

Arthritis Center Update

The University of Arizona College of Medicine

www.arthritis.arizona.edu

Tyler and Joyce Goodman at their home in Tucson.

\$3 Million Estate Gift to Support UAAC

Tyler and Joyce Goodman have made an estate gift in excess of \$3 million to support research at the University of Arizona Arthritis Center. This gift is the result of the quality of care they have received at the Center and their confidence in the research now underway.

"We know first-hand what it is like to live with chronic pain from rheumatoid and osteoarthritis,"

Tyler Goodman said. "And we understand how important it is that new techniques be developed to help people with arthritis live healthier lives with less pain. Joyce and I hope our gift will help accelerate this work at the Arthritis Center."

Although Tyler and Joyce grew up in the same small town of Elyria, Ohio, they didn't meet until decades later at

"We know first-hand what it is like to live with chronic pain from rheumatoid and osteoarthritis"

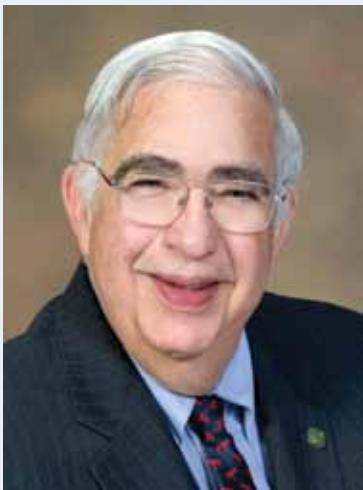
mutual friends' wedding. They have been married for almost 60 years and can look back on their successful careers, the beautiful home they created and, most importantly, the loving family (Grace and Grant) they raised together thanks to that chance meeting.

After high school, Tyler served in the Army during the Korean War, with most of his time spent above the 38th parallel in North Korea. Upon returning to Ohio, the G.I. bill made it possible for him to study marketing at Kent State University.

Joyce started college in Ohio, first at Miami University, then at Case Western Reserve. For health reasons, she transferred to the University of Arizona, where she majored in accounting, specializing in tax accounting.

Continued on p. 2

A MESSAGE FROM THE INTERIM DIRECTOR



As the University of Arizona Arthritis Center enters its winter period, we look forward to many exciting activities. In February, The Holtby Lectureship will be given by one of the leading scholars in rheumatology, Dr. Peter Simkin, from the University of Washington in Seattle, Wash., who will speak on the aging of cartilage and arthritis. The title of his lecture is "Synovial Joints: The Best of all Bearings" and the date of the luncheon is Thursday, Feb. 23. We hope to see you there!

We have put together a strong team working on rheumatoid arthritis research with Dr. Joyce Wu from Harvard joining Dr. Sujata Sarkar. Drs. Sarkar and Wu's research will focus on innate immunity and inflammation mechanisms. Their work is ready for prime time and will be moving into human translational studies soon.

Our advisory board has taken on the challenge of raising money to recruit strong, new, young faculty and help them get started in a clinical research career. In addition, we are entering a phase to further develop our efforts into fully funding the McKenzie Pediatric Rheumatology Chair and Pediatric Rheumatology Research Program.

I would like to thank my dear friend, Bob Volz, for his service as chair of our advisory board and look forward to many more years of working together with him on the Center. I also think the choice of Mark Mitchell to assume leadership of the board is outstanding and I know it will be in competent hands.

It is important to note the changes throughout this newsletter. You will see the University Medical Center (UMC) is now The University of Arizona Medical Center (UAMC). In addition, the Arizona Arthritis Center (AAC) is now the University of Arizona Arthritis Center (UAAC).

Finally, I am happy to continue as your interim director as the University moves forward in naming a permanent director.

It is an exciting opportunity to continue our mission of excellence in arthritis research.

Sincerely,

A handwritten signature in black ink that reads "Eric P. Gall, MD, MACP, MACR".

*Eric P. Gall, MD, MACP, MACR
Interim Director
The University of Arizona Arthritis Center*

Goodmans continued from p. 1

The Goodmans were married in Ohio in 1954 and due to a resurgence of Joyce's chronic sinus problems, they decided to move to Tucson in 1956.

