

# SARVER HEART CENTER

NEWSLETTER ISSUE 75 • SUMMER 2017

## THE HEART OF WOMEN'S HEALTH LIES DEEP WITHIN THE CHEST

By Elizabeth Juneman, MD



**Elizabeth Juneman, MD**, is an associate professor of medicine in the Division of Cardiology at the University of Arizona College of Medicine – Tucson. An advanced heart failure specialist with basic science and clinical research interests, she is board certified in internal medicine, cardiovascular disease, echocardiography, nuclear cardiology and advanced heart failure/transplantation.

When it comes to women's health, should we be looking more deeply into matters of a women's chest, not just the breast? For millennia, women's breasts have been the focus of cultural attention. When you consider today's medical and social focus on breast cancer prevention, you have to wonder whether this creates tunnel vision when it comes to women's health.

While breast cancer is an important concern, are we misdirecting our point of focus? After all, heart disease is the leading cause of death in women.

Consider the statistics: 1 in 31 female deaths are from breast cancer while 1 in 3 are from cardiovascular disease, according to the National Center for Health Statistics (2013 data). Heart disease doesn't discriminate; it is the leading cause of death whether you're black, white or Latina.

If you think this is your grandmother's health concern, bear in mind that heart disease occurs in 1 in 9 women ages 45 to 65. At every age from 45 up, more women die from heart disease than from cancer.

Are you ready to go beyond the "bikini" view of women's health; beyond the focus on the breasts and reproductive organs?

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# NOTE FROM THE DIRECTOR



## Sarver Heart Center's Next 30 Years

### **Innovating. Lifesaving. Patient Care.**

*One of the rewards of celebrating a milestone anniversary during the past year has been the opportunity to reflect with gratitude on the thousands of donors who have supported the Sarver Heart Center during our first 30 years. We also are grateful for the many who continue to support our mission as we begin the next 30 years.*

*Sarver Heart Center was founded in 1986 by cardiothoracic surgery and cardiology leaders with a focus on treating heart failure and conducting groundbreaking research in cardiovascular science. With consistent and generous philanthropic support, the Center has successfully recruited and advanced the careers of dedicated physicians and scientists on the cutting edge of cardiovascular disease research and patient care.*

*Philanthropy provides the primary source of funds for early-stage research that produces data critical in the efforts of Sarver Heart Center scientists to compete for multi-million dollar grants from the National Institutes of Health and other national and international funding agencies. During the past decades, many of our most generous donors have supported equipment purchases and development and expansion of lab space designed for collaborative, high-impact research. Purchases of critical, and expensive, state-of-the-art scientific equipment provides infrastructure used by many investigators. This increases the competitiveness of UA cardiovascular researchers and advances projects that ultimately lead to better treatments for heart disease.*

*Sarver Heart Center cardiovascular medicine is working to lead the evolving partnership with Banner – University Medical Center by forming a Banner-wide cardiovascular research network. The growing UA Health Sciences environment allows us to engage in collaborative and groundbreaking efforts never before possible in Tucson. At both our Tucson and Phoenix campuses, we are surrounded by construction cranes. In Tucson, a new hospital, an outpatient clinic, Bioscience Research Laboratories and a Health Sciences Innovation Building are under construction. Phoenix has a new hospital tower and emergency department under construction. The infrastructure investment this represents on the part of Banner and the University of Arizona is necessary to provide cutting-edge patient care and advance clinical and translational research.*

*As we move forward, we continue to focus on providing each patient the best possible care. In the future, this will include individualized treatments that more precisely target disease. Generous Sarver Heart Center donors like you are invaluable as we bring together a collaborative team of clinical and basic scientists, working toward the seemingly impossible goal of preventing and curing heart disease and stroke. Now onto the next 30 years of life-saving innovations, research and patient care!*

**Thank you for being our partner.**

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

# START YOUNG:

## Know and manage your risks

Guidelines recommend screening women for heart disease risk beginning at age 20.

SCREENING	WHEN TO HAVE IT
Weight and body mass index (BMI)	Each health-care visit beginning at age 20
Waist circumference	Each health-care visit if BMI is 25 or more
Blood pressure	Each visit or at least once every two years
Cholesterol levels	Every four to six years for normal-risk people; more often for those with elevated risk factors for heart disease
Glucose levels	At pregnancy or least every three years after age 45
Smoking, physical activity and nutrition	Each health-care visit

Women also have modifiable risk factors related to estrogen status. If you're post-menopausal, talk with your doctor to evaluate the risks and benefits of hormone replacement therapy. By the time women reach age 65, 20 percent have two or more risk factors and 40 percent have multiple risk factors.

### The Usual and Unusual: Know heart attack symptoms

The **usual heart attack symptoms** include discomfort or pressure-type feeling behind the breastbone. This may be a burning, heavy or squeezing feeling. This discomfort may intensify with exertion, stress or emotions, and be relieved by rest or nitroglycerin pills.

