

# ARIZONA ARTHRITIS CENTER UPDATE

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A CENTER OF EXCELLENCE, A CENTER OF HOPE

No. 22, Fall 2005

## New Center Leadership

**Jeffrey R. Lisse, M.D., has been named interim director of the Arizona Arthritis Center.** Dr. Lisse has been with the Center since 2000, when he was appointed professor of Medicine and associate section head of Rheumatology. He serves as medical director of the Arizona Arthritis

Center's Osteoporosis Program and holds the Ethel McChesney Bilby Chair for Osteoporosis. Last year, he was promoted to section chief overseeing the AAC's clinical care. Dr. Lisse came to Arizona from Galveston, Texas, where he was professor of Internal Medicine and director of the Division of Rheumatology at the University of Texas Medical Branch.

David E. Yocum, M.D., nationally renowned Center director since 1994, retired on June 30. Dr. Yocum came to the Center from the National Institutes of Health in 1986 to conduct immunology studies. Over the last two

decades, he developed nationally and internationally recognized research programs for arthritis. In addition to his role as director of the AAC, he was also chief of the Section of Rheumatology and held the Colburn A. Jones and Alana S. Jones/David C. Lovell and Lura M. Lovell Endowed Chair for Integrative Rheumatology. He accepted a position with Genentech as medical director of Biotherapeutics for Rheumatology and

*continued on page 2*

## Stephens' Gifts Ensure Bright Future

**With the announcement of leadership changes at the Arizona Arthritis Center, the promise of an exceptional future is ensured through the Charles A.L. and Suzanne M. Stephens Research Fund in Rheumatology and the Charles A.L. and Suzanne M. Stephens Chair of Rheumatology.**

The Stephens' legacy gifts support the goal of finding better treatments and ultimately a cure for arthritis and immune-related diseases.

Dr. Stephens died on March 30, 2002, and Suzanne passed way on March 12, 2004. In 1993, they anonymously established the two funds. Their gifts to the College of Medicine were announced last year upon Suzanne's death. Totaling more than \$6 million, together they are among the largest gifts ever received by the University.

*continued on page 2*

photo: Balfour Walker



*Jeffrey R. Lisse, M.D.*

*“New Center Leadership” continued from page 1*

began his new role this past July. Genentech, headquartered in San Francisco, is the second-largest biotech company in the United States.

A search for a permanent director, who also will occupy the Charles A.L. and Suzanne M. Stephens Chair of Rheumatology, is now

under way. This endowment, along with the Charles A.L. and Suzanne M. Stephens Research Fund in Rheumatology, is expected to attract a national leader in arthritis research.

“The Stephens’ gifts ensure a successful road ahead for the Center’s continued commitment to

link basic and clinical research with excellent clinical care and education,” says Dr. Lisse. “It’s an honor to serve in this position at such an exciting time in the Center’s history.”

*“Stephens’ Gifts” continued from page 1*



*U.S. Army Captain  
Charles A.L. Stephens, MC.*

One of the Arizona Arthritis Center’s priorities is to expand its basic research, and the Stephens’ Chair in Rheumatology and the Research Fund will make this goal possible. This priority is in line with the College of Medicine’s overall plans to attract the best scientists and physicians and

expand bench research throughout the College. “Gifts of this magnitude are exceedingly rare, and I know that we can recruit an absolutely superb chair,” says Keith A. Joiner, M.D., M.P.H., dean of the College of Medicine.

Dr. Stephens was a well-regarded Tucson physician who specialized in rheumatology. He graduated with a medical degree from Cornell University and received major military awards, including the Bronze Star and five battle stars, for his courageous medical service in World War II. He was a principal with the Holbrook Hill Medical Clinic, and along with Paul Holbrook, M.D., and other Tucson rheumatologists, was a founding leader of the Arthritis & Rheumatism Foundation. This organization was the forerunner of the Arthritis Foundation. Dr. Stephens later went on to establish his own medical practice and was a president of the Southwest Clinic and Research Institute (SCARI), which had a major role in the

development of the Arizona Arthritis Center.

SCARI was established in 1934, treating patients and conducting research on the “wonder drugs” of the late 1940s and early 1950s. In the 1960s, Dr. Stephens’ involvement with SCARI included important research on the first arthritis tissue cultures. SCARI then was located in the University’s College of Agriculture.

The Stephens were strongly committed to the University and to arthritis research and would no doubt be pleased that their gifts came at an important period of strategic planning for both the Arizona Arthritis Center and the College of Medicine. “Endowed chairs are the single best way to attract new faculty to the College of Medicine. The timing of this chair and research fund for the current planning within the College of Medicine simply could not be better.” Dr. Joiner says.

