



FALL 2000

ARIZONA ARTHRITIS CENTER UPDATE

Builders Continue to BUILD the Arizona Arthritis Center

Designated by the Arizona Board of Regents as one of eight 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 and bone and connective tissue diseases start and progress is key to helping individuals with arthritis lead healthier lives.



The Arizona Arthritis Center Update is published regularly. Correspondence or inquiries should be addressed to: Arizona Arthritis Center PO Box 245093 Tucson, AZ 85724-5093 (520) 626-7901



ARIZONA ARTHRITIS CENTER

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The Southern Arizona Home Builders Association (SAHBA) has done it again! The SAHBA committee of volunteers has produced the best annual golf tournament in the city. The 13th Annual Lute Olson Celebrity Golf Tournament was held on April 15th with a record number of golfers, 344 – more than filling both courses at the Sheraton El Conquistador Country Club.

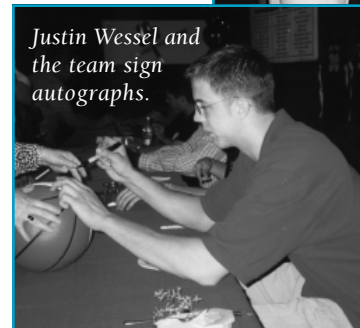
Desert Diamond was the Title Sponsor. Special thanks also to Borderland Construction, Outback Steakhouse, University Medical Center and University Physicians, Fidelity National Title Agency, Royal Buick, eegee's, Pepsi, and Shamrock Foods who were all co-sponsors.

Through the years, SAHBA has raised more than \$1,300,000 for the Arizona Arthritis Center through the Auction and Golf Tournament with Basketball Coach Lute Olson and the members of the basketball team as Celebrity participants. It is most fitting that the builders in southern Arizona be the ones instrumen-

tal in *building* the Arizona Arthritis Center. As the Center has recently enjoyed the completion of construction of the 8th floor labs, the floor will be dedicated to SAHBA and its tireless work to realize this dream of building a world-class arthritis center.



Coach Olson shakes hands with Board member Hal Tretbar and his grandchildren.



Justin Wessel and the team sign autographs.



A happy foursome.

Thank you, SAHBA – and especially to a very hard-working volunteer committee chaired by Mari DeVries and coordinated by Wendy Berg that included: Nikki Ariaza, Larry Barnhill, Lorelei Hough, Jim Kaiser, Alan Lurie, Paula Meade, Tony Mellor, Ron Moody, Steve Reyna, Jerry Riggs, John Shirley, Patti Stone, Saul Tobin, Chip Travers, and Rick Williams. Lute, the team, the committee, the sponsors and all the golfers and participants have truly made a difference in the lives of people living with arthritis. **THANK YOU!**

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ARIZONA[®]
ARTHRITIS CENTER

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New Board Chairman

Even if you don't know Jeff Nordensson personally, you probably have seen his work or heard his voice. The founding partner of one of Tucson's oldest advertising firms, Nordensson Lynn Advertising and Public Relations, Jeff is the creative force behind numerous highly visible marketing campaigns and the behind-the-scenes voice of many radio commercials. A popular speaker, he served six years on the faculty of the university's marketing department.

He joined the board in 1996. Jeff succeeds Saul Tobin as the new chairman of the Arizona Arthritis Center Advisory Board. "Our work is cut out for us," he said. Now that the bricks-and-mortar part of the new research lab is completed, the board will focus on long-term funding for the center's physician-scientists who are

working to develop new treatments and cures for all forms of arthritis.

My sister-in-law had JRA, juvenile rheumatoid arthritis, so I saw firsthand what impact arthritis has. I also saw the courage and determination it takes to deal with the disease. And, for the last seven years, my wife has been part of the research team at the Arizona Arthritis Center. Joining the Board was a natural outgrowth of all of that.

Over the past 10 years, the Board, with Saul Tobin as Chair, did a phenomenal job of raising money to build the Center. Now we need to fill the Center with even more world-class researchers and to fund their research. The Center's mission of providing care for patients while continuing research to seek the cure is pretty clear, and it's our job to see that the Center has the money to get that done.

