

Generous Gift Inspired by Love of Family Affected by Juvenile Arthritis

Charles “Mac” and Sophie McKenzie had very personal reasons for establishing their planned gift that one day will fund the McKenzie Pediatric Rheumatology Chair. Sophie’s sister, Mary (better known as Bunny), who introduced the couple, suffered from juvenile rheumatoid arthritis. Later in life, Sophie also developed rheumatoid arthritis, making the McKenzies painfully aware of the need for better diagnosis and treatment.

Originally from South Carolina, Mac joined the Navy in 1938. After completing machinists’ school in Norfolk, Va., he was stationed aboard the USS Honolulu, with its home port in Long Beach, Calif.

Sophie’s sister, Bunny, moved to Long Beach to be with her husband, another Navy man. When Bunny’s husband was deployed overseas, Sophie joined her sister, moving from Brooklyn, N.Y. Bunny introduced her to Mac, and the couple married on Oct. 1, 1941.

In December 1941, the USS Honolulu was docked in Pearl Harbor, Hawaii, with Mac assigned to work on the ship’s boiler. He vividly remembers seeing naval officers return from a luau early in the morning of Sunday, Dec. 7, 1941. A scene of revelry quickly turned to horror as the sky filled with Japanese planes and Pearl Harbor



Wedding Photo of Charles “Mac” and Sophie McKenzie

was under attack. Mac survived the carnage and pandemonium. Sophie, who remained at home port in Long Beach, heard the news as she was having a leisurely Sunday morning

breakfast with friends. It was some weeks before Sophie knew that her 23-year-old husband was alive and well.

Continued on p. 3



ARIZONA
ARTHRITIS
CENTER

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One of nine Centers of Excellence at The University of Arizona College of Medicine, the Arizona Arthritis Center is dedicated to biomedical research into the causes and treatments of more than 100 forms of arthritis. Understanding the ways that arthritis, bone and connective diseases start and progress is the key to helping individuals with arthritis lead healthier lives.

Arizona Arthritis Center

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A Message from the Director The AAC's Long-term Vision for Worldwide Excellence

At the Arizona Arthritis Center, we have our sights set on the long-term future. Our ultimate vision is to make this a center recognized worldwide for absolute excellence in translational research of rheumatic and other immune-mediated diseases.



Salvatore Albani, MD, PhD

Our fundamental mission is to serve the diverse communities that look to us for a world free of arthritis. These communities include, first and foremost, arthritis patients and their families. We must further develop outreach and educational activities to become a beacon of reference for support and education. Our first objective must be to make a difference in the lives of those we serve. We need to communicate effectively what we do and what we can offer. We also need to listen and understand what the community needs from us.

Another community we serve is our students — including medical students, immunology research scientists, resident-physicians and rheumatology fellows. We have to mentor and challenge them to use their curiosity, ideas, passion and methods to overcome the limits we now face and to continue to grow as biomedical scientists.

Building Collaborations

Outstanding status in multiple areas can only be achieved with a concerted team effort and by developing a decisive “critical mass.” To accomplish this, the AAC will become more engaged with colleagues throughout Arizona and become a true statewide center for care, education and research. Beginning with the Phoenix area, during the first months of my tenure we

have successfully expanded our faculty to include five outstanding rheumatologists in Greater Phoenix. Future plans include similar collaborations in other communities. This is the first step in a series of research, education and outreach activities that will harmoniously link initiatives in all areas into one coherent program.

Pursuing Translational Research

Recognizing the ever-changing world in which we operate, the AAC needs to become part of a dynamic international network. Many efforts already have been launched in this area. Of particular relevance, several international collaborative projects are operational. Moreover, the AAC is the pivot of an entirely new educational initiative that will award an International Certificate for Translational Medicine, to be offered next year by the Eureka Institute for Translational Medicine (www.eurekainstitute.org).

