

ARIZONA ARTHRITIS CENTER UPDATE

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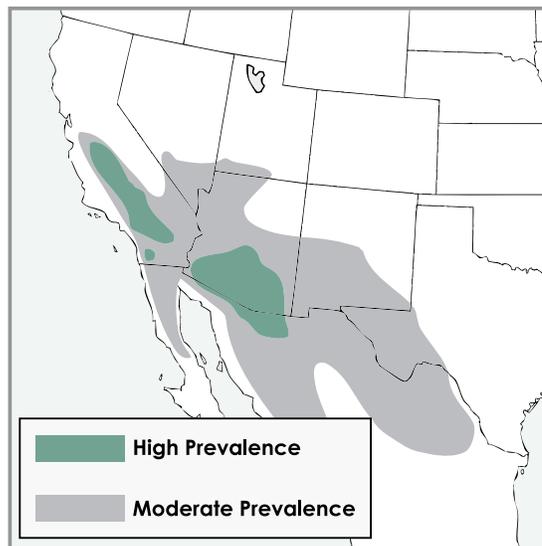
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A CENTER OF EXCELLENCE, A CENTER OF HOPE

No. 23, Spring 2006

Study Emphasizes Need to Test Arthritis Patients for Valley Fever and TB Prior to Biologic Use

A disease gaining prominence in the Southwest, valley fever, and a disease on the decline over the last 60 years, tuberculosis (TB), are important patient risk considerations for rheumatologists. The Arizona Arthritis Center recently concluded an important study that indicates that new therapeutic medications for arthritis, called biologics, can impact patients by making them more at risk for developing valley fever or tuberculosis. "The study has enormous impact, especially here in Arizona, where an awareness of this risk will help us to better monitor and treat our patients," says Berchman Austin Vaz, MD, PhD, assistant professor of medicine with the Arizona Arthritis Center, who oversaw the study.



Geographic distribution of coccidioidomycosis

While not contagious and not always serious, valley fever, also referred to as San Joaquin Valley fever or scientifically as coccidioidomycosis, can be deadly. Coccidioidomycosis first was discovered in the San Joaquin

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Don't Miss It! Lute Olson Celebrity Auction, Lunch and Golf Tournament, April 27-29

You don't want to miss the 19th Annual SAHBA/Lute Olson Celebrity Auction, Lunch and Golf Tournament set for April 27 to 29. The fun-filled three-day festivities are open to the public and provide a chance to meet Lute Olson and the team. Proceeds benefit research at the Arizona Arthritis Center.

Since it was founded in 1987 by the Southern Arizona Home Builders Association (SAHBA), the event has raised more than \$1.5 million for the Center. The event honors the late Saul Tobin, local homebuilder, generous philanthropist, Life Director of the Southern Arizona Home Builders Association and Chair Emeritus of the Arizona Arthritis Center. Organized by SAHBA volunteers, this year's event is sponsored by Desert Diamond Casino.

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Three Days of Fun!

SAHBA/Lute Olson Celebrity Auction THURSDAY, APRIL 27, 5:30 - 9:30 P.M.

The University of Arizona Student Union Memorial Center

(Free parking in the Second Street Parking Garage. Second Street is a one-way street heading east; garage entry is on right, east of Mountain Ave.)

\$25 per person (not tax deductible).

Meet Coach Lute Olson, Coach James Rosborough and the Wildcats; bid on autographed jerseys and basketballs, vacation and golf packages, dinner certificates and many other great items and services from fine local businesses and artists -- even bid on a player or coach to play golf in your group on Saturday. Buffet dinner and drinks included. To donate an item or service for the auction, call the Arizona Arthritis Center, (520) 626-7901.

SAHBA/Lute Olson Lunch with Lute FRIDAY, APRIL 28, 11:30 A.M. - 1:30 P.M.

Fleming's Prime Steakhouse & Wine Bar

6360 N. Campbell Ave., Tucson (southeast corner of Campbell and Sunrise)
Valet parking provided courtesy of SAHBA.

\$100 per person; \$175 per couple; \$850 table of 10. Limited to 125 seats. (Tax-deductible donation: \$45 per person; \$65 per couple; \$300 for table of 10.) This event sells out; advance payment required to reserve seats.

Coach Lute Olson shares his post-season thoughts on the team in a private setting and stays after lunch for photos and autographs.

SAHBA/Lute Olson Golf Tournament SATURDAY, APRIL 29, 7:30 A.M. (Tournament), 12:30 P.M. (19th Hole Party)

Randolph Golf Complex

600 S. Alvernon Way, Tucson

\$200 per individual golfer, \$700 per foursome, \$1,000 per foursome with tee sign, \$500 for tee sign. (Tax-deductible donation: \$65 per individual golfer, \$160 per foursome, \$460 per foursome with tee sign, \$320 for tee sign.) Fee includes golf shirt and boxed lunch. This event sells out; advance payment required to reserve a spot in the tournament.

