



Fall 2002

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.

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www.arthritis.arizona.edu



ARIZONA ARTHRITIS CENTER

THE UNIVERSITY OF ARIZONA[®]

UPDATE

ALMA, Affect and Learning in the Management of Arthritis

The Arizona Arthritis Center was recently awarded a grant from the National Arthritis Foundation of more than \$300,000 over the next four years to examine how to better help people with osteoarthritis, the most common form of chronic arthritis, affecting more than 21 million Americans.

People with a chronic disease often are told to learn as much as they can about their disease. Research has shown that most people who are educated about arthritis have an easier time managing it and have a better quality of life than those who are not educated about the disease. **But not all people benefit from arthritis education.** Why? ALMA will help to answer that question. This innovative study will look at how a person's attitude toward arthritis and their knowledge of the disease can affect their health.

The study will look at a person's personality to see if it plays a role in how they cope with arthritis pain. Initial studies from the Arizona Arthritis Center suggest that a person's attitude (whether you see the glass half full or half empty) plays an important role in arthritis management.

If this hypothesis proves to be true, it will serve as a basis for future interventions aimed at reducing pain, improving physical function, preventing disability and improving the perception of quality of life for people with osteoarthritis and, potentially, for people with

other types of arthritis as well.

As part of this study, we are looking for people with osteoarthritis to participate in a free *Arthritis Self-Help* course, a 6-week class offered by the Arthritis Foundation. This is a tremendous class that, for years, has helped people with arthritis. The Arthritis Center is seeking volunteers who are between the ages of 55 and 75, who have osteoarthritis of the knee and who are in relatively good health. To participate in the study, you cannot have another type of arthritis, such as rheumatoid arthritis, gout or lupus,

and you presently cannot be taking medication for the treatment of depression. If you live in the greater Tucson area and are interested in participating, please call (520) 626-4975 or go to the website: www.arthritis.arizona.edu/alma.

The Arthritis Foundation's proven *Arthritis Self-Help* course is an educational program designed to help people better manage arthritis pain while reducing physician visits. The course, course materials, evaluations and x-rays all are offered in the study free of charge. Call in or go to our website for more information about getting involved. Your help will benefit many others with arthritis.



Isidro Villanueva-Torrecillas, M.D. and Michelle Cornett, R.N., will conduct the ALMA study.



If you are interested in participating, please call (520) 626-4975 or go to the website: www.arthritis.arizona.edu/alma

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Visit our website:
www.arthritis.arizona.edu

Friends Host Donor Reception

October 22nd is the date for the official “ribbon cutting” for the donor recognition room created by Aesthetics, Inc. on the 8th floor of the AAC.

The Arizona Arthritis Center Friends will sponsor the evening as their Fall social event.

Before many of the Friends traveled and enjoyed their summer, they sponsored the Arthritis Center Friends *Spring Chat at Canyon Ranch*, which was hosted by Mel and Enid Zuckerman, from Canyon Ranch, and chaired by Elaine Litvack and Saul Tobin.



Mel Zuckerman speaks to the Friends at Canyon Ranch.

About 80 of the Friends members were lucky to hear Mr. Zuckerman speak of his chosen life-course toward wellness and the motivations behind the creation of the world’s finest health spa, Canyon Ranch. Director of

the Arizona Arthritis Center, Dr. David Yocum, also spoke and told this members-only group why an integrative approach to arthritis works, as is practiced and taught during *Arthritis Week at Canyon Ranch*. Dr. Yocum sits in the Jones/Lovell Chair of Integrative Rheumatology and believes in the complementary precepts of exercise, diet and weight management and stress management as necessary components in the treatment of all forms of arthritis.

For more information about becoming an Arthritis Center Friends member or about Arthritis Week at Canyon Ranch, call Development Director Carol Willson at (520) 626-7902 or look at the Arthritis Center Friends web link under programs at www.arthritis.arizona.edu

What is SED Rate?

A young man from New York has grown up with juvenile arthritis. His name is Seth Ginsberg, and he has not accepted his disease lying down! We have enjoyed many collaborations with him and hope to bring his innovative “A

Games” to Tucson. To see how good humor and good information can help you deal with your arthritis, take look at Seth’s website *Creaky Joints* at www.creakyjoints.com.

