

UPDATE

Multidimensional Interventions Subject of NIH-Funded Study

Maybe that nagging knee pain is really early osteoarthritis. If so, what should you do to manage your disease when you first discover you have arthritis? Will a positive attitude, education and an organized exercise program stop your arthritis from progressing? Through a major grant from the National Institutes of Health, the Arizona Arthritis Center will soon investigate these questions.

The five-year study, called Multidimensional Intervention in Early Osteoarthritis, will measure the effectiveness of combining exercise training and self-management education in the treatment of early-stage arthritis. The effects of attitude and coping skills will also be studied. The Center is recruiting subjects for the project.

“This is a significant study, because if we can understand how to effectively intervene when arthritis first manifests in the patient, then we have truly come far in our knowledge of how to control and restrain the disease. Patients will have a better chance of living full lives without pain and disablement,” says David Yocum, M.D., director of the Arizona Arthritis Center and professor of Clinical Medicine with Arizona Health Sciences Center.

Today, it is believed that patients who are just starting to experience the symptoms of arthritis should be educated in arthritis self-management through exercise, nutrition, and stress management. While exercise and other self-management activities are strongly

recommended by many in the medical community as the best defense strategy for those with early-stage arthritis, there have been very few quality studies to establish the effectiveness of these



Isidro Villanueva, M.D., Assistant Research Scientist with the Arizona Arthritis Center will oversee the study.

interventions when they are combined over a period of time.

“Today’s guidelines in treating the disease are mostly based on short-term studies investigating single interventions and few of the studies are well-designed trials using multiple interventions,” says Dr. Yocum. “Also, studies have typically included elderly subjects with advanced-stage disease and very few studies have evaluated the role of psycho-social factors in moderating the disease.”

Isidro Villanueva, M.D., assistant research scientist with the Arizona Arthritis Center, will oversee the study. “We are looking at the interventions and how they work together. We want to find out if exercise and self-management are more effective than exercise alone or

self-management alone in this study of subjects with knee osteoarthritis. At the same time, we are investigating the effect positive or negative emotional traits have on the interventions as a whole,” says Dr. Villanueva. The measured outcomes will include pain, health-related quality of life and health services utilization.

Subjects will be recruited from the Tucson area and will be between 35 and 64 years of age. “Those who first begin to have symptoms of arthritis are typically between these ages,” according to Dr. Villanueva. To be eligible for the study, individuals must experience chronic knee pain on most days for at least four months out of the year and have been experiencing these symptoms for less than five years. Subjects will be randomly divided into three groups with treatments

including an exercise or self-management program or a combination of both. The program is provided free to those who are chosen to participate in the study.

Moderate to severe osteoarthritis affects at least 15.8 million American adults between the ages of 25 to 74 years. Estimated health care costs for individuals with arthritis were \$15 billion and total costs, including lost productivity, were \$65 billion in 1992. “The results of the study will have a broad impact on our knowledge-base of early intervention and will influence tomorrow’s arthritis statistics,” Dr. Villanueva says .

To find out how to participate, call 626-1100 and ask about the NIH study.

Endowed Lectureship Honors Eva M. Holtby

Eva M. Holtby is remembered with great regard for founding the Arizona Arthritis Center Friends in 1997. It was Eva's vision and leadership that created this group dedicated to building support for the Arizona Arthritis Center through education, public awareness and community involvement.

Eva passed away at the age of 62 on February 15, 2003. Her energy and spirit live on through the Eva M. Holtby Endowed Lectureship. As a tribute to Eva, the Board of the Arizona Arthritis Center Friends established this lectureship series that will allow the Arizona Arthritis Center to invite nationally and internationally recognized arthritis researchers and clinicians to visit the Center for participation in educational public forums that discuss important developments in arthritis research and clinical care.

Born in Vienna, Eva lived in Zurich and Argentina before her family settled in Toronto when Eva was in her teens. Upon graduating from Branksome Hall, Trinity College at the University of Toronto with degrees in language

and history, Eva spoke five languages fluently. She married Philip Holtby in 1966 and together they raised four children.

"Eva was a truly charming and elegant lady," states Gail Kershner Riggs, M.A., CHES, chair of the Arizona Arthritis Center Friends Board. "Her grace and dignity attracted people." A world traveler with appreciation for art, great writers and music, Eva devoted much of her time to community activities. She was greatly admired for her special leadership qualities, which inspired others to contribute to a greater goal.

A resident of both Tucson and Toronto, Eva was a founding member of Tucson's University Medical Center Friends, where she served as chair from 1996 to 1997 and helped to build a membership base to support the work of UMC. As chair of the Gardiner Museum of Ceramic Arts "Twelve Trees of Christmas" fundraiser, her talent

and enthusiasm made the event a Toronto Christmas season tradition and contributed significantly to the museum's ongoing success.