#### Women are more likely to have unusual symptoms:

- Pain in the back, abdomen, jaw or arm, which may be sharp or fleeting, or repeated or very prolonged
- Shortness of breath
- Nausea or vomiting
- Unrelated to exercise
- Not relieved with nitro pills or rest
- Relieved with antacids
- Palpitations without chest pain

#### How women and men differ when it comes to heart disease:

- Since 1984, the number of heart disease deaths for females has exceeded those for males.
- Heart disease typically strikes at an older age in women, compared to men
- Women are **more likely** to have untreated high blood pressure - less than 1 in 3 are controlling it and only 3 of every 4 women with high blood pressure know they have it.
- Women who suffer a sudden cardiac arrest are **more likely** to die prior to arriving at the hospital, to die in the year following a heart attack, to have a second heart attack and to have heart failure.
- Women are **less likely** to have large blocked arteries, but can have disease in the smaller arteries.

- Women with heart disease have a **higher mortality** compared with similarly aged men.
- Women also are **more likely** to have microvascular dysfunction, called Cardiac Syndrome X, which causes chest pain with decreased blood flow to heart tissue but normal coronary arteries.
- Women are **more likely** to have stress cardiomyopathy, also called "Takotsubo" or "Broken Heart" syndrome – heart muscle weakness caused by intense mental stress, emotional pain or trauma.
- Women are **less likely** to be evaluated for heart disease, undergo stress testing, cardiac catheterization or receive medication for control of risk factors.



### BE YOUR BEST ADVOCATE

Make sure your doctor doesn't have a "bikini" view of women's health. Discuss your risks for heart disease and ask your doctor about the biological differences between men and women when it comes to heart disease symptoms, tests and complications.

# COMMUNITY PARTNER UPDATE



**Wanda Moore**, member of Sarver Heart Center's board and women's committee and chair of the Minority Outreach Program, was the 2017 honoree of the Women's Foundation of Southern Arizona. Although Wanda has devoted her time and vast energy to a number of organizations in Southern Arizona, she took the opportunity to spotlight her work with Sarver Heart Center. Her monumental

efforts on behalf of Sarver Heart Center include establishing an endowment to support heart research focused on women of color and organizing an active group of more than 30 volunteers who have contributed 431,302 hours over 96 months to conduct heart health education outreach activities, primarily in underserved minority communities. If you would like to make a donation to support the endowment in Wanda's honor, visit [heart.arizona.edu/giving](http://heart.arizona.edu/giving) and designate "Heart Disease and Stroke in Women of Color Endowment" on the online form.

Thank you to the Fraternal Order of Eagles Charity Foundation for a \$5,000 grant from the Max Baer Heart Fund to support the **UA Sarver Heart Center Biorepository**.

"The biorepository will enable physicians and basic scientists to access biological samples in a range of people with and without different heart diseases. This resource will support our efforts in precision medicine, with the goal of improved understanding of how heart disease develops," said Nancy K. Sweitzer, MD, PhD, director of the UA Sarver Heart Center, chief of cardiology and professor of medicine in the UA College of Medicine – Tucson. To learn more about the Biorepository, visit <http://heart.arizona.edu/clinical-research>.



*Pictured from left: Fraternal Order of Eagles Secretary Patricia Weichert and President David Galaz, and Cheryl House, senior director of development for UA Health Sciences.*



*Steven M. Gootter Foundation Visiting Professor at Sarver Heart Center Grand Rounds (from left) Claudine Messing, Shari Gootter, Christine Seidman, MD (visiting professor from Harvard Medical School and Brigham and Women's Hospital), Jil Tardiff, MD, PhD, Paulette Gootter, Nancy Sweitzer, MD, PhD, and Joe Gootter.*

**The Steven M. Gootter Foundation** raised about \$300,000 during its 12<sup>th</sup> annual gala to support research on causes and treatments of sudden cardiac arrest and outreach to improve community education and first-responder equipment. In addition to establishing the **Steven M. Gootter Endowed Chair for the Prevention of Sudden Cardiac Death**, held by **Jil C. Tardiff, MD, PhD**, the Gootter Foundation currently supports the Sarver Heart Center:

- Resuscitation Research Lab, led by **Karl B. Kern, MD**, co-director of the UA Sarver Heart Center and professor of medicine. The lab is exploring new methods for aggressive post-resuscitation treatments including hypothermia and emergent opening of coronary blockages.
- Grand Rounds – Steven M. Gootter Foundation Visiting Professor, bringing four of the world's leading sudden cardiac arrest and resuscitation research scientists to share research and expertise throughout the academic year.



# COMMUNITY PARTNER UPDATE



## Donors Continue to Build the UA Sarver Heart Center

As Sarver Heart Center faculty and staff reflected on the thousands of donors who helped build and grow our center of excellence during the past 30 years, we wished we could recognize each person individually, but that would require a book about a thousand pages long. Instead, as we embark on our next 30 years, we'll feature donors who continue to help advance our mission, often with a long history of giving to the Sarver Heart Center in support of our mission of research and education to prevent illness and death due to cardiovascular disease.



