



## Arizona Arthritis Center Welcomes Back Dr. Gall as Interim Director

Sixteen years after having served as founding director of the Arizona Arthritis Center (AAC), nationally recognized rheumatologist Eric Gall, MD, MACP, MACR, has returned to the AAC as interim director. Dr. Gall cares deeply about the AAC and looks forward to advancing the Center's mission and fostering old and new relationships with the university and the community.

Dr. Gall was a member of the UA faculty for 21 years (1973-94), during which time he served as director of the AAC (1985-94) and chief of the Section of Rheumatology, Allergy and Immunology. He went on to serve as chair of the Department of Medicine at the Chicago Medical School, Rosalind Franklin University of Medicine and Science, from 1994-2009, and where he is emeritus professor of medicine. In 2010, he returned to the AAC to work with the fellowship program before accepting the position of interim director.

**"The Arthritis Center is an institution that I have valued and loved throughout the many years I've been involved with it."**

Dr. Gall is interested in research into rheumatic diseases and the development of models to study arthritis, particularly rheumatoid and hemophilic arthritis (arthritis in people who have hemophilia). He envisions the AAC's involvement in the creation of novel treatments for those with arthritis.

Dr. Gall plans to continue his study of diseases with abnormal collagen, resulting in hypermobility (joint movement beyond the normal range of motion), a disease that he refers to as "both a blessing and a curse." People with hypermobility do well in activities that require flexibility, such as playing a musical instrument, gymnastics or ballet, but can suffer conditions like early onset osteoarthritis, dislocations and temporomandibular joint syndrome (TMJ), among others.

Dr. Gall always has had an interest in developing educational programs to train primary care physicians, medical students

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# Calendar

## Living Healthy With Arthritis Lecture Series

**July 7**  
**It Only Hurts When I Move It; Treating Achy Bones and Joints**  
Eric P. Gall, MD, MACP, MACR  
Interim Director, Arizona Arthritis Center

**August 4**  
**Your Beliefs and Your Health**  
Sal Risinger, LCSW

**September 1**  
**Humor and Arthritis**  
David M. Jacobson, MSW, LCSW

**October (TBD)**

**November 3**  
**The Five Most Important Things You Need to Know about Arthritis**  
Gail Kershner Riggs, MA, CHES

**December (TBD)**

For more information on Living Healthy with Arthritis events, please call **(520) 626-5040** or email [LivingHealthy@arthritis.arizona.edu](mailto:LivingHealthy@arthritis.arizona.edu)

## The Arizona Arthritis Center Friends (AACF)

**September 15**  
**First Annual Membership Drive & Arthritis Information Fair**  
Atria Bell Court Gardens

**November 4**  
**Meet the Arizona Arthritis Center Researchers Luncheon**  
Skyline Country Club

**February 10, 2011**  
**The Eva M. Holtby Arthritis Conversations & Lunch**  
The Arizona Inn

For more information on AAC Friends events, please call **(520) 626-7901**

[www.arthritis.arizona.edu](http://www.arthritis.arizona.edu)

# A Message from the Interim Director



Eric P. Gall, MD,  
MACP, MACR  
Interim Director  
Arizona Arthritis Center

It is with great pleasure and honor that I return to the Arizona Arthritis Center as interim director. As many of you know, Robert Volz, MD, and I had a dream in July, 1973, when we both started our careers at the University of Arizona, to have a multi-disciplinary research center affiliated with individuals giving patient care, doing research and developing new and innovative treatments for arthritis. Our dream came to fruition in 1985 with the development of the Board of Regents-approved Arizona Arthritis Center. I had the privilege of being the medical director and then director of the Center along with Dr. Volz, who is the lifetime surgical director of the Center.

In 1994, I left to go to Chicago Medical to become chair of medicine, but I never lost my interest and passion for the Arthritis Center. I worked with the subsequent directors, Dr. David Yocum, Dr. Jeffrey Lisse, and Dr. Salvatore Albani to lend my support in continually building and expanding the mission of the Center. Now we are again in a time of transition, and it is such a privilege for me to come back and work with some of the individuals

I have known over the years and with new people who provide the core of the Center. Over the coming months, our intentions are to continue to develop our Board of Advisors, to continue the ongoing missions of the Center, to develop new research directions and cooperative activities, and to search for the best permanent director for the Center. We have an outstanding search committee actively pursuing this goal and working with Dean Goldschmid to accomplish this.