Eva M. Holtby

"The passing of Eva was a great personal loss to all who knew and loved her," says Ms. Riggs. "Having personally suffered the disabling effects of arthritis, she saw the need for public forums where professionals could share the latest news about arthritis with the public."

Since the Eva M. Holtby Endowed Lectureship was announced in April, many contributions to the fund have poured in and the account has a balance of almost \$32,000. "The goal for effectively establishing the lectureship series is \$50,000, so we are more than half-way there," reports Ms. Riggs, who is excited about the potential to create this important forum in tribute to a cherished Friend who made it her mission to make a difference.

To contribute to the Eva M. Holtby Lectureship series, please make your check payable to *The Eva Holtby Endowed Lectureship/UAF* and send to:

AAC Friends/UAF • Arizona Arthritis Center • PO Box 245093 • Tucson, AZ 85724-5093

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 the key to helping individuals with arthritis lead healthier lives.

Arizona Arthritis Center
Director David E. Yocum, M.D.
Director of Development Linda Ritter
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Visit our website:
www.arthritis.arizona.edu

The Arizona Arthritis Center Update is published regularly. Correspondence or inquiries should be addressed to:
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Save the Date for Popular Auction

The Arizona Arthritis Center Friends and the Tucson Arthritis Support League (TASL) will join together to raise funds for arthritis-related causes through a popular annual live auction. The auction will include a vast assortment of new and used items that will go on sale at 9:00 a.m. on Tuesday, January 13, at the Pima County Medical Society Building located at 5199 E. Farness.

The public is invited to participate and encouraged to bring items that can be sold at the event. Food will be provided. The event will last until 1:00 p.m. or until all items are sold.

“It’s always fun with lots of laughs as we try to outbid each other,” says Gail Kershner Riggs, M.A., CHES, chair of the Arizona Arthritis Center Friends. “TASL has been putting on this event for many years and the Arizona Arthritis Center Friends thought it would be great to work together on such a fun event and worthy cause that directly benefits people with arthritis.”

For more information, contact Mary Lou Butt, Tucson Arthritis Support League chair, at 885-0416.

Upcoming Friends Events are Great Way to Share Interest and Support the Center

Exciting new developments in arthritis research and information on ways to better manage the disease will be presented at the Arizona Arthritis Center Friends Membership Luncheon on Thursday, October 30, from 11:30 a.m. to 2:00 p.m., at the Manning House. Guest speakers will include David Yocum, M.D., director of the Arizona Arthritis Center and professor of Clinical Medicine with Arizona Health Sciences Center; Gail Kershner Riggs, M.A., CHES, Friends Board chair, lecturer, author, and expert on arthritis; Les Castro, Ph.D., assistant director of research at the Arizona Arthritis Center and research instructor at the College of Medicine; and Hilary Flint-Wagner, M.P.H., assistant research scientist with the Department of Physiology.

The cost to attend the luncheon is \$30.00 and includes a salad, entrée, beverages and dessert in the lovely historical setting of the Manning House.

The Friends group will soon be planning more activities including “Conversations and Lunch” to be held on February 12, 2004, the ever-popular “Living Healthy” event scheduled for March 13, 2004 and other educational events.

Becoming a member of the Arizona Arthritis Center Friends is a great way to network with others who share your interest in arthritis while supporting the work of the Center. You will receive invitations to Friends events and get a DEXA scan at a reasonable cost without the need for a referral. The tax deductible cost to join Friends is \$35 per person or \$60 for a family membership.

For more information regarding the upcoming luncheon in October or to join Friends, call the Development Office at 626-7901 or 1-888-285-3047. You can also join Friends by logging on to <http://www.arthritis.arizona.edu> and clicking on **Programs**.

Mark Your Calendar

Plan to attend the following upcoming “Friends” educational events where you will learn more about the latest treatment for arthritis.

February 12, 2004 11:30 a.m. “Conversations and Lunch” at the Arizona Inn.

March 13, 2004 8:30 a.m. “Living Healthy” at Duval Auditorium, University Medical Center.

For more information, call the Arizona Arthritis Center Development Office at 626-7901

Participants Needed for Glucosamine & Chondroitin Study

The National Institutes of Health recently awarded the Arizona Arthritis Center a grant to study the popular supplements, glucosamine and chondroitin, and their effectiveness in treating those with knee pain. The project is called GAIT (Glucosamine/Chondroitin Arthritis Intervention Trial).



Johnny Fuessler and Connie Bush will work with study participants to learn if Glucosamine and Chondroitin are effective in treating arthritis.

Glucosamine and chondroitin have been highly touted by vitamin companies as remedies for arthritis. Some people who have taken the supplements are convinced they work.

The body manufactures both compounds. Glucosamine supplements are derived from shellfish shells, and chondroitin is generally made from cow cartilage. Glucosamine is an amino sugar and is thought to promote the formation and repair of cartilage. Chondroitin, a carbohydrate, is an element of cartilage and is thought to assist both in water elasticity and retention, as well as to inhibit the enzymes that break down cartilage and to fight inflammation.