Tyler started out selling radio advertising, but thanks to a series of chance conversations at a local coffee shop he soon transitioned to selling real estate, eventually starting his own successful company, Six Gs, Inc. Joyce started a very successful accounting business in Green Valley. After selling the business, she then spent many happy years working for an area law firm.

Joyce was an avid golfer, but the pain and fatigue caused by rheumatoid arthritis were having a real impact on something she loved. They both began seeing Jeffrey Lisse, MD, chief of rheumatology at the University of Arizona Arthritis Center, and have been his patients ever since.

"We are most grateful for the quality of care we receive from Dr. Lisse," Joyce says, "and we are truly impressed with the research that Dr. Szivek is doing. That is why Tyler and I decided to make our legacy gift to the University of Arizona Arthritis Center."

Thanks to the Goodman's generous planned gift, the University of Arizona Arthritis Center will be able to continue to fund cutting-edge research that may one day result in a cure for various forms of arthritis.

If you, too, would like to support the University of Arizona Arthritis Center, please call our development director, Thom Melendez, (520) 626-7902.

The University of Arizona Arthritis Center Friends

By Joan Ardern, UAACF Board Chair

Join the University of Arizona Arthritis Center Friends (UAACF) and make a difference in the lives of those touched by arthritis.



The University of Arizona Arthritis Center Friends support the Center's mission to help create a world free of arthritis and autoimmune diseases. Friends members are invited to participate in ongoing programs and special events created to increase awareness and promote optimal health for arthritis sufferers. Events are offered throughout the year and include the upcoming Eva M. Holtby Arthritis Conversations and Lunch at the Arizona Inn on Feb. 23, 2012. We invite you to join us at this event and learn more about the UAAC and the Friends.

For more information, please contact the UAACF information line, at (520) 626-7901, or check out the UAAC website: www.arthritis.arizona.edu. The UAACF always is looking for new "friends;" please join us today.

CALENDAR

UAAC Friends

Thursday, Feb. 23, 2012

Eva M. Holtby Conversations Luncheon

Peter Simkin, MD, featured speaker

Synovial Joints: The Best of All Bearings

The Arizona Inn

For more information on UAAC Friends' events, please call (520) 626-7901

Living Healthy With Arthritis Spring 2012 Lectures

The University of Arizona Medical Center, Chase Auditorium

Wednesday, Feb. 1

6:00 – 7:30 p.m.

Osteoporosis: You and Your Bones

Kristi Cristello, MEd, MS

Exercise Physiologist, Canyon Ranch Health Resort

Wednesday, March 7

6:00 – 7:30 p.m.

It Only Hurts When I Move It - Treating Achy Bones and Joints

Eric P. Gall, MD, MACP, MACR

Wednesday, April 4

6:00 – 7:30 p.m.

A Historical and Hysterical Perspective on 67 years of Living with Arthritis

Gail Kershner Riggs, MA, CHES

Wednesday, May 2

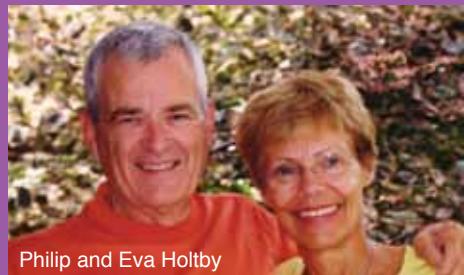
6:00 – 7:30 p.m.

The "Art" in the Heart of Caregiving

Jan Sturges

Caregiving Coordinator, The University of Arizona Life and Work Connections (LWC)

In Memoriam



Philip and Eva Holtby

Philip Holtby

The University of Arizona Arthritis Center lost a true friend in Philip Holtby, whose wife, Eva M. Holtby, founded the University of Arizona Arthritis Center Friends.

After Eva's death in 2003, Philip continued to support the UAAC through the annual Eva M. Holtby Conversations Luncheon.

Philip passed away on Saturday, November 12, 2011, at the age of 80. He loved the mountains, the uninterrupted horizons, the blazing sunsets, the solitude and the peace of the desert in Tucson, Ariz., where he spent his leisure time.

