

SARVER HEART CENTER

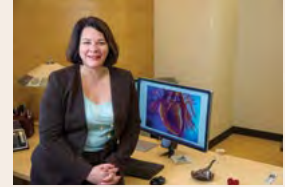
NEWSLETTER ISSUE 76 • WINTER 2017-2018

INVESTIGATOR AWARDS ADVANCE HEART DISEASE RESEARCH

The generosity of private donors, through a variety of generous gifts, enabled the University of Arizona Sarver Heart Center to grant five Investigator Awards for the 2017-2018 academic year.

“These awards help research scientists advance our knowledge and develop data used to compete nationally for larger grants to further pursue cutting-edge research,” said **Nancy K. Sweitzer, MD, PhD**, director of the UA Sarver Heart Center. “This year, funded studies will cover improving cardiac arrest survival, understanding how sleep problems impact risk of sudden cardiac death, preserving heart muscle for heart attack patients, expanding our knowledge of the molecular mechanisms of heart muscle function and how congenital heart conditions affect neurological development in pediatric patients.”

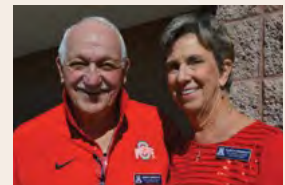
“We had so many fantastic proposals to choose from, I am very interested in growing the funding available for this critical Investigator Awards program, which is unique and makes the Sarver Heart Center an incredibly attractive place for young, creative and innovative faculty. Growing these donations clearly will be a priority in the coming years,” added Dr. Sweitzer. Sarver Heart Center’s goal is to expand cardiovascular research opportunities in basic sciences as well as clinical advances. For information on how you can support heart research, please visit heart.arizona.edu/giving.



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NOTE FROM THE DIRECTOR



With expansion of our programs in research and clinical care, the UA Sarver Heart Center has made significant progress at the two-year mark in our 10-year vision, developed at the end of 2015 to focus on the five priority areas:

Advanced Heart Disease and Heart Transplant Program, an area of historical strength at the UA Sarver Heart Center, has experienced a period of modernization and expansion. Our team now includes seven advanced heart failure and transplant cardiologists who manage the long-term care of our patients and work daily with five experienced cardiothoracic surgeons with expertise in heart transplant and mechanical circulatory support device implantation. This highly collaborative team supports five clinical research projects investigating ways to improve care for patients with advanced heart disease.

Sudden Cardiac Arrest and Resuscitation. Dr. Karl Kern, a pioneering member of the world-renowned UA Sarver Heart Center Resuscitation Research Group, continues to forge new frontiers, and is now focused on advancing hospital care to further improve survival for cardiac arrest patients. Dr. Kern is leading an international multi-center clinical research trial and is an investigator on **Strategies to Innovate EmergENcy Care Clinical Trials Network (SIREN)**, a new initiative of the National Institutes of Health to advance critical emergency medicine research. Charles Cairns, MD, dean of the UA College of Medicine – Tucson, is the principal investigator. Dr. Kern also is mentoring two Investigator Award recipients who are studying different aspects of sudden cardiac arrest and potential clinical improvements. (See pages 5 and 6.)

Precision Cardiovascular Therapy. At present, medication is prescribed to patients based on the disease they have, without much consideration of patient uniqueness. Multiple faculty members conduct research with the ultimate goal of providing therapy to patients that is far more individualized, taking into account the genetic, molecular and environmental influences on response to treatment. We continue to grow this aspect of the Heart Center, tightening the collaboration between the Molecular Cardiology Program and other basic science departments and clinical care. The increasing clinical research portfolio of Phase II studies, testing novel therapies for the first time in a disease state, is evidence of our success in this priority area.

Cardiovascular Health and Wellness. A focus on prevention remains a mainstay of the Heart Center. Recruitment of top talent in this focus area remains a future priority. Our community outreach – community lecture series, collaboration with Dr. Charles Katzenberg's long-standing Heart Series, up-to-date health content on the SHC website, and our growing social-media presence – continues to provide our community with the knowledge to optimize cardiovascular wellness.

Health Disparities. Heart disease does not manifest with the same signs and symptoms, nor is it treated identically in all people. Most current heart disease treatments are based on research in which women, minorities and older individuals were underrepresented. Data also indicates that doctors treat people differently, depending on their sex, race or ethnicity, often as a result of unconscious bias. In order to better treat all patients, understanding why these differences persist is critical. Dr. Khadijah Breathett, a new faculty member in Cardiovascular Medicine, is helping our profession understand causes and remedies for these disparities in patients with heart failure. Other efforts in the Sarver Heart Center are underway to continue the University of Arizona's excellence in understanding and enriching diversity in medicine and ensuring all patients with heart disease experience the best possible outcome.