The AAC provides a vibrant and diverse research environment where innovative ideas will be nurtured from conception and developed, when appropriate, to clinical testing. This objective can be achieved by first capitalizing on already-existing areas of strength and expanding creatively with diverse lines of research. An emphasis must be given to the multidisciplinary and multidimensional capabilities of our technology platform. This is an aspect that is particularly important at a time when profound changes are being planned and soon will be implemented at The University of Arizona. We welcome these changes as an opportunity for the AAC to contribute significantly to the growth of a true world-class university statewide.

Developing Better Treatments

Understanding the molecular immunology of adaptive immunity and its manipulation for therapeutic purposes is one of the

Continued on p. 8

“Mac has always been very humble about his military career during World War II. He, as so many of his generation, was just doing what had to be done,” said Irv Mindes, a friend and financial planner who also serves on the Arthritis Center Advisory Board.

Mac retired from the Navy in 1958. “I retired from the Navy at 11:30 a.m. and by 1 that afternoon was on the payroll of Abbott Labs,” said Mac. He and Sophie both worked at Abbott in suburban Chicago until they retired to Tucson in 1980, where Mac had an old Navy buddy.

In 1982, the McKenzies became clients of Irv. “Over the years we became good friends, sharing countless pizzas and discussing cars. Mac really enjoys and knows his cars,” said Irv.

Sophie and Mac, who had a strong love that endured much sea travel during his career in the Navy, were married for 67 years before she died on March 2, 2008. Since Sophie was a patient of Jeffrey Lisse, MD, at the Arizona Arthritis Center, Irv understood their desire to support the Center. He advised them on

It was some weeks before Sophie knew that her 23-year-old husband was alive and well.

planned giving tools to help them meet their goals of providing a lifetime income from their estate that one day will fund the McKenzie Pediatric Rheumatology Chair.

Mac, now 93, continues to live in the couple’s home in Tucson.

You Can Help

About one in 250 children — 6,000 in Arizona and nearly 300,000 in the United States — has been diagnosed with arthritis or another rheumatologic condition. Private funding for research is crucial if scientists at the Arizona Arthritis Center are to discover better methods to diagnose and treat pediatric rheumatology. Your donation will help further our mission.

For information on how to give, please visit www.arthritis.arizona.edu or call our development office at **(520) 626-7901**.

Leaving Your Legacy



To advance the mission of the Arizona Arthritis Center as a world-class arthritis research institution, the generosity of people like Sophie and Mac McKenzie – and you -- is crucial. That is why we seek your support and ask you to join us in fighting this debilitating disease.

We also want to help you benefit from making a gift to the center. How does this happen? In addition to the satisfaction that comes from knowing you have made a difference in the lives of people affected by arthritis, the best gift plans also improve your financial and tax situation. Of course, you should obtain the professional counsel of an estate-planning attorney.

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

tax, and possibly increasing your income while reducing estate and gift taxes.

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

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

Please contact the development office at the Arizona Arthritis Center, at **(520) 626-7901**. We will help connect you with experts at The University of Arizona Foundation who can help you support the Arizona Arthritis Center while receiving the maximum personal financial benefit.

Make a Difference with Arizona Arthritis Center Friends

By Joan Lisse

This is an exciting year to become involved as a member of the Arizona Arthritis Center Friends (AACF). Arthritis research encompassing both immunologic and orthopedic approaches is accelerating. With your membership and involvement, you can play a role in helping the AAC further its goal of continuing research by scientists in different disciplines as they share knowledge and advance treatment from visualization to realization.

For the millions of people who have arthritis or related diseases, each is literally aching for help. Cutbacks in federal grants for medical research ultimately will affect everyone eager for breakthroughs in every disease. The staggering number of people with arthritis and arthritis-related diseases mounts every second. The primary cause of disability in the U.S. is arthritis. The sobering fact is that the swelling numbers of afflicted individuals will greatly affect personal well being and our entire economy.

When the late Eva Holtby established the AACF in 1997, building community support for the AAC was the primary goal. Education, public awareness and community involvement have been our core for the past 11 years. Join this dynamic, friendly group, and participate! Individual membership is \$35 per year. Family membership is \$60 per year.

For more information, please call (520) 626-7901 or visit www.arthritis.arizona.edu.



