USA Today

UA Researchers' Report: Cardiac Arrest Kills Many, Often Ignored

A new report from the Institute of Medicine found that too few people know the signs of cardiac arrest or what to do about it, and that too little is known about the condition, which kills more than 500,000 Americans a year. Most people are more familiar with a heart attack, in which the heart muscle is deprived of blood, causing chest pain and shortness of breath. A heart attack patient usually can describe his or her agony and is brought to a hospital for immediate treatment. Two University of Arizona Department of Emergency Medicine researchers are co-authors of the report, Strategies to Improve Cardiac Arrest Survival: A Time to Act: Arthur B. Sanders, MD, MHA, professor and a member of the Arizona Emergency Medicine Research Center (AEMRC) – Tucson and the Institute of Medicine, and Bentley J. Bobrow, MD, professor and co-director, AEMRC – Phoenix and medical director for the Arizona Department of Health Services, Bureau of Emergency Medical Services and Trauma System. Read more

Wall Street Journal

Are Oils From Avocados and Soybeans Arthritis Killers?
Nearly half of Americans will suffer at some point in their lives from knee osteoarthritis, a disease that causes pain and stiffness. Several studies found that an avocado-soy-oil blend can help pain for a period of three to six months. The supplements, sold under a variety of brand names, go by the unwieldy name of avocado-soybean unsaponifiables, or ASU. “In the laboratory, ASU have shown anti-inflammatory activity and also appear to help build joint cartilage and slow its destruction over time,” says Jason Theodosakis, MD, clinical associate professor at the University of Arizona College of Medicine – Tucson and chief executive of Supplement Testing Institute, Inc., in Tucson. “Eating avocados or soybeans won’t have the same effect as taking a supplement, which concentrates the beneficial portion,” says Dr. Theodosakis.

Phoenix Business Journal

UA Surgeons Save Tucson Man’s Life in Midair; Survivor Donates to UA Research

On April 12, Richard “Dick” Highberger went into cardiac arrest that left him not breathing and without a heartbeat 40,000 feet in the air. Within moments, however, three vascular surgeons with ties to the University of Arizona Department of Surgery were at his side, saving Highberger’s life in the cramped aisle of a regional commuter jet. The three surgeons, Craig Weinkauf, MD, Miguel Montero-Baker, MD, and John Pacanowski, MD, all helped save Hightberger’s life on the plane. Hightberger and his wife, Jan, recently met for lunch with Dr. Weinkauf, where the couple presented the young surgeon with a donation to help fund research he is involved in at the UA.

Yuma News Now

Professor-Student Team Brings Awareness to Virus
Felicia Goodrum, PhD, University of Arizona associate professor of immunobiology and member of the BIO5 Institute, has spent the last 20 years researching viruses. Most of that time has been devoted to the cytomegalovirus, or CMV, one of eight human herpesviruses infecting 60 to 99 percent of adults worldwide. CMV infects most people early in life, but in healthy individuals it causes no symptoms and is controlled by the immune system. However, in those with compromised immune systems, or when passed from a mother to an unborn child, the virus can have devastating consequences. To raise awareness of the risks involved with being a carrier of the CMV virus, and to provide tips to prevent passing it on, Dr. Goodrum and Bre Eder, an undergraduate student in the UA Mel and Enid Zuckerman College of Public Health, developed a unique cross-disciplinary collaboration. Over the course of the last year, the two have worked together to create educational materials targeting the public, as well as the medical community. The materials also will be used to educate at-risk groups. Read more

Yuma News Now

Military Veteran Chooses UA Online, Calling It 'A Perfect Fit'

Military personnel and veterans are benefiting from the University of Arizona's expansion of academic programs offered entirely online. Military veteran Patricia Urquidi Alexander, who enlisted in the U.S. Air Force immediately after graduating from high school in 1978, decided to enroll in the UA College of Nursing's Online RN to MSN Clinical Systems Leadership program. "The experience has been phenomenal," said Alexander, who began her coursework in January. "It has been challenging, but great." The program will enable Alexander, who lives in Pennsylvania, to graduate in December 2016. She said the program's timing was ideal, and having the credentials to match her current work, as a regional chief nursing officer, was essential. In addition to the degree programs, the UA offers support for students who have been or currently are affiliated with branches of the military. In 2013, U.S. News & World Report named the UA a top-25 institution in its support of military veterans. This year, the publication ranked the UA College of Nursing No. 32 among the "Best Online Graduate Nursing Programs for Veterans." Read more
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