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  
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# Tissue Implants for Joints Getting Closer

**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, is on the verge of developing a successful method to support and implant tissue-engineered cartilage into knee joints.**

Just two years ago, the National Institutes of Health (NIH) awarded \$1.1 million to fund Dr. Szivek's study, called Sensate Scaffolds for Orthopaedic Tissue Repair. "In two to three years, I believe we will have a scaffold product that supports engineered cartilage available for testing in patients," Dr. Szivek says.

His team is part of a growing group of scientists in a new era of tissue-engineered orthopaedic medicine. Cellular replacement to permanently repair the body, rather than the current methods of drug treatment or mechanical replacement, is the focus of this science. Ultimately, the purpose of Dr. Szivek's research is to eliminate the need for artificial joints and to restore mobility for those with joint problems.

"We are studying material that will provide a strong rigid framework to support engineered tissue in the knee joint with the ability to degrade after the new tissue heals to the patient's cartilage. We have also been successful in developing an effective sensor and micro transmitter that works in conjunction with the scaffold to effectively communicate how well the joint is healing and how much weight the patient is putting on it. The research is moving along well," says Dr. Szivek.

The current NIH funding will end in July 2006. Dr. Szivek is wasting no time in applying for a second round of NIH funding for his research. "NIH has generously funded much of the basic work we are doing, but funding does not cover some of our critical patient-focused equipment needs. We still need to look to private donors to make our research successful," says Dr. Szivek, who needs to secure approximately \$400,000 of private funding to pay for a highly accurate non-destructive CT imaging device.

The equipment, called the XtremeCT®, just came onto the market and will allow his team to create custom scaffolds for individual patients. "We are excited about this equipment, as it will contribute enormously to the study. We just need to figure out how to pay for it," says Dr. Szivek, adding



*John A. Szivek, Ph.D., is getting closer to developing a successful method to support and implant tissue-engineered cartilage into knee joints.*



that the device will benefit patients who need cartilage repair.

While the fountain of youth through cellular rejuvenation may be far down the road, Dr. Szivek's work is part of a new revolution in science and healthcare. Tissue engineering offers a promise for the future that degenerated joints need no longer be tolerated or replaced with artificial parts. They will be restored with healthy cells and tissues.

## UA's Dr. Grana Named President of American Orthopaedic Society for Sports Medicine

*by Jean Spinelli, AHSC Public Affairs*

William A. Grana, M.D., M.P.H., professor and head of the Department of Orthopaedic Surgery at The University of Arizona College of Medicine, was named president of the American Orthopaedic Society for Sports Medicine (AOSSM) in a

ceremony at the Society's 2005 annual meeting in July.

Dr. Grana joined the UA in May 2000 as head of orthopaedic surgery. He has received numerous grants for resident and fellow education and research; and for development of a model lecture series for resident education in genetics, gene therapy and tissue engineering, featuring speakers from around the country presenting cutting-edge genetic and cellular biology concepts used in orthopaedic medicine. He was listed in the 2003-2004 *Best*

*Doctors in America* database, and has been a speaker at the UA's Mini Medical School, a six-week public lecture series based on the College of Medicine's first-year curriculum.

The American Orthopaedic Society for Sports Medicine, a world leader in sports medicine, research, communication, education and fellowship, is a national organization of orthopaedic sports medicine specialists, including national and international sports medicine leaders.



# Can We Talk?

**If you have a chronic disease, your conversations with your partner may be more important than you think.** Shelley Kasle, Ph.D., research assistant professor at the Arizona Arthritis Center, investigates how relationships impact those with chronic diseases such as arthritis.

Dr. Kasle's "Couples and Arthritis" study focuses on "mutuality" as a potential factor influencing the health of rheumatoid arthritis patients. The study defines mutuality as "reciprocated interest in sharing thoughts and feelings in a close relationship – truly wanting to know where each partner is coming from." Dr. Kasle

measures mutuality as participants' ratings of how often they and their partners react with interest, empathy and openness when they talk about things that are important to them. Although interest, validation and empowerment are components of mutuality, Dr. Kasle notes that highly mutual couples are authentic with each other. "They can be themselves all the

time and they can disagree without jeopardizing their closeness." She adds, "Mutuality is not equivalent to love, since some couples might adore each other and still not converse in ways that fit this definition of mutuality."

Dr. Kasle mails questionnaires to study participants at six-month intervals to assess mutuality and health outcomes such as pain,



Shelley Kasle, Ph.D.

fatigue, depression, arthritis symptoms, physical function and flares. "Initial results suggest that more mutuality is associated with fewer concurrent symptoms of depression and anxiety, less physical disability, and less fatigue," says Dr. Kasle, whose dissertation was based

on data from the study. "In addition, mutuality appears to have a protective role for women RA patients. Women who reported higher levels of mutuality at baseline tended to report better health six months later, even after accounting for initial levels of health."