Progress is continual on the clinical side as we settle into our Banner – University Medical Center partnership. In January, our outpatient clinical practice will move to a new multidisciplinary cardiovascular medicine outpatient care unit at 3838 N. Campbell Ave in Tucson. In this new space, colleagues from cardiology, cardiothoracic surgery, vascular surgery and endocrinology and podiatry will work side-by-side, which will improve the experience for our outpatients. Cardiac testing also will be available in this new space, including echocardiograms, ECGs and pacemaker services.

Much work remains, but it is exciting and ambitious work and we are energized by the progress that has been made and by the support we receive from all of you.

With Warm Wishes for a Happy, Healthy New Year,

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

Nancy K. Sweitzer, MD, PhD

Director, University of Arizona Sarver Heart Center

Professor and Chief, Division of Cardiology, UA College of Medicine – Tucson



Michael Grandner, PhD,

Assistant professor of psychiatry, was awarded a \$25,000 grant, funded by the **Steven M. Gootter Foundation**, to study **“Sleep and Risk Factors for Sudden Cardiac Death.”**

Dr. Grandner will examine the role of insufficient sleep as a risk factor (or risk marker) for sudden cardiac death (SCD), beginning with the relationship between sleep duration and behavioral and SCD medical risk factors in a large, nationally representative dataset of more than 800,000 adults in the United States. This will be one of the largest studies of sleep duration, relative to cardiovascular risk factors, to date. Next, Dr. Grandner’s research group will collaborate with University of Arizona athletic department to study sleep as it relates to SCD risk among elite athletes, focusing on UA student athletes. Incoming student athletes are screened routinely for cardiac abnormalities.

Dr. Grandner’s study adds sleep screening measures to routine pre-performance assessment to examine associations between cardiac findings and baseline sleep disturbances. Athletes with potential positive findings on screening will be evaluated using a more in-depth sleep protocol, including at-home measures of 24-hour sleep-wake patterns, heart-rate patterns and sleep-stage data collected in the home. This will be the first-ever study of sleep and circadian factors relative to SCD risk outside of traditional behavioral risk factors, and the first such study in athletes.



In a study to improve cardiac arrest survivors' outcomes post-resuscitation, **Huu Tam Truong, MD**, was awarded \$25,000 to study **"A Novel Anti-inflammatory**

Peptide Ang-(1-7) for Preserving Both Neurological and Myocardial Function Following Prolonged VF Cardiac Arrest." The goal is to improve long-term, neurologically intact survival after out-of-hospital cardiac arrest caused by ventricular fibrillation (VFCA).

A new and promising anti-inflammatory therapeutic peptide, Ang-(1-7), improves central nervous system (CNS) function, particularly cognitive function, in heart failure laboratory models. Dr. Truong will collaborate with **Karl B. Kern, MD**, his research mentor, who heads the UA Sarver Heart Center Resuscitation Research Group, to test the efficacy of Ang-(1-7) as a mechanism for preserving both CNS and myocardial function following prolonged VFCA. If successful, this agent will provide a new therapeutic approach to accomplishing the Resuscitation Research Group's goal of improved outcomes from cardiac arrest.

Dr. Kern said, "I have led our translational laboratory investigating resuscitation science for nearly 30 years. We have made some remarkable discoveries that literally have changed the way we clinically treat cardiac arrest today. I believe post-resuscitation care is the next real opportunity to further improve long-term outcomes from sudden cardiac arrest, including favorable neurological outcomes of those fortunate enough to be resuscitated."



Mert Colpan, PhD, postdoctoral research associate in the Molecular Cardiovascular Research Program, was awarded \$20,000 from the **Marjorie Hornbeck Memorial Award** and anonymous donors supporting heart failure research. **Carol Gregorio, PhD**, vice dean for innovation and development for the UA College of Medicine – Tucson and co-director of the UA Sarver Heart Center, is Dr. Colpan's mentor for the study, **"Identifying the Role of Adenylyl Cyclase-associated Protein 2 in Cardiac Muscle."**

The heart muscle contracts because of the force generated when adjacent thin and thick filaments in striated muscle slide against each other. The precise lengths of thin filaments are essential since alterations result in cardiac abnormalities, such as dilated cardiomyopathy (DCM). Thin filament lengths in the heart are regulated predominantly from their pointed ends. Recently, adenylyl cyclase-associated protein 2 (CAP2) was found to localize close to thin filament pointed ends in the heart. Human patients lacking the CAP2 gene tend to develop heart defects and DCM, but the precise role CAP2 plays in heart muscle remains unknown. The goal of Dr. Colpan's proposal is to understand CAP2 better and learn how improper regulation of thin filament length by CAP2 leads to dysfunction of the heart.



Madhan Sundaram, MD (*right*), was awarded \$15,000 to study whether heart attack patients would benefit from therapeutic hypothermia (cooling) before a cardiology catheterization procedure is done to restore normal blood flow to the heart. When a patient has a heart attack caused by a blockage of the arteries, emergency responders, including paramedics, emergency department and cardiology staff, work to get the artery open in the cardiology catheterization lab within 90 minutes or less, or 120 minutes when hospital-to-hospital transfer is required.

