The video, "Lifesaving Tech: Living with an Artificial Heart," features Randy Shepherd and Christopher Larsen, two Arizona men who were implanted with the SynCardia Total Artificial Heart as a bridge to a donor heart transplant.

The video includes discussion of 3D printer technology that produces a CT-guided, virtual 3D modeling platform to correctly fit the SynCardia Heart for smaller patients.

"3D printing gives you a much better idea and confidence as a surgeon to go in there and say, "You know what? We can do this. It'll be fine,,'" says Zain Khalpey, MD, PhD, MRCS, associate professor of surgery in the Division of Cardiothoracic Surgery at the University of Arizona College of Medicine – Tucson.

Reuters

GHX Honors "Best 50" Healthcare Providers for Supply Chain Excellence
Fifty healthcare provider organizations will receive 2014 GHX “Best 50” Supply Chains Awards for their work in improving operational performance and driving down costs through supply chain automation. The recipients will be honored at the 2015 GHX Healthcare Supply Chain Summit, which takes place May 4-6, 2015, in Phoenix, Ariz. The **University of Arizona Health Network** is among the Best 50. To select the Best 50, GHX looked at the performance of more than 4,000 hospitals in the U.S. and Canada currently connected to the GHX electronic trading exchange. GHX identified the 50 healthcare organizations that scored highest in areas such as purchasing and invoice volume, exception rates, exchange utilization and trading partner connections during the 2014 calendar year. Read more

**Huffington Post**

**6 Breathing Tricks To Help You Fall Asleep Faster Tonight**

There’s no question that many of us would like to improve the quality of our sleep each night. Tossing, turning, waking up frequently, struggling to fall back asleep -- and that's if we can even drift off in the first place.

According to **Andrew Weil, MD**, a renowned physician, holistic health author and founder of the Arizona Center for Integrative Medicine, the relaxation breathing exercise known as the 4-7-8 breath can work wonders before bedtime (as well as any other time you’re feeling stressed). Read more

**Tucson News Now**

**Vaccination Debate: Is Your Child at Risk?**

The recent measles outbreak is putting the spotlight on parents who choose not to vaccinate their children. In Arizona, the State Department of Health Services has seen seven reported measles cases so far: two in Maricopa County and five in Pinal County. So far, no cases reported in Pima County but medical experts say it's a matter of time. **Sean Elliott, MD**, the Medical Director of Infection Prevention at the University of Arizona Health Network said there was a good possibility we could
“We are in what we call the second or third generation of cases from the Disney experience,” explained Dr. Elliott. Read more

Tucson News Now

**Solidarity Events to Remind Health Care Workers to 'Be Kind'**

All week the University of Arizona College of Medicine - Tucson is hosting solidarity events, with the message to 'be kind'. Solidarity events began four years ago after the Jan. 8 shooting.

The tradition is important for the public and the medical community, where with so many patients to treat many can feel like just a number or that their appointment was rushed and impersonal. These events are an important reminder for health care workers to take the time to show compassion. Studies suggest when health care workers take that time to be personal, and show compassion, patients often heal faster and have less pain and anxiety. Read more

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