With these preliminary findings suggesting a link between how



*Women who reported higher levels of mutuality at baseline tended to report better health six months later.*

partners relate to each other and their health outcomes, the Arthritis Foundation recently awarded Dr. Kasle \$50,000 annually for up to three years to investigate this link further in 140 women rheumatology patients. Initial results also suggest that mutuality may be important for the health of men who have RA. Additional funding to expand the study to male RA patients is being sought through the National Institutes of Health.

These studies are expected to increase understanding of "active ingredients" in good relationships. This information can be used in the development of social support interventions to improve outcomes for people living with chronic disease.

## Final Enrollment for the Knee Study

The Arizona Arthritis Center is seeking its last group of participants for the Knee Study. The study, funded by the National Institutes of Health, serves to better understand the effectiveness of using self-management education and exercise to treat early-stage arthritis. If you are between the ages of 35 to 65 and have had knee pain within the last five years that has lasted a total of four months out of the year, you may be eligible to take part in the study. Participants will be randomly divided into three groups with treatments including a physical training or self-management program or a combination of both. The study provides participants with valuable information to manage their arthritis as well as their overall health. Each participant is enrolled in the study for a total of two years.

**To find out how to participate, call (520) 626-1100 and ask about the Knee Study.**



# Trailblazing Study Focuses on Retroviruses

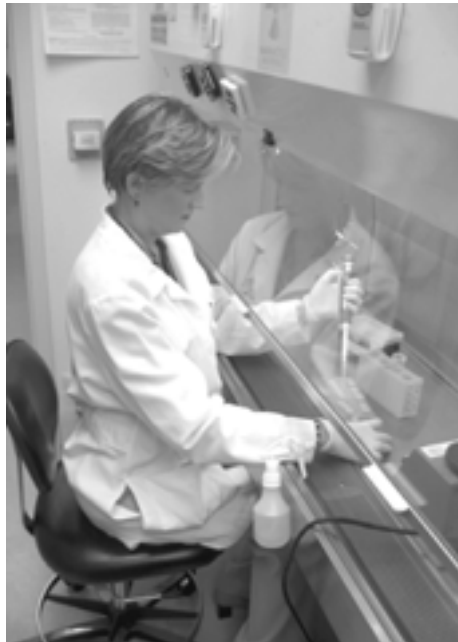
**Miranda K. Adelman, Ph.D.,** research assistant professor at the **Arizona Arthritis Center,** is **blazing a trail to better understand the pathways leading to autoimmune disease.** Funded by the Southwest Clinic and Research Institute (SCARI), her groundbreaking work at the Center is focused on human endogenous retroviruses. Dr. Adelman wants to find out what role these retroviruses play in autoimmune disease.

The human immune system is a miraculous network of cells and tissues whose primary function is to seek out and eliminate pathogens such as bacteria and viruses. The immune system has the ability to alter the functions of various cells in the body and can destroy cells that pose a threat.

Autoimmune disease represents an increasing class of medical conditions that afflict millions of people throughout the world. Autoimmune diseases, such as rheumatoid arthritis and systemic lupus erythematosus, occur when the immune system doesn't work properly. Immune cells mistake the body's normal cells as invaders and attack them. In rheumatoid arthritis, for example, the immune system attacks joint tissue, which leads to inflammation and eventual joint

destruction. No one knows why the immune system, in autoimmunity, recognizes and treats normal cells as though they are infected with a germ.

Some scientists believe that genes, the environment and retroviral factors are involved in autoimmune disease. People with certain genes – or combinations of genes – appear to be at higher risk for developing autoimmune disease. Once developed, the disease



*Miranda K. Adelman, Ph.D., at work in the Immunology Lab.*

manifests when the immune system is turned on by something from the environment, such as the sun, drugs or infections.

A retrovirus is a type of virus that is capable of altering the normal

genetic writing process, causing the host cell to replicate the virus with itself. Endogenous retroviruses are noninfectious, whereas exogenous retroviruses, such as HIV, are infectious.

“Endogenous retroviruses have been present in all humans throughout time, and their presence is not well understood,” says Dr. Adelman. “Human endogenous retroviruses are found in the blood, synovium, cerebral spinal fluid and salivary glands of autoimmune patients, suggesting a link to causative factors in autoimmune disease.”

To understand the role endogenous retroviruses have in the disease, Dr. Adelman is studying the tissue of patients with systemic lupus erythematosus and investigating how retroviruses mimic proteins that trigger the immune system.

