



WINTER 2000

ARIZONA ARTHRITIS CENTER UPDATE

Arizona Arthritis Center Carries on Decades Old Tradition of Research and Care

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



The Arizona Arthritis Center Update is published regularly. Correspondence or inquiries should be addressed to: Arizona Arthritis Center PO Box 245093 Tucson, AZ 85724-5093 (520) 626-7901

Design/Production
AHSC Biomedical Communications



ARIZONA ARTHRITIS CENTER

Director
David E. Yocum, M.D.

Director of Development
Carol Willson



The Southwestern Clinic and Research Institute (SCARI) has a long history of research promotion at the University of Arizona. Over the last 12 years, SCARI has played a critical role in the development of the Arizona Arthritis Center. Again this year, the Arizona Arthritis Center gratefully acknowledges a gift from SCARI, bringing total support to more than \$500,000 since 1950.

Dr. Donald F. Hill and W. Paul Holbrook were the original founders of the Southwestern Clinic and Research Institute in 1934. They treated patients here in Tucson and did research on the "wonder drugs" of the late 40's and early 50's, cortisone and ACTH. Early research was in amino acids.

In 1961, SCARI moved into the basement of the agriculture building.

By this time, Charles A.L. Stephens, M.D., Professor Alice B. Stanfield and Margaret Doorly were doing valuable work on the first tissue culture studies of arthritis. As the prominence of all the research grew, SCARI was offered office space upstairs in the agriculture building and later in the microbiology building.

Today, the Arizona Arthritis Center continues the work with cutting-edge arthritis research on new medications and treatments in nearly 15,000 square feet of



(Above) Dr. Richard A. Harvill, UA President, 1951-1971, standing, and Dr. Charles A.L. Stephens, Jr., President, Southwestern Clinic & Research Institute, Inc., speaking at the annual Holbrook Memorial Symposium.



(Left) The original office. The plaque of donors on the wall still hangs today.

labs and offices at the Arizona Health Sciences Center. The doctors provide clinical care at UMC and medical outreach throughout the state, especially on the Native American reservations.

The original funding for SCARI came from well known U.S. philanthropists such as J.D. Rockefeller and the Eliot Spalding Foundation as well as from the Arthritis and Rheumatism Foundation (the original name of the National

CONTINUED ON PAGE 2



Advisory BOARD

Jeff Nordensson
Chairman

Saul Tobin
Immediate Past Chair

Fred E. Armstrong
Honorary Chairman

William Ardern
James Benjamin, M.D.
Robert D. Black
Shelby Fletcher
Leslie Galloway
William A. Grana, M.D., MPH
Michael Hard
Eva Holtby
Lura Lovell
Paula Meade
Bonnie Richards
Gail Kershner Riggs
Donald Romano
Ralph Silberschlag
Harold Tretbar, M.D.
Robert G. Volz, M.D.
Martin Weich, M.D.
Harold Willingham, M.D.
Mel Zuckerman

Professional Staff
David E. Yocum, M.D.
Director

Carol Willson
Development Director
Bonnie Seashore
Business Manager

Get a Grip on Arthritis

Joe Namath, legendary quarterback who led the New York Jets to its famous Super Bowl victory now battles arthritis. He came to Tucson to share his inspirational message about not giving up that battle. Get a Grip on Arthritis was a public education event co-sponsored by the Arizona Arthritis Center and the Southern Arizona Chapter of the Arthritis Foundation. It was underwritten by Boehringer Ingelheim Pharmaceuticals. The event had 750 people in attendance to hear David Yocum, M.D., Director of the Arizona Arthritis Center and John Klippel, M.D. National Medical Director for the Arthritis Foundation, speak on advances in arthritis management and care. The crowd also actively participated in a Dyna-Band exercise demonstration led by Michelle Cornett, R.N., Jeannie Cooper, R.N., and Susan Cooper, M.S.