Some of my areas of emphasis include developing pediatric arthritis research and care through an endowed chair in that area, to seek new endowments both in rheumatology and basic research related to arthritis, and to enhance the ongoing efforts to educate the public about arthritis, its care, and the need for developing a deeper understanding, leading to eventually knowing the cause and cure of many different types of arthritis. We have begun some cooperative activities with the UA Mel and Enid Zuckerman College of Public Health and also have attracted several new and important studies in the treatment of different types of arthritis. I look forward to working with the advisory board, the staff and faculty of the Arthritis Center to continue our growth and improvement while a new Center director is attracted. It is so good to be back with many old friends and new as well.

Thank you for your ongoing support and I always am available to talk to anybody about the Center, its activities and its future.

## Summer Edition June 2010

One of nine Centers of Excellence at the University of Arizona College of Medicine, the Arizona Arthritis Center 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.

### Arizona Arthritis Center Update

Eric P. Gall, MD, MACP, MACR  
Interim Director

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Left: Cydney Lamb, MA, conducting an initial interview with a patient. Right: Patient and son during clinical interview with Dr. David Smith.



## DARC Helps People to Become Their Own Advocates

The Disability Assessment Research Clinic (DARC), headed by David W. Smith, D.ED., DABPS, FACFE, MACF, assists severely disabled persons in obtaining Social Security and short- and long-term disability benefits. Since its inception in 1994, the clinic has conducted more than 4,000 comprehensive medical, psychological and vocational assessments. In addition to helping people navigate the complex application process, DARC facilitates patient education. According to Dr. Smith, “The more informed you become, the better you understand your disease and the greater chance you have to become a good self-advocate.”

DARC helps individuals make effective decisions regarding rehabilitation planning related to re-employment and helps them to determine employment potential and whether additional education and/or training is needed. The clinic assists in minimizing the medical, social and legal impact of work injuries as well as helps the patient to become better informed. “You are the best judge of your own personal life condition and in that respect you must become a good historian,” says Dr. Smith. If necessary, DARC refers patients to a group of local attorneys who are highly experienced in the field of disability law and who can lend a hand with the application process.

**“The more informed you become, the better you understand your disease and the greater chance you have to become a good self-advocate.”**

Referrals to DARC typically come from practicing physicians and clinic workers closely associated with the treatment team. But DARC is available to anyone who needs it. Anyone with questions regarding disability is encouraged to call.

Dr. Smith is a specialist in disability determination and served for several years as a consultant for the Bureau of Hearings and Appeals and the Social Security Administration. The clinic staff includes volunteer Cydney Lamb, MA, and patient/volunteer Gina Corteza as well as the medical staff of the Arizona Arthritis Center.

Through advocacy and education DARC will continue to be an important resource for the severely disabled population of Southern Arizona. With continuing support from volunteers and donors it can

grow to meet the demands of a growing population and continue serving the community.

**Contact the Disability Assessment Research Clinic, (520) 626-2982.**



The Arizona Arthritis Center Online  
**Check it out!**  
[www.arthritis.arizona.edu](http://www.arthritis.arizona.edu)  
 or [twitter.com/AZArthritisCtr](https://twitter.com/AZArthritisCtr)



Lute addresses the crowd at one of the many golf tournaments to which he gave his support.

## Lute and Bobbi Olson's Commitment to the Arizona Arthritis Center Honored with Achievement Award

Time, dedication and passion. These are the words that have driven Naismith Hall of Fame basketball coach Lute Olson throughout his lifetime. What many in the basketball world may not know is that Coach Olson's efforts off the basketball court have equaled those of his accomplishments on the court.

A little more than 22 years ago, Coach Olson came to the Arizona Arthritis Center to offer his support. He had been involved with similar efforts at the University of Iowa and hoped to continue philanthropic work at the University of Arizona. Not only would he lend his own support, but also that of his players and his family. It was a match that started a history of unparalleled success. Coach Olson enjoys telling the story of how the long-time affiliation began: with a bicycle race that he and his team participated in to raise much-needed funds for the Arizona Arthritis Center. When dizziness from riding the circular bicycle track subsided, the Arizona Arthritis Center Lute Olson Golf Tournament was born.

In 22 years the Lute Olson Golf Tournament has raised more than \$1.8 million for critically needed research. It is for that continued dedication and a commitment to other philanthropic efforts that Lute and the late Bobbi Olson have

been named recipients of the 2010 Nell and John Wooden Collegiate Coaching Achievement Award. The award is presented annually by the World Sports Humanitarian Hall of Fame to a coach and his or her spouse who together have made exceptional contributions to the betterment of society. "Lute and Bobbi Olson's commitment to the Arizona Arthritis Center is an exceptional example of what this award means," World Sports Humanitarian Hall of Fame President Rick Frisch said. "Their support shows the difference that can be made by building community connections."