Current treatments for autoimmune disease alleviate symptoms rather than the root cause of the disease. The closer Dr. Adelman comes to understanding how human endogenous retroviruses lead to autoimmune disease, the broader will be the implications of her findings. “In addition to learning a great deal about immunology in general, it is possible that this research could lead to effective therapies that block the causes of immune disease,” says Dr. Adelman, adding that the study results could also have important implications for better treatment and prevention of HIV.

## MARK YOUR CALENDARS! ARIZONA ARTHRITIS CENTER CALENDAR OF EVENTS

**AAC Friends Membership Luncheon**  
Skyline Country Club  
Wednesday; October 19, 2005;  
11:30 a.m.

**Thriving with Arthritis Week**  
Canyon Ranch  
October 23- 29, 2005

**AAC Friends Conversations and Lunch/Eva Holby Lectureship**  
Arizona Inn  
Thursday; February 9, 2006;  
11:30 a.m.

**Living Healthy with Arthritis**  
Duval Auditorium/UMC  
Saturday; March 25, 2006;  
9:00 a.m.

**SAHBA/Lute Olson Auction**  
Location TBA  
Thursday; April 27, 2006; 5:30 p.m.

**SAHBA/Lute Olson Lunch**  
Location TBA  
Friday; April 28, 2006; 11:30 a.m.

**SAHBA/Lute Olson Golf Tournament**  
Randolph Golf Complex  
Saturday; April 29, 2006;  
7:30 a.m.

**AAC Friends Breakfast Chat**  
Canyon Ranch  
Wednesday April 26, 2006;  
9:00 a.m.



*Susan and the late Saul Tobin at the Center's 10th Anniversary Celebration in November 2004.*

# The Tobin Legacy

**Saul Tobin was a remarkable builder. A successful Tucson home builder for three decades, he also worked tirelessly to build the Tucson community with love and care, and he inspired others to do the same.** The Arizona Arthritis Center's success was founded in large part through the work of this outstanding philanthropist and his wife, Susan.

Saul passed away after a courageous battle with melanoma on February 8, 2005. The Susan and Saul Tobin Endowment for Research and Education in Rheumatology was established last year at the Arizona Arthritis Center in tribute to the Tobins. Once the endowment reaches \$1 million in contributions, a program will be put in place that will ensure excellence in research and education in rheumatology for many years to come.

Last October, Mel and Enid Zuckerman provided the lead \$100,000 gift. Donald and Joan Diamond and Jim and Vicki Click followed with matching contributions. Susan and Saul pledged \$150,000 to the fund and hundreds of the Tobin's friends stepped forward with generous gifts. The fund has reached more than \$500,000 in less than a year.

Susan has had rheumatoid arthritis since she was a teenager. When Saul and Susan's first child was born, Susan's symptoms worsened. The Tobins moved from New York to Tucson in 1959 hoping that the warm dry climate would help Susan better cope with her disease. Her health improved and Saul's career in home building soared.

In 1986, The University of Arizona Foundation approached Saul, the 1973-74 president of the Southern Arizona Home Builders Association (SAHBA), to establish a fundraising relationship between SAHBA and the Arizona Arthritis Center. The UA Foundation promised to work with Lute Olson to encourage his participation. Around the same time,

Marvin Volk, a SAHBA founder and 1954 president, and Saul's close friend, died in a car accident. Marvin suffered from arthritis and his driving skills had been impaired as a result.

With Susan and Marvin serving as inspirations, Saul organized a fundraising campaign for the AAC in 1987. From that campaign began an amazing ongoing commitment by Saul, SAHBA and Lute Olson to support the work of the Center. Saul was the driving force behind the effort. Over the years, more than \$1.4 million has been raised to benefit the AAC through the annual SAHBA Lute Olson Auction, Lunch & Golf Tournament. This past April's event was one of the most successful, raising close to \$100,000 in honor of Saul.

Saul's dedication to the annual fundraiser was only a part of the enormous contributions he made to the Center. In 1986, he became a founding member of the AAC's Advisory Board. He served on the Board as its chairman from 1995 to 2000, and as chair emeritus thereafter. "Saul was a 'mensch.' He was wise, knowledgeable and straightforward. We looked to him for advice on matters of importance," says Jeffrey Lisse, M.D., the Center's interim director.

Saul played a key role in bringing millions of dollars in endowments and capital campaign funds to the Center. "Saul was a fundraiser like no other," says Bill Ardern, the Center's Advisory Board chair. "When Saul asked you for money, you could not say no. He had already set an example through his personal commitment and contributions. He and Susan have built a legacy at the Center."