Often asked what a SED rate is, the *Creaky Joints* website answers that question: **HE SED, SHE SED**

Have you been to the doctor recently for a check-up? If no, then you should probably consider scheduling an appointment. If yes, then you may have been administered a “SED rate” or ESR (Erythrocyte Sedimentation Rate) test. A high SED rate cannot only be an indicator of inflammation, but it can also help detect a number of diseases and illnesses. ...the test is more or less this: your health care professional will draw blood, throw it in a

tube, and then measure the amount of the clear plasma that is left at the top of the tube after an hour. (The plasma is what you’re left with after the red blood cells, erythrocytes, fall to the bottom.) When inflammation in your body is high, changes in blood proteins cause

red blood cells to clump together, making them fall faster. Therefore, the greater your SED rate, the higher your inflammation.

Your SED rate is considered high if it is above 15mm/hour for men and 20 mm/hour for women.

Look for more arthritis information at the *Creaky Joints* website and register to receive their online newsletters.

Other important arthritis websites: **OURS! www.arthritis.arizona.edu**. - In the “PROGRAM” section you will find links to several other websites for arthritis programs and additional information.

Another invaluable website is that for the Arthritis Foundation: www.arthritis.org



CREAKY JOINTS
www.creakyjoints.com

sahba

LUTE OLSON CELEBRITY AUCTION AND GOLF TOURNAMENT TURNS IN ANOTHER GREAT YEAR.



Event Chair, Tony Mellor gives winners trophies to best golfers: Mike Goldsmith, Gary McCord, Rob Smith and committee member Jerry Riggs



The Woodbury brothers meet favorite players Jason Gardner and Luke Walton.



Lorelei Hough, Sahba event volunteer, coordinates the auction. Thanks Lorelei!



"Auctioneer" Ryan Hansen and helper Aubrey Miller get a good price on Frye's jersey.



Heath Bolin (center), owner of Sparkle Cleaners and sponsor of the "Lute Lunch," talks with Dr. Yocum and Lute. The Lute Lunch honored Lute for his 15 years of support with a contribution to the Bobbi Olson Endowment.



Representing event sponsor, Desert Diamond Casino, Ned Norris and his grandson, Isiah meet Dr. Yocum and Wilma and Wilbur.



Arthritis Center development secretary, Meghann Wellman, thanks Lute for his participation.

Kids Get Arthritis Too!

By Carol Willson

Arthritis is an old person's disease. TRUE OR FALSE ?

The answer to that quiz is FALSE. KIDS GET ARTHRITIS TOO!

More than 300,000 children in this country have arthritis or rheumatic disease, and it impacts them in drastic ways that challenge an active, growing young person. Their school lives, social lives, family relationships, dating and sports activities all must accommodate their arthritis.

Children with arthritis must see a pediatric rheumatologist to ensure their best long-term outcomes. Most treatments for their arthritis are aimed at reducing the inflammation of their joints to minimize pain as well as the possibilities of joint erosion, joint destruction and growth problems. The drug regimens for these children can run the gamut of standard non-steroidal anti-inflammatory drugs (NSAIDs) like Naproxen and Ibuprofen. The newer Cox 2 inhibitor NSAIDs, like Celebrex and Vioxx, are not yet approved for children, but a pediatric study of Vioxx is in progress. Another class of drugs used for children is the DMARDS – the



Brian Willson and Ellee Moorhouse at AAC event with Lute and Bobbi Olson and Dr. Gall, December 1990



Ellee Moorhouse today.

disease modifying anti-rheumatic drugs, with the most widely used probably being Methotrexate. Treatments for serious systemic Juvenile Rheumatoid Arthritis, or JRA, includes the drug CyclosporineA and Intravenous Gammaglobulin. Then there are the newer, exciting biologic treatments, of which only Enbrel is approved for children. Other standard treatments for arthritis also work well for children's arthritis: exercise, diet and weight management, stress management, physical therapy and, in some cases, surgical treatments. Arthritis in children does not just attack a joint as it does in adults with arthritis, it attacks a joint that also is trying to grow. These growth issues, the systemic involvement of other organs and all the added social stresses on children living with a chronic disease make arthritis a particularly difficult disease for children and their families to manage – and it is why specialized doctors,

pediatric rheumatologists, are so critical to the care of children with arthritis.