*James Gieszl (pictured with his wife, Amy), is a Phoenix-area business person who led his family's effort to establish a congenital heart disease research endowment in his son's memory. He has served on the UA Sarver Heart Center Board since 1999.*

## Turning Family Sorrow into a Hopeful Future

The Gieszl family established the William J. "Billy" Gieszl Endowment for Heart Research in 1998 to support research focused on improving prevention, diagnosis and treatment of congenital heart disease. Jim's son, Billy, was born in 1977 with tricuspid atresia, a congenital condition that decreases flow of blood through the heart. Billy required several surgeries, a pacemaker and a heart transplant before he passed away in 1993 at age 16.

Through the heart research endowment, the Gieszl family has funded 16 UA Sarver Heart Center Investigator Awards. Recipients of these awards have collected data that supported successful applications for larger grants from the National Institutes of Health and other funding bodies. This is an amazing return on investment! Work funded by the Billy Gieszl Endowment for Heart Research has directly resulted in national guidelines that improved screening for congenital heart conditions in newborns in Arizona and across the nation. The Gieszl family continues to contribute to the endowment.

"Applications for the 2017 Sarver Heart Center Investigator Awards are rolling in right now. When the committee meets later this month, they will again be looking for strong science in congenital heart disease to support with this precious fund," said **Nancy K. Sweitzer, MD, PhD**, director of the UA Sarver Heart Center and chief of cardiology at the UA College of Medicine – Tucson.

Besides Jim's service as a board member, he and Amy have



hosted family, friends and faculty in their home to help Sarver Heart Center educate the community about the important research underway at the University of Arizona to improve understanding and treatment of patients and their families living with congenital heart disease.

"The Gieszls are an inspiring example. This family lived with a difficult disease, interacted more than any of us would choose with cardiologists and surgeons, and then chose to turn sorrow into more hopeful outcomes for other families who have a child born with abnormal cardiovascular anatomy," said Dr. Sweitzer.

"Thanks to years of research and dedicated clinical care, supported by generous families like the Gieszl's, children born with congenital heart disease in 2017 can expect to live beyond age 16," said Scott Klewer, MD, professor of pediatrics and medicine, chief of the Division of Pediatric Cardiology and the Sarver Heart Center's Peggy M. Barrett Endowed Chair for Congenital Heart Disease in Adults at the UA College of Medicine – Tucson. "It no longer seems impossible that a day will come when inspired philanthropy like this leads to breakthroughs that allow these children to live a normal lifespan."

The Gieszl family used memorial gifts to establish the Billy Gieszl Endowment for Heart Research. To learn more about gift methods to support Sarver Heart Center's mission, please contact Cheryl House, senior director of development, (520) 626-6022, [chouse@email.arizona.edu](mailto:chouse@email.arizona.edu).

## CONGRATULATIONS

Congratulations to **Jennifer Bunger** (right), Sarver Heart Center's events coordinator, who was honored as the 2016 recipient of the **Brian Bateman** Superb Service Award. "Jennifer cares very deeply for Sarver Heart Center and its people. She treats everyone with respect and caring, and she has developed close personal relationships with many of the donors, board members and volunteers. She is not only responsive to requests but anticipates what might be needed and prepares in advance. Everything



Jennifer does is completed with excellence," said **Nancy K. Sweitzer, MD, PhD** (left), director of the UA Sarver Heart Center.

Brian Bateman served as director of development for the Sarver Heart Center for nearly a decade; a key ingredient to his success was the "whatever it takes" attitude that he instilled in those with whom he worked. The award is a wonderful way to acknowledge and thank those who remove barriers and help fulfill the mission of the Sarver Heart Center in the best possible way.



# CLINICAL PROGRAM UPDATE

## Heart Transplant Program Reaches New Milestones

The expanding Advanced Heart Failure, Mechanical Circulatory Support and Cardiac Transplantation Program (historically called the Heart Transplant Program) continues to grow in terms of number of patients treated, procedures available, expertise, clinical research and new training opportunities for cardiologists.

Earlier this year, the heart transplant team reached a landmark of 10 transplants within a nine-month period, setting a pace well ahead of the 10 transplants per year required to maintain certification from the Center for Medicare Services.



*Heart transplants, heart pumps and more – Jennifer Lynn Cook, MD, medical director of the Advanced Heart Failure, Mechanical Circulatory Support and Cardiac Transplantation Program at UA Sarver Heart Center and Banner – University Medical Center Tucson, discusses the ever-evolving options available to improve quality of life for patients with advanced heart failure.*



“We have a strong team in place that prioritizes individualized care for our advanced heart failure patients,” said **Jennifer Cook, MD**, medical director of the Advanced Heart Failure, Mechanical Circulatory Support and Cardiac Transplantation Program at UA Sarver Heart Center and Banner University Medical Center – Tucson. “One of the most rewarding aspects of my job is to see patients live their lives, actually thrive after heart transplant. They tell me that they’ve seen their grandchildren get married or they’ve taken the trip of their dreams. However, transplant unfortunately is not an option for many. Barriers such as the shortage of donor organs require heart-failure specialists to seek creative solutions when heart disease becomes advanced.”