Susan Tobin has had her ups and downs with rheumatoid arthritis over the years and, despite the challenges, is an active grandmother who stays busy in the community. She serves on the Board of the Arizona Arthritis





Center Friends, whose mission is to build support for the Center through education, public awareness and community involvement.

In 1997, Saul was named “Distinguished Citizen of the Year” by the UA College of Medicine. A dedicated member of the Jewish community, Saul helped plan and build Congregation Anshei Israel. The Jewish Federation of Southern Arizona named him “Man of the Year” in 1974, and once again in 1984. He was recognized by SAHBA as the “Distinguished Citizen of the Year” in 1984, 1985 and 1986 for his wide range of community efforts.

“This important endowment acknowledges Susan and Saul for their extraordinary contributions that have made the Center what it is today,” said David Yocum, M.D., immediate past director of the Arizona Arthritis Center, at last year’s Anniversary Celebration to honor the Tobins.

At that celebration, Saul talked about a guiding Jewish principle, “tikkun olam,” or “repair of the world,” – in other words, the building of the world as a better place for all living things. He said, “I once got a Chinese fortune cookie, and I kept it in my wallet all my life. It said ‘If you continue to give, you will receive.’ I use that as a guide, and I have found it to be true. I have never gotten poorer because I gave something.”

*The Center looks forward to highlighting supporters and celebrating the completion of the endowment when it reaches \$1 million. If you would like more information, or if you would like to contribute to the Susan & Saul Tobin Endowment for Research and Education in Rheumatology, please contact the Development Office at (520) 626-7902. Planned gifts are especially encouraged.*

*“In the quiet hours when we are alone and there is nobody to tell us what fine fellows we are, we come sometimes upon a moment in which we wonder, not how much money we are earning, nor how famous we have become, but what good we are doing.” A. A. Milne*

## Planning a Bequest

A charitable bequest is a way of doing good. Your estate plan says a great deal about who you are and the values you cherish. A bequest to the Arizona Arthritis Center confirms that you highly regard the Center’s commitment to both care and research to improve the quality of life for people living with arthritis and that you value the Center’s mission to create a world free of arthritis and autoimmune disease.

Bequests received from Arizona Arthritis Center benefactors make an enormous difference in the Center’s ability to conduct important research. You, as the donor, choose how the funds from your bequest are to be used. Endowment gifts of more than \$1 million provide income in perpetuity for a designated purpose.

*Consider making a bequest to the Arizona Arthritis Center. Careful planning is essential and will ensure your wishes are followed. The Arizona Arthritis Center and The University of Arizona Foundation’s Office of Planned Giving can help. We can answer your questions and guide your planning. Please give us a call today at (520) 626-7902.*

## Make a Gift...Receive Income for Life

What a concept! You make a gift to the Arizona Arthritis Center and receive income for the rest of your life. That exactly describes a charitable gift annuity.



Here’s how it works. You make a gift of cash or marketable securities to the Arizona Arthritis Center in exchange for a fixed annuity contract. Once established, you receive fixed payments (annually, quarterly or monthly) for the remainder of your life. It also is possible to receive the payment for two individuals. Or if you desire, the payments may begin at a future date. When the gift annuity terminates, the remaining balance will go to the Arizona Arthritis Center.

### What about the tax benefits? Consider the following:

- You receive an immediate charitable contribution deduction.
- A portion of the annuity payments may be tax-free.
- When funded with appreciated assets (stocks), there is no initial capital gain when the gift annuity is created.
- You may realize significant estate-tax savings.

Charitable gift annuities can be funded with as little as \$10,000. And getting older has its rewards. The gift annuity rates increase with age!

*For more information on establishing a charitable gift annuity that benefits both you and the Arizona Arthritis Center, please contact the Development Office at (520) 626-7902. Gift annuities are not available for residents of the following states: Arkansas, California, Hawaii, Maryland, New Jersey, New York, North Dakota, Oregon, Washington or Wisconsin.*

# Successful SAHBA/Lute Olson Event Honors Saul Tobin

**One of our most successful events in years, the 2005 SAHBA/Lute Olson Auction, Lunch and Golf Tournament raised \$97,136 to benefit the Arizona Arthritis Center. In 1997, the year the Wildcats won the NCAA Title, the event raised a little over \$100,000.** The fundraiser has benefited the Center with almost \$75,000 every year since the Cats' exciting win. The popular three-day event this past April honored Saul Tobin, who started the tournament 18 years ago and was committed to its success every year. Saul passed away in February after a long battle with melanoma.

“With Saul in mind, everyone on the committee worked very hard to make the event one of the most successful ever. Because the event was in honor of Saul, we received an enormous amount of support,” says Tony Mellor, president of Tiger Promotions and event chair.