The Critical State of Pediatric Rheumatology

One in every 250 children has some form of juvenile arthritis. That translates to 300,000 children in the United States and more than 7,000 in Arizona. These numbers include those not only dealing with one of the several forms of juvenile rheumatoid arthritis, but also a number of other serious rheumatic diseases, including rheumatic fever, spondylitis (spinal arthritis), dermatomyositis (muscle disease), lupus, Kawasaki disease, scleroderma and "growing pains".

At the University of Arizona Arthritis Center, taking care of these children has been a high priority dating back to the beginnings of rheumatology services in Southern Arizona. Although the UAAC has long been home to excellent full-time academic rheumatologists who are participating in meaningful research and patient care, there are few certified pediatric rheumatologists in the field. In fact, right now there are no board-certified pediatric rheumatologists in Southern Arizona and only one adult rheumatologist with significant experience in the area. This is the leading understaffed pediatric subspecialty in the United States, with far too few trained specialists available to fill the needs both in medical schools and as community physicians.

Although juvenile arthritis was first described in the mid 1800s, it was not until the 1970s that any national attention was given to this matter.

The UAAC, along with the Section of Rheumatology, the Department of Pediatrics and the Steele Children's Research Center, has made developing a core group of pediatric rheumatologists a high priority. They are needed to provide comprehensive state-of-the-art care, basic and translational research, education and public health services and provide a major academic presence in the area of pediatric rheumatology.



Charles and Sophie McKenzie

We are most grateful that Charles and Sophie McKenzie have provided an endowment towards creating a pediatric chair. Currently, this position is only partially funded.

With so many children and their families moving to our community because of their arthritis, we must be able to offer state-of-the-art, comprehensive care for

these children. To do that, it is critical that we have the ability to recruit leaders in this field for our Center.

We ask you to support this effort, begun so generously by the McKenzies.

The Trials of Juvenile Idiopathic Arthritis

A Profile in Courage – JIA Sufferer Troy Terry

When her son awoke in the middle of the night three years ago in excruciating pain, Jeanette Terry knew that their lives were about to change. Her son Troy, now 13, found difficulty even attempting to walk into his parents' room... all he could do was crawl.

Since that traumatic night in 2008, the Terry family has traveled a journey of uncertainty. There was a chance Troy might just be a growing boy with more significant growing pains than most. Troy found it hard to accept that the joint pain he felt was 'normal'. Every day for the past three years, he has awakened to pain in his wrists, his ankles, his elbows and his hips. He has missed countless days of school and his ability to play the sport he loves the most, golf, has taken a back seat to dealing with his pain.

An athletic child from an early age, Troy, a Type 1 diabetic, was recently diagnosed with juvenile idiopathic arthritis (JIA). Until his diagnosis four months ago, the Terry family and his pediatricians searched for answers. Looking at all possible causes, his doctors ran test after test. The joint pain pointed toward arthritis, but lab tests continued to show no significant signs of the markers for the disease. "Growing pains" are common in children of Troy's age, and with no specialist anywhere in southern Arizona, his pediatricians shared in the family's frustrations.

As Troy's pain worsened over the years and his symptoms became more significant, Jeanette and her son's doctors knew it was time to find a pediatric rheumatologist. Shocked to find there was no such specialist in southern Arizona, the Terrys were directed to Dr. Deborah Jane Powers; a physician trained in adult rheumatology with an interest in caring for children with rheumatic disease in large part because there is no one in the Tucson community to serve them. Dr. Powers would try to fit Troy in as she does for others in search of answers for their children. Because of the lack of a specialist in Tucson or anywhere in the surrounding area, the Terry family knew they may have to travel to Phoenix or even Los Angeles. Jeanette couldn't believe what she was hearing. There might be someone in Tucson who can see Troy, but because of the demands on her time they will wait three months to see her. Dr. Powers will see him because she cares about children and wants to help in a town that so desperately needs a pediatric rheumatologist, but she has a busy practice of adults. And now Troy finds it difficult to even attempt to touch his toes.