From left: Joan Lisse, chair of the Arizona Arthritis Center Friends Board, welcomes new members Phyllis Salmon, Carl Maass and Ellen Reed.

Get to Know Us at Our Membership Tea

Please join the AACF for its Annual Membership Tea to hear acclaimed lecturer Sujata Sarkar, MD, rheumatologist with the AAC who delivered an excellent presentation at the *Living Healthy* conference in May. Her topic will be, "Why do we get rheumatoid arthritis?" The Membership Tea is a wonderful opportunity to reconnect with returning AACF members, welcome new members who are interested in the educational programs offered by the AACF, as well as learning about and supporting the exciting research being done in the AAC.

The Tea will be held at Skyline Country Club, Thursday, Nov. 6, from 2:30 to 4:30 p.m. The cost is \$25 for AACF members and \$30 for non-members.

Other Upcoming Events

Conversations and Lunch—Join us in February to talk with AAC faculty and researchers during lunch. Hear a renowned rheumatologist, funded by the **Eva M. Holtby Endowed Lectureship**.

Breakfast Chat at Canyon Ranch—Enjoy the beautiful spa surroundings at Canyon Ranch this spring while getting an update on arthritis research and treatments.



Donor Generosity Helps Advance Arthritis Research and Outreach

The Arizona Arthritis Center's quest for cures dependent on the generosity of private donors in addition to government and industry grants. We thank the following donors and funding organizations for their recent support.

Understanding the Immune System

American College of Rheumatology, Arthritis Foundation and the Science Foundation of funded grants totaling \$185,000 for **Dr. Sujata Sarkar's** research on a newly defined immune cell, Th17, to learn how it mediates rheumatoid arthritis and identify ways to regulate this cell, with a goal of reducing inflammation and bone damage associated with rheumatoid arthritis.

Southwestern Clinic and Research Institute (SCARI) renewed a \$47,000 grant to fund the

Living Healthy Monthly Lecture Series



Join us for the Arizona Arthritis Center's free monthly lecture series, *Living Healthy with Arthritis*. Most lectures are held the first Wednesday of each month at 6 p.m. in the Chase Auditorium, Room 8403, University Medical Center, 1501 N. Campbell Ave. in Tucson. For details on programs, visit us online at www.arthritis.arizona.edu.

The topic on Nov. 5 will be *Taking Care of YOU – So You Can Take Care of Everything Else!* On Dec. 3, the presentation will cover ways to deal with problems with your hands, including therapeutic, non-invasive and surgical interventions.

Living Healthy Half-Day Program, Jan. 10

No evening lecture will be held in January. Instead, please register for a special half-day program on Saturday, Jan. 10, from 10 a.m. to 2 p.m. Our featured speaker, James Louie, MD, a rheumatologist from UCLA, will discuss the arts and arthritis. Learn how arthritis has affected the work of some of world's most famous artists.

Tour our research labs during the open house that day, and learn about the exciting research under way at the AAC. Lunch and snacks will be provided. Advance registration is required. There is a small charge for this program for the general public, but the day's events are free for members of the Arizona Arthritis Center Friends — another great reason to join this organization that supports the Center! More details will be posted online at www.arthritis.arizona.edu.

Join us for:



Relaxation



Lectures

research of **Miranda Adelman, PhD**. Since 2003, SCARI has supported her research, which focuses on understanding the pathways leading to autoimmune disease, especially the role of human endogenous retroviruses and their implications for rheumatoid arthritis and lupus. The Lupus Foundation of Southern Arizona also supports Dr. Adelman's research on lupus. Since 2005, the local foundation has contributed several awards averaging \$7,000 to \$8,000 per year.

Improving Ankylosing Spondylitis Diagnosis

The AAC's ankylosing spondylitis research program received two gifts: \$100,000 from The Bartman Foundation, and \$33,000 from Barry and Janet Lang. The AAC is a leader in improving diagnosis for this type of arthritis, which affects the spine.

Understanding Outcomes for Rheumatoid Arthritis

Jeffrey Lisse, MD, received a \$75,000 grant from Centocor to study differences in outcomes between biologic therapies in rheumatoid arthritis using the rheumatology health tracker, a touch-screen computer system, to capture and analyze health information from RA patients.