Join Coach Lute Olson, his coaches and players on the course and at the popular 19th Hole Party for more auction items and raffle prizes.

**RESERVATIONS/MORE INFORMATION:
Contact the Arizona Arthritis Center, (520) 626-7901.**

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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.

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Thriving with Arthritis Week Set for October

Thriving with Arthritis Week is a unique program that could change your life. The special week is set for Oct. 22 through 29 at world-renowned Canyon Ranch Health Resort in Tucson. If you have osteoarthritis, rheumatoid or psoriatic arthritis, fibromyalgia, lupus or scleroderma, you can benefit with improved health and quality of life by attending this program. The week balances medical components with fun and relaxation in the breath-taking surroundings of the world-class spa.

During your stay, you will interact with leading health care experts from the Arizona Arthritis Center and Canyon Ranch Health Resort, including physicians, psychologists, nutritionists, exercise physiologists, and physical, occupational and movement therapists. The package includes:

- Lectures and group sessions
- 30-minute consultation with a rheumatologist
- 30-minute consultation with a rehabilitation therapist (physical or occupational)
- Complete blood profile and 30-minute follow-up with a physician to review the results
- Allowance for luxurious Canyon Ranch services



Thriving with Arthritis Week has been popular among Canyon Ranch Health Resort guests for more than a decade. The week sold out last year, so be sure to sign up now. Rates start at \$5,000 for double occupancy and include a seven-night stay, three delicious and healthy meals daily, airport transfer, use of all resort and spa facilities, allowances for Health & Healing and Spa and Sports services and all gratuities.

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

Current and Planned Gifts Benefit the Center

Planned Gifts

Planned gifts are commitments made by you today, but they are not actually realized by the Arizona Arthritis Center until some future date. They range from simple agreements to complex trust arrangements. Some offer an income for life and provide income tax and estate tax benefits. Planned gifts provide an opportunity for our supporters to address significant future financial obligations to accomplish the Center's mission of finding better treatments and ultimately a cure for arthritis and autoimmune diseases.

While some planned gifts are aimed at current needs, the bulk of these gifts provide resources for tomorrow. Current outright gifts address the immediate needs

of the Arizona Arthritis Center. As they mature, future gifts enhance our current gifts.

Planned Gifts Provide Benefits

Life income agreements are available for those who wish to receive an income for life. An immediate charitable deduction is one advantage of entering into a life income agreement. An example of a simple life income agreement is our gift annuity program. With this program, resources are provided to the Arizona Arthritis Center when the annuity payments end. Another example of a planned gift that provides a benefit is a bequest. Through bequests, donors can make gifts from their estates at death and thereby receive an estate tax deduction.

Foresight

Planned giving donors have foresight. These supporters understand that the

future may hold unusual challenges and opportunities and they want the Arizona Arthritis Center to meet those demands.

Supporters

We appreciate our supporters who assist us year after year with annual contributions and special gifts. We could not exist without you. We also want to honor those of you who look to the future and address the unseen needs that lie before us. You give us hope and confidence in a bright tomorrow.

Professionals

The AAC Development Office, in conjunction with the professionals in The University of Arizona Foundation Office of Planned Giving, is available to provide assistance to you regarding your gift plans. **Please call 520-626-7902.**

SAHBA Fundraising Event Wins National and State Awards

AAC Pho



From left: AAC interim director **Dr. Jeff Lisse**; AAC Advisory Board and SAHBA Lute Olson Committee members **Dr. Robert Volz** and **Leslie Galloway**; SAHBA life director and advisor **Carole Pawlak**; Advisory Board chair **Michael Hard**; AAC Advisory Board and SAHBA Lute Olson committee member **Mark Mitchell**; and SAHBA vice president **Roger Yohem**.

Last summer, the Southern Arizona Home Builders Association (SAHBA) Lute Olson Celebrity Auction, Lunch & Golf Tournament was named "Nation's Best Fundraising Program" by the National Association of Home Builders. A few months later, the Arizona Registrar of Contractors named it a statewide "Building Blocks of the Community" award winner. The event has raised more than \$1.5 million for the Arizona Arthritis Center. In December, the AAC Advisory Board was excited to accept replica awards from their good friends at SAHBA.

