<input type="checkbox"/> No
High Risk for a Heart Problem	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Reduced Heart Contractility	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Sudden Cardiac Arrest	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Genetic Heart Disease	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Cardiomyopathy	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Other _____

Patient Name: _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cellular: _____

Other Phone: _____ Preferred number: _____

Best Time to Call: _____ Email: _____

Primary Language: _____

How did you hear about us? _____

Sarver Heart Center • University of Arizona, 1501 N. Campbell Avenue, P.O. Box 245046, Tucson, AZ 85724-5046

**For more information, please visit heart.arizona.edu/clinical-research
or, call Catherine MacDonald at (520) 626-4899**

MEMBER UPDATES



Zain Khalpey, MD, PhD, received a 2015-16 Fulbright U.S. Scholar Award in the Fulbright Distinguished Chairs Program, viewed as among the most prestigious appointments in the Fulbright Scholar Program. Candidates are eminent scholars and have a significant publication and teaching record.

Beginning this fall or early 2016, Dr. Khalpey will spend three months at the Medical University of Gdansk in Poland, continuing his collaborative work with Ryszard T. Smolenski, MD, PhD, in the field of translational adult stem cell therapy to repair damaged hearts.

Dr. Khalpey, an associate professor of surgery at the University of Arizona and the Sarver Heart Center's *Tony A. Marnell, Sr., Endowed Chair for Research in Cardiac Surgery*, is surgical co-director of heart transplant and director of the Mechanical Circulatory Support and Mitral Valve Program at Banner – University Medical Center Tucson.



The Pulmonary Hypertension Association and American Thoracic Society awarded a research fellowship in pulmonary arterial hypertension to **Ankit Desai, MD**, assistant professor of clinical medicine at the UA Sarver Heart Center. This grant will further Dr. Desai's research, titled

"Enhanced risk profiles of sickle cell-related pulmonary hypertension – integrating genomics and imaging." Using advanced heart imaging tests, such as "strain" echocardiography and powerful human genomic information, Dr. Desai plans to bring new diagnostic and forecasting tools to patients with sickle cell disease who suffer from pulmonary hypertension. This study also will help improve our understanding of genetic pathways and reveal new targets for therapeutic intervention. Dr. Desai's research also is supported by an American Heart Association Mentored Clinical and Population Award and an Arizona Health Sciences Center Career Development Award.



The importance of avoiding obesity is a renewed focus for **Frank Marcus, MD** (left), professor emeritus at UA Sarver Heart Center. He hosted Kim Eagle, MD (left), University of Michigan, as the **Samuel and Edith Marcus Visiting Professor in Cardiology**, pictured with **Nancy Sweitzer, MD, PhD**

(center), director of Sarver Heart Center. Dr. Eagle talked about a healthy eating and exercise program that has improved the health of school children in Michigan. This systematic and comprehensive approach for decreasing the prevalence of obesity also was the theme of Dr. Marcus' lecture for the **Donald K. Buffmire Visiting Lectureship in Medicine series sponsored by the Flinn Foundation** at the University of Arizona College of Medicine, both in Tucson and Phoenix. This approach, which includes collaboration by physicians, schools and the entire community, will require a full-time leader and coordinator supported by an endowed chair at the UA Sarver Heart Center. For information about the Marcus family's plans to build an endowment, please contact the UA Sarver Heart Center Development Office at 520-626-4146 or email tmelendez@shc.arizona.edu.



Congratulations

Matt Darrow (right) was selected as the 2014 recipient of the Brian Bateman (left) Superb Service Award at the UA Sarver Heart Center. Matt, who serves as the heart health education assistant at the Sarver Heart Center, was given the award for going "above and beyond the call of duty to serve friends and supporters of the UA Sarver Heart Center."

Dr. Juneman Joins Faculty

Elizabeth Juneman, MD, joined the University of Arizona Sarver Heart Center as associate professor of medicine in the Division of Cardiology at the University of Arizona College of Medicine – Tucson and director of outpatient cardiology. Dr. Juneman also serves as assistant program director of the Cardiovascular Disease Fellowship Program.