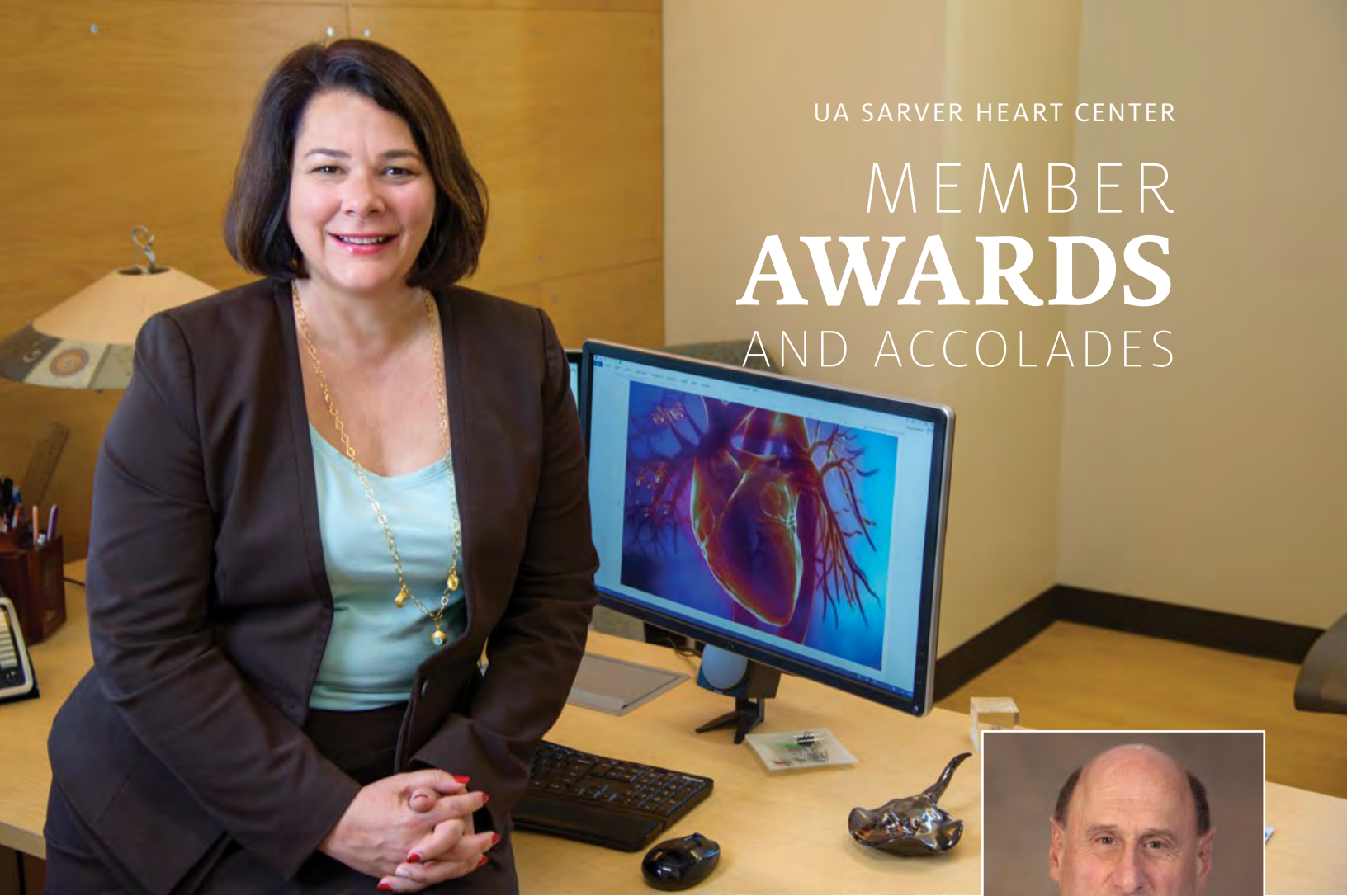
Unfortunately, logistics – transportation from remote areas in a state like Arizona, for example – can prevent some patients from receiving this treatment within the recommended timeframe. In such cases, patients are given “clot-busting” drugs intravenously to improve blood flow. Dr. Sundaram, in collaboration with his mentor, **Dr. Karl B. Kern** (*left*), will study in the Resuscitation Research Lab whether therapeutic cooling administered intravenously would “buy time” for patients while reducing bleeding risks associated with the current standard clot therapy. The study also will assess if cooling the patient would reduce loss of heart muscle, maintain heart function and improve survival. “This new approach could result in a totally new paradigm for patients living in areas outside the typical geographic boundaries for timely access to a cath lab,” said Dr. Sundaram.