The advanced heart failure program provides a variety of devices and procedures to match an individual patient’s unique needs. These include:

- Implantable pressure sensors to monitor a patient’s condition while at home, allowing for customized therapy to reduce hospital admissions for heart failure
- Minimally invasive cath-lab procedures for high-risk patients who need coronary artery interventions, such as new valves, or a temporary heart pump to improve blood flow
- Implanted heart pumps to support patients who are either too sick or ineligible for heart transplantation

**Meet the entire Advanced Heart Disease and Mechanical Circulatory Support Team on our webpage:**  
**[heart.arizona.edu/HF-Team](http://heart.arizona.edu/HF-Team)**

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## Training Future Leaders in Heart Failure Care

The UA College of Medicine - Tucson Division of Cardiology recently received accreditation for a subspecialty fellowship for advanced heart failure, heart transplantation and mechanical circulatory support. “The Advanced Heart Failure and Transplant Cardiology Fellowship is an additional one-year program devoted to heart failure and transplant medicine for cardiologists who already have completed three years of training in general cardiology. The clinical rotations provide broad exposure to medical, surgical and device management of the advanced heart failure,” said Dr. Cook, the program director. More information is at **[heart.arizona.edu/HF-Fellowship](http://heart.arizona.edu/HF-Fellowship)**.

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## Cardiovascular Clinical Research Core

Dr. Cook, in collaboration with Catherine MacDonald and the UA Sarver Heart Center Clinical Research Program, also has developed a network of cardiologists at five Banner hospitals who are collaborating on a clinical research study to reduce hospital admissions and improve quality of life for heart failure patients. The group is studying an implantable hemodynamic monitoring system called CardioMEMs, which measures blood pressure in the lungs. In a recent CardioMEMs clinical trial, the device reduced hospital admissions by 37 percent.

“The entire device is about 2 inches long – two wires that form a loop around a chip – and is implanted through the veins. From their home, patients can record heart pressure measurements by simply lying down on a pillow for less than one minute. The information is sent electronically and can be viewed by their doctor online,” explained Dr. Cook. “In our study, we will follow patients for two years to evaluate pulmonary arterial pressure as well as quality of life and exercise capacity.”

This Banner-wide cardiovascular research network has potential to increase access to novel and experimental therapies for not just heart failure, but all cardiovascular conditions throughout Banner.

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## Clinical Research

UA Sarver Heart Center has a number of clinical trials. For more information, please visit **<http://heart.arizona.edu/clinical-research>**.

# MEMBER UPDATES



The first half of 2017 brought numerous announcements of honors, awards and major grant funding for UA Sarver Heart Center members. Here's a recap of some highlights.

## Will a New Therapy Make a Heart-Saving Surgery Better for the Brain?

What's good for the heart generally is good for the brain. But not necessarily in the case of coronary artery bypass surgery. Each year, about 500,000 people in the United States undergo this heart-saving surgery – known as CABG. And, while this improves blood flow to the heart, the procedure sometimes causes cognitive impairment, or disturbances in thinking and memory.

**Nancy K. Sweitzer, MD, PhD**, director of the UA Sarver Heart Center, was awarded a \$2.6 million grant from the National Institutes of Health to study whether administration of a small protein called a peptide to patients at the time of CABG surgery can safely and effectively protect cognitive function. Dr. Sweitzer is collaborating with **Lee Ryan, PhD**, professor and head of the Department of Psychiatry, and **Meredith Hay, PhD**, professor of physiology. **David A. Bull, MD**, and **Zain Khalpey, MD, PhD**, are the cardiothoracic surgeons who will operate on participants at the University of Arizona.



### OTHER UPDATES

Dr. Sweitzer was inducted in January into the **Association of University Cardiologists**, a professional organization that elects an active membership of 125 academic cardiologists considered leaders who shape the course of research and training in cardiovascular disease.

On July 1, Dr. Sweitzer became **editor-in-chief of *Circulation: Heart Failure***, one of the most respected cardiology journals published. Its impact ranking is 11 out of 139 cardiology journals, a measure of the average number of citations published in one journal in a year.