**"Lute and Bobbi Olson's commitment to the Arizona Arthritis Center is an exceptional example of what this award means."**

In addition to their support of the Arizona Arthritis Center, Lute and Bobbi were dedicated to the efforts of the Arizona Cancer Center, the Easter Seals Blake Foundation and the Boys and Girls Clubs of Tucson.

"This award means a great deal because it is separate from our success on the court," Olson said. "Bobbi did so many things while she was alive for charities throughout Tucson and I have tried to continue that."

Coach Olson joined fellow inductees at a ceremony on June 12, in Boise, Idaho. Others recognized included Babe Ruth, Joey Cheek, Dick Fosbury and Jim Marsh.



# Make a Difference

## Join the Arizona Arthritis Center Friends



Joan Ardern  
Chair, Arizona Arthritis  
Center Friends Board

By Joan Ardern, Chair for the Arizona Arthritis Center Friends (AACF) Board

It was with pleasure that I recently accepted the position as chair for the AACF board. The mission of AACF is “to build community support for the Arizona Arthritis Center (AAC) through education, public awareness and community involvement.”

Recently, AACF hosted the Eva M. Holtby Arthritis Conversations & Lunch event at the Arizona Inn. James Louie, MD, professor emeritus of medicine and rheumatology at UCLA, was the featured

speaker. His engaging presentation was titled “Toulouse Lautrec – Growing Pains That Last a Lifetime.” This special annual event is made possible through an Eva M. Holtby endowment. It is one of several special events that Friends members may attend at discounted admission.

For the 2010-2011 year, the Friends board has created more benefits for our members. For example, in September, Friends will hold its first annual membership drive and Arthritis Information Fair hosted by Atria Bell Court. Another outreach opportunity is a newly developed speakers bureau which will reach out to community organizations and facilities.

We need more Friends members to assist with our events and programs. Please join today and help the Arizona Arthritis Center reach those touched by the many forms of arthritis.

For more information, please check out the AAC website [www.arthritis.arizona.edu](http://www.arthritis.arizona.edu) and click on “The Center.”

## A Gift to the Center Can Benefit You as Well

Your generosity is crucial to advancing the AAC’s world-class efforts in fighting rheumatic and autoimmune disease. And you can benefit from making a gift to the Center.

### How does this happen?

In addition to the satisfaction that comes from knowing you made a difference in the lives of people affected by arthritis, the best gift plans also improve your financial and tax situation. As you consider this, you should obtain the professional counsel of an estate-planning attorney.

We can work with your advisers to help you plan for tomorrow and receive maximum benefits today. Potential benefits to you include a current income tax deduction, avoiding long-term capital gains tax, and possibly increasing your income while reducing estate and gift taxes.

### The following gifts have specific benefits to you as a donor:

- Appreciated securities held for more than one year
- Retirement plan assets
- Life insurance
- Including the Arizona Arthritis Center in your will or trust
- Charitable gift annuity, which may be a particularly attractive option because other rates (based on your age) typically produce higher yields than you would receive in stock and bond markets. When combined with partially tax-free payments, the effective rate of return you will enjoy is even higher.

To help the AAC in its mission to cure arthritis, please use the attached envelope to make a donation, or contact the development office at the Arizona Arthritis Center, (520) 626-7902.



## In the News



### Dr. Lisse named in Best Doctors list

Jeffrey R. Lisse, MD, was named in the Best Doctors list of outstanding clinical physicians in the February 2010 issue of Arizona Business Magazine - Ranking Arizona. Physicians are included based on the result of an extensive, confidential peer-review process.

## Did You Know?

“Arthritis” actually comprises more than 100 rheumatic diseases and conditions.

# Greetings from the Chair of the Arizona Arthritis Center Advisory Board



Dr. Robert Volz  
Chair, AAC Board

With the departure of Dr. Salvatore Albani, our past director, in January of this year, the Center has been fortunate in gaining the leadership of Dr. Eric Gall who will serve as interim director while a search for a new director is undertaken. Dr. Gall, a nationally recognized rheumatologist and one of the original founders of the Center in 1985, recently retired as chair of the Department of Internal Medicine of the Rosalind Franklin School of Medicine in Chicago. We are pleased to have Dr. Gall back on campus overseeing not only the Center's efforts but also once again offering care to patients at the Rheumatology Clinic.