Jennifer Andrews, PhD (*right*), assistant professor of pediatrics, received the **William “Billy” Gieszl Pediatric/Congenital Heart Disease Award** in the amount of \$14,700 to develop a “**Neurocognitive and Psychosocial Profile of Adolescents and Adults with Congenital Heart Disease (CHD)**.” **Scott Klewer, MD**, professor of pediatric cardiology, and **Michael Seckeler, MD, MSc**, associate professor of pediatric cardiology, are her mentors for the project. Dr. Klewer and **Sydney Rice, MD, MS** (*left*), associate professor of developmental pediatrics, are collaborating with Dr. Andrews on this project. People born with CHD are at persistent risk for neurodevelopmental disabilities. This project will fill a critical gap in knowledge and generate pilot results needed to fund a larger study with the capacity to change care of these patients.



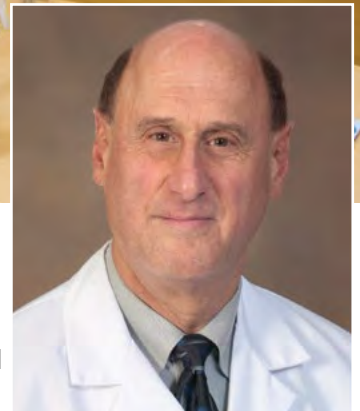
MEMBER AWARDS AND ACCOLADES



Nancy K. Sweitzer, MD, PhD, chief of cardiology, professor of medicine and director of the UA Sarver Center was:

- Appointed to the Clinical Trials Scientific Review Committee of NHLBI.
- Named Editor-in-Chief of the premier cardiovascular medicine journal, *Circulation Heart Failure*.
- Elected to serve as the editor's representative to the Fellows-In-Training Committee of the American Heart Association.
- Author on a recently published guidelines document on cardiogenic shock (*Circulation*).
- Named to the inaugural group of Fellows of the Heart Failure Society of America (a new designation from the society).

Joseph Alpert, MD, professor of medicine, recently gave invited lectures, including several keynote lectures at the:



- Moscow Cardiology Congress, sponsored by Moscow University.
- 12th International Conference on Innovations in Coronary Artery Disease in Venice, Italy.
- Annual Scientific Meeting of the European Society of Cardiology in Barcelona, Spain.
- Mayo Clinic Continuing Medical Education meeting in Tucson.
- International Meeting of the Chinese Anatomical Society in Xian.
- Dr. Alpert also authored the chapter on infectious endocarditis in the most recent edition of Hurst's *Cardiology* textbook, in collaboration with Stephen Klotz, MD, professor of medicine in the Division of Infectious Diseases.



Khadijah Breathett, MD, MS, assistant professor of medicine, was:

- Lead author on an article, “Early Prenatal Care Among Women With Pre-existing Diabetes: Have Income Disparities Changed?” in the *Journal of Women’s Health*.
- Co-author on “Structural and Functional Phenotyping of the Failing Heart: Is the Left Ventricular Ejection Fraction Obsolete?” in the *Journal of American College of Cardiology Heart Failure*.



Heddwen L. Brooks, PhD, professor of medicine, physiological sciences and physiology, and associate professor of pharmacology:

- Lectured on “Sex differences in T cell-dependent hypertension: Role of menopause in disease onset,” at University of Mississippi Medical Center and the Organization of the Society of Sex Differences in Montreal, Canada.
- Is associate editor of *American Journal of Physiology, Regulatory, Integrative and Comparative Physiology*.
- Serves on the American Heart Association’s Council for Hypertension nominating committee and Established Investigator Award Peer Review Committee, and on the American Physiological Society’s Education Committee.



Qin Chen, PhD, professor of pharmacology at the UA College of Medicine – Tucson, lectured this past summer in Xian, China, at an international meeting of the Chinese Anatomical Society.



Jennifer Cook, MD, associate professor of medicine and medical director of advanced heart failure, mechanical circulatory support and transplant cardiology is:

- Co-chair, membership committee for American Heart Association.
- Co-chair of the writing group and first author of the recent scientific statement, “Recommendations for the Use of Mechanical Circulatory Support: Ambulatory and Community Patient Care: A Scientific Statement from the American Heart Association,” *Circulation*, 2017 June 20. The statement provides guidance for primary providers and the first responders on management of patients with ventricular assist devices.
- Dr. Cook also led five high-profile heart failure simulation sessions at AHA Scientific Sessions 2017 in Anaheim in November.



Raj Janardhanan, MD, associate professor of medicine and director of non-invasive cardiac imaging:

- Was an invited international faculty member for the 2017 World Congress of Echocardiography in Jaipur, India. He also presented grand rounds at Trivandrum Medical College in India and the University of Kentucky in Lexington.
- Serves on the Contrast Update Writing Group Committee for the American Society of Echocardiography.
- Authored “How to Do Transesophageal Echocardiography” for the *Textbook of Echocardiography*.