Photo Honoring Susan & Saul Tobin Displayed at Center



Susan Tobin is pleased to accept a beautiful photo of her and her late husband, Saul Tobin. Balfour Walker took the archive-quality photo in November 2004, at the Center's 10th Anniversary Celebration honoring Susan and Saul Tobin. Balfour and spouse, Leslie Galloway, donated the print. Ann and Bob Volz, MD, Center co-founder, provided the custom framing. The Center is proud to display the photo in the office reception area.

Guests Enjoy Open House Discussions



Oscar Furet, RN, described drug studies under way at the Center's Clinical Research Unit to guests at the Center's Open House on Jan. 18.



to Gallery

Dr. Eric Gall, Center Director, 1985 to 1994, Returns for Outstanding Presentation at Friends Event



Dr. Jeff Lisse, interim Center director, and **Dr. Eric Gall**, professor & chair of the Department of Medicine at the Chicago Medical School, Rosalind Franklin University of Medicine & Sciences, at the Third Annual Eva Holtby Memorial Lectureship - Conversations & Lunch. The Tucson Room at the Arizona Inn was packed for those who came to hear Dr. Gall's presentation "Advances in Arthritis Research from the Bench to the Bedside."

Important Research Projects Featured at Open House

Lupus Foundation Awards Grant



Miranda Adelman, PhD, accepts a \$2,500 gift from **Jane Toriello** of the Lupus Foundation of Southern Arizona to assist in her continuing groundbreaking research into the pathways that lead to autoimmune disease. In back (from left): **Patty Powell, Anita Baker, Virginia Vasquez, Jack Dufficy, Toni Chardukian, Hugh Branigan**.



At the Center's annual Open House in January, **Paul Howe** presents his new study into ankylosing spondylitis, where new, more accurate ways to measure and assess the disease will vastly improve diagnostics for treatment.



Berchman Austin Vaz, MD, PhD plans to study more biologics for risk of valley fever and TB.

pneumonia, meningitis, arthritis and other serious problems that can result when the infection spreads throughout the lungs or to other parts of the body, such as the liver, heart, bones or joints.

Tuberculosis is caused by a bacterium, mycobacterium tuberculosis, which usually attacks the lungs. It is spread in the air from one person to the next. The bacterium can settle in the lungs and begin to grow, and then move through the blood to other parts of the body, such as the kidney, spine and brain. Just like valley fever, not everyone infected with the bacterium gets sick. When that happens, the disease is called latent TB infection.

over a five-year period to see if those taking popular biologics to control their arthritis were also more at risk of developing valley fever or TB. Patients in the study had rheumatoid arthritis, juvenile rheumatoid arthritis, psoriatic and reactive arthritis.

“We found that patients receiving anti-TNF therapy, specifically infliximab, etanercept or adalimumab, may be at more risk of developing valley fever. The risk of developing TB in patients receiving the therapies was limited to reactivation of the disease in patients who already had tested positive in the past for tuberculosis,” says Dr. Vaz. He added that the study also showed that the therapies played an important role early in the course of contracting valley fever, although with TB, it appeared that

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the therapies might be important early as well as late in the process.

Valley region of California. The fungus is found in the soil of the southwestern United States, Mexico, and parts of Central and South America. With more and more people moving to the Southwest, the incidence of valley fever has expanded, growing by almost 10 times over 10 years, from 1990 to 2000. Exposure occurs when soil is stirred, releasing the fungus spores into the air, where people and animals breathe them into their lungs.

“The study emphasized the need to test patients early and throughout the therapy process, so that those testing positive can be placed immediately on appropriate medications. The biologics we studied are being approved for more diseases, so the need for better monitoring and treatment have expanded for more patients,” says Dr. Vaz, who plans to extend the research to more biologics. Others involved with the study were Darush Rahmani, DO; Laurie Bergstrom, MD; Eric Mueller, MD and Jeffrey Lisse, MD.

According to the Valley Fever Center for Excellence at The University of Arizona, it is estimated that about 150,000 infections occur in the southwestern U.S. every year. Approximately one-third of these result in nonexistent, mild or moderate symptoms. But people with weakened immune systems are at increased risk for developing

People with active TB can be treated and cured, and those with the latent infection can take medications, so that they will not develop active TB.

It is estimated that there are about 150,000 infections in the southwestern U.S. every year

Tuberculosis was a problem early in the last century. But when scientists in the 1940s discovered the first of several medicines now used to treat the disease, the incidence of TB decreased dramatically. TB controls were eased in the 1970s and 1980s, resulting in an increased number of TB cases. Since 1992, cases have declined, but TB is still a problem, with thousands of cases reported every year.

The Arizona Arthritis Center study looked at 415 arthritis patients

Message from the Chair

Arizona Arthritis Center Friends

Eva Holtby is remembered with great regard for founding the Arizona Arthritis Center Friends group 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.

