To the average person, an image of a human cell infected with Cytomegalovirus may just look like a simple finger painting, but to Drs. Ken Knox and Felicia Goodrum, the image holds infinite questions about viruses and the way they affect us.

"Understanding the complete picture of the viruses that we harbor is a whole new frontier of science and medicine," said Dr. Goodrum. "That will definitely have very important implications for health."

Ken Knox, MD, and Felicia Goodrum, MD, are professors of immunobiology at the University of Arizona. Read more

Holiday celebrations, happy hours, cocktail parties. It would be nice to think the alcoholic beverages ever-present at social events are good for us. The news media typically makes the most of new studies suggesting a link between a daily glass of wine and a healthier heart or other health benefits. By no means do potential heart payoffs mean that non-drinkers should be encouraged to partake of wine or other alcoholic beverages.

"A lot more people die from heart disease due to addiction and consuming too much alcohol compared to the number of people who may benefit by consuming moderate
amounts of red wine," says Ronald Watson, PhD, an internationally recognized alcohol researcher and professor at the University of Arizona in Tucson. (UA Mel and Enid Zuckerman College of Public Health). Read more

Yuma News Now

UAMC Now 'Infectious Disease Treatment Center of Excellence'

The University of Arizona Medical Center has accepted a request by the Arizona Department of Health Services to become one of the state's first Infectious Disease Treatment Center of Excellence, making it southern Arizona’s designated hospital for the treatment of emerging infectious diseases, such as Ebola.

"As an academic medical center, our mission is to provide cutting-edge medical care, research and leadership, especially in any public health emergency," said Karen Mlawsky, chief executive officer of the Hospital Division of the UA Health Network, which operates both UAMC-University Campus and UAMC-South Campus. Read more

Tucson News Now

Experts Say Flu Shots Less Effective Than in Years Past

One of the flu viruses hitting the United States this year has mutated, lowering the effectiveness of the flu vaccine. But the experts say the vaccine still is worth getting. Sean Elliott, MD, is the University of Arizona infection prevention medical director.

He says even less-than-ideal vaccine protection can potentially prevent hospitalization, pneumonia and death. He says 30,000 to 35,000 people die from flu each year in the U.S.

Elliott says the vaccine is the best way to avoid severe complications from flu. Read more
New National System for Donor Kidneys to Affect Local Transplants

A new national system for allocating kidneys aims to better match organs to recipients by matching the likely length of time the donor kidney will function with the expected length of time an adult candidate may need a kidney transplant. More than 100,000 Americans are on the national waiting list, and the need for kidney transplants is increasingly outpacing available kidneys available from deceased donors.

Nearly 240 people are on the waiting list at the University of Arizona Medical Center, which will host free information meetings this week and next about the change. Read more