*“He tried to outrun it.
He tried to sneak past it.
But arthritis eventually
caught up with Joe Namath.
So he tackled it.”*

The highlight, however, was an opportunity to hear from two inspirational leaders speaking personally about their battles with arthritis. Tucsonan David Jacobson is one of the Arthritis Foundation’s 50 National Heroes with Arthritis who told his story of how, as a young man in his early 20’s, he learned to cope with his aggressive arthritis through humor. Center stage went to football legend Joe Namath who made everyone realize that sports heroes often pay a price for their talents and exploits. Since leaving the NFL in 1977, Joe has had both knees replaced and he lives with daily pain in his hands, hips and knees. He says he chooses not to take



Traditions

CONTINUED FROM PAGE 1

Arthritis Foundation) and the U.S. Public Health Service. The plaque recognizing these names and others continues to hang proudly outside the laboratories of the Arizona Arthritis

SCARI Board of Trustees in the early '60s,

Center reminding us all that the battle against arthritis began here half a century ago and will continue until the fight is won.



(Left) Dr. David Yocum speaks at the morning public event.



(Right) Joe Namath speaks to health professionals at the afternoon event.

(Below) A great cast spoke to the public. Left to right: Jack Klipple, M.D.; Joe Namath; Michelle Cornett, R.N.; Jeannie Cooper, R.N.; Susan Cooper, M.S.; David Yocum, M.D.; Shelly Berkle; Les Castro, Ph.D.; David Jacobson.



medication, but tries instead to manage the pain and to maintain mobility through exercise and a good attitude.

He encouraged everyone to “know their body,” to learn all they could about physiology to help fight the discomfort of arthritis. He said to ask for help and not be shy to learn all you can, to eat right and to stay active – committing some time for exercise everyday.

Mr. Namath also graciously participated in an afternoon event for doctors and medical professionals and later in the evening stood for pictures



Dr. Yocum and his wife Alicia enjoy the Ohio State game with the Joe Namath crowd.

and signed autographs at a private reception hosted by the Arthritis Center Board Members. Dr. Peter Likins, President of the University of Arizona then invited Joe to the President’s Sky Box for the Ohio State game along with Dr. and Mrs. Yocum, Dr. Klippel, and the head of Boehringer Ingelheim Pharmaceuticals, Shelly Berkle and his wife Honey.

Thank you to Boehringer Ingelheim Pharmaceuticals for the unrestricted educational grant to make this kind of event possible.



Joe Namath meets with board members and guests, Ann and Sandy Moushey.

LEARN MORE ABOUT THE STUDIES BEING CONDUCTED BY BOEHRINGER INGELHEIM ON THE WEBSITE:

www.cares.arthritis.arizona.edu

Ann Moushey is a trustee of the David & Lura Lovell Foundation. We acknowledge and appreciate the Lovell Foundation for a gift this year of \$115,000 to fund two projects of the “Living Healthy with Arthritis” program. A previous grant of \$150,000 established the Living Healthy Program.



Suzanne Kaiser from Canyon Ranch, David Yocum, M.D. and Michelle Cornett, R.N., from the Arizona Arthritis Center direct the Canyon Ranch activities

A Dia Arthritis Week a

Sunday

CHECK-IN DAY AT THE LIFE ENHANCEMENT CENTER

The facilities are flawless and a pianist is playing on a grand piano in the corner promising a week of equal beauty and calm. People from all over the country are milling around with nametags, some with visible arthritis, others without, but all here to learn how to manage a difficult disease.

Monday

GETTING DOWN TO "WORK"

Up-and-at-'um for the 7:00 a.m. walk – No eating; they're about to do blood work.

The omelet bar for breakfast gets us started for a FULL day of lectures, exercise and the physician consult. New friends make it all fun. You feel to be in the presence of "royalty," the physicians are so knowledgeable and famous. Until now you've only seen their names written in the books you've read about arthritis. Now we sit and eat meals with them and laugh about fun things, enjoying them because they are "regular people!"

Tuesday

THE MEDICAL STUFF IS BEHIND ME; NOW I CAN "RELAX" AND ENJOY THE PROGRAM

We heard the best lecture on nutritional medicine from two more enthusiastic doctors. I start to understand that things I do or don't do can really make a difference. This is very empowering. Then to make the exercise fun, we get to experience different kinds of regimens both in the water and in the gym with Canyon Ranch's own stand-up comedian/physical therapist, Randy Raugh. He was worth the price of admission even without all the other stuff!