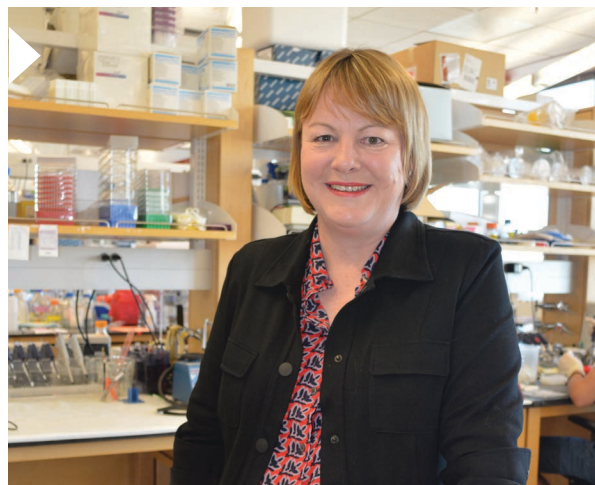
*Circulation: Heart Failure* is a monthly online journal that focuses on the best clinical and translational research in heart failure, mechanical circulatory support and heart transplant.

Dr. Sweitzer also was invited to serve as a liaison of the AHA's **Heart Failure & Transplantation Committee** to the **Council on Clinical Cardiology**, July 1, 2017 to June 30, 2019.



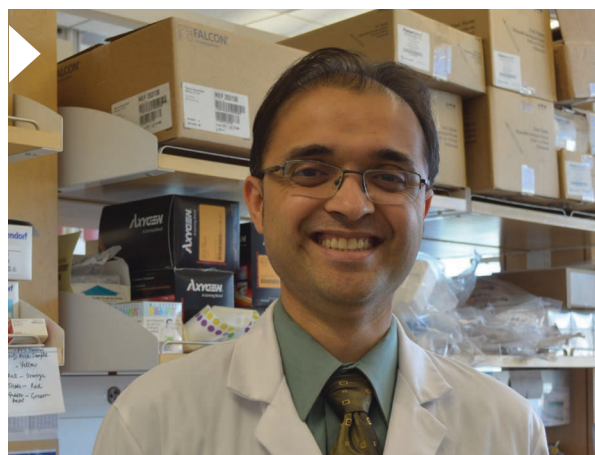
## Regulating Hypertension in Postmenopausal Women

**Heddwyn Brooks, PhD**, Department of Physiology and Pharmacology, received \$1.53 million from the NIH to study postmenopausal hypertension. High blood pressure is the No. 1 risk factor for cardiovascular disease in postmenopausal women and the severity and incidence of hypertension increases in women after menopause. Prescribed antihypertensive drugs are less effective in postmenopausal women than in men. In fact, 64 percent of women with postmenopausal hypertension do not have adequate blood pressure control.



## Sickle Cell Cardiomyopathy and Ventricular Tachycardia

**Ankit Desai, MD**, assistant professor of medicine in cardiology, was awarded \$2.4 million over five years from the NIH to study the “Pathogenic Role of IL-18 in Sickle Cell Cardiomyopathy and Inducible Ventricular Tachycardia.” “This grant allows me and my research team to explore a poorly recognized manifestation of sickle cell anemia and provide the mechanistic framework to better understand its development as well as to propose future therapeutic studies for patients with the disease,” Dr. Desai said.



## TWO NEW FELLOWSHIP PROGRAMS ACCREDITED



An Advanced Heart Failure and Transplant Cardiology Fellowship Program, accredited to begin in 2017, will be led by **Jennifer Cook, MD**, associate professor and medical director of the Advanced Heart Failure, Transplant and Mechanical Circulatory Support Program. (See page 9 for more information.)

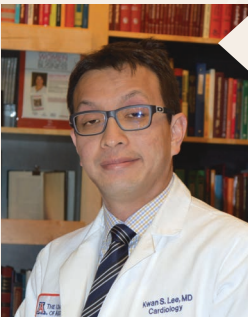


Beginning in 2018, a newly accredited Clinical Cardiac Electrophysiology Fellowship Program will begin training subspecialty fellows in management of arrhythmic disease. This fellowship program will be led by **Mathew Hutchinson, MD**, professor of medicine and director of the Cardiac Electrophysiology Program.

# AWARDS AND HONORS



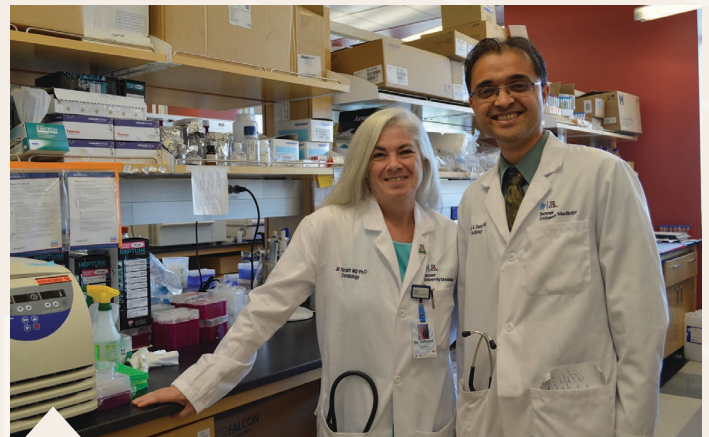
**Raj Janardhanan, MD**, received the Reader's Choice Award in India at the annual Cardiology Society of India Conference in December, 2016, for his review article: **Role of Cardiac MRI in Non-Ischemic Cardiomyopathies**. It was one of the most downloaded articles from the *Indian Heart Journal* in 2016.