However, there has not been enough research conducted that would verify the efficacy of the supplements in treating arthritis. Additionally, these substances are currently classified as dietary supplements and are not regulated by the Food & Drug Administration; therefore product quality is not assured.

If you have knee pain and are interested in participating in research to learn if natural supplements really work to combat arthritis, the Arizona Arthritis Center would like to hear from you. Sixty participants are needed for the study.

To be eligible, subjects must be aged 40 or older and have had knee pain for at least six months (no prior diagnosis of knee osteoarthritis is needed), with surgery never having been performed on the knee. Additionally, participants cannot be using any devices to assist with mobility such as walkers or canes; they must not be allergic to shellfish and they cannot be taking glucosamine, chondroitin or anticoagulants such as coumadin. Those

selected through a screening process will be asked to visit the center monthly over a six-month period. Depending on the results of the second x-ray taken during the second visit, some subjects will be given the opportunity to continue participating in the trial for two years.

“This is an exciting opportunity for those who want to help with the research and perhaps treat their knee pain as well,” states Johnny Fuessler, research coordinator of the project.

“We hear from a lot of people that they would prefer to take natural supplements and not medications,” says David Yocum, M.D., director of the Arizona Arthritis Center and professor of Clinical Medicine with Arizona Health Sciences Center, who oversees the study. “This project will go a long way in helping to understand if

chondroitin and glucosamine are worth taking.” He adds that the FDA will be interested in the findings and may some

day be able to regulate the manufacture and sale of these products so standardization can become the norm.

To find out how to participate, call 626-1100 and ask about GAIT.



Results of Early Rheumatoid Arthritis Study are Encouraging

Promising results from one of the largest studies of early rheumatoid arthritis were announced in Lisbon, Portugal at the international rheumatology meeting in June. The Arizona Arthritis Center participated in this important study to learn if Remicade offered significant advances in the treatment of early rheumatoid arthritis (RA).

The ASPIRE (Active Controlled Study of Patients Receiving Infliximab for Treatment of Rheumatoid Arthritis of Early Onset) Trial is expected to reshape the way rheumatologists approach the treatment of early RA. The study found that early, aggressive treatment with Remicade (infliximab) plus methotrexate (MTX) is superior to MTX alone in preventing the progression of joint destruction, reducing disability and increasing overall clinical improvement in patients with early RA.

Joint destruction causes swelling, intense pain and disability within two years for 80% of newly-diagnosed RA patients. RA affects more than 9.7 million people

worldwide. The randomized, double-blind, active-controlled ASPIRE study included more than 1,000 patients enrolled in 125 centers in the U.S and Europe. Patients in the study had an average of only seven months of disease duration and more than 80 percent had evidence of erosive joint destruction.

David Yocum, M.D., director of the Arizona Arthritis Center and professor of Clinical Medicine with Arizona Health Sciences Center, attended the meeting. “The ASPIRE study showed that patients who received both Remicade and MTX did not experience a progression in their disease, while the patients who received only MTX did show signs of increased joint destruction. Since previous studies have shown that a critical therapeutic window of three months to one year from disease onset exists where irreversible joint damage and disability occur, the results of the trial represent a significant advance and indicate a need for aggressive therapy at the beginning of the disease,” Dr. Yocum says.

Remicade Patients Needed for Strength Training Study

The effect of strength training on those with rheumatoid arthritis is the subject of a new study conducted by the Arizona Arthritis Center. The best type of exercise as well as the most effective combination of exercise intensity, frequency and duration for those with rheumatoid arthritis will be investigated.

Hilary Flint-Wagner, M.P.H., who oversees the study, explains that very few strength-training studies have been conducted in rheumatoid arthritis patients and there is great scientific demand for research of this kind. "There have been no studies to date that have appropriately individualized the exercise program for the rheumatoid arthritis patient, and no studies have been completed to assess the synergistic effects of Remicade and strength training in these patients. Our overall goal is to improve the rheumatoid arthritis patient's quality of life."

Ms. Flint-Wagner explains that strength training is very important, because the disease process includes joint destruction and decreased

muscle mass. Inactivity only worsens the process and puts the patient at greater risk of heart disease, diabetes, depression and other problems.



Hilary Flint-Wagner, M.P.H. will oversee the study.

"Normal activities of daily living, like vacuuming the house or working in the garden, are inadequate to prevent the loss of muscle mass," says Ms. Flint-Wagner. "High-intensity strength training is feasible and safe in patients with well-controlled rheumatoid arthritis and leads to significant improvements without exacerbating disease activity or joint pain."

The four-month study will examine the effects of strength training and aerobic exercise on functional capacity and quality of life in rheumatoid arthritis patients. The research project is funded by Centocor, which manufactures the drug Remicade.