Helping The AAC Communicate its Mission

The AAC is benefitting from two generous gifts to develop videos to explain the research, outreach and patient care missions of the Center. Lu Lovell contributed \$25,000 to fund a video focusing on research at the AAC, while The AAC Friends are contributing \$3,000 to fund a video that highlights research, as well as outreach, patient care, and ways people can get involved with the Center.

Supporting AAC Research

A \$70,000 bequest from Dolores Van Norman and a \$25,000 gift from the Armstrong Family will be used for general education and research.

Clinical Trials Under Way

AAC physician-scientists are recruiting patients for several industry-funded clinical trials studying new treatments for rheumatoid arthritis, osteoarthritis and lupus. If you would like information on these trials, please contact Jessica Sonder, CCRP at **(520) 626-8219**.

Advisory Board Elects New Leadership

The Arizona Arthritis Center Advisory Board welcomed new leadership at its Sept. 24 meeting. Robert Volz, MD, professor emeritus, orthopedic surgery, will serve as chair. Leslie Galloway, benefits consultant with CBIZ, and Mark Mitchell, Mitchell & Roediger CPAs, will serve as vice chairs.

Michael Hard, who is stepping down after three years as chair, said, "Having served on the advisory board for almost 20 years, it has been an honor for me to act as chair and to be part of the search committee that identified and encouraged the selection of Dr.

Salvatore Albani as the new director. It is exciting to have Bob Volz, a co-founder of the Center, step in as chair and to have another co-founder and former director, Eric Gall, become an active member of the board. Along with Leslie Galloway and Mark Mitchell, what a team!"

Assuming his new role as chair, Dr. Volz said, "As one of the co-founders of the AAC at its inception in 1985, I am pleased to have been asked to serve as the advisory board chair. The Arizona Arthritis Center, from its beginning, has been and remains

today the most important focus of my professional career. I look forward to working with our outstanding board and our new director, Dr Albani, in taking the Center to new heights of excellence in research and education."

"All of us at the Arizona Arthritis Center are extremely grateful to Michael Hard for his wonderful service, and to Bob Volz, Leslie Galloway and Mark Mitchell for taking on new leadership roles," said Dr. Albani.

Advisory Board Adds Members from Phoenix Area

The Arizona Arthritis Center Advisory Board recently added two new members from the Phoenix area.

Sen. Carolyn Allen has served in the Arizona State Senate since 2003, representing her home district of Scottsdale. She is chair of the Health Committee, vice chair of the Appropriations Committee, member of Commerce and Economic Development, and chair of the Subcommittee on Health and Welfare. Senator Allen served in the Arizona State House of Representatives from 1994 to 2002, and as majority leader from 2001 to 2002.



Sen. Carolyn Allen



Nolan Harrison III

Nolan Harrison III is vice president and financial adviser for Morgan Stanley/Global Wealth Management in Scottsdale. Prior to his career in financial services, he played 10 seasons in the National Football League as defensive lineman for the Los Angeles/Oakland Raiders, Pittsburgh Steelers and Washington Redskins. He is active on the National Steering Committee for the NFL Retired Players Association and chairman of the Health Committee. He also is on the board of directors for the Arthritis National Research Foundation and on the executive board for the Scottsdale/Paradise Valley YMCA.

The Arizona Arthritis Center welcomes these new members!



Did You Know?

46 million Americans suffer from the chronic symptoms of arthritis, making it the leading cause of disability in the United States.

Arizona Arthritis Center Clinics

You can choose between two locations for outstanding patient care from our rheumatology specialists, who also teach and conduct research to discover new treatments and improve diagnosis:

- **University Physicians Healthcare (UPH) Clinics at 535 N. Wilmot**
- **UPH Clinics at Kino Campus, 2800 E. Ajo Way**

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

Clinical Staff

- Jeffrey R. Lisse, MD, Chief, Section of Rheumatology, Professor of Medicine
- Cindy Straw, ANP, Adult Nurse Practitioner
- Berchman Austin Vaz, MD, PhD., Assistant Professor of Medicine
- Sujata Sarkar, MD, Assistant Professor of Medicine

Seeking Better Treatments

The Arizona Arthritis Center conducts clinical research in osteoarthritis, rheumatoid arthritis, lupus, osteoporosis and other disorders. To see if you qualify, please call **(520) 626-2592**.