**Kwan Lee, MD**, organized and hosted the Asian Cardiothoracic Leadership Group at Sarver Heart Center at the end of April. The group of cardiothoracic surgeons visits international sites quarterly to discuss leadership issues in modern health care.

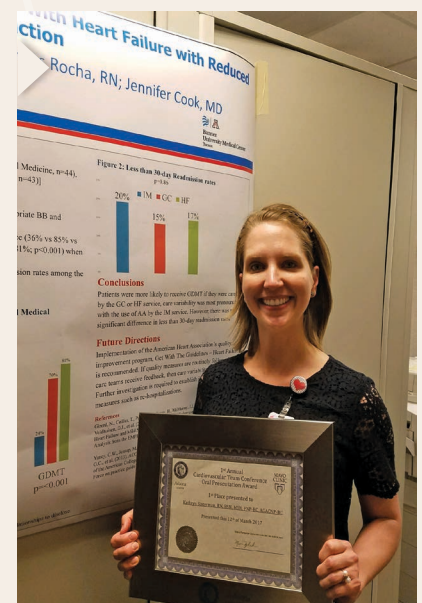
Since 2011, Dr. Lee has also teamed up with faculty from Mayo Clinic in Phoenix to offer cardiology simulation training for cardiology fellows from the UA and Mayo. Dr. Lee is the associate chief of cardiology, director for cardiovascular simulation and associate program director of the UA Cardiovascular Disease Fellowship Program. He pursues several areas of research in clinical cardiology, including use of optical coherence tomography to assess stent healing, cardiovascular "app" development, and simulation in cardiovascular education. His research on simulation includes a new study comparing simulation with in-classroom lectures to assess the most productive way to teach and learn cardiovascular medicine and procedures.

**Arizona ACC (American College of Cardiology)** held its first annual awards dinner and honored **Dr. Lee** with its **Future Leader Award**.



**Jil C. Tardiff, MD, PhD**, received a UA College of Medicine – Tucson 2017 Faculty Mentoring Award. A physician-scientist specializing in mechanisms underlying development of genetic cardiomyopathy, Dr. Tardiff (pictured with Ankit Desai, MD, one of her mentees) is the Department of Medicine's vice chair for research, a professor of medicine and cellular and molecular medicine, a member of the UA Sarver Heart Center and the Steven M. Gootter Endowed Chair for the Prevention of Sudden Cardiac Death. This year, she helped launch the Department of Medicine Research Seminar Lecture Series and Principal Investigator Poster Session to highlight innovative research by junior and senior faculty and promote collaborative opportunities for faculty, fellows, residents and medical students.

**Kat Sisterman, NP**, won the first-place Cardiovascular Team Conference Oral Presentation Award at the Regional ACC Conference for the poster presentation, "Heart Failure Inpatients – Reducing Variability of Patient Care to Improve Outcomes: Team Differences." Her research collaborators were Balaji Natarajan, MD, James Rocha, RN, and Jennifer Cook, MD.







**Sharon Gregoire, NP**, presented a poster titled, "Fatal Steatohepatitis and Vasoplegia After Heart Transplant," at the International Society for Heart & Lung Transplantation in April 2017. Her collaborators were Prakash Suryanarayana, MD, Scott Lick, MD, and Nancy K. Sweitzer, MD, PhD. Gregoire, who is pursuing a nurse practitioner doctorate, also won the Mary Holocek Scholarship for Graduate Nursing Studies from Banner University Medical Center Foundation.

UA Sarver Heart Center members, **Leslie Ritter, PhD, RN**, and **Zoe Cohen, PhD**, received an engagement grant from the University of Arizona to support the collaboration between the UA Physiology Club, of which Dr. Cohen is the adviser, and the Stroke Resource Center of Southern Arizona (SRCSA). Dr. Ritter, who is the William Feinberg Endowed Chair for Stroke Research and 2015 recipient of the Mary Anne Fay Heart Health Advocate Award, first developed SRCSA in collaboration with members of the Sarver Heart Center Women's Heart Health Education Committee. Dr. Cohen initiated the engagement grant collaboration to provide outreach and engagement opportunities related to public awareness of stroke's impact, as well as prevention and follow-up for the Physiology Club's students. This coincided with Dr. Ritter's interests to expand the reach of the SRCSA.