To be eligible for the study, participants must be between the ages of 20 to 50 years of age with no joint replacement and have been taking Remicade (Infliximab) for more than four months.

Study participants will be randomly divided into two groups. Those selected for the exercise group will participate in a four-month supervised and individualized exercise program. They will be provided with paid



membership to a training facility, supervision by study-trained exercise physiologists and group aerobic activities. The other group will act as the control group and will follow their regular program of care as prescribed by their rheumatologist. After four months, the control group will be provided with a half-day hands-on workshop and exercise book materials.

"This is a very important study," says David Yocum, M.D., director of the Arizona Arthritis Center and professor of Clinical Medicine with Arizona Health Sciences Center. "In the past, patients with rheumatoid arthritis were told not to exercise. Now, it appears that this was wrong."

To find out how to participate, call 626-1100 and ask about the Strength Training and Remicade study.

Self-Help Course for Those with Osteoarthritis of the Knee

The Arizona Arthritis Center offers to people with osteoarthritis of the knee an opportunity to participate in an important research project. Those who meet all criteria for the ALMA (Affect and Learning in the Management of Arthritis) study will get to take part in a valuable arthritis self-help course taught in six weekly two-hour sessions in convenient locations in Tucson and Green Valley. There is no cost to participate.

-Eligibility Criteria-

To be eligible for the study, subjects must be between 55 and 75 years of age, in relatively good health, have experienced knee pain over at least the last year, and cannot have any other type of arthritis or be taking medication for the treatment of depression.

To find out how to participate, call 626-1100 and ask about ALMA or visit www.arthritis.arizona.edu/alma.



Raising Endowment for Pediatric Rheumatology a Priority

The wheels are in motion to bring a pediatric rheumatologist on board at the Arizona Arthritis



Center, thanks to Charles and Sophie McKenzie who made a substantial gift to the Pediatric Rheumatology Chair Endowment and to Caryl Taylor who provided \$25,000 to initiate the Endowment.



Although the task of bringing such a physician to Tucson remains a challenge, the Center has never been more dedicated to this critical mission.



There are currently no pediatric rheumatologists practicing in the state. Yet, there are thousands of

children in Arizona with the disease and its impact on their lives is enormous.

It is vital that these children see a pediatric rheumatologist who can

How You Can Play an Important Role in Completing The Charles W. and Sophie T. McKenzie Endowed Chair for Pediatric Rheumatology

1. **Cash Gift of Any Amount**
Send a check to the Arizona Arthritis Center/UAF and designate on the check that it is for the Pediatric Rheumatology Endowed Chair.
2. **Pledge a Gift**
A gift amount pledged over three to five years will allow you to make an expanded commitment to the endowment. To receive a pledge form, please call us.
3. **Provide a Gift of Stock or Property**
Appreciated securities, bonds, real estate and art are gifts that may provide you with tax advantages including forgiveness of capital gains taxes and current charitable contribution deductions.
4. **Consider providing a bequest or a planned gift** such as charitable gift annuity, charitable remainder trust, charitable lead trust or life insurance policy. Planned gifts can provide you with income for life as well as tax savings.

If you would like to play an important role in making the Endowed Chair for Pediatric Rheumatology a reality or if you have questions, please call Linda Ritter, Director of Development, at 520-626-7901 or 1-888-285-3047

treat the disease early in its onset, before excessive pain, joint erosion and growth problems develop. General practice physicians do not have the latest information to treat these children with breakthrough medications and adult rheumatologists do not have the specialized knowledge needed to treat children with this disease.

Reaching the fund's goal of \$5 million will allow the Center to hire a pediatric rheumatologist who can oversee a comprehensive research and clinical program. Currently the Center has raised more than \$1 million toward the Charles W. and Sophie T. McKenzie Endowed Chair for Pediatric Rheumatology.

Research is critical to finding effective therapies and medications that can effectively control/eliminate the disease. With more than 300,000 children in the country who have arthritis or rheumatic disease, the importance of quality research cannot be overemphasized.

Please consider making an enduring difference in the lives of children in Tucson and across the country by providing a gift to the Pediatric Rheumatology Endowed Chair. Your gift will last into perpetuity because the funds are secured as principal and only a portion of the income will be currently used.

"In 1945 when I got juvenile arthritis, few physicians even knew what JA was. After years of searching and being put to bed rest for a year, how rare and lucky it was that an African-American physician with rheumatoid arthritis himself who my mother somehow found in rural Pennsylvania was able to finally diagnose my condition. And today, when our diagnostics and treatments are at their pinnacle, we have no pediatric rheumatologist in the state of Arizona! We need such doctors, not only to diagnose and treat youngsters early, but also train primary care physicians who are still unaccustomed to diagnosing what can be the worse of all the arthritides."