Arizona Arthritis Center fellows are outstanding physicians with a special interest in rheumatology. To become rheumatologists they rigorously train for two years at the Center under the direction of Berchman Austin Vaz, MD, PhD. Pictured from left are fellows: S. Anita Narayanan, MD; Augusto Posadas, MD; and Todd Hofeling, MD.

Pediatric Rheumatology Research Program Seeks Answers to Puzzling Questions

What's the best gift you can give a child with arthritis? Answers.

Answers to questions such as:

- Why do doctors have trouble knowing what type of arthritis I have?
- Why don't current medicines always work on my arthritis?
- What are the long-term effects of the medicines I take?
- What is the right dosage for treating my arthritis?
- When will people understand that I'm not a small adult patient?

These are some of the questions researchers are pursuing at the Arizona Arthritis Center, questions that can lead to answers for the 6,000 children in Arizona and 300,000 in the United States who have an arthritic condition.

“We are working to understand the mechanisms of arthritis. Our goal is to use the body's pathways to modify the disease. This physiologically based approach will be better, gentler on the body and more effective in terms of

controlling specific types of arthritis,” explains Salvatore Albani, MD, PhD, director of the AAC.

To accomplish this, Dr. Albani's lab is studying blood samples of patients to identify immunological mechanisms to develop personalized therapeutic approaches for an individual's particular type of arthritis. This research is expected to improve treatment for children with juvenile idiopathic arthritis, as well as adults, by making therapies more effective while reducing side effects.

The AAC is at the center of nationwide and international research initiatives aimed at finding a cure for these devastating and still poorly understood diseases. (*See Director's Message, p.8 for more details.*)

Dr. Albani's research is funded in part by grants from the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) at the National Institutes of Health (NIH) and the Charles A.L. and Suzanne M.



Stephens Endowed Rheumatology Chair.

A recent application for additional NIAMS funding was judged in the 12.3 percentile, and quite likely to be funded beginning in April, since it is within the NIH 15 percentile funding threshold. The grant will enable the Albani lab to build on the existing NIH award that enables AAC research

Director's Message, Continued from p. 2

areas of current strength. We are at the forefront in the area of specific immunotherapy for rheumatoid arthritis and other autoimmune diseases and we will certainly strengthen and expand these capabilities. Several exciting novel programs already are active at the center. These programs link our molecular immunology, bioengineering and clinical research activities.

Shifting the Paradigm for Children

Another recently introduced area of research includes a world-class

program in pediatric rheumatology. An initial objective will be to strengthen our position in the full gradient of activities, ranging from basic and translational research to clinical care of children with rheumatic diseases.

In November, the AAC will host a consensus conference with some of the most prominent leaders in international pediatric rheumatology from the U.S. and European Union. The meeting will finalize details for what is now the most ambitious international research initiative in

pediatric rheumatology. This initiative will consist of an international clinical trial and likely will lead to numerous clinical and molecular immunology studies. The outcomes promise to be paradigm-shifting for the entire field of pediatric rheumatology research. The Arizona Arthritis Center at The University of Arizona is the leader of this initiative.

We invite you to join us in creating this world-class center.

Pediatric Research, Continued from p. 7

scientists to study immunological effects of treatment with biologics in juvenile idiopathic arthritis. Blood samples will be sent to the AAC from 17 centers nationwide.

"I am particularly proud of this achievement for the AAC, given the low priority JIA usually gets and the extreme competition for federal funding," said Dr. Albani.

The AAC is seeking private support to expand pediatric rheumatology research and build a clinical program.

Advisory Board Members

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Robert G. Volz, MD

Vice Chairs

Leslie Galloway

Mark Mitchell, CPA

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Manfred Albrecht, MD

Sen. Carolyn Allen

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