## FACULTY AWARDS FROM GRADUATING FELLOWS

The cardiology fellows presented the following faculty awards:

### **BEST FELLOWSHIP MENTOR**

**Mark Friedman, MD**  
**Prakash Suryanarayana, MBBS**

### **BEST TEACHING FACULTY**

**Barry Karas, MD**

### **BEST LECTURER**

**Nancy Sweitzer, MD, PhD**

### **BEST CLINICAL FACULTY**

**Mark Friedman, MD**

### **BEST CLINIC PRECEPTOR**

**Joseph Alpert, MD**

### **BEST ATTENDING TO BE ON CALL WITH**

**Karl Kern, MD**  
**Ranjith Shetty, MD**

Certifications of appreciation for dedication to fellows' education and clinical training for the past three years:

**Joseph Alpert, MD**  
**Mark Friedman, MD**  
**Karl Kern, MD**

In addition, Huu Tam Truong, MD, presented the Southern Arizona VA Medical Center's VA Cardiology Fellow of the Year Award to **Ily Kristine Yumul-Non, MD**.



*Frank Marcus, MD, welcomes guests to the 20th anniversary dinner in honor of his parents*

## MARCUS VISITING PROFESSORSHIP CELEBRATES 20 YEARS

Sarver Heart Center fellows and faculty celebrated the 20th anniversary of the Samuel and Edith Marcus Visiting Professor in Cardiology this past February.

**Douglas Zipes, MD**, Professor Emeritus and Distinguished Professor of Medicine, Pharmacology and Toxicology, Indiana University School of Medicine and the Krannert Institute of Cardiology at the IU Medical Center Indianapolis, delivered a Medicine Grand Rounds topic: "**Clinical Cardiac Electrophysiology: How we got to where we are.**"

The sons and daughter of Samuel and Edith Marcus established this professorship in 1997 to enhance education and research for students, residents, fellows and faculty in cardiology. Samuel and Edith Marcus were Jewish immigrants from Russia and Poland, respectively. They were devoted to the education and welfare of their children: Frank, who helped establish the cardiology section at the University of Arizona College of Medicine; Julius, a successful businessman in Florida; and Shirley, a personal shopper for professional women, who was married to Judge Wilfred Feinberg of New York.



Class of 2017 Graduating Cardiovascular Disease Fellows (from left) Satinder Singh, MD, Ily Kristine Yumul-Non, MD, Julia Indik, MD, PhD, fellowship program director, Rostam Khoubyari, MD, Kahroba Jahan, MD, and Jaskanwal Bisla, MD.

## UA CARDIOLOGY GRADUATING FELLOWS PREPARE FOR CAREERS, FURTHER TRAINING



Karl B. Kern, MD (left), presented certificates to Class of 2017 Interventional Cardiology Fellows Jagdish Kandala, MD, and Clint Joseph Oommen, MD, along with Huu Tam Truong, MD, faculty member from Southern Arizona VA Medical Center.

The University of Arizona Sarver Heart Center celebrated the graduation of five fellows from the Cardiovascular Disease Fellowship Program and two from the Interventional Cardiology Fellowship Program on June 10.

“Our fellows are the engine of our clinical mission,” said **Nancy K. Sweitzer, MD, PhD**, director of the UA Sarver Heart Center and chief of cardiology at the UA College of Medicine – Tucson. “During a time of great change in academic medicine, our fellows displayed a cheerful interest in cardiology and I hope that cheerfulness continues as you go forward working in cardiology, the best job ever. We are privileged to care for patients at their sickest and our work helps many go on to live good quality lives. I hope your love of cardiology grows as you move into this next exciting stage of your career.”

The graduating Cardiovascular Disease Fellows have the following plans:

- ▶ **Jaskanwal Bisla, MD**, will complete Stanford University’s Clinical Cardiac Electrophysiology Fellowship.
- ▶ **Kahroba Jahan, MD**, will remain in Tucson in private practice.
- ▶ **Rostam Khoubyari, MD**, also will work in private practice in Tucson.
- ▶ **Ily Kristine Yumul-Non, MD**, will pursue an Advanced Heart Failure and Cardiac Transplantation Fellowship at University of California – San Diego.
- ▶ **Satinder Singh, MD**, will join the University of Arizona College of Medicine – Tucson as an assistant professor at Banner University Medical Center – South.

The graduating Interventional Cardiology Fellows will pursue these plans:

- ▶ **Jagdish Kandala, MD**, is moving to Cooperstown, NY, to work in private practice.
- ▶ **Clint Joseph Oommen, MD**, will go into private practice at Delmarva Heart in Salisbury, Md.

In addition to the cardiovascular disease and interventional fellowship programs, the UA Sarver Heart Center has newly accredited programs in Advanced Heart Failure and Transplant Cardiology and Clinical Cardiac Electrophysiology. Recruitment into future classes of these fellowships has begun.



# CELEBRATING

## THE NEXT GENERATION OF PHYSICIANS

**Nancy Sweitzer, MD, PhD**, director of the UA Sarver Heart Center and chief of cardiology, congratulated award recipients during the UA Department of Medicine's awards program in May. The internal medicine residents at Banner – UMC South voted to honor **Preethi William, MD**, second-year cardiovascular disease fellow, with the UA Department of Medicine's Outstanding Medicine Fellow Award.