Gail Kershner Riggs M.A., CHES

SAHBA's Generosity Greatly Appreciated

For the 16th year in a row, the Southern Arizona Home Builder's provided their time and talent to make the recent SAHBA/Lute Olson Celebrity Auction and Golf Tournament a huge success. SAHBA raised \$77,638 for the Arizona Arthritis Center, bringing the total raised from the event to \$1.4 million since the tournament began in 1987.

"Thanks to SAHBA, we have been able to build and furnish a new immunology lab at the Center that can adapt to growing research projects with its flexible state-of-the-art design. It took four years of fund raising by the home builders and their members – a commitment that we very much appreciate," says David Yocum, M.D., director of the Arizona Arthritis Center.

SAHBA President Carole Pawlak thanked Arizona Basketball Coach Lute Olson for "his generous gift of time to partner with us to build a better community."

Tony Mellor, president of Tiger Promotions, chaired the event; Desert Diamond Casino made a major contribution as the presenting sponsor; and Sparkle Cleaners stepped in as the special sponsor of the "Lunch With Lute" event, held the day before the tournament. Supporting sponsors included University Medical Center, Borderland Construction Company, Fidelity National Title Agency, Royal Buick, Outback Steakhouse, Finley Distributing, Coors Light, Baja Spas, TDC Interiors, Sierra Mist and egees.

The committee this year included Nikki Araiza, Larry Barnhill, Mari DeVries, Leslie Galloway, Lorelei Hough, Jim Kaiser, Steve King, Scott Kuzma, Alan Lurie, Ron Moody, Michelle Oschmann, Steve Reyna, Jerry Riggs, Saul Tobin, Chip Travers, Rick Williams. Carol Willson provided professional expertise with event coordination.



Lute Olson and Roger Yohem, SAHBA Communications Director, get ready for the Live Auction.



With 288 players, the tournament was a sell-out. Players enjoyed spectacular weather on April 26.



The many supporters who attended Lunch with Lute enjoyed fabulous food and great conversation.



Saul Tobin, AAC Advisory Committee member and hard working SAHBA Event Committee member, shows off some of the Live Auction items.

SAVE THE DATE!

April 22, 2004

Lute Olson Celebrity Auction

April 23, 2004

Lunch with Lute

April 24, 2004

Lute Olson Celebrity Golf Tournament

Call 626-7901 for more information



Thriving with Arthritis Week at Canyon Ranch

If you have arthritis or are close to someone who does, world-renowned Canyon Ranch Health Resort is inviting you to join a special one-week program in October at the luxurious resort.

“Thriving with Arthritis is an exceptional week-long opportunity to



enjoy the Canyon Ranch experience while gaining valuable knowledge and personalized treatment to help you or your loved one manage the disease for greater comfort, joy and mobility,” says David E. Yocum, M.D., director of the Arizona Arthritis Center and professor of Clinical Medicine with Arizona Health Sciences Center. Canyon Ranch, in collaboration with the AAC, will offer this program the week of October 12, 2003, to those dealing with rheumatoid or psoriatic arthritis, osteoarthritis, fibromyalgia, lupus or scleroderma.

“Thriving with Arthritis considers the whole person, not just the disease, and

is geared for fun, relaxation and education,” says Dr. Yocum. Participants will have access to knowledgeable, caring Canyon Ranch physicians, psychologists, nutritionists, exercise physiologists, physical therapists and health care leaders from the Arizona Arthritis Center.

“I came to assist my daughter,” reads a comment from last year’s guest survey, “and I found it invaluable and informative for myself.” Guests will be inspired to make positive life-altering changes through nutrition, fitness and lifestyle choices.

The week will include group activities, discussions and consultations that incorporate the latest research on medications, treatments and diet. Physical and emotional pain management, stress-reduction techniques and exercise customized to ability will be included. Group activities are designed to educate while encouraging support and exchange of coping techniques among those with similar conditions.

The weeklong event takes place in the Life Enhancement Center at Canyon Ranch, which is a separate, nurturing environment at the resort with well-equipped gyms, locker rooms, dining room, lounge, meditation garden,

massage facilities and a swimming pool.

Physicians are also encouraged to attend the Thriving with Arthritis Week and can earn CME credits.

Because of its continued success and tremendous feedback from guests, Canyon Ranch has been offering this program for more than 10 years. Rates start at \$3,450 for double occupancy, which includes a seven-night stay at the resort, three gourmet meals daily, airport transfer, use of all resort and spa facilities, allowances for



Health & Healing and Spa & Sports services and all gratuities. Guests will arrive at Canyon Ranch on Sunday, October 12 and will depart on Sunday, October 19.

For more information or to make a reservation, call 1-800-742-9000 or visit canyonranch.com/arthritis.