Director's Chair Endowed by Lovell & Jones

Donations of \$1.5 million helped the Arizona Arthritis Center reach a major milestone: the Endowed Chair for the Director of the Arizona Arthritis Center.

MEET THE DONORS

LURA LOVELL

When Lura Lovell registered for the first Living Healthy with Arthritis program at Canyon Ranch health resort in 1993, she was focused on learning how to manage her own arthritis. But that week had a much more lasting effect than she expected.

Lu was so impressed with the professional staff of the Arizona Arthritis Center that she met during the Canyon Ranch program that she not only learned new ways to manage her arthritis but soon became a board member and generous benefactor. First she gave a grant to fund a three-year community-based version of the Canyon Ranch arthritis program.

Now she helped the center reach a landmark goal by donating \$750,000 toward the Endowed Director's Chair.

"Your passions take you places. That's how I got involved," Lu said. "I have osteoarthritis myself and I think when you have a passion for something you

stick with it and want see other people benefit."

She's clearly thrilled to be part of the endowment for the director's chair.

"David's done so much for the center and attracting the young researchers and expanding our horizons for alternative medications. He's got

a fine mind and he uses it well. He's got great ideas and such energy to put it all together. He's the right person in the



Lura Lovell

Welcome

The growing national reputation of the Arizona Arthritis Center helped convince William Anthony Grana, M.D., M.P.H. to join the staff as Professor and Head of the Department of Orthopaedic Surgery.

He is an internationally known orthopedic surgeon who has received numerous research grants and is widely published.

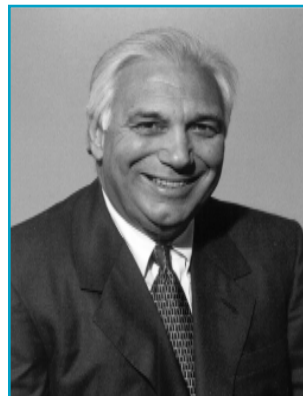
Director of the Arizona Arthritis Center, David E. Yocum, M.D., said "Dr. Grana will be a valuable addition to our team. Orthopaedic surgery must be a part of an integrative approach to rheumatology and arthritis care."

Dr. Grana came to the UA from the University of Oklahoma College of Medicine where he was Research Director of Orthopaedic Surgery and Rehabilitation. A graduate of Harvard Medical School, he also holds a master's in public health from the

University of Oklahoma.

Dr. Grana's enthusiasm for his vision of orthopaedic and musculo-skeletal care integrating rheumatology, podiatry, physical therapy and rehabilitation is infectious. "I'm happy to be here," he says "And excited for the opportunity to develop the Department of Orthopaedic Surgery."

He currently serves on specialized committees of the American Orthopaedic Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, American Academy of Orthopedic Surgeons and the Arthroscopy Association of North America.



William Anthony Grana, M.D., M.P.H.

Widely published, Dr. Grana currently serves on the editorial boards of the *American Journal of Sports Medicine*, *The Physician and Sports Medicine*, *The American Journal of Knee Surgery*, *the Journal of the American Academy of Orthopaedic Surgeons* and *Orthopedics Today*.

Dr. Grana is on the board of the U.S. Olympic Committee Sports Medicine Society

and served as team physician during the 1988 Summer Olympics in Seoul South Korea. He has received numerous honors, including listed in "*Best Doctors in America*" in 1994. He is married and has two children.

right place at the right time. For David to be able to stay there and do his work is a big coup."

Lu and her husband ran a business and raised four children in Toledo, where she was very involved in mental health issues and served on

numerous boards. One of their sons suffered from organic brain damage from birth. "Because of his difficulties, I became involved in the mental health system." After her husband died, she began spending more time in Tucson. She directs the family's charitable foundation and splits her time between activities and homes in Arizona and Ohio.

COLBY & ALANA JONES

Alana (Lani) first met David Yocum at an Arizona Arthritis Center Friends meeting in the mid nineties while she and Colby were residing in Tucson. David took the time to chat with her



Sally Drachman watches as Alana and Colby Jones open their gift.

after the meeting. What Lani discovered in subsequent appointments with David was that he took the time to listen, explain, and to care, which is very rare in the doctor/patient relationship. "We were a team," she said, "working on my treatment plan. My

belief is that this type of relationship is a vital part of the healing process."