Just a few months before the event, despite Saul's declining health, he was the first to secure an Auction donation for the event. “That was so like Saul,” the event planning committee states. Like each year before, his hard work

motivated other committee members.

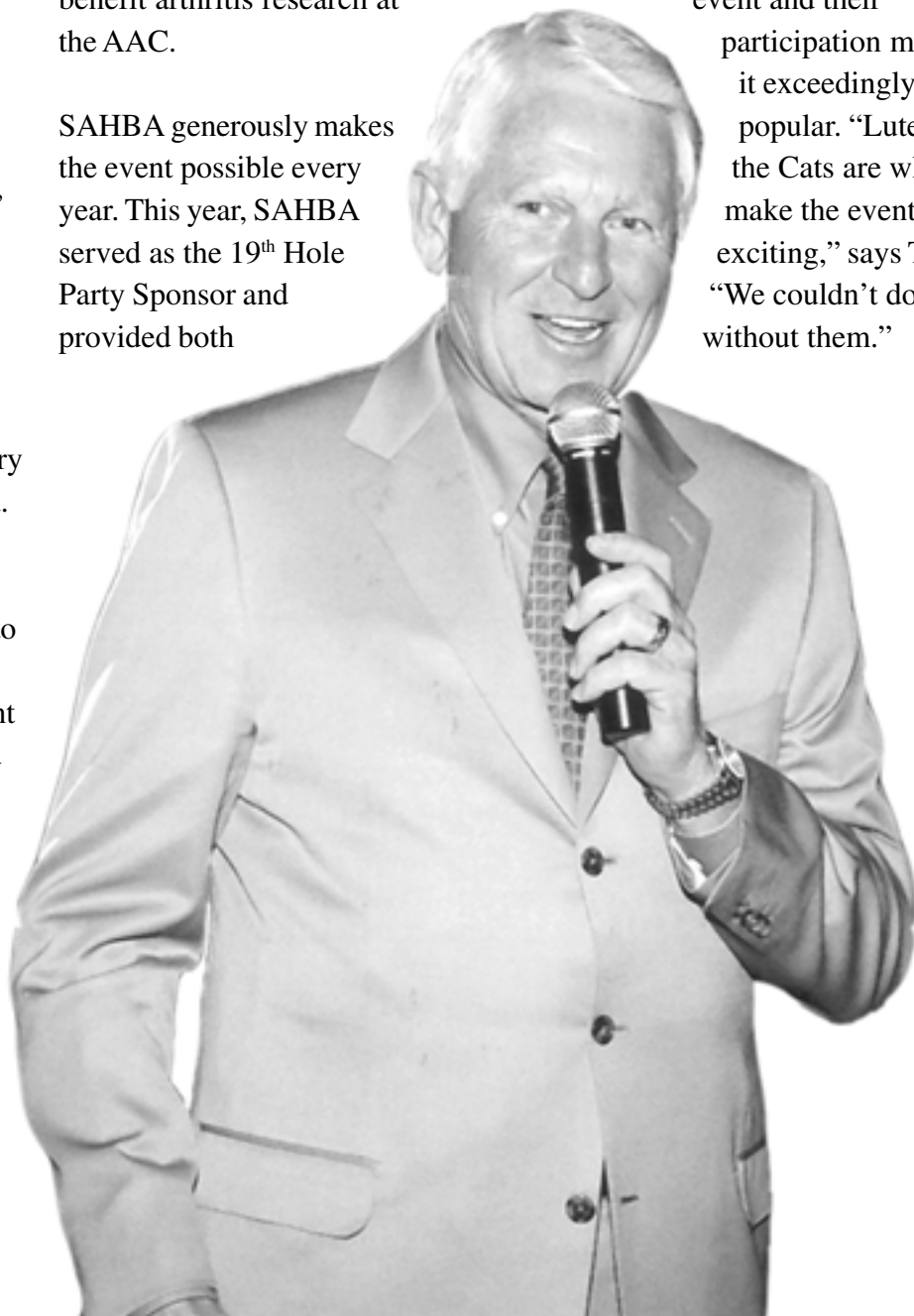
Saul was a well-known home builder and community activist. He served as SAHBA's president from 1973-74. Inspired by his wife's, Susan's, challenges with arthritis—and by the disease's role in contributing to a good friend's death – Saul was instrumental in involving SAHBA in fundraising to benefit arthritis research at the AAC.

SAHBA generously makes the event possible every year. This year, SAHBA served as the 19<sup>th</sup> Hole Party Sponsor and provided both

staff and other financial support. At the Lunch with Lute event on April 15, SAHBA's immediate past president and life director, Carole Pawlak, thanked Lute Olson for his generous gift of time to partner with SAHBA in building a better community.