Marathon Runner Will Donate Sponsorships to Arizona Arthritis Center

Derrick Woodbury, M.D. of the Tucson Orthopedic Institute will be running in the New York City Marathon on November 2 and will donate all proceeds from his marathon sponsorships to the Arizona Arthritis Center. This will be Dr. Woodbury’s third marathon run. “I ran in the Boston Marathon in April and also ran in the Tucson Marathon. I am looking forward to dedicating my next run to the Center,” says Dr. Woodbury who has also climbed the highest mountains on five continents.

A past Center Advisory Board member, Dr. Woodbury invites the public to support his run at any dollar level. Those who provide a valuable sponsorship of \$50 or more will receive an Arizona Arthritis Center cup and those who generously donate at the \$150 or higher level will receive a cup and coffee beans as a thank you gift. If you want to support Dr. Woodbury in his run to benefit the Arizona Arthritis Center, please contact the Development Office at 626-7901. You can also send a credit card payment or check to the AAC in the envelope provided in this newsletter and indicate on the envelope the word “Marathon.” Please make checks payable to **Arizona Arthritis Center/UAF**.

New Rheumatology Clinic Gets Rave Reviews

Lots of great comments have been heard from patients following the April opening of the UA Section of Rheumatology at The University Physicians Wilmot Clinic. Formerly a CIGNA-operated clinic, the completely refurbished facility at 535 North Wilmot provides much-needed space to the Arizona Arthritis Center's cutting-edge treatment center. Patients like the ample parking and the comfortable, roomy and pleasing atmosphere of the clinic.

The opening was part of the first phase of the renovated 20,000-square-foot medical facility on Tucson's east side. The second phase was completed in July. The University Physicians Wilmot Clinic allows for expansion of several key patient care programs and is designed to enhance service to patients. The UA Section of Infectious Disease, the UA Gerontology Program and the UA Traveler's Clinic are also housed at the facility, along with the UA Section of Dermatology and the UA Department of Orthopaedic Surgery's Hand and Upper Extremity Service, which moved in during the second phase of the opening.



The Hand and Upper Extremity Service provides comprehensive care, from fingers to shoulders, including trauma, degenerative, congenital, and arthritic conditions and reconstruction of hand and upper extremity disorders.

The Wilmot Clinics complement the 44,000-square-foot Alvernon Medical Offices at the 700 block of North Alvernon Way, which University Physicians opened in early 2000, bringing Orthopaedic Surgery, Ophthalmology, Family Practice and Neurology to a convenient central location.



To schedule an appointment at the clinic, please call 694-0611.

Introduction from the Director of Development

I would like to introduce myself to you. I am the Arizona Arthritis Center's newly appointed Director of Development. It is a pleasure and an honor to be part of this dynamic Center of Excellence at the University of Arizona! I look forward to building and expanding development activities to fund the many outstanding Center programs and projects.



I have been a part of the Tucson community since 1990, most recently serving as the Vice President of Communications & Fund Development at Jewish Family & Children's Service. Prior to my position at JFCS, I managed the Marketing & Communications Department of Carondelet Health Network. My educational background includes an M.B.A. degree from Northern Arizona University and a B.A. degree in English from the State University of New York at Oswego.

Having worked in the nonprofit arena in Tucson for more than a decade, I know how important community support can be to organizations like the Arizona Arthritis Center. The Center depends on the generosity of people like you. Your support makes an enormous difference in the lives of thousands of people with arthritis.

Because you are a valued friend of the Center, I would like to learn how the Arizona Arthritis Center can better serve you. Please take a few minutes to answer the questionnaire inserted into this newsletter. Your feedback will help us to understand and accommodate your areas of interest. I look forward to receiving your response and hopefully meeting you one day!

Best wishes,

A handwritten signature in cursive script that reads "Linda Ritter".

Linda Ritter
Director of Development

Doctors Peltier & Grana Share Mission of Excellence

They share the same distinctions - international reputations, devotion to the field and enthusiasm for their vision of the future. Although they head the Department of Orthopaedic Surgery in much different times, Leonard Francis Peltier, M.D., Ph.D., and William Anthony Grana, M.D., M.P.H. also share some of the same leadership goals and challenges.

Dr. Peltier founded the University of Arizona College of Medicine Section (now Department) of Orthopaedic Surgery in 1971. Retiring in 1985, his leadership and vision shaped and defined the growth of the department over a thirty-year time span. Between 1985 and 2000, five other department (section) heads oversaw the continued growth of Orthopaedic Surgery. In 2000, Dr. Grana assumed leadership of the department with a commitment to the same mission of excellence that Dr. Peltier established.

Dr. Peltier passed away at the age of 83 on May 4 this year in Rochester, Minnesota. He spearheaded the creation of Tucson's Joint Trauma Program and worked tirelessly to improve trauma care in Tucson. He was a renowned author, publishing nearly 200 scientific papers and several books. Many of his publications focused on the history of surgery, an area of great expertise for him.

"Dr. Peltier was devoted to Orthopaedic Surgery and he revered the history of Orthopaedics," says Dr. Grana. "So often, it is important to understand how we got from point A to point Z, and he could always explain the history. Without that kind of insight, you can repeat mistakes."