Graduating class.
October 2000



Wednesday

MUST KEEP MY APPOINTMENT WITH THE P.T.

As well as teaching many of the classes, I get the privilege of a P.T. consult with Randy - what a treat. There are more new and exciting opportunities today. I will try a Chi Gong class and exercise on those big colored balls I've seen in the gym. What an opportunity to hear a talk from Dr. Theodosakis – the author of the Arthritis Cure Book.



Happy campers!

ery from at Canyon Ranch



Water class



Friday LUNCH AND LEARN

I bought both cookbooks. Everything tastes delicious, breakfast, lunch & dinner and still I'm losing weight. I enjoy the demo-kitchen for lunch to learn how to make a roasted salmon salad. Who'd believe just a week ago I was happy to eat a burger and fries – I pledge to myself: never again! Had the opportunity to hear a very inspirational lecture from a truly vibrant woman who has had rheumatoid arthritis for the past 55 years. It doesn't slow her down, and it won't slow me down after this week either. She is a Canyon Ranch graduate also and for the past several years can demonstrate how this week has so positively changed her life.



On the Ball class

Thursday

FREE TIME TODAY FOR AN HERBAL WRAP AND HOT ROCK MASSAGE

I've got the routine down now for the pre-breakfast walk, the morning lectures and the afternoon exercise classes. My medical consultations are done, so today between the regular activities of the Life Enhancement Center, I indulge myself from the list of wonderful Canyon Ranch treatments. I notice as I amble from place to place that everyone smiles here: the food servers, the gardeners, the professional medical staff – even the bunnies nibbling on the lawn are happy. I never want to leave.

**CANYON
RANCH.**
HEALTH RESORT

Arthritis Week at Canyon Ranch is so popular, a second week has been added. Please contact Carol Willson, 626-7902, if you have questions or to reserve your place.

June 3-10, 2001 ♦ October 7-14, 2001

The Arizona Arthritis Center gratefully acknowledges the support of Canyon Ranch in making this week possible and for its donation of a portion of the proceeds.

Saturday

TODAY WE SAY GOOD-BYE

We all say a few words about ourselves, the week, and each other. We dab at tears while we laugh and remember fun incidents through the week. There's a flurry of photos and address exchanges and after dinner we pack to leave. It's hard to believe the week is over. But in so many ways, it will never be over. The friends made will be friends forever, and the life skills learned, will go with me to improve my life everyday, living this life with the chronic illness of arthritis.

**Thank you, Canyon Ranch!
Suzanne! Shirley! Michelle! Randy!
The Docs!**

Arizona Arthritis Center Friends

Arthritis Prevention Dynamics November 10, 2000

Even though many of the Arthritis Center Friends travel through the summer, they kept busy in their volunteer work preparing the autumn seminar, *Arthritis Prevention Dynamics* held November 10th at Tucson Country Club. The committee chairs for the

event were Suki Korp, Ann Moushey and Judy Studwell. They put together a lunchtime format that included lectures by Dr. David Yocum and Dr. William Grana on the impor-

Chaired by Eva Holtby, the Arizona Arthritis Center Friends have as their mission:

To build community support for the Arizona Arthritis Center through education and community involvement.

tance of keeping fit to prevent the onset of certain kinds of arthritis and the value of maintaining fitness as a strategy to prevent complications and degeneration from arthritis. Exercise specialists and nurses, Michelle Cornett, R.N., Susan Cooper, M.A., and

Jeannie Cooper, R.N., M.S. led an interactive exercise session using Dyna-Bands demonstrating the value of strength training and easy ways to do it at home without having to go to a gym.

Conversations and Lunch Thursday, February 15, 2001

Arizona Inn

Event Chairs:

Aldine von Isser, Ph.D. and
Ann Volz

Reservations: Call 626-7901

Thank You!

The Arizona Arthritis Center gratefully acknowledges an additional contribution of \$5,000 from the *Friends* which will help to finance a video being produced.