*Award recipients with Nancy K. Sweitzer, MD, PhD (second from left), Prashant Rao, MD, Kris Kumar, DO, and Preethi Williams, MD.*

**Prashant Rao, MD**, and **Kris Kumar, DO**, second-year internal medicine residents, received the **Charles W. Hall Jr and Virginia C. Hall Memorial Awards**, which recognize amazing residents on the coronary care unit rotation at Banner – University Medical Center Tucson. Drs. Kumar and Rao both have interests in pursuing cardiology fellowships after completing their residency programs.

Dr. Kumar's cardiology interest stems from a family history profoundly influenced by cardiovascular disease. "As a resident, I have seen how genetics and lifestyle choices influence the development of disease within patients," said Dr. Kumar. As his residency program intersects with the UA Sarver Heart Center, Dr. Kumar appreciates the exposure to research, cutting-edge technology and the commitment to patient care with a diverse patient population in the cardiology rotations. "I am currently working on projects that range from interventional cardiology looking at in-stent strut coverage of bioresorbable stents and cardiac imaging looking at the efficacy of 3-D echocardiography versus cardiac MRI to define right ventricular function," said Dr. Kumar.

Dr. Rao's cardiology interests led him to study special electives in hypertrophic cardiomyopathy at universities

and hospitals in the United Kingdom and the United States, including St. George's Hospital in London and Tufts University in Medford, Mass. He plans to expand on his research experience, investigating sudden cardiac death in athletes and the prevention and management of cardiac arrest and sudden cardiac death, using metabolomic analysis to identify and treat individuals at risk of sudden cardiac death.

Dr. Sweitzer also presented **Cara Levin, MD**, and **Alyssa McGregor, MD**, 2017 graduates of the UA College of Medicine – Tucson, with the **Zenas B. Noon, MD Award of Excellence in Cardiology**, given to medical students with outstanding performance in their cardiology rotations. Dr. Levin will pursue an internal medicine residency at Oregon Health & Sciences University in Portland. She has interests in geriatrics and cardiology. Dr. McGregor will pursue an anesthesiology residency at University of Washington and has interest in ultimately pursuing fellowship training in cardiac anesthesiology.

A Nogales, Ariz., native and 1926 UA graduate, Dr. Noon completed his medical training at the Medical College of Virginia, University of Michigan, Johns Hopkins University and the University of Pennsylvania. He returned to Nogales in 1933 to serve as the medical director of the Federal Emergency Relief Administration Transient Camp before he established a private practice as the only surgeon in Nogales for 35 years. After suffering from heart disease himself, Dr. Noon established this award in gratitude for the excellent care he received from the cardiology division at what was then University Hospital.



*(From left) Nancy K. Sweitzer, MD, PhD, presented the Noon Awards to Cara Levin, MD, and Alyssa McGregor, MD.*



THE UNIVERSITY OF ARIZONA  
HEALTH SCIENCES

**Sarver Heart  
Center**

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ADDRESS SERVICE REQUESTED

## WHAT A HEART ATTACK FEELS LIKE TO A WOMAN



**CHEST PAIN DISCOMFORT  
OR SQUEEZING LIKE  
THERE IS A TON OF  
WEIGHT ON YOU**



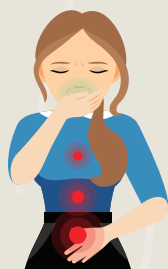
**LIGHT HEADEDNESS  
OR DIZZINESS**



**UPPER BODY PAIN**



**BREAKING OUT  
IN A COLD SWEAT**



**NAUSEA**



**SHORTNESS  
OF BREATH**



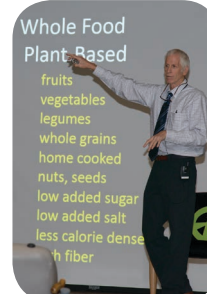
**UNUSUAL  
FATIGUE**

## SAVE THE DATE

### Preventing Heart Disease for 25 Years: What We've Learned

Join Us **Sunday, Aug. 13** at 2 p.m. as The **Heart Series** celebrates 25 years of continuous instruction by Charles Katzenberg, MD, and Edna Silva, RN. Learn the seven most important actions you can take to prevent and reverse heart disease and transform lives.

**Doors open at 1:30 p.m.; lecture  
begins at 2 p.m.,  
in DuVal Auditorium at Banner – UMC,  
1501 N. Campbell Ave, Tucson.  
To RSVP, visit [bit.ly/heartseries](http://bit.ly/heartseries) or call 520-544-3720.**



## Women & Heart Disease **EDUCATION LUNCHEON**

Dr. Elizabeth Juneman will be the featured presenter at the UA Sarver Heart Center's program, focused on women and heart disease on **Friday, Nov. 3** at Skyline Country Club <http://heart.arizona.edu/WomenLuncheon>  
(See related story on page 1)