The Advisory Board is faced with the challenge of locating and soliciting public support for the Center. With one in four Arizonans afflicted with arthritis, research into the causes and the identification of therapies is even more critical. This will be the overriding issue that the present Board members will be facing in 2010 and beyond.

The Center is fortunate in having two very talented individuals in Judy Kinney and Tracy Shake who will work as a complementary team in the areas of formulating public outreach educational programs and public fundraising events. And in regard to the latter, the 22<sup>nd</sup> Annual Lute Olson Golf Tournament was successfully held on April 30 at the Omni Tucson National Golf Resort and Spa. We are so appreciative to Coach Olson who was on hand as golfers assembled for the 7:30 a.m. shotgun start, followed by his mingling with guests at the lunch awards. Having had the pleasure of playing with Coach Olson, I would add that he is as competitive on the course as on the basketball sidelines.

Lastly, as a selected member of the AAC Director Search Committee, I can assure you that Dean Steve Goldschmid has pledged his complete support in the rapid recruitment of a nationally proven bench researcher in the area of the pathomechanics and the newer forms of treatment for the many forms of arthritis that afflict so many citizens of Arizona today.

The future looks very promising for the Arizona Arthritis Center. **And for those of you who might wish to offer a helping hand in the Center's many activities, please let us know by contacting Betty Guenther, business manager, (520) 626-3618.**

Warm regards,

Dr. Robert Volz, Chair, AAC Board and  
Lifetime Surgical Director, Arizona Arthritis Center

## Advisory Board Members

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**Professional Staff Represented on the Advisory Board**  
Betty Guenther, BS  
Judy Kinney, MSW  
Shane Smith, BS



Rafael Grau, MD  
Professor of  
Clinical Medicine  
Arizona Arthritis Center

## AAC Welcomes Dr. Grau

The Section of Rheumatology and the Arizona Arthritis Center welcome Rafael Grau, MD, professor of clinical medicine. Dr. Grau comes to us from Indiana University where he was director of the Division of Rheumatology for the last seven years. Dr. Grau also served as coordinator of the resident rheumatology rotation in Indiana and student elective coordinator. In addition, Dr. Grau was director of the Scleroderma Clinic. He previously was attending rheumatologist at the Maricopa Medical Center for six years. Dr. Grau has had a continuing interest in pediatric rheumatology.

Dr. Grau, originally from Peru, has resided in the United States for 35 years. He trained at the University of Colorado in Denver. For 30 years he has been a rheumatologist in private practice, institutional and academic settings. His primary interest is in postgraduate medical education. Beginning in July, Dr. Grau will serve as director of the fellowship program in the Section of Rheumatology. In addition, Dr. Grau will provide care through the Native American rheumatology support program.

Dr. Grau is happy to be back in the Southwest and closer to family. He looks forward to becoming better acquainted with the beauty and diversity of Arizona.



# Seeking Better Treatments

Ultimately the goal of research is to benefit patients and humanity in general. The Clinical Research Unit of the Arizona Arthritis Center takes another important step toward advancing discoveries of therapeutic value and applying them to patient care. The clinical research staff, including physicians, nurses, study coordinators and staff at the Arizona Arthritis Center, is committed to the safe and efficient conduct of clinical trials that promote promising therapies for arthritis and autoimmune disease.

Researchers at the Arizona Arthritis Center have been conducting clinical trials for more than 20 years. These trials determine the safety and effectiveness of investigational medications. Trials are a necessary step in the process of developing new therapies for future use. Subjects may benefit from participation in a research study as well as contribute to the advancement of science.

The Clinical Research Unit at the Arizona Arthritis Center currently is recruiting participants who have been diagnosed with musculoskeletal or autoimmune diseases to participate in clinical research studies. All subjects participating in a clinical trial receive close medical monitoring by a rheumatologist.

To learn more about research studies involving these diseases, please call (520) 626-8219.



The CRU staff, from left: Katie Kronemyer, RN; Oscar Furet RN, CCRP; Jessica Sonder, CCRP; Julie Johnson

## Making Living Healthy Easier to Enjoy

Arthritis is one of the most pervasive diseases in the United States and is the leading cause of disability. The Centers for Disease Control and Prevention estimates that 70 million, or one out of every three, Americans are affected by one of the many forms of arthritis. If you or anyone you know live with arthritis, you probably appreciate how attractive Arizona's warm, dry climate can be.