Sometime last year Colby and Lani, who have been financial supporters of Dr. Andrew Weil's Program in Integrative Medicine from its start, met with David to talk about how they might be of help. They learned that in order to supplement his research budget, David spent a lot of time on the road as a paid speaker.

By reducing that activity, that energy would be applied to overseeing and supplementing the research. They also learned he had been targeted by other institutions as a person to acquire. It

was obvious that by endowing the Director's Chair, the problem would be solved. The Jones' decided to act. It was time to chat with Saul Tobin. They told Saul that they had decided to endow the chair with a matching gift if possible, or alone if necessary. Saul said that he would see what he could do. Three days later he phoned the Jones' and told them the match had been made! The Director's Chair was endowed.

Next Goal: \$1.5 Million PEDIATRIC RHEUMATOLOGY

"With approximately 6000 children in Arizona who have juvenile arthritis, the need for a Pediatric Rheumatologist is critical," said development director Carol Willson. "The lack of one is truly an emergency situation. All of the new medications, experimental therapies and emerging research can only be properly accessed and monitored on an individual basis for each child by a pediatrician trained in rheumatology. Anything else can be dangerous and can ultimately result in negative outcomes for critically ill children."

COLLABORATIONS EXTEND



www.cares.arthritis.arizona.edu

ARTHRITIS COLLABORATIONS C.A.R.E.S.

(The Collaborative Arthritis Research & Education Services Program)

This is a collaborative and innovative arthritis research and education services project with Boehringer Ingelheim (BI) to develop the first-of-its-kind professional web-based osteoarthritis registry to track educational & therapeutic interventions in patients. This program will monitor more than 60,000 patients nationwide & provide important information to Primary Care and Specialty Physicians on their patients with osteoarthritis to improve patient outcomes.

The patients will complete a self-management assessment. Self-management techniques and educational materials that enable and guide self-management have been shown to produce significant improvements in arthritis outcomes. The doctors will get this information through the web registry and use real-life data to create patient profiles. The data from CARES will enable the physician to gain a better understanding of the relation-

ship between professional management and patient self-management.

In conjunction with C.A.R.E.S. is the collaborative program:

ABC

(Arthritis Basics for Change)

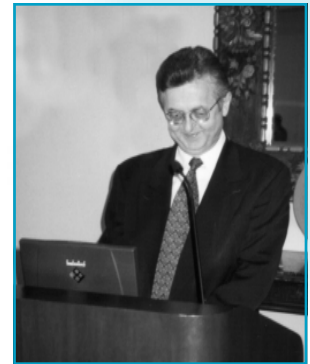
In collaboration with the National Arthritis Foundation, the Arizona Arthritis Center sponsored by BI has developed this new self-management arthritis patient education program called ABC. This will provide the patient with practical strategies for living a more healthy life. Audio, video, and printed materials are used to emphasize healthy modifications in behavior in areas including exercise, diet, and mental health. There is also the opportunity to work in locally organized groups to offer support in maintaining the principles learned through the program. Through physicians' offices this program will be distributed through the C.A.R.E.S. registry and especially important to individuals in rural areas where specialized arthritis care can be limited.

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David E. Yocum, M.D.

Arizona

*Dr. Yocum and staff,
along with Dr. Dalen and
staff from the Sarver Heart
Center, on the reservation
in Northern Arizona in
front of the DEXA bus.*

ARTHRITIS STAFF TRAVELS TO REMOTE AREAS

Arizona may be famous for its Wild West scenery and rich cultural diversity – but the state is also notorious for its lack of health services for those who live out there in those rugged wide open spaces.

Yet some rural residents – Native Americans in particular – are significantly more likely to need specific

health care services than city slickers. Native Americans have a much greater incidence of arthritis and diabetes than Caucasians.

Now researchers from the Arizona Arthritis Center are hitting the road to visit these remote populations to begin to identify the factors that cause these health variations by ethnic group.

They're holding therapeutic health clinics and providing pharmaceutical care at various Indian Health Services sites throughout the state and they're using portable state-of-the-art diagnostic equipment to perform bone-density scans.