Despite a hectic schedule, Lute and his team find the time every year to attend the three-day

event and their participation makes it exceedingly popular. “Lute and the Cats are what make the event exciting,” says Tony. “We couldn't do it without them.”



*Lute Olson addresses the gathering at Sullivan's Steak House.*







*The exciting Silent Auction always draws a crowd.*



*Lunch with Lute includes a fantastic meal in an intimate setting at Sullivan's Steak House. Christine and Lute Olson applaud as event chair, Tony Mellor, thanks guests.*

*Thank You to the VIP Title Sponsor*  
**Desert Diamond Casino**

*Many Thanks To The Following Sponsors!*

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**SAHBA**

- 19<sup>th</sup> Hole party Sponsor

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**University Medical Center**

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**CBIZ Gordon, Zucarelli and Handley**

- Lunch with Lute Co-Sponsor

**Leslie Galloway**

- Lunch with Lute Co-Sponsor

**Canyon Ranch**

- Auction Item Highlight Sponsor

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**Port-A-Pit**

- 19<sup>th</sup> Hole Barbeque Sponsor

**Royal Buick**

- Hole-in-One Sponsor

**SAVE THE DATE!**

**April 27, 2006**  
 SAHBA/Lute Olson  
 Celebrity Auction

**April 28, 2006**  
 Lunch with Lute

**April 29, 2006**  
 SAHBA/Lute Olson  
 Celebrity Golf  
 Tournament

**Open to the Public**  
 Enjoy Fun, Food, Festivities and Foursomes with Lute and the Wildcats!  
 Call (520) 626-7901



## Julius (Jules) Litvack

November 6, 1929 – July 27, 2005

**The AAC Advisory Board lost a very special member and friend this summer.** Julius Litvack passed away suddenly from an infection on July 27. He was a compassionate and generous individual who served on the Board from 2001 until his death.

Jules was born in Brooklyn, New York, on November 6, 1929. He was an insurance executive and real estate developer who moved to Tucson in 1995. Jules became interested in the Arizona Arthritis Center through his good friend Saul Tobin. He joined the AAC Advisory Board to support the Center in its mission to find better treatments and ultimately a cure for arthritis.

Jules and his wife and love of his life, Elaine, were passionate about art, and were on a mission to visit every major art museum. Among many valuable gifts to the Center, Jules and Elaine donated a signed Maurice Utrillo lithograph circa 1930s/40s to this year's SAHBA/Lute Olson Event. Jules and Elaine were active in the community and were especially connected to the Sunstone Cancer Center, where Elaine works tirelessly as a volunteer development director.

Jules was proud of their three children – Neil, David and Wendy, and he adored his five grandchildren. Distinguished, refined and yet down-to-earth, Jules was known for his outstanding sense of humor and love of family, friends, and community. He will be greatly missed by everyone who knew him.



*Jules Litvack*

## Arizona Arthritis Center Friends Update

**Last year, 2004 – 2005, was quite a year for the Arizona Arthritis Center Friends.** Membership continued to grow and is now over 200. This is more than double what it was two years ago. This growth allowed us to provide \$7,095 in equipment support to one of our youngest, most promising researchers at the Center, Dr. Miranda Adelman.

Conversations and Lunch in February saw its biggest turnout ever with a 50 percent increase over the previous year. Rollie Moskowitz, M.D., from Case Western Reserve, our second Eva Holtby Memorial speaker at Conversations, enlightened us with his presentation “From Aspirin to Cortisone to Biologics – 50 Years of Progress.” And we were able to share him with the Tucson Rheumatism Society and the College of Medicine for Grand Rounds. Our Friends group in Green Valley had a full-year series of educational programs. The half-day “Living Healthy with Arthritis” public conference was, as usual, a resounding success and had more sponsors than ever before.

All educational events for 2005-2006 are scheduled and speakers secured. Our own Miranda Adelman, Ph.D., and Iris Bell, M.D., Ph.D., from the UA Program in Integrative Medicine, will be featured at our Membership Luncheon on October 19 at Skyline Country Club. Claire Bombardier, M.D., from the University of Toronto and our third Holtby Memorial speaker will surely perk our interest at “Conversations” on February 9, 2006, with her topic: “The Interplay of Doctors, Government, and Public Relations on Arthritis.”

Friends now has a solid membership base and board, and we are implementing bylaws to ensure continuity of events and fiscal accountability to allow growth for the future. We have a great board and everyone is willing to pitch in at all events. I am pleased and proud to serve as the volunteer chair of Friends these past two and a half years, and along with other board members, to have helped maintain the Eva Holtby legacy.