Dr. Powers confirmed what pediatricians and the Terrys suspected... he had juvenile idiopathic arthritis. The family knew the diagnosis was finally accurate, but that didn't make it any easier to accept. An upbeat, bright, talented boy, who bears the rigors of being a Type 1 diabetic, now suffers from another debilitating disease. Incidentally both of these diseases are autoimmune in their etiology. Blood sugar swings, needles, medications, ketosis, nausea, exhaustion and now arthritis. The question became, what do they do next?

The road ahead for the Terry family holds no clear path. As Jeanette so thoughtfully notes, the need for a pediatric rheumatologist becomes more critical by the moment. Families like the Terrys recognize that having a specialist in this area is not a luxury; it is a necessity. To look into Troy Terry's eyes, one can see the need is nothing short of critical.

We Can't Do It Without You!

Whether you become a member of the UAAC Friends for \$45 a year; or have the resources for a major gift for pediatric rheumatology or an endowed chair, your support and commitment help the UAAC educate people about arthritis and research ways to improve diagnosis and treatment. Together, by contributing to the best of our ability and means, we can fight this debilitating disease.

If you would like more information about how you can support:

- Pediatric rheumatology research
- The Charles W. and Sophie T. McKenzie Endowed Chair for Pediatric Rheumatology
- An endowed chair in your name

Please call our development director Thom Melendez, at **(520) 626-7902**.

To help the UAAC in its mission to cure arthritis, please use the attached envelope to make a donation, or contact the Development Office at the University of Arizona Arthritis Center, (520) 626-7902.

Letter from the University of Arizona Arthritis Center Board Chair



Dr. Volz

Since my last correspondence, there are many exciting past and forthcoming events I would like to share with you.

In May, many of the UAAC board members, in concert with the golf steering committee, hosted the 24th Annual Lute Olson Celebrity Auction and Golf Tournament at the Ventana Canyon Golf Club. The format this year focused on the participation of many of Lute's former players. The great turnout of loyal Tucson golfers generated \$64,000 in receipts with a net to the Center of \$41,000.

During the spring and summer months extensive behind-the-scenes efforts to recruit a nationally-recognized director for the Center appeared to be on track until the candidate's alma mater outbid UAMC's best offer. Undaunted, the Dean of the UA College of Medicine, has pledged to pick up the effort with a national search. We are optimistic that success will be the endpoint.

The Center has two new hires, Rich Wofford in charge of keeping the Center's financial records in the black and Tracy Shake. Tracy will oversee the Living Healthy With Arthritis community outreach program, which is made possible through the Susan and Saul Tobin Endowment for Research and Education.

On Saturday, Jan. 21, an all-day Living Healthy With Arthritis seminar will be hosted in DuVal Auditorium at UAMC. The guest speaker, Dr. James Benjamin, a nationally-known and respected orthopedic surgeon, will provide an update on what's new in joint replacement. The event also will feature afternoon breakout sessions. Plan to attend. For more information, call (520) 626-5040.

On February 23, the annual Friends of the University of Arizona Arthritis Center luncheon will be held at the Arizona Inn. The speaker will be Dr. Peter Simkin, a rheumatologist from the University of Washington in Seattle. Dr. Simkin's presentation is entitled "Synovial Joints: The Best of all Bearings."

Lastly, I am pleased to share with you a recent bequeathed gift of \$3 million from Tyler and Joyce Goodman for the continued research efforts of the Center. We are deeply appreciative of the Goodman's for their generous support.

Best wishes and keep healthy,

Dr. Robert Volz, Chair

University of Arizona Professor Emeritus Dr. Robert Volz concluded his chairmanship of the UAAC advisory board as 2011 came to a close. A co-founder of the Center along with Dr. Eric Gall, Dr. Volz has been a part of the UAAC for the past 26 years and served as chairman of the Advisory Board for the past four years. The Center is deeply indebted to Dr. Volz for his many years of dedicated service and commitment. The UAAC and Dr. Volz are pleased to announce that Mark J. Mitchell, CPA, will fill the position of chair.

Living Healthy With Arthritis

Empowering those suffering from one of the more than 100 forms of arthritis continues to be the goal of the *Living Healthy With Arthritis* program. As arthritis affects one in every three Americans, education and outreach remains a critical component in improving the lives of those afflicted with this often debilitating disease.