*The scope of the work
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– David

FAR BEYOND UNIVERSITY

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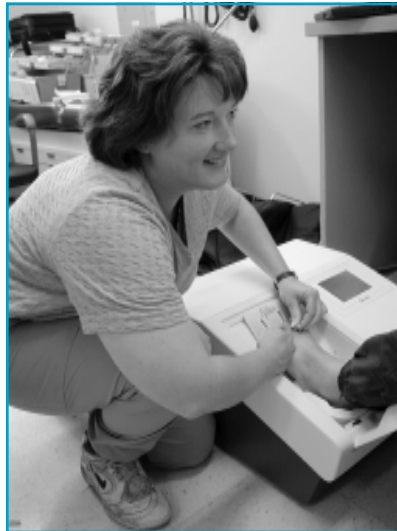
Arizona Arthritis Center



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avid E. Yocum, M.D.

worksites throughout Arizona, as well as
the Navajo, Hopi, Tohono O’odham and
Apache reservations. They’re screening

With a new
motor home
equipped with state-
of-the-art diagnostic
equipment, the
professional staff is
visiting rural
communities,
nursing homes and



Belinda Botzong,
R.T., works with the
new heel DEXA.

Working in collaboration with Public Health programs and agencies to prevent arthritis

Recognizing that there are opportu-
nities to prevent arthritis and to
prevent the secondary and tertiary
crippling effects of arthritis, innovative
programs and research are being
conducted to impact positive patient
outcomes.

- **Living Healthy with Arthritis** –
a four week, 60 hour course of
arthritis education and exercise in a
supportive environment, emphasiz-

for evidence of osteoporosis and
conducting other arthritis-related
research.

The motor home is equipped with a
state-of-the-art DEXA (dual energy
x-ray absorptiometry) scanner that
measures the density of the spine and
hip bones and pinpoints precisely
where normal, slightly porous bone
ends and dangerously porous bone
begins. Commonly used in hospitals
and clinics, the mobile unit is the first

ing healthy lifestyle modifications
to improve a patient’s quality of life.

- **Arthritis Week at Canyon Ranch** –
a week-long residential program at
world-renown health spa, Canyon
Ranch, to learn preventative
techniques from experts.
- **National Arthritis Action Plan
(NAAP)** – In collaboration again
with the National Arthritis Founda-
tion, the Arizona Arthritis Center
will play a significant role in the
National Arthritis Action Plan
(NAAP), implementing strategies
for arthritis patients from recom-
mendations made in the Centers for
Disease Control and Prevention’s
document, *Healthy People 2010*.
- **Mobile DEXA** – The Arizona
Arthritis Center provides opportuni-
ties for people from all over the
state to receive valuable diagnostic
full-body bone density screenings
with its DEXA equipment housed
in a motor home with trained
technicians.

of its kind in the state and one of about
two dozen mobile scanners nationwide.

Researchers also will be using a new
device recently approved by the FDA
that takes just 30 seconds to perform a
bone-density scan of the heel. The
“quantitative ultrasound” unit weights
only 20 pounds and emits no radiation.

Because it is both accurate and very
portable (about the size of a micro-
wave oven), this devise is ideal for
research in rural areas.

Arthritis Center Friends – In Deed

The Arizona Arthritis Center Friends have been busy. In February they hosted a marvelous “Conversations” luncheon at the Arizona Inn with Dr. David Yocum as the keynote speaker. He spoke on new medications and therapies available for arthritis. Then in May, the Friends hosted their “Boardroom Chat” for members. Dr. Yocum was again the speaker on “Issues in Rheumatology Affecting Patients of all Ages.” Dr. William Grana, the new Head of Orthopedic Surgery, was introduced, and as a special finale to the afternoon, Eva Holtby, Chair of the Arthritis Center Friends, presented a \$5,000 check to Dr. Martin Snyder, retired podiatrist, for whom the new library is named. This contribution will be used to purchase computer and video equipment for the library.

Keep up with the Friends activities, find a membership form, and look ahead to future events at the Friends’ website: azarthritisfriends.com.

FUTURE PROGRAMS:

GET A GRIP: A C.A.R.E.S. Arthritis Education Seminar

Saturday, September 9, 2000
9:00 a.m. - 11:00 a.m.

