The Boston Globe

**Research Suggests Vitamin D Could Affect Brain Function**

A growing body of evidence suggests that vitamin D, present in some foods and produced naturally when skin is exposed to sunlight, regulates the enzyme that converts the amino acid tryptophan into serotonin, a neurotransmitter believed to help regulate moods and direct brain development while in the womb. Mark Haussler, PhD, UA College of Medicine – Phoenix, said a better understanding of how to regulate serotonin production could have a "huge impact, and all the way across the life span." Dr. Haussler speculated that regulating serotonin in developing brains potentially could affect the development of autism or attention deficit hyperactivity disorder. [Read more](#)

**HP Matter**

**Living with an Artificial Heart**

As the wait for heart transplants grows ever longer, SynCardia is saving lives with the only FDA-approved total replacement for the human heart, one of hardest-working organs in the body.

Featured in the video: Zain Khalpey, MD, PhD, MRCS, surgical director, Heart Transplant and Mechanical Circulatory Support Program, UA Department of Surgery; Richard Smith, MSEE, CCE, technical director, UAMC Artificial Heart Program, UA Sarver Heart Center. [Read more](#)
Becker's Hospital Review

`100 Hospitals with Great Women's Health Programs`

Becker's Hospital Review has named the University of Arizona Medical Center as one of the top "100 hospitals with great women's health programs" in its 2014 annual list. The hospitals selected offer outstanding health services geared toward women, such as gynecology, obstetrics, women-focused heart care and women-focused cancer care, among other women's health needs.

UAMC provides breast health care, breast and gynecologic cancer diagnoses and treatments, women's diabetes services, heart health care, interventional radiology, minimally invasive surgery, obstetrics and gynecology, urology, a pelvic floor center and plastic and reconstructive surgery, among other services. Read more

Men's Journal

Dr. Andrew Weil's Life Advice

Andrew Weil, MD, founder and director of the Arizona Center for Integrative Medicine at the University of Arizona, answers questions on breathing, longevity and other topics. Dr. Weil is the author of 11 books and many scientific and popular articles. He also writes a monthly newsletter, Dr. Andrew Weil's Self Healing; he maintains a popular website, Dr. Weil.com, and appears in video programs featured on PBS. He also writes a monthly column for Prevention magazine. Dr. Weil serves as the director of integrative health at Miraval Life in Balance Resort in Catalina, Ariz. Read more

Mohave Valley News

Research Looks to Build Organ Stockpiles
Zain Khalpey, MD, PhD, MRCS, associate professor of surgery at the University of Arizona College of Medicine – Tucson, focuses his research on making more organs available to patients who need a transplant. Each day, 18 people on organ transplant lists die, according to the U.S. Department of Health and Human Services. In Arizona, patients have to wait two to three years for a lung transplant, according to the U.S. National Library of Medicine. Dr. Khalpey is trying to shorten the wait time, taking damaged organs and refurbishing them so that they end up in a needy patient’s body. Read more