Gail Kershner Riggs, MA, CHES  
Chair, Arizona Arthritis Center Friends

**For questions regarding Friends or to join Friends, please call (520) 626-7901.**



# Thriving with Arthritis Week Set for Oct.

**For those with arthritis, there is nothing like “Thriving with Arthritis Week.”** The program, beginning on Sunday, October 23, and running through Saturday, October 29, offers participants the chance to gain valuable knowledge and receive personal treatments to help manage the disease for greater mobility and quality-of-life at one of the best luxury health resorts in the world - Canyon Ranch.

The week includes group activities, consultations and discussions about the latest research on medications, treatments, diet and exercise. The focus of the group activities is to educate, while encouraging support and exchange of helpful information among those with similar conditions. An integrated team of professionals, which includes Arizona Arthritis Center rheumatologists, provides guests with the gold standard in care and technology.

Offered annually, the special week has been popular among guests for more than a decade. Rates begin at \$4,860 for double occupancy and include a seven-night stay, three exquisite and healthy meals daily, airport transfer, use of all resort and spa facilities, allowances for Health & Healing and Spa & Sports services and all gratuities.

**For more information or to make a reservation, call 1-800-742-9000 or visit [canyonranch.com/arthritis](http://canyonranch.com/arthritis).**

## Arizona Arthritis Center Clinic Update

If you make an appointment today, you will be able to see one of our outstanding rheumatologists in only two to three weeks. Our physicians are dedicated to exceptional patient care. Located at 535 North Wilmot, the clinic offers ample parking and a comfortable and pleasing atmosphere.



*From left: Cindy Straw, A.N.P.; James Posever, M.D.; Margaret Miller, M.D.; Jeffrey R. Lisse, M.D. Chief, Section of Rheumatology and Interim Director, Arizona Arthritis Center; Berchman Austin Vaz, M.D.*



### We Offer:

- Complementary and alternative therapies
- State-of-the-art infusion clinic
- Special expertise in lupus, rheumatoid arthritis, osteoporosis and osteoarthritis

## Meet our Fellows



*Mayra Oberto-Medina, D.O.*



*Darush Rahmani, D.O.*



*Kyaw (Joe) Swe, M.D.*

No referrals are necessary, except when required by insurance. Most insurance plans are accepted.  
**To make an appointment, please call (520) 694-0611.**



# A Message from the Interim Director

I am honored to serve as interim director during this time of great change at the Arizona Arthritis Center. There are challenges to meet and opportunities ahead, and I'm confident that the Center will thrive.

We are continuing several of the Center's projects, including the APART trial, headed by Lisa Hymson, M.P.H. Michelle Cornett, RN, continues with her successful recruiting efforts in the NIH-sponsored Knee Study, and the Gait (Glucosamine/Chondroitin Arthritis Intervention Trial) Study also is ongoing. Our collaboration with Canyon Ranch continues, and due to the generosity of the Lovell Foundation, the Living Healthy Program will continue.

To efficiently expand our efforts, I believe that it's important for the Center to reach out for collaborations both within the University and in the community. We are strengthening ties with the local Arthritis Foundation. In collaboration with the University's Program in Integrative Medicine, we are beginning a study on complementary medicine in rheumatology clinic patients. We have also been working with the University's Center of Excellence in Women's Health to expand cooperative clinics and research endeavors, and the Women's Health Initiative, to look at some of the rheumatic outcomes in that patient population. Through the efforts of Gail Riggs, MA, CHES, we are working with Reuben Naranjo, a graduate student and a member of the Tohono O'odham Nation, to produce culturally appropriate educational materials on rheumatic diseases, especially rheumatoid arthritis. Through Desert Diamond Casino, the Tohono O'odham Nation has been very generous in supporting our SAHBA /Lute Olson event, and we want to do all we can to help members suffering from rheumatic diseases.

Exciting cutting-edge research continues at the Center through the efforts of outstanding researchers, Shelley Kastle, Ph.D; Miranda K. Adelman, Ph.D; and John A. Szivek, Ph.D. The Charles A.L. and Suzanne M. Stephens Chair of Rheumatology will bring much to the Center and will surely work to completely fill our laboratory space, which has not been fully optimized for some time. In the meantime, I'm going to do all I can to have our clinical research endeavors as robust as possible. The future is bright for the AAC's continuation as a Center of Excellence for basic and clinical research linked with excellent clinical care and education.

Jeffrey Lisse, M.D.  
Interim Director, Arizona Arthritis Center



Jeffrey R. Lisse, M.D.  
Interim Director,  
Arizona Arthritis Center

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