As members of my family have been impacted by arthritis, I personally know how important it is for the Center to continue its cutting-edge research. I have seen how valuable our Friends group is in supporting the Center. It was a tragedy when we lost Eva in 2003. Gail Kershner Riggs was instrumental in keeping Eva's vision alive by agreeing to chair Friends after Eva passed away. Gail did an outstanding job in growing the Friends membership base and continuing its excellent educational events, and I am now pleased and delighted to accept the chairmanship of this great group to help continue Eva's important work.

If you are currently a member of Friends, I would like to thank you for your participation. If you are not a member, I hope you will consider joining Friends. With your Friendship, you extend social goodwill and help to provide educational opportunities in the community to advance arthritis information and understanding, as well as create awareness of the great research conducted at the AAC.

Annual membership renewals are due by Sept. 1, 2006. If you become a member now, your renewal is not due until Sept. 2007. Dues are \$35 for an individual or \$60 for a family and are totally tax deductible, plus they offer the following benefits:

- The newsletter: *Arizona Arthritis Center Update*
- A \$5 discount to our annual Membership Tea
- A \$5 discount to our yearly Eva Holtby Memorial Lectureship - Conversations & Lunch
- An annual complimentary morning called "Breakfast Chat," consisting of informational presentations and a delicious buffet at world-renowned Canyon Ranch Health Resort
- An opportunity to receive an invitation to our annual Living Healthy event

With your support and involvement, we can make a big difference! If you have participated in Friends in the past, but have lost touch with us, we would like to welcome you back. If you are interested in becoming a new Friends member, renewing your membership or helping us to plan our events and activities, please call the Center's Development Office at 626-7901. We hope we are fortunate enough to have your participation and look forward to your Friendship!

Sincerely,



Ralph Silberschlag
Chair, Arizona Arthritis Center Friends
Member, Arizona Arthritis Center Advisory Board



Sandi Kilkuts, Conversations & Lunch co-chair; Bob Volz, MD, Center co-founder; Ralph Silberschlag, Friends Board chair; and Ann Volz, longtime Friends Board member at the Feb. 9, Eva Holtby Memorial Lectureship - Conversations & Lunch.

Upcoming Friends Events!

AAC Friends Breakfast Chat

Canyon Ranch
Tuesday; May 9, 2006; 9 a.m.
(Members only)

AAC Friends Membership Tea

Skyline Country Club
Thursday; Nov. 2, 2006; 2:30 p.m.

AAC Friends Conversations and Lunch/Eva Holtby Lectureship

Arizona Inn
Thursday; Feb. 15, 2007; 11:30 a.m.

A Message from the Interim Director

The transition of the Arizona Arthritis Center continues to evolve. As many of you know, the search to fill the Center director's position through the Charles A. L. and Suzanne M. Stephens Chair of Rheumatology is now under way. The advertisement has been placed in high profile medical journals, and responses are coming in to the search committee. I have been told that interviews will probably begin soon.

In the meantime, the AAC continues to pursue its mission. The outreach programs, including Living Healthy With Arthritis, Thriving with Arthritis Week at Canyon Ranch, Arthritis Foundation collaborations, and AAC Friends functions are ongoing and thriving.

Research projects, including a web-based program that will follow the progress of patients with rheumatoid arthritis and an osteoporosis learning program, are being constructed and should be available very soon. We are hopeful that these programs will be expanded in the near future to include other disease states. Laboratory projects, including those by Drs. Adelman and Szivek, are funded and continuing. Dr. Kasle is continuing to recruit couples, with one member affected by rheumatoid arthritis, in her efforts to study psychoneuroendocrine links to the immune system and inflammatory disorders.

We are also working on a project to measure spinal mobility in patients affected by ankylosing spondylitis, an illness that causes pain and decreased movement in the spinal joints. This will hopefully lead to more precise measurements and better treatments for those with the disease.

A focus on infectious diseases and anti-TNF therapy appears on the front cover of this newsletter. These "biologic" drugs are becoming the standard of care for many of our rheumatic diseases. They are extremely useful weapons in the fight against the pain, damage, and suffering caused by these diseases. However, we are all aware that there are side effects to any medication, and these drugs are no exception. A unique problem to our desert lifestyle is valley fever. As rheumatologists, it is important for us to be vigilant with our patients regarding the possibility of infection with this and other organisms.

These are only some of the projects currently under way. I want to personally thank all of you who have supported the AAC in the last year, and thank you in advance for your future assistance. Our efforts are made possible through support provided by the members of our Advisory Board, AAC Friends, and the all our generous donors.



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

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