Dr. Peltier came to the University of Arizona from the University of Kansas where he headed the Section of Orthopaedic Surgery for 15 years. A lectureship in his name has been established and a professorship in orthopaedics is also planned there in his honor. He received his medical degree and doctorate from the University of

Minnesota. Dr. Peltier also served in the U.S. Army during World War II.

Dr. Grana is also an internationally known and widely published orthopaedic surgeon. He came to the University of Arizona 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 served in the Air Force from 1970 to 1972, spending time in Viet Nam working for the State Department and caring for Vietnamese casualties.

Into his third year of departmental leadership, Dr.

Grana finds himself facing some of the same challenges that Dr. Peltier confronted three decades ago. "Retention and recruitment have always been of great importance and this continues to be a difficulty. We need to attract quality doctors and keep them. When I came on board, we had lost a number of highly regarded physicians," says Dr. Grana. The physicians left to start their own, much more lucrative private practices. They took their patients with them, exacerbating an already difficult financial situation.

Funding issues have always been at the core of the problem. The University cannot pay doctors the kind of salary they can earn in private practice. While University research and teaching opportunities are a draw for many new and established physicians, funding difficulties in the Department of Orthopaedic Surgery make it necessary for doctors to commit most or all of their time to clinical practice in order to cover their salary.

Dr. Grana leads the department in a more complex era of managed care, where financial difficulties have never been

greater for medical service providers. Reimbursement issues were much simpler in the 1970s. Today, as many private practices turn away Medicare and no-pay patients, the University system is flooded with these kinds of patients. This has magnified funding problems. "As a result, research and teaching get put to the side," explains Dr. Grana.

"The key to quality care is a stabilized staff representing all areas of orthopaedics. We should be seeing patients over their lifetimes, and we need to be here for them when they have specialized needs. Practicing at the University of Oklahoma for 25 years, I saw patients who were the children of children I saw when I first began there. I know first-hand how important that kind of continuity of care can be."

Dr. Grana's mission is to re-establish a reputation of excellence in the community for his department. His goal is to secure outstanding physicians in many specialty areas, thereby providing stability and continuity of care while fulfilling the needs of all patients. "When reviewing career options, physicians want to work for an organization with a strong financial base and funding must be available for research," says Dr. Grana.

Along with his plan to include more specialists, Dr. Grana will build a collaborative structure and use an integrative approach throughout his department. "When you have so many sub-specialty areas, it becomes extremely important to have communication and cooperation. It's necessary to pull together for the same goals," states Dr. Grana.

In order to be successful, Dr. Grana will need to have new dollars that are not tied to clinical earnings. His goal is to find private philanthropic support for the Department of Orthopaedic Surgery through an endowment. "No other source for dollars exist, and we are committed to finding support in our community to make this mission a reality. We are searching for donors who are interested in helping us to achieve our mission," Dr. Grana states.



Leonard Francis Peltier, M.D., Ph.D. founded what is now the Department of Orthopaedic Surgery.



William Anthony Grana, M.D., M.P.H., is leading the Department of Orthopaedic Surgery into a new millennium.

The Arizona Arthritis Center supports Dr. Grana in efforts to secure an endowment. "We recognize the importance of having a stable Orthopaedic Surgery Department. The department is critical to the mission of the AAC and the Arizona Health Sciences Center," states David Yocum, M.D., director of the Arizona Arthritis Center and professor of Clinical Medicine with Arizona Health Sciences Center.

An endowment for the chair of the department will allow dollars to be moved around as needed. An endowment will also make the position of heading the

department attractive to the next chair. "At some point, I will retire," Dr. Grana says. "I want to ensure the success of the department long after I am gone."

Times have changed for the Department of Orthopaedic Surgery. While Dr. Peltier focused on fractures and joint replacement, Dr. Grana is leading his department into a new millennium where the possibility of tissue replacement may substantially alter the entire field. At the same time, the mission of excellence that Dr. Peltier established in 1971 continues.

To achieve excellence in the short-term, an endowment will help to attract and keep the variety and quality of doctors that will make the department a valuable resource in the community. An endowment will also make it possible over the long-term to attract the kind of talent that Dr.'s Peltier and Grana have shared in their roles as department heads.

If you are interested in contributing to an Endowed Chair for Orthopaedic Surgery, or if you have questions, please call Linda Ritter, Director of Development, at 520-626-7901 or 1-888-285-3047.

Tissue Implants on the Horizon

If only it was possible to simply implant tissue into the joints of arthritis patients to restore mobility and well-being. Many people hope that someday tissue replacement will be possible so they can once again enjoy physically challenging activities. Considering the fact that arthritis is the most widespread and debilitating disease in the United States, affecting more than 13% of the population, such a procedure would have enormous implications. Not only would millions of people enjoy a renewed lifestyle, but also productivity would increase substantially and significant savings would be realized in health care costs.