POSITIVE STRIDES
to LIVING HEALTHY WITH ARTHRITIS

Keynote Presentation
Total Joint Replacement
Facts, Fads, and Fiction
James Benjamin, MD
American Academy of Orthopedic Surgeons; American Association of Hip and Knee Surgeons and The Knee Society.



Saturday, January 21, 2012

The UAAC's *Living Healthy With Arthritis* (LHWA) program is designed to reach Arizonans with the goal of providing them with the tools and knowledge to make informed decisions and enhance their quality of life. LHWA includes a monthly lecture series in Tucson and Green Valley, an annual educational conference and a monthly active series. The Tucson lecture series, held on the first Wednesday of each month, hosts a local expert to present the latest information and answer your questions. If you have missed a recent lecture, reviews and videos of previous lectures are available on the website. In addition, a monthly LHWA online newsletter is provided to those who enjoy the benefits of the program.

The 2012 Positive Strides educational conference is scheduled for Saturday, Jan. 21. Mark your calendars for a day of inspired learning with local and national experts in the field of arthritis, health and well-being.

The series *Living Healthy With Arthritis – Active* will return in February 2012. This series gives participants the opportunity for hands-on, active participation in sessions varying from yoga to stretch to joint freeing (see schedule on page 3).

We welcome your ideas, feedback and participation.

For more information about Living Healthy With Arthritis events, please call (520) 626-5040.



Shelley Kasle Retires

Shelley Kasle came to the UAAC in 2001 to work on her dissertation and also served as program coordinator for the patient registries for Medi-Safe, SONORA (Safety of Neoral Outcomes in Rheumatoid Arthritis), CARES (Collaborative Arthritis Research and Education Services Program), and APART (Advanced Profiling of Anti-Rheumatic Therapies).

She completed her doctorate in 2004 and soon afterwards accepted a faculty appointment at the UAAC. In addition to her role as co-principal investigator for the Knee Study, Dr. Kasle developed a research program to investigate the importance of close relationships in health outcomes for people living with rheumatoid arthritis and fibromyalgia. Her studies provide evidence that having good close relationships confers measurable health benefits in reducing depression, anxiety, physical disability, fatigue, pain and even inflammation in the blood.

Although retired, Dr. Kasle will maintain an affiliate with the UA College of Medicine and the UAAC to be able to continue publishing the rich data she has accumulated. We extend a heartfelt "thank you" to Shelley and wish her every happiness going forward.



LHWA's New Program Coordinator

Tracy Shake joins the staff of the University of Arizona Arthritis Center after serving on its Advisory Board, the University of Arizona Arthritis Center Friends

board and the Lute Olson golf tournament committee. A UA alumna, Tracy spent 14 years in the Department of Intercollegiate Athletics. Tracy also is a fitness specialist at Canyon Ranch Health Resort.



UAAC Welcomes Rich Wofford

Accountant Rich Wofford began working at the UAAC in September, 2011. Rich joins us after working with UA Financial Services. He has an extensive accounting background and expertise in the policies and procedures of the UA financial system. Rich is originally from South Carolina and served in the Navy as a division officer. He lives in

Tucson with his wife and baby daughter. We welcome Rich as an asset to the UAAC.



Oscar Furet Leaves UAAC

Research Nurse Oscar Furet has left our Clinical Research Unit (CRU) to take a position in the Clinical and Translational Sciences Research Center. Oscar started with the Center in 2002. While full-time as a study coordinator for the CRU, Oscar obtained his master's in public health. We will miss Oscar and wish him well.

Training in the Rheumatic Diseases

We need more rheumatologists! That's the battle cry in the field of rheumatology. The University of Arizona Arthritis Center (UAAC) and the Section of Rheumatology of the UAAC are doing their part to fulfill this need. It takes two years to train an internist to become a rheumatologist and the preparation is extensive. The training includes regular conferences both in clinical as well as basic sciences, and exposure working with faculty rheumatologists in both the hospital and outpatient setting. Our trainees must learn to care for both adults and children. They help meet the clinical needs of all Southern Arizonans and work with our surrounding American Indian reservations to meet their rheumatologic needs.