Currently not one pediatric rheumatologist practices in our state-

and Arizona has a higher-than-average prevalence of the disease. The Arizona Arthritis Center is grateful to the people who are committed to changing this startling fact. Charles and Sophie McKenzie established the McKenzie Endowed Chair in Pediatric Rheumatology after the fund was initiated by Arthritis Center Friend Caryl Taylor. The family of long-time friend Lee Brest, who struggled his entire life with the effects of JRA, requested that memorial contributions go to the pediatric endowment following Lee's untimely death from an auto accident.

Reaching the fund's goal of \$5 million will enable the Arizona Arthritis Center to hire a pediatric rheumatologist to conduct research into the causes and potential treatments for juvenile arthritis and to be available for the clinical care of Arizona's children with arthritis. If you would like more information about how you can help, please call Carol Willson, Development Director, at 626-7902.

Where are they today?

Three local kids with JRA have been treated at the Arizona Arthritis Center. Where are they now?

ELLEE MOORHOUSE was diagnosed with JRA when she was 4 years old. Her family moved from New Jersey to Tucson with the hope that the climate and medical help available here would slow the aggressive course of the destruction on Ellee's growing bones and body. I watched Ellee grow from a little girl to a personality-plus teenager to the poised and well-spoken 25-year-old woman that she is today. But arthritis has taken its toll, and she continues with her struggles with the disease.

In grade school Ellee moved through life in a motorized wheelchair. Through the years, she has had numerous surgeries that at one time found her in a halo head brace for months to stabilize her neck. She recently had more surgery and fusions for her neck that were done through her mouth, leaving her with no palate and needing to relearn how to eat, drink and talk. Never giving up, Ellee is standing tall at 4'7" and looking forward to a life without her wheelchair! She recently had her first knee replacement after a prosthesis was custom-made for her. She hopes to have the other knee replaced this fall and then will move on to replacing both hips. Ellee is currently in art school in New Jersey studying graphic design and participated with her dad this summer crewing in the Penquin 14 International Sailing Regatta. Way to go, Ellee!



Sarah Bertrand and her mom - age 3.



Sarah today at 17.

SARAH BERTRAND, diagnosed at 13 months of age with JRA, can't remember a time in her life when she didn't have arthritis – until now! A senior at Canyon del Oro High School, Sarah is active in her school's drama productions and traveled to Scotland this summer as part of a Scottish Highland Dance troupe. For those of us who knew her as a toddler, and how sick she was then, this outcome is a miracle! When she was five years old, and the procedure was more concept than practice, Sarah began a treatment in the early trials of IVIG (Intervenous immunoglobulin) that lasted for

several years. The IVIG treatment involved once-a-month hospital stays for 2 or 3 days to receive an IV infusion of immunoglobulin. Sarah underwent this treatment in combination with another new and potent drug at the time, Methotrexate. Slowly, Sarah's immune system changed course, and by the age of 8, she was playing soccer. Sarah was on a team for 5-year-olds, but she was out running on a field! She continued to improve and today takes no medication at all. Her future is bright, and she is looking forward to attending NAU next year with plans to pursue her drama and acting studies.

The story of **BRIAN WILLSON** is very familiar to me because he is my son! This was a little guy who lived for recess and his after school sports programs. But when he was 8 years

old, the verdict from high fevers and aching joints came down that he had JRA. His sports were gone and, much of the time, so was recess. For several years, he missed as much school as he attended. NSAID therapies took their toll on his stomach. As he was entering high school, he asked if he could stop taking all medication, convinced that he would feel no worse from the arthritis than his stomach did from the drugs. The doctor agreed to no medication if Brian would exercise every day to manage the inflammation in his knees. Rain, shine, and even a couple days with snow on the deck, we drove to Udall Pool where Brian would swim on

good days and just walk in the water on bad ones. He got better – and the better he got, the more he would exercise until finally in his senior year at Sabino High School, he played football, having never even taken physical education classes in school. He received an appointment to the Coast Guard Academy in New London, Connecticut, where he played football for four years, married and served on the USCGC Hamilton out of San Diego. He is currently at pilot training in Pensacola, Florida, learning to fly Coast Guard helicopters with no ill effects from a childhood with JRA.

All these kids saw the doctors here at the Arizona Arthritis Center, where the best doctors and the latest treatments were available to them. The pediatric rheumatologists who were here then have either retired or moved away. To ensure continued success for the kids now struggling with the challenges of juvenile arthritis, and for those still to be diagnosed, we need help to grow our pediatric rheumatology endowment – and look to you for that help.