John Szivek, Ph.D., director of the Orthopaedic Research Lab in the Department of Orthopaedic Surgery.

grow tissue and effectively implant the engineered "cartilage" into a joint. The study, Sensate Scaffolds for Orthopaedic Tissue Repair, will conclude in July 2006. Although tissue implants may not be available for clinical applications for many years, the study will help to fulfill the dreams of many.

Osteoarthritis is the most common form of arthritis and it often begins early in life, usually giving no warning signs at first. Osteoarthritis involves the degeneration of cartilage. Cartilage, which provides for the smooth motion of joints, begins to break down in the joints of osteoarthritis sufferers, cracking over time

due to damage to underlying bone. Most people do not suspect anything is wrong until they are in their 40s or 50s and begin to develop telltale symptoms, such as pain when they stand after sitting for a period of time. By then, the damage has been done and the joints have already degenerated.

The best treatments available can only ease the pain. Implants are an option. "Although orthopaedic implants, particularly artificial joints, improve patient function and reduce pain, they often involve radical procedures requiring a hospital stay and reduced flexibility, which can increase incidence of falls," says Dr. Szivek, whose research will focus on the knee.

Dr. Szivek's goal will be to develop a way to easily implant tissue grown in the lab into the knee joint. "Nearly half of the nation's population over the age of 25 experiences knee pain," explains Dr. Szivek, "and the knee is the most common joint for pain and arthritis-like symptoms."

While a knee model is used in the study, the information derived will have far-reaching impact. Ultimately, the goal is to eliminate the need for artificial joints and to restore mobility for those with joint problems.

"Patients have been telling me for years that they don't want metal and plastic replacements. They wonder why we can't just grow tissues and replace their worn-out tissues so they can go back to the physical activities they love," Dr. Szivek states. "The results of the research will move us closer to the ability to fully restore pain-free function to an increasingly active, aging population."

Dr. Szivek Named as Chair of the Rubin Endowment

John A. Szivek, Ph.D., director of the Orthopaedic Research Lab in the Department of Orthopaedic Surgery and senior scientist with the Arizona Arthritis Center at the University of Arizona was recently named to the William and Sylvia Rubin Endowed Chair for Orthopaedic Research at the Arizona Arthritis Center. According to the Rubin's wishes, Dr. Szivek will devote 90 percent of his time to research and will be active in seeking significant major sources of grant support to enhance research capabilities.

"I am extremely honored to be named as Chair of the Rubin Endowment and look forward to playing an integral role in furthering the Center's research mission," Dr. Szivek said.

William and Sylvia Rubin were generous and caring donors to many worthwhile causes in the Tucson community. Although both have passed away, their legacy lives on at the Arizona Arthritis Center. Through their million dollar endowment, the Rubins will ensure that valuable orthopaedic research will continue to be advanced at the Arizona Arthritis Center through Dr. Szivek's work.

A Message from the Director

The Arizona Arthritis Center has gone through many changes over the last year. The loss of Eva Holtby was devastating for everyone. Eva was the founder of the Arizona Arthritis Center Friends, a group which provides educational opportunities to the community that are unavailable elsewhere. The Center is proud to work with the AAC Friends in getting the Eva M. Holtby Endowed Lectureship off the ground. The Lectureship serves to honor Eva by continuing the educational tradition that she so selflessly developed. I know that everyone in the Center will miss her greatly.

Over the last year, the Center obtained more than \$4 million in National Institutes of Health funding to support programs in osteoarthritis and orthopedic research. These studies will add much to our knowledge and will be of great benefit to people with arthritis.

In addition, the Southern Arizona Home Builders Association raised more than \$77,000 for the Center this past year for a total of more than \$1.4 million dollars since the Lute Olson Celebrity Auction/Golf Tournament began in 1987. It is truly an honor to be associated with these dedicated individuals who have done so much for the Center.

The Center is committed to the development of a pediatric rheumatology program. It will not only provide long-term care for children in Arizona with pediatric arthritis, but will develop a strong research program dedicated to understanding how children get arthritis and how we can cure it so that all children can enjoy an arthritis-free future.

On a final note, the Section of Rheumatology has opened its expanded clinic at 5th and Wilmot. An important part of the Arizona Arthritis Center, this specialized clinic with its increased staff provides biological infusion treatments, full DEXA scans with osteoporosis evaluation and treatment, and new advanced in-office magnetic resonance imaging to diagnose earlier the destructive disease associated with rheumatoid arthritis. I am proud to see this expansion and the care that it will provide to the people of Arizona.

We hope that you will become valued members of the Center and the Arthritis Center Friends not only to be supportive of the Center, but also to reap the many benefits that the Center offers in arthritis care, education and research.



David E. Yocum, M.D.
Director, Arizona Arthritis Center

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