BizTucson

*Women of the Heart – Aligning Research from Bench to Bedside*

With a new director at the helm, the University of Arizona's Sarver Heart Center is moving forward on an expanded research mission – aiming to increase clinical trials and translate molecular and genetic discoveries into innovative therapies. Nancy K. Sweitzer, MD, PhD, who took the reins on March 1, is the first woman to lead the Sarver Heart Center, which was founded as University Heart Center in 1986. Only about 15 percent of cardiologists nationwide are women – which makes the UA Sarver Heart Center stand out – with Dr. Sweitzer, co-director Carol Gregorio, PhD, and renowned researchers like Jil Tardiff, MD, PhD. [Read more]

DailyRx

*Frailty, Not Age, Best Predicted Recovery from Trauma*

Some people in their 80s may seem much younger than they actually are, while some in their 70s seem so much older and weaker than their age. When it comes to recovering from trauma, age might not be the best measure of how someone will fare. Researchers have found that frailty may be a better measure than age to predict outcomes of older trauma patients. The lead author of this recent study was Bellal Joseph, MD, of the University of Arizona Medical Center in Tucson. [Read more]
ABC Nightline

**Trauma Surgeon Uses War Zone Skills to Better Treat Patients at Home**

For trauma surgeon Peter Rhee, MD, performing a couple of hernia repairs only to turn around hours later and treat a patient's life-threatening stab wounds is just another day in the office. And he has seen much worse.

Dr. Rhee, chief of trauma and emergency surgery at University of Arizona Medical Center (UAMC) in Tucson, spent most of his 25-plus-year medical career in the U.S. Navy, honing his surgical skills on the battlefield while serving in Iraq and Afghanistan. There, he saw multiple-casualty situations where the injuries were grim. [Read more](#)

MedicalXpress

**Men Should Do These Seven Things for Cardiac Health**

Heart disease remains the leading cause of death for men (and women) and 1 of 8 men over age 40 will be victims of sudden cardiac arrest. June is both National Men's Health Month and CPR and AED Awareness Month, making it a good time to revisit ways to prevent heart disease.

"A healthy lifestyle is the best prevention against heart disease," says Charles Katzenberg, MD, a cardiologist at the University of Arizona Sarver Heart Center member and a UA clinical professor of medicine. [Read more](#)

CNN

**Depression a 'Powerful' Risk Factor for Heart Disease in Young Women**

Young women are twice as likely to suffer a heart attack or die of heart disease if they suffer from depression, a [new study](#) suggests in the *Journal of the American Heart Association*.

"For many people, antidepressants are very beneficial and
help them get rid of the depression,” said Charles L. Raison, MD, associate professor of psychiatry at the University of Arizona. But he says treating the depression will not make cardiac disease disappear. Yet there is something that can reduce your depression and your heart health, Dr. Raison said: “Because you don’t know that treating one will treat the other, you want to treat both. The way to treat both is exercise.”  

KVOA-TV (NBC) Tucson  
Ugandan Orphan Little Lewis Gets Surgery and Stands Tall  
“Little Lewis” was in desperate need of an operation on his spine and through the efforts of African Children’s Charities and the generosity of the University of Arizona Medical Center, the child once left to die now has a new, healthy life ahead of him.  
On June 9, one week after surgery, Little Lewis was back on his feet.  
Ali Baaj, MD, director of spinal neurosurgery at UAMC, says tuberculosis had caused a severe deformity in Lewis’ back, “His back basically had a grapefruit sized deformity that was sticking completely out of his back.”

Yuma Sun  
Down on the Pharm: Students Learn About Pharmaceutical Sciences  
Yuma middle school students got the chance to learn about health careers at the University of Arizona’s annual PharmCamp. PharmCamp is a summer camp for students from middle schools in the Crane District, as well as St. Francis of Assisi Catholic School, that focuses on pharmaceutical science.  
The camp places high emphasis on STEM (Science, Technology, Engineering and Math) education. It gives campers a glimpse into what it’s like to be a pharmacist, a career that is ranked as the fifth-best job, according to U.S. News & World Report.
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