# LIVING HEALTHY WITH ARTHRITIS

the lecture series will include such topics as, "It Only Hurts When I Move It: Treating Achy Bones and Joints," "Your Beliefs and Your Health," "Humor and Arthritis" and "The Five Most Important Things You Need to Know About Arthritis." You also can watch the videos of recent lectures, such as "Laughter Yoga" and "Acupuncture and Yoga" on our website. While on the website, take a few moments to review the "Recipes" and "The Scoop" sections that provide valuable nutritional informational information and ideas.

The AAC's Living Healthy with Arthritis (LHWA) is designed to assist Arizonans' efforts to enhance their quality of life. LHWA includes a monthly lecture series, an annual educational conference and extensive online resources. The lecture series, held on the first Wednesday of each month, hosts a local expert to present the latest information and answer your questions. During the second half of 2010,

The 2011 LHWA Educational Conference is scheduled for Saturday, Jan. 15. Mark your calendars now for a day of inspired learning with local and national experts in the field of arthritis, health and well-being. More than 200 people enjoy this conference each year.

**We welcome your ideas, feedback and participation. For more information about Living Healthy with Arthritis events, please call (520) 626-5040.**



### The Role of Close Relationships in Fibromyalgia Symptom Severity

The David C. and Lura M. Lovell Foundation awarded \$116,800 to Shelley Kasle, PhD, research assistant professor with the Arizona Arthritis Center, to conduct a two-year study, "The Role of Close Relationships in Fibromyalgia Symptom Severity." This study investigates a possible "mind-body connection" in fibromyalgia, a chronic pain disorder, and will provide information on whether and how close relationship qualities are linked with health for fibromyalgia patients. The results are needed to help clinical researchers design more effective support programs for sufferers of this painful condition. Such programs have the potential to help patients achieve better quality of life through lifestyle changes and relationship support.



# RHEUMATOLOGY CLINIC



From Left: Sujata Sarkar, MD; Cindy Straw, ANP; Jeffrey R. Lisse, MD; Eric Gall, MD, MACP, MACR; Rafael Grau, MD



From left: Todd Hofeling, MD; S. Anita Narayanan, MD; Paramvir Sidhu, MD; JoEllen Feugate, MD, PhD

## University Physicians Healthcare (UPH) Clinic at 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.**

### Clinical Staff

Jeffrey R. Lisse, MD

*Chief, Section of Rheumatology; Professor of Medicine*

Eric Gall, MD, MACP, MACR

*Interim Director, Arizona Arthritis Center; Professor of Clinical Medicine*

Rafael Grau, MD

*Professor of Clinical Medicine*

Sujata Sarkar, MD

*Assistant Professor of Medicine*

Cindy Straw, ANP

*Adult Nurse Practitioner*

### Rheumatology Fellows

Todd Hofeling, MD

S. Anita Narayanan, MD

JoEllen Feugate, MD, PhD

Paramvir Sidhu, MD

## "Dr. Gall" Continued from p. 1

and residents. These programs will help health-care providers find the most appropriate treatment for diseases.

Dr. Gall is active in a number of professional societies. He has had a long association with the Arthritis Foundation, including service as chair of the Professional Education Committee, past chair of the Greater Chicago Chapter of the Arthritis Foundation, vice chair and member of the National Board of Trustees as well as a member of the National Leadership Council. He has served as president of the Arthritis Health Professional Association. He is a master and laureate of the American College of Physicians and secretary of the Arizona chapter; and a master and founding fellow of the American College of Rheumatology, where he was a member of the board of directors. He has served on the board of trustees of Alpha Omega Alpha, the national medical honor society.

He has been elected by his peers for inclusion in Best Doctors in America® from 2001 to 2010.

Dr. Gall will use the excellent accomplishments of the AAC to prepare for the future recruitment of a permanent director by developing and enhancing basic, public health and translational research as well as the clinical and collaborative aspects of the AAC.

"The Arthritis Center is an institution that I have valued and loved throughout the many years I've been involved with it," Dr. Gall says. "I am delighted to be a part of it again. I look forward to seeing patients, working with the rheumatology fellows and reaching out to the community."

Dr. Gall is joined in Tucson by his wife, Kathy, and their three dogs: Peanut, Trouble and George. He has two married children, Gretchen and Michael, and one grandchild, Talia. In his free time he enjoys photography, fishing and traveling.



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