Memorials



ED GALLOWAY

MR. ED GALLOWAY, founder of Galloway Motors and father to former board chair Leslie Galloway, died this year at the end of March. Arthritis is an unwanted legacy in his family. His support of the Center was unflinching in making a positive impact on future generations - in his family and ours - to be able to live a life free from arthritis.

MR. LEE BREST, lifelong arthritis volunteer, died in early June of this year. The struggles from a life of arthritis made the complications suffered in a car accident just too much to overcome. Arthritis Center board member Gail Riggs wrote these special words about Lee.

Always championing the cause of kids with arthritis, Lee knew too well their pain and plight. Certainly it was of no surprise that he wished his memorials to go to the Pediatric Rheumatology Endowment at the University of Arizona Arthritis Center. His wish, I'm sure,that one day science will combat this childhood disease that ravaged Lee's body and contributed to his early death at age 53. What Lee lacked in "body" he made up for a thousand-fold in spirit. When I remember Lee, his spirit is what I remembera bright, fun-loving, compassionate, zest-for-life guy with laughing eyes. Lee, I think I can say for all who knew you you will be deeply missed.
Gail Kershner Riggs



LEE BREST

Thank you to the Galloway and Brest families for designating memorial gifts to the Arizona Arthritis Center. We acknowledge with gratitude the many friends and family members who contributed gifts to honor the lives of these two important men.

News From The Board

The gavel has changed hands with a new Chair on the Arizona Arthritis Center Advisory Board. **Leslie Galloway** took the reins from Jeff Nordensson last Fall, but because of illness in her family, she needed to defer that position. **Bill Ardern**, retired Air Force pilot, president of National Security Analysts and community volunteer, stepped up and has led the advisory board through much of 2002. Leslie remains an active participant on the board and a member of the executive committee.



Leslie Galloway gives the gavel and chairmanship of the Arizona Arthritis Center Advisory Board to Bill Ardern.

New members to the Advisory Board include **Ned Norris** from Desert Diamond Casino, **Irv Mindes** from A.G. Edwards and **Carolyn Monjoi**, one of the owners of The Temp Connection.

The Advisory Board continues to be an indispensable part of the Arizona Arthritis Center through its guidance of the faculty and staff and by opening doors to people and opportunities that enhance all aspects of the mission of the Center.



Advisory board members, Mel Zuckerman, Saul Tobin, Julius Litvack, Michael Hard and Don Romano in the Martin Snyder Library before a meeting.

✿ Get well wishes and hurry home to board member and chair of the Arizona Arthritis Center Friends, **Eva Holtby**, who is ill and needed to extend her stay in Toronto.

Dr. John A. Szivek, Research Professor of Orthopaedic Surgery and Senior Scientist in the Arizona Arthritis Center recently received a National Institutes of Health, 1.1 million dollar, four year award to study the development of implantable cartilage covered scaffolds which contain sensors and radio transmitters. His study carried out collaboratively with a team from the Orthopaedic Surgery Department, the Biomedical Engineering Interdisciplinary Program and the Arizona Arthritis Center will grow functional cartilage tissues on implantable plastic carriers containing load sensing devices and a micro-miniature radio transmitter. The radio transmitter development and sensor calibration will be a major focus of this study. The goal of this research is to develop a product which can be used to regrow damaged cartilage and design better rehabilitation procedures for patients.

The Section of Rheumatology for the U.A College of Medicine was recently named one of the 50 best such arthritis treatment centers in the United States by *U.S. News and World Report* for the second year in a row. Here is what makes it so great:



1. Dr. David Yocum, Chief of Rheumatology, is a world-renowned researcher and clinician committed to helping people with arthritis. It was his research into tumor necrosis factor (TNF) that led to the creation of the breakthrough anti-TNF drugs of Remicade® and Enbrel® that have positively changed the lives of many people living with rheumatoid arthritis. Dr. Yocum was recently recognized by the University of Arizona dean of the college of medicine for excellence in teaching.
2. The Section was one of the first hospital-based sites in the world to establish an infusion center to provide the place and the staff to administer Remicade®.
3. At the same time, the Section of Rheumatology and the Arizona Arthritis Center are committed to an integrative approach to arthritis care. Here at the Arizona Arthritis Center, there is a pervasive belief that arthritis care is not just about seeing doctors and taking medications, but that it requires a whole-body treatment regimen. Innovative programs such as CARES and *Living Healthy with Arthritis* add new and positive dimensions that enable patients to take charge of their care and live well despite having arthritis. Dr. Yocum sits in the Jones/Lovell Chair of Integrative Rheumatology.
4. The Section of Rheumatology's doctors and the clinicians of the Arizona Arthritis Center rotate one day every week and one week every other month treating arthritis at one of the many Indian Health Service Clinics throughout Arizona and the southwest where arthritis is epidemic in these populations.
5. Positive collaborations ensure that the best people and the best programs are involved for people through the Arizona Arthritis Center. *Arthritis Week at Canyon Ranch* is the best wellness classroom for arthritis in the world, and recent collaboration and funding from the Arthritis Foundation has initiated research in the new ALMA program. (Read more about ALMA on page 1.)
6. Recruitment of the best young doctors to receive fellowships in rheumatology is another positive highlight of the Section of Rheumatology and the Arizona Arthritis Center. Dr. Jane Power, recently appointed as an Assistant Professor of Clinical Medicine, has trained here in rheumatology and was awarded the Amgen Rheumatology Fellowship for the past two years.
7. The staff of the Section of Rheumatology educates the public and other professional health providers by speaking in the community, the country and throughout the world about the research and treatments accomplished here.



David E. Yocum, M.D.

Congratulations to the physicians, professional health providers and staff of the Section of Rheumatology!

IMID Immune Mediated Inflammatory Disorders Program

A group of seemingly unrelated disorders in clinical immunology, including rheumatoid arthritis, Crohn's disease, cancer, psoriasis and asthma all share common inflammatory

pathways. Research into the mechanisms of inflammation, the development of new therapeutics based on the knowledge gained from that research, the promotion of improved patient care are the long-term goals of the new collaborative program.

The University of Arizona College of Medicine – and Dr. David Yocum of the Arthritis Center – will play a major role in these collaborations as

one of 19 designated IMID centers to be established in the United States and that will include centers at Harvard, Johns Hopkins, the Mayo Clinic and Stanford. The program will incorporate the health care and biomedical research priorities of the National Institutes of Health and the World Health Organization and will take advantage of the U.A.'s existing strength in biomedical research and its future role in genomics and proteomics.

Making a Difference with Year End Giving DESPITE THE ECONOMY !

You know you can make a difference in the work of the Arizona Arthritis Center, and you would like to make a year-end gift. But, you believe that the economy and fluctuating market conditions will just not allow it at this time. If this describes your sentiments, let's see how we can work together to find some flexible and creative ways to help you accomplish your important goals of making a difference by making a gift.

Here's another fun idea and way to make a difference.

Are you getting married, but already have a blender and a toaster? You can request to have "Gifts of

Congratulations" designated to the Arizona Arthritis Center in honor of your marriage.

Here are three possible options for giving during these times:

1. **Give a gift of stock.** Even if the stock has decreased in value, chances are it is still appreciated over its original purchase price. And helping the Arizona Arthritis Center through a tax-deductible gift of stock either outright or to purchase a Charitable Gift Annuity through the U.A. Foundation will end your daily stress of watching and worrying about its tumultuous values!
2. **Fund a Charitable Gift Annuity.** Falling interest rates make certificates of deposit (CD's) and money market accounts less desirable despite their low risk. A Charitable Gift Annuity will offer higher rates, increased confidence and a current year tax deduction.
3. **Give a simple will.** A bequest will allow that the gift is not an immediate transfer of your funds that are being used for current needs, and it is revocable should you have a financial need to change your mind. This strategy does not allow you a year-end tax deduction, but it is a powerful gift during this season of giving. And keep in mind this could also be the time to update your will.

Ask yourself these questions:

- Have your family needs or goals changed?
- Have estate tax reforms affected your situation?
- Have you moved to or from another state?
- Has your youngest child reached legal age?
- Do you have new children or grandchildren?
- Has your marital status changed?
- Has the property you owned undergone changes?
- Is now the time you can add your charitable goals?

The Arizona Arthritis Center and the University of Arizona Foundation would be happy to help you learn more about how you can make a difference despite the current economic conditions. **For questions or assistance, please call development director, Carol Willson, at 626-7902 or the U.A. Foundation Planned Giving Office to speak to either Ken Dildine or John Woods at 621-1993.**

If you give to the United Way, you have the opportunity to designate your gift to the Arizona Arthritis Center through the U.A. Foundation.



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