For membership information or to get on the Friends mailing list to be notified of future programs and activities, please look at their website: azarthritisfriends.com or call the development office at the Arthritis Center: 626-7901.

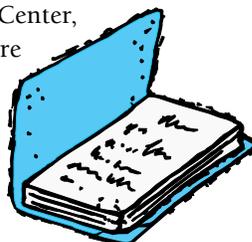
Write Your Way to a Healthier You!

Here's an idea for a winter project that can also have a positive therapeutic outcome for your arthritis: **write your memoirs!** Irene Lasatar, Green Valley resident and California's "Outstanding Educator" in 1983 has agreed to conduct another writing class for the Arizona Arthritis Center. Give a gift to yourself in the new year. Irene conducts these classes now to rave reviews in Green Valley for Pima Community College and for Pima County Parks and Recreation.

The class she will conduct here at the Arizona Arthritis Center will focus on

wellness. There is medical evidence that writing twenty minutes a day, especially about traumatic or stressful events, can cause patients suffering from rheumatoid arthritis to improve significantly over time (four months in the study group) demonstrating less pain and fewer doctor visits.

Please call Linda Yan at the Arizona Arthritis Center, 626-4975, for more information or to sign up.



NEWS BRIEFS

The Arizona Arthritis Center doctors continue to be busy with meetings and presentations throughout the world.

■ **JAMES BENJAMIN, M.D.**, Arizona Arthritis Center orthopedic surgeon and researcher spoke in California this summer on Total Joint Arthroplasty and Clinical Decision Making in Total Hip and Knee Reconstruction. He spoke in September at the Knee Society in Boston and at the Exeter Hip Arthroplasty Meeting in Exeter, England. He has also published "Femoral Neck Buttressing: a Radiographic and Histologic Analysis" in *Skeletal Radiology* and "Crotalid Envenomation: The Southern Arizona Experience" in the *Journal of Ortho Trauma*.

■ At the National American College of Rheumatology Conference in Philadelphia this past October, the Arizona Arthritis Center had over 20 abstracts presented by its members as well as the symposium "Structural Damage in Rheumatoid Arthritis" presided over by **DR. DAVID YOCUM** and sponsored by Centocor. Over 900 people attended the symposium.



Arthritis Center Director, Dr. David Yocum congratulates Dr. Jane Power along with Bob Baltera, a representative from Amgen Pharmaceuticals.

■ Arizona Arthritis Center Rheumatology Fellow, **JANE POWER, D.O.** was awarded the \$30,000 Amgen Rheumatology Scholarship for 2000-2001 with the ultimate goal of supporting medical education and the advancement of rheumatology research and support. *Congratulations Dr. Power!*



■ Arizona Arthritis Center loses its friend, GAIL EBELTOFT
It was with sadness the Arizona Arthritis Center learned of the passing of former Development Director Gail Ebeltoft in August after her long battle with Multiple Sclerosis. Gail played a major role in the early growth of the Arthritis Center as it was developing its advisory board and establishing the SAHBA Lute Olson Auction and Golf Tournament. The Arthritis Center acknowledges with special appreciation memorial contributions made in Gail's honor. She will live in our history and our hearts forever.

■ **THANK YOU, CARYL TAYLOR!**
New medications are breaking regularly for the treatment of arthritis. Some of them are beginning to have FDA approval for children – but who in our state can monitor our kids with rheumatic disease on these medications? **In all of our state, there is not a Pediatric Rheumatologist. And we need one!**
General practice pediatricians might not have all the latest information to treat children with these new breakthrough medications, and adult Rheumatologists may not be versed in the special needs of children with this disease. The need for a comprehensive research and clinical pediatric rheumatology program is vital.

Our very special THANK YOU TO CARYL TAYLOR for her gift of \$25,000 to initiate the endowment for a Pediatric Rheumatology Program.

The TAX MAN is coming, ready or not

Now is the perfect time to get ready for next April 15th, with a charitable gift today.

It is also the perfect time to make a gift because it is a time of giving and new beginnings.

The Arizona Arthritis Center will happily mail a gift card to a special friend or family member you would like to honor with a holiday donation. Celebrate their battle against this