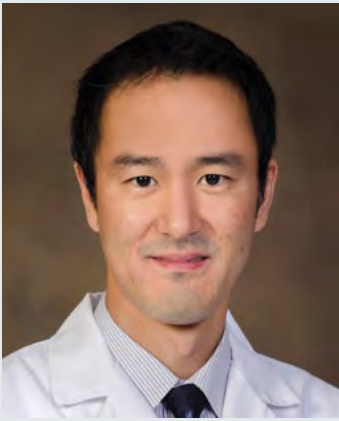
Jason Karnes, PharmD, PhD, assistant professor of pharmacy practice-science, chairs the American Society for Clinical Pharmacology and Therapeutics’ Pharmacogenomics Community and is chair-elect of the American College of Clinical Pharmacy’s Pharmacokinetics, Pharmacodynamics, Pharmacogenomics [PK/PD/PG] Practice & Research Network.

He was awarded the following grants:

- National Institutes of Health Loan Repayment Program (Clinical Research LRP) from the National Heart, Lung and Blood Institute.
- Riken-Pharmacogenomics Research Network (PGRN) through Riken Center for Integrative Medical Science, Japan’s largest comprehensive research institution, to study “Deep Sequencing to Identify Genetic Determinants of Heparin-Induced Thrombocytopenia.”

Dr. Karnes was lead author on:

- “Influence of HLA alleles and KIR types on Heparin-Induced Thrombocytopenia,” *Pharmacotherapy* 2017.
- “Phenome-wide scanning identifies multiple diseases and disease severity phenotypes associated with HLA variants,” *Science Translational Medicine* 2017.
- “Comparison of Allelic Imputation Programs,” *Plos One* 2017.



Toshinobu Kazui, MD, PhD, assistant professor of cardiothoracic surgery:

- Lead author on, “A dual therapy of off-pump temporary left ventricular extracorporeal device and amniotic stem cell for cardiogenic shock,” *Journal of Cardiothoracic Surgery*.
- Co-author on articles in *Annals of Thoracic Surgery*, *Journal of Bronchology and Interventional Pulmonology*, and *Journal of Extra Corporeal Technology*.
- Abstract presenter at the International Society for Heart and Lung Transplantation, the Society of Critical Care Medicine’s Annual Congress and the 117th Annual Congress of Japan Surgical Society.

Collaborators from the Sarver Heart Center included Raymond Runyan, PhD, Richard Smith, Zain Khalpey, MD, PhD, Ankit Desai, MD, Scott Lick, MD, Elizabeth Juneman, MD, Jennifer Cook, MD, Nancy Sweitzer, MD, PhD, and Charles Cairns, MD.

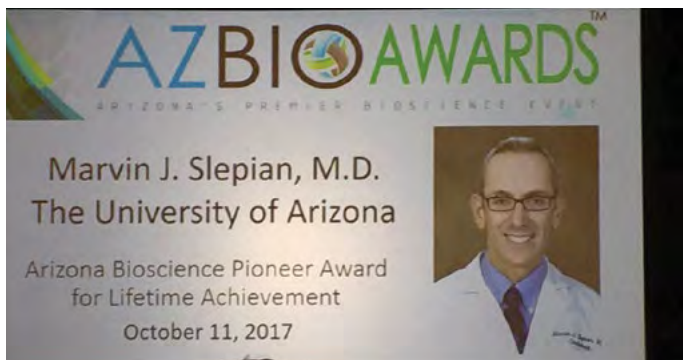


Karl B. Kern, MD, professor of medicine and co-director of the UA Sarver Heart Center, chairs the American Heart Association’s Emergency Cardiovascular Care Committee. The AHA updated 2017 CPR Guidelines re-emphasize the importance of bystanders starting immediate chest compressions if they see an adult collapse in a suspected cardiac arrest. These guidelines also highlight the need for rapid response and stress the importance of providing dispatch-assisted CPR instructions when cardiac arrest is suspected.



Kwan Lee, MD, associate professor of medicine, associate chief for clinical cardiology and director of cardiovascular simulation, was elected governor for American College of Cardology Arizona Chapter 2019-2022.

AZBIO AWARDS



Marvin J. Slepian, MD, was honored by the Arizona Bioindustry Association with the AZBio Pioneer Award for Lifetime Achievement at the 2017 AZBio Awards. Dr. Slepian is a cardiologist, inventor, entrepreneur, educator, innovator and more. At the UA, he serves as professor of medicine, professor and associate department head of biomedical engineering, professor of material sciences and engineering, professor of medical imaging, McGuire Scholar in the UA Eller College of Management and member of the UA Sarver Heart Center. Dr. Slepian also is the founder and director of the newly created Arizona Center for Accelerated Biomedical Innovation (ACABI) – a “creativity engine” focused on novel solution development for unmet medical needs.



AZBio Fastlane Award went to Avery Therapeutics. From left: **Russ Yelton, CEO** of Pinnacle Transplant Technologies, presents to **Steve Goldman, MD**, a Sarver Heart Center member, and **Jen Koevary, PhD**, with **Joan Koerber-Walker, president and CEO**, Arizona BioIndustry Association.