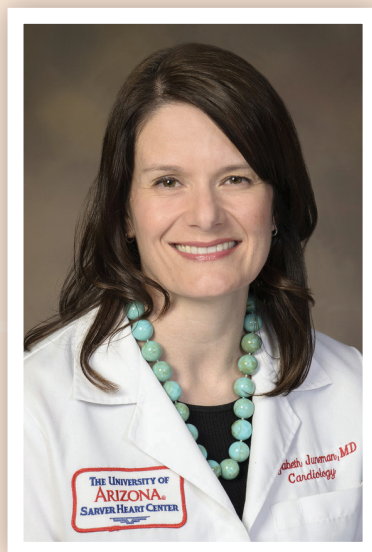
Dr. Juneman is board certified in internal medicine, cardiovascular disease, echocardiography, nuclear cardiology and advanced heart failure/transplantation. She is a fellow of the American College of Cardiology and a member of the American Society of Echocardiography, American Heart Association, and Heart Failure Society of America. Dr. Juneman was honored with the Charles W. Hall Jr. Memorial Cardiology Fellowship Teaching Award in 2011 from the UA Sarver Heart Center and has been recognized by her peers as one of the “Best Doctors in America,” annually since 2009.

Dr. Juneman conducts basic science research focused on mechanical and cellular remodeling in heart failure, particularly alterations in systolic and diastolic dysfunction in various cardiomyopathies. On the clinical research side, Dr. Juneman’s focus is in heart failure. She has served as a principal investigator on nationally funded, multi-center clinical trials, as well as her own investigator-initiated clinical trials. She has authored multiple original research publications, a book chapter, and clinical reviews.

Currently, Dr. Juneman is collaborating with **Henk Granzier, PhD**, professor of cellular and molecular medicine at the UA College of Medicine – Tucson, and **Steve Goldman, MD**, professor of medicine at the UA College of Medicine – Tucson and cardiologist at Southern Arizona VA Health Care System, on a **National Institutes of Health grant**. Led by Professor Granzier, the team is studying heart failure with preserved ejection fraction (HFpEF), a major health problem with no treatment proven to improve long-term outcomes. HFpEF represents half of all heart failure hospital admissions and disproportionately affects women.

Since 2007, she was clinical faculty at Southern Arizona VA Health Care System, where she served as director of echocardiography and director of heart failure for seven years. She also had a research laboratory at the Sarver Heart Center.

Following medical school at the University of Texas - Houston Health Sciences Center, Dr. Juneman completed her internal medicine residency and cardiology fellowship at the UA College of Medicine – Tucson.



Marvin Slepian, MD,

UA Sarver Heart Center professor of medicine, was named director of the Arizona Center for Accelerated Biomedical Innovation. Known as ACABI, the UA center will help researchers form collaborations, find applications for new discoveries, develop their technologies and access resources to move their innovations forward. It will focus primarily on the development of translational biomedical technologies.

“ACABI is a ‘creativity engine’ that will fuel translational research at the UA,” Dr. Slepian said. “It will maximize the value of university research. It will translate interesting discoveries into real, practical value, and it will be an economic engine to drive new startups and new corporate efforts in Arizona.”

Yes! I would like to Support the University of Arizona Sarver Heart Center!

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Your gift to the UA Sarver Heart Center is fully tax-deductible to the extent allowed by the IRS. Please mail this form and donation to Development Office, UA Sarver Heart Center, P.O. Box 245046, Tucson AZ 85724.

COMMUNITY PARTNERS

STEVEN M. GOOTTER
FOUNDATION



UA football **Coach Rich Rodriguez** (center, pictured with **Paulette** and **Joe Gootter**) was honored with the Philanthropic Award from the **Steven M. Gootter Foundation** at its 10th anniversary gala in March. The Gootter family lauded Coach Rodriguez for his immediate involvement with the Gootter Foundation and embrace of the Tucson community.

Ten years ago, Steven M. Gootter died unexpectedly of sudden cardiac arrest at age 42. He went out for a morning run with the family dog and never made it home. Though the young athlete's death remains a shock to friends and family, much good has come from the tragedy.

The Gootter Foundation was established within months. To date it has raised about \$3.8 million for research in preventing and finding a cure for sudden cardiac arrest, the leading cause of death in the United States. The foundation has supported Sarver Heart Center research through an endowed chair that was established in Steven's memory, plus support of investigator awards and resuscitation research. The foundation also donates automated external defibrillators (AEDs) to places of worship, schools and law enforcement agencies in Southern Arizona.

IN MEMORY OF ALFIE NORVILLE

By Carol C. Gregorio, PhD, co-director of the University of Arizona Sarver Heart Center

On February 10, 2015, the Sarver Heart Center lost a beloved member of the advisory board, Alfie Norville. Together with her husband, Allan, they were instrumental in the creation of the *Alfie and Allan Norville Endowed Chair for Heart Disease in Women Research*. This endowment was created to advance the understanding and treatment of heart and vascular disease in women. Their generous contribution led to the recruitment of an internationally recognized investigator, Henk Granzier, PhD, to the University of Arizona.