Presentation on the Arthritis CARES program featuring football legend, Joe Namath.

Marriott University Hotel

Arthritis Prevention

November 10, 2000

Medical lectures and small interactive sessions with health professionals
Location to be announced

“Conversations and Lunch”

February 10, 2001
Arizona Inn

If you are not a member and are interested in receiving an invitation to any of these events, please call the Arizona Arthritis Center 626-7901.

Current and Upcoming Clinical Research

Here are a few of the exciting new therapies being tested in the Clinical Research Unit of the Arizona Arthritis Center.

PROGRAF

An FDA-approved organ transplantation medicine which has shown promise in the treatment of rheumatoid arthritis.

ALEXION

A genetically-engineered antibody that blocks the production of immune system chemicals called complement proteins which cause inflammation and joint destruction in rheumatoid arthritis.

McNEIL

This long-term study evaluates the safety and effectiveness of Tylenol in the treatment of osteoarthritis pain in the hip and knee. Tylenol is recommended by the American College of Rheumatology as the first-line drug therapy for osteoarthritis.

REMICADE IN EARLY RA

A new FDA-approved medicine, Remicade inhibits inflammation by neutralizing TNF-alpha, one of the cytokines that are over-produced in the immune systems of rheumatoid arthritis patients.

NEW COX-2 INHIBITOR FOR RA

Cox-2 inhibitors are a new class of medicines that decrease inflammation with fewer gastro-intestinal side-effects than existing anti-inflammatory medicines.

NEW ANTI-TNF-ALPHA AGENT

Another promising treatment which targets the over-production of TNF-alpha in the immune system.

NEWS BRIEFS

■ *Arthritis Center Doctors in the News* Setting the standard for arthritis research around the country, Arizona Arthritis Center doctors are featured in several publications:

Center Director **Dr. David Yocum** wrote the featured article in *Rheumatology Grand Rounds*, entitled “Alternative Therapies for Arthritis.” **Dr. John Szivek** was the featured author in the professional *Journal of Biomedical Materials Research*, addressing the degradation of strain gauge sensors.

■ **Arthritis Foundation, Southern Arizona Chapter** gives \$35,000 research grant to **Dr. Les Castro** to study fibromyalgia and depression.



■ The National Arthritis Foundation has funded \$270,000 to support **Dr. Janet Funk's** research, previously funded by the local Southern Arizona Chapter to continue her studies in parathyroid related hormone and its potential relationship to inflammation.

■ **Arizona Arthritis Center Friends**, with Board Chair **Eva Holtby**, has awarded \$5,000 to the Arizona Arthritis Center to purchase computer equipment for the **Martin Snyder Library**.

■ The Arizona Arthritis Center welcomes **Carol Willson** as its new Development Director and **Lisa Fahey**, Executive Director for Development for the Arizona Health Sciences Center.

■ **Dr. David Yocum** and **Dr. Les Castro** have been invited to speak at international professional conferences. **Dr. Yocum** traveled to Nice, France to present a paper on a drug study at the European Rheumatology Conference. **Dr. Castro** spoke on outcomes in osteoarthritis in both Toulouse, France and Lisbon, Portugal.

The Positive Connection

Three years and 106 participants later, it seems that a positive attitude really does have an impact on pain and general health.

The Living Healthy with Arthritis program in Green Valley has produced lasting and measurable results. The range of benefits – reported in surveys conducted six and 12 months after participating in the program – include reduced pain, increased mobility, improved nutrition, regular exercise, less stress and a more positive attitude overall.

Preliminary results suggest that the “positive affect” may help people manage their arthritis better. Participants with higher “positive affect” scores showed significant improvement in outcomes such as pain and general health perception, according to Michelle Cornett, R.N., co-director of this community outreach program of the UA Arizona Arthritis Center. Positive affect (PA) represents a positive mood personality score. People with higher PA scores reported a greater number of lasting effects from the program, Cornett said.

The results of this Living Healthy with Arthritis research have already received national and international attention – at the Association of Rheumatology Health Professionals national scientific meetings in Boston in November of 1999 and in Dr. Isidro Villanueva’s presentation at the OMERACT V conference in France in May of 2000.