Arizona has 30 rheumatologists for a population of six million. We have trained more than 20 specialists over the years and about 40 percent have stayed to serve Arizonans. Some have become faculty members and helped prepare the next generation of specialists. For all our efforts, two new colleagues graduate each year and it costs more than \$200,000 to train each one. We start with a competitive application program in order to attract the best candidates to our institution. About 100 internists apply for two positions. They hope to become one of the 423 new fellows that will start their training a year and a half from the initial application. It won't get easier because the popularity of rheumatology is on the rise, as is the number of highly qualified individuals aspiring to become rheumatologists. In fact, it is hard to choose from the many fine and committed applicants. Once here, there is much learning to be done and it will be intense throughout their stay. At a time when their friends have finished their formal education and are starting their families and financially are more secure, our future colleagues are doubling their efforts to fulfill the rigorous training requirements.

The future needs of Arizona and our country are of great concern to all of us. The U.S. population is expected to grow and our state will be particularly attractive to many people including the elderly who will need rheumatologic care. The retirement of older and experienced rheumatologists will constantly chip away at the number of practicing rheumatologists. With only three percent of internists entering rheumatology fellowships at this time, there will be an overall decline in the number of practicing rheumatologists in the years to come. An expansion of training slots is necessary.

Many rheumatologic problems are seen by internal medicine and family practice physicians. Educational programs that enhance their knowledge and experience in the rheumatic diseases are another important mission of our training program. We encourage residents in medicine and family practice to rotate through rheumatology and acquire the basic knowledge to serve their patients without the obligatory participation of rheumatologists. Medical students also need exposure to rheumatology so they may consider our field as a career option. We try to provide these opportunities.

The UAAC and the Section of Rheumatology play a vital role by promoting education and research to ensure the present and future needs of Arizona. We couldn't be more committed to our goals.



Welcome Fellows



Heather Hansen, MD

Dr. Hansen moved from Albuquerque to Tucson to pursue her rheumatology training. She graduated summa cum laude from the University of New Mexico, earning degrees in biology and Spanish, and completed her medical training at Wake Forest University School of Medicine and The University of New Mexico.

In Albuquerque, she worked for five years as a hospitalist and medical director with an emphasis in geriatrics and healthcare administration at New Mexico's largest hospital. She and her family like to spend their free time hiking, cycling, skiing and doing triathlons. Her interests include rheumatoid arthritis and sports injury. She is fluent in Spanish and has lived in Mexico, Chile and Spain. She is happy to be in Arizona with her siblings.



Daniel Kreutz, MD

Dr. Kreutz is a native of Tempe, Ariz., and graduated from Arizona State University with a degree in molecular biosciences and biotechnology before attending Creighton University Medical School. He went on to complete residency at Texas A&M/Scott & White Hospital in central Texas before returning to Arizona for fellowship training.

His current research interest is in the relationship of colonization with MRSA and rheumatologic disease.



Susan Knowles, MD, wins American College of Physicians Arizona Chapter Award

Dr. Knowles was one of the winners at the American College of Physicians Arizona Chapter Scientific Meeting 2011, Transformations in Medicine: Clinical, Scientific and Economic. Her poster, *Coccidioidomycosis Prophylaxis and Physician Prescribing Practices*, took second place in the research section.

RHEUMATOLOGY CLINIC

The University of Arizona Medical Center - Wilmot Clinic
535 N. Wilmot

Outstanding patient care from our rheumatology specialists, who also teach and conduct research to discover new treatments and improve diagnosis.

No referrals are necessary except when required by insurance. Most insurance plans are accepted.

**To make an appointment,
please call (520) 694-4000.**



Jeffrey R. Lisse, MD
Dr. Lisse was elected to the 2011-2012 Best Doctors in America database. He is recognized by his peers as one of the top clinicians in the area.

Winter Edition January 2012

A Center of Excellence at the UA College of Medicine, the University of Arizona Arthritis Center (UAAC) is dedicated to biomedical research into the causes and treatments of more than 100 forms of arthritis. Understanding the ways that arthritis, bone and connective diseases start and progress is the key to helping individuals with arthritis lead healthier lives.

UAAC Update

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