Besides Alfie's active participation on the advisory board and as a member of the Sarver Heart Center Women's Heart Health Education Committee, she also served as president of the Newman Center Sustaining Board and president of Saint Joseph's Parish Altar & Rosary Society. Her philanthropic efforts were recognized by the Stephen M. Gootter Foundation as "Philanthropist of the Year" and by the Catholic Community Services as a "Diamond of the Community." She also was awarded the "Outstanding Philanthropist of the Year, 2011" by the Association of Fundraising Professionals.

Alfie lived her life by "always making a difference." She had a remarkable way of touching people's lives with her kindness, true interest in what others were doing, as well as her generosity – at all levels. She is survived by Allan, her husband of 49 years; daughters, Patti and Cher; son, Mike; and 10 grandchildren and three great-grandchildren. Alfie and her family moved to Tucson more than 50 years ago for relief from her rheumatoid arthritis. Alfie became Tucson's first licensed female stockbroker and, in 1960, appeared on the TV show "What's My Line." Alfie's plethora of endeavors has had a huge impact on the Tucson economy. In particular, she is probably most known as the primary inspiration and founder of the



Gem and Jewelry Exchange gem show in Tucson.

Austin Norville, Alfie's grandson, prepared poems in memory of Alfie. A particular excerpt that touched my heart included: *"Alfie was brighter than any diamond. Her healing smile could brighten even the darkest of desert days. Her impact can be felt across the country in the hearts of those who were blessed enough to have the opportunity to know her. As a mother, grandmother, wife and friend, Alfie made everyone feel as though she had a part in developing them. All will remember her as a woman who never gave up in her mission to make everyone around her feel like family. It is for this that she will be greatly missed in the hearts of many."*

Her son, Mike, also spoke at the memorial. Among the many wonderful things he spoke of was Alfie's giving. How, *"even when we didn't have a lot of money, she always gave. She looked forward to being a philanthropist."* From the Greek language we get the word philanthropy, which translates as "love of humanity." Given her lifetime of giving to so many, Alfie epitomized the persona of a philanthropist in its purest form.

A service was held to honor Alfie's life. Attendees wore "Wildcat Red" (her favorite color); as part of the mass the priest informed Sean Miller (UA basketball coach) that Alfie would be looking down from heaven on the UA team and the UA Pep Band played as the attendees exited the church. Very memorable.

Alfie's life was remarkable. She truly lived every day to the fullest. Her love of life and her love for the Wildcats were infectious. This woman touched my life as well as the lives of uncountable others. She will be missed.

In lieu of gifts, the family requests that donations be made to the UA Sarver Heart Center, in memory of Alfie Norville.



GOOD FOR HER, SAD FOR US

Dr. Lori Mackstaller Announces Her Retirement

With mixed emotions Sarver Heart Center announced the retirement of Lori Mackstaller, MD, an internal medicine physician who for 15 years has provided primary care for many patient/friends who have complex heart conditions.

"Lori has provided exemplary, personalized care for a large number of patients. Plus, she has been a stellar faculty member who has introduced thousands of first-year medical students to heart sounds on the 'Harvey' patient simulator and conducted cardiovascular electives for third- and fourth-year students. This is in addition to her commitment to community heart-health education, which we hope she'll continue whenever possible," said Nancy K. Sweitzer, MD, PhD, director of the UA Sarver Heart Center and chief of the Division of Cardiology. "Replacing her may be the wrong word, but we're working hard to identify good physicians to care for her patients."

Seeing her seventh decade around the corner, Dr. Mackstaller decided Sept. 1 will be the start of her new life as a retiree. Yes, we can blame a man for helping her reach this decision, and they plan to kick off the retirement era with a trip to Tahiti.

"This has been a hard decision. I consider my patients my friends and we've shared lots of joy, laughter and sadness over these years. But, I've reached an age where I realize that being with someone special is very important," said Dr. Mackstaller.



Dr. Mackstaller was raised in a one-room cabin in Soldotna, Alaska, before moving to Arizona to attend nursing school in Phoenix. She moved to Tucson in 1974 with two young children and became a charge nurse in what was then University Medical Center's critical care unit. During the 1990s, she decided to pursue medical school and became an MD 30 years after she became an RN. She has been part of the UA College of Medicine – Tucson faculty since 2000.

Dr. Mackstaller was named the Sarver Heart Center's *Bertram Z. and Hazel S. Brodie and Edwin J. Brach Foundation Endowed Lecturer*. "This endowment helped me fulfill Sarver Heart Center's academic mission. It would be an honor to see this fund grow so another academic physician can carry on this important work," said Dr. Mackstaller. In lieu of gifts, you can donate online from the Sarver Heart Center website – heart.arizona.edu/Mackstaller – or call the development office at 520-626-4146. Your generosity will be greatly appreciated.