Further research is planned to explore this mind/body connection for managing arthritis. “We are developing a hypothesis related to positive affect and the effect it has on treatment

intervention,” Cornett said. The center is applying for national grants and seeking additional funding for similar community-based intervention studies.

The Green Valley program began three years ago with a grant from the David and Lura Lovell Family Foundation – after Arthritis Center Advisory

Board member Lu Lovell attended the intensive week-long Living with Arthritis program at Canyon Ranch health resort. That was the genesis of the Green Valley pilot, which just completed its third year.

During the month-long community program, a maximum of 20 participants met three times a week for education and exercise. Two-hour presentations covered nutrition, stress management, medications, foot care and os-

teoporosis, as well as movement and relaxation techniques. An hour of aquatic exercise follows.

The program has other lasting results as well. Several program “graduates” now meet regularly to swim together. They’ve also formed a Green Valley chapter of Friends of the Arthritis Center.

Now plans are underway to fine-tune and adapt this Living Healthy With

Arthritis pilot for other communities and disease-specific populations, primarily those with early diagnosis of osteoarthritis and rheumatoid arthritis.

“We don’t just want to reach people who’ve had arthritis for 20 years,” Cornett said. The goal is to expand beyond retirement communities with affordable and accessible programs for larger and more varied populations – to also reach people at earlier stages of the disease, she said.

Enhance Healing by Writing

According to a recent study published in *JAMA*, people with arthritis can benefit through writing. Dr. Josha Smyth and colleagues demonstrated that individuals with rheumatoid arthritis who wrote about stressful life experiences reported improved health outcomes. This improvement went beyond what would be attributable to the standard medical care they were receiving.

With this in mind, Irene Lasater will be leading a writing class at the Arizona Arthritis Center in September. Ms. Lasater has been teaching memoir writing in Tucson and Green Valley since 1990. Prior to that she was an educator for 45 years. This is neither a technical nor a professional writing class. No previous writing experience is required. No red pencils allowed.

For further information please contact Linda Yan, 626-4975.

Past Participant Comments:

“I am more conscious of getting exercise and eating better and I think my whole attitude is more positive.”

“I can have control over my pain. I know what to do. Even if it does not work completely, I feel better just trying.”

Next Canyon Ranch Program

The next week-long Living with Arthritis program at Canyon Ranch in Tucson is scheduled from Oct. 15 – 22. The goal is to help you live well with arthritis. The week includes personal attention from the health care experts at Canyon Ranch and the Arizona Arthritis Center, including physicians, psychologists, nutritionists, exercise physiologists, physical therapists and movement therapists. For more information, call 1-800-742-9000 or visit the website at www.canonranch.com.

A portion of the proceeds from this week benefit the Arizona Arthritis Center.

“Progress begins with the belief that what is necessary is possible.”

— NORMAN COUSINS

Thus began the invitation to a dinner event on May 7th at the beautiful Tucson home of Lura Lovell to acknowledge the support of all those who have made significant financial contributions to make the Arizona Arthritis Center all that it is today. Special gifts were given to Lura Lovell and to Colby and Alana Jones to acknowledge the newest of the Arthritis Center’s endowed chairs, one for its director, David E. Yocum, M.D.

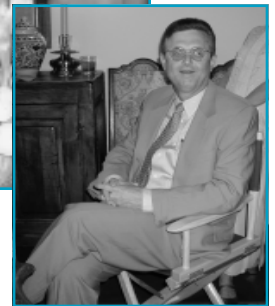
And in the midst of so many caring people who have made the Arizona Arthritis Center a reality, this was an evening to especially honor the one man who has been its driving force through the years, Saul Tobin. Saul was given a “golden shovel” to

commemorate being the “Builder of the Center” and a memory book of photos through the years with letters from friends to show their appreciation for all his hard work.

TOP: Colby and Alana Jones watch as Saul and Sue Tobin receive the “golden shovel.”

CENTER: Gail Riggs, Bob and Ann Volz, Jim and Laurie Benjamin.

Director David E. Yocum, M.D. sits in his new “Directors Chair endowed by the Jones’ and Lovells.



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