Steve Goldman, MD, professor of medicine, and Jordan Lancaster, PhD, assistant research scientist in the UA Sarver Heart Center, received the 2017 AZBio Fastlane Award along with Jen Koevary, PhD, who earned her doctorate in biomedical engineering from the UA and was previously part of Tech Launch Arizona. The three have formed a company, Avery Therapeutics, which was honored for its rapid progress in developing a novel lifesaving medical device. The MyCardia implant has the potential to stop the progression of heart failure and improve patients' quality of life.

BEST DOCTORS LISTING

Congratulations to the following Sarver Heart Center members who are listed in Best Doctors in America 2017:

Joseph Alpert, MD,
Cardiovascular Disease

Mark Friedman, MD,
Cardiovascular Disease

Mathew Hutchinson, MD,
Cardiac Electrophysiology

Julia Indik, MD, PhD,
Cardiac Electrophysiology

Raj Janardhanan, MD,
Cardiovascular Disease

Karl Kern, MD,
Interventional Cardiology

Kwan Lee, MD,
Interventional Cardiology

Kapil Lotun, MD,
Cardiovascular Disease

Peter Ott, MD,
Cardiac Electrophysiology

Brent Barber, MD,
Pediatric Cardiology

Scott Klewer, MD,
Pediatric Cardiology

Daniela Lax, MD,
Pediatric Cardiology

Mary-Jane Barth, MD,
Thoracic and Cardiac Surgery

Scott Lick, MD,
Thoracic and Cardiac Surgery

UA SARVER HEART CENTER WELCOMES NEW MEMBERS

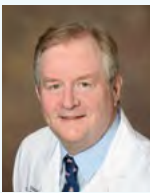
In 2017, the UA Sarver Heart Center welcomed new members from varied backgrounds, including, for the first time in the center's history, the president of the University of Arizona. More detailed biographies are available on the website: <http://heart.arizona.edu/member-directory>
In alphabetical order, here are the newest members:



▶ **Sophia Airhart, MD**, is an assistant professor in the UA College of Medicine – Tucson, Division of Cardiology, and a heart failure and transplant specialist with the Advanced Heart Failure, Mechanical Circulatory Support and Cardiac Transplantation Team at Banner – University Medical Center Tucson. She is board certified in internal medicine, cardiovascular disease, echocardiography, and board eligible in advanced heart failure and transplantation. Her clinical interests include: hemodynamics in pulmonary hypertension and right heart failure, as well as the use of mechanical assist devices in management of shock and advanced heart failure. Her research interests include exploring the genetic predisposition to pulmonary vascular disease in patients with pulmonary hypertension and developing novel therapy to address mitochondrial dysfunction in systolic heart failure.



▶ **Khadijah Breathett, MD, MS**, is an assistant professor in the UA College of Medicine – Tucson, Division of Cardiology and a heart failure specialist with the Advanced Heart Failure, Mechanical Circulatory Support and Cardiac Transplantation Team at Banner – University Medical Center Tucson. She is board certified in internal medicine, cardiology and advanced heart failure and transplant cardiology. Dr. Breathett's clinical interests include heart failure, cardiac transplantation, and mechanical circulatory support devices. Her research interests include reducing racial/ethnic and gender disparities in treatment of advanced heart failure and prevention of heart failure in populations at high risk.



▶ **David A. Bull, MD**, joined the Sarver Heart Center team as professor of surgery and chief of the Division of Cardiothoracic Surgery in the UA Department of Surgery and as the UA Sarver Heart Center Jack G. Copeland Endowed Chair of Cardiothoracic Surgery and Michael Drummond Distinguished Professor of Cardiovascular and Thoracic Surgery. He specializes in heart, lung and esophageal surgery, heart and lung transplantation and the implantation of mechanical circulatory support devices.



▶ **Kenneth Fox, MD**, a UA clinical assistant professor of surgery and pediatrics, specializes in the surgical repair of congenital heart defects in children and adults. He comes to Tucson from Austin, Texas, where he had a successful private practice for 15 years. He is board certified in surgery, thoracic surgery and congenital heart surgery.



▶ **Lawrence Mandarino, PhD**, is director of the UA Center for Disparities in Diabetes, Obesity and Metabolism and chief of the Division of Endocrinology, Diabetes and Metabolism in the Department of Medicine at the UA College of Medicine – Tucson. His research interests include the mechanisms of insulin resistance in skeletal muscle and liver and the mechanisms of fatty liver development. His research is aimed at providing new targets for treating insulin resistance syndrome – sometimes referred to as metabolic syndrome – which increases the risk of obesity, type 2 diabetes, cardiovascular disease and other cardiometabolic conditions, all areas of special concern in the Latino population.



▶ **Robert C. Robbins, MD**, is the 22nd president of the University of Arizona and a professor of surgery. An internationally recognized cardiac surgeon, Dr. Robbins has focused his clinical efforts on acquired cardiac diseases with a special expertise in the surgical treatment of congestive heart failure and cardiothoracic transplantation. His research includes the investigation of stem cells for cardiac regeneration, cardiac transplant allograft vasculopathy, bioengineered blood vessels, and automated vascular anastomotic devices.



▶ **Satinder Singh, MD**, joined the UA Sarver Heart Center as assistant professor of medicine in the UA College of Medicine – Tucson, Division of Cardiology. Board certified in internal medicine and board eligible in cardiology, Dr. Singh is a general cardiologist seeing all types of heart disease patients in clinics at Banner - University Medical Center South. He was a 2017 graduate and chief fellow of the UA College of Medicine Cardiovascular Disease Fellowship Program.



▶ **Rick G. Schnellman, PhD**, is dean of the UA College of Pharmacy and a leading pharmacologist, researcher and drug discovery entrepreneur. His research is focused on identifying and developing drugs to treat acute kidney injury, diabetic kidney disease, stroke, spinal cord injury and Parkinson's disease.



▶ **David Thorpe, MD, PhD**, is an assistant research scientist at the Sarver Heart Center in clinical sciences and translational medicine. He is working on the proteomics of heart failure with a multisite clinical study of more than 1,300 subjects, and “disease in a dish” approaches of bench science such as iPSC – inducible pluripotent stem cells – from people with and without heart disease.



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

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Phone: _____

Email Address: _____

Enclosed please find my check for \$ _____

Payable to the UA Foundation/UA Sarver Heart Center

Please use my: Visa MasterCard American Express

UA Foundation will appear as the vendor on your credit card statement

Name (as appears on card): _____

Billing Address: _____

Card Number: _____ Exp.: _____

Signature: _____

Give online at <https://heart.arizona.edu>

I would like to make a gift to support:

Greatest Need

Research Innovation Fund to support the 10-year vision.

Heart Disease and Stroke in Women of Color

Other _____

To learn about other giving options, please call the Development Office at (520) 626-5752 or (877) 518-4638 or email give@uahs.arizona.edu.

All donations are greatly appreciated!

My gift is in honor of: memory of:

Please notify: _____

Address: _____

City: _____ State: _____ Zip Code: _____

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.

Some Supporters Never Stop Giving

The UA Sarver Heart Center extends heartfelt thanks to the numerous family and friends of **Eddie Ermoian** who contributed gifts to the Heart Center in his memory. Earlier this year, we sadly extended sympathies to **Nancy Ermoian** following the death of her husband, Eddie.

Nancy and Eddie served together as Sarver Heart Center volunteers for more than 12 years, helping to greet people and distribute educational materials during the Green Valley Lecture Series and inviting our physicians to educate their community in Sahuarita. In 2016, Eddie proved that he paid attention to Heart Center lectures as he responded quickly and flawlessly to save Nancy's life when she suffered cardiac arrest while they were spending their summer in Boulder, Colo. At the time, Eddie recalled the beat of "Staying Alive" played in his head. He administered chest compressions until emergency responders arrived. Eddie was more than happy to share the story of how he saved his wife's life. Please be inspired by this dedicated, spirited volunteer and visit <http://heart.arizona.edu/learn-cpr> to learn more.

The Sarver Heart Center staff is grateful that Nancy is willing to continue volunteering by inviting our doctors for another lecture in Sahuarita and greeting people who will attend the upcoming Green Valley Lecture Series. (See page 16).

"People support the Sarver Heart Center mission in so many ways," said **Nancy K. Sweitzer, MD, PhD**, director of the UA Sarver Heart Center. "The Ermoians have given their time unselfishly for many years in addition to their own resources. It is inspiring when a family feels the Sarver Heart Center is deserving of precious memorial gifts."



Wanda F. Moore (center), chairs the Minority Outreach Program, including (from left) Anita Smith-Etheridge, Cheryl Alli, Dyann Roller, and Carolyn Williams. During the luncheon, Wanda also shared her story of living with coronary artery disease after heart bypass surgery.

LUNCHEON FOCUSED ON **WOMEN'S** HEART HEALTH

Heart disease is the leading cause of death among women and men in the United States, claiming 1 out of 3 lives.

More than 175 people attended the University of Arizona Sarver Heart Center Women's Heart Health Education Committee's "Heart of Women's Health" luncheon, focused on women and heart disease at Skyline Country Club in Tucson on Nov. 3, 2017. Here are some take-away points:



Elizabeth Juneman, MD, discussed the heart-disease screenings women should begin at age 20, including monitoring weight and body mass index (BMI), waist circumference, blood pressure, cholesterol levels, glucose levels and review of lifestyle factors, such as

smoking, physical activity and nutrition. Unfortunately, too many women postpone visits to their doctors out of fear that they'll be lectured about the need to change lifestyle or lose weight. Read more from Dr. Juneman at <http://heart.arizona.edu/heart-disease-women>



Khadijah Breathett, MD, MS, Sarver Heart Center's newest faculty member, highlighted gender and racial disparities in health care. Although heart disease is the leading cause of death in the United States, African American women and men are at higher risk than their white

and Hispanic counterparts. Across the board, about 80 percent of people are aware of their high blood pressure; however, about three-fourths are being treated in white and African-American populations (less than 70 percent in the Hispanic population); and less than 50 percent of African American and Hispanic populations have blood pressure under control. While white people fare a little better, only 56 percent have their blood pressure under control.

Some of the disparities in heart disease diagnosis and treatment are likely due to lower socioeconomic position, being underinsured, distrust in the health-care system, less involvement in clinical studies and health-care system biases. This results in less knowledge of treatment options for African Americans.

Dr. Breathett also noted lifestyle changes that will help reduce heart disease risks and make treatments more effective: no smoking, exercise moderately (at least 30 minutes most days), eat nutritious food in controlled portions, know your numbers, take medications as prescribed, take ownership of your health and ask your physician questions. For more heart-health information, visit: <http://heart.arizona.edu/heart-health>

Thank you to the UA Sarver Heart Center Women’s Heart Health Education Committee for supporting the Heart of Women’s Health education program with their time and community connections.

Thank you to our Title Sponsors: Desert Toyota of Tucson and Tucson Electric Power; “Healing Heart” Sponsor – the Sarver Heart Center Minority Outreach Committee; “Heart Healthy” Sponsors - the E.W. Scripps Company and Bob and Beverly Elliott. Thanks also to **TRICO Electric Cooperative.**

If you would like to sponsor next year’s program on women and heart disease, please send an email to heart@u.arizona.edu. We’ll let you know our plans as they develop!

See more photos: <http://heart.arizona.edu/photo-gallery/heart-womens-health-luncheon>



1. Dr. Gordon Ewy (center), director emeritus of Sarver Heart Center, professor emeritus of the UA College of Medicine - Tucson, and founder of the Sarver Heart Center Women’s Heart Health Education Committee, was honored with the Mary Anne Fay (left) Women’s Heart Health Advocate Award, presented by Dr. Nancy Sweitzer (right).
2. Dr. Elizabeth Juneman welcomed McKenzie Meza, a life-long pediatric cardiology patient who had her first surgery when she was five days old to treat a congenital heart condition.
3. Nancy K. Sweitzer, MD, PhD, director of the UA Sarver Heart Center, moderated the program and provided an update on Sarver Heart Center.
4. Cheryl House, interim associate vice president and chief development officer (right), thanked Jerry and Nadya Cannella for Desert Toyota’s support of UA Sarver Heart Center community education programs.
5. More than 175 people attended the luncheon.
6. Catherine MacDonald explains how people can participate in clinical research.
7. Learning while she’s young, Dior with her grandfather, Bob Elliott.
8. Three of the forces behind the luncheon organization: Beverly Elliott, Marilyn Robinson and Jenn Bunger.
9. Mary Anne Fay with Priscilla and Gordon Ewy.



THE UNIVERSITY OF ARIZONA
HEALTH SCIENCES

Sarver Heart
Center

The University of Arizona
Health Sciences
Sarver Heart Center
PO Box 245046
Tucson AZ 85724-5046

HELP BEAT HEART DISEASE!

Why is this study important?

IN THE UNITED STATES:

- \$320 BILLION** per year is spent on treating heart disease
- 160 MILLION** people have at least one known key risk factor for heart disease
- 800,000 PEOPLE** die annually from heart disease

What is the goal of the study?
To better understand heart disease to improve care and treatment now and in the future.

Want to help?

1. Complete the below questionnaire.
2. If still interested, sign an informed consent form that allows researchers to view your electronic medical record.
3. Donate about 3 tablespoons of blood when getting your routine blood draw.

Are you eligible to participate?

- ▶ You're welcome to participate whether or not you have heart disease or a known risk factor.
- ▶ You must be at least 18 years old.



Principal Investigator:
Nancy K. Sweitzer, MD, PhD
nancysweitzer@shc.arizona.edu

Web site: heart.arizona.edu
Phone: 520-626-5431

You May Be Eligible to Enroll in a Clinical Trial at UA Sarver Heart Center

Please complete a Cardiology Research Registry Form to learn about clinical research studies for which you may be eligible. Visit heart.arizona.edu/clinical-research or call 520-626-5431.

Mark your calendars for these upcoming lectures:

Second Saturday in Oro Valley

January 13, noon to 1 p.m. – Charles Katzenberg, MD, clinical professor of medicine and co-founder of The Heart Series, **Tools You Can Use to Prevent Heart Attack and Stroke**

Steam Pump Ranch, 10901 N. Oracle Road, Tucson

Green Valley LECTURE SERIES 2018

Jan 18 – Peter Ott, MD, associate professor of clinical medicine, **Update on Atrial Fibrillation**

Feb 15 – Raj Janardhanan, MD, associate professor of medicine and medical imaging, **Tour of the Heart: How Advances in Imaging Improve Diagnostics and Guide Treatments**

March 15 – Tom A. Lassar, MD, professor of medicine, **New Interventional Procedures for Heart Disease**

All lectures are Thursday mornings, 10 - 11 a.m. at Canoa Hills Social Center, 3660 S. Camino del Sol, Green Valley

For more information, visit
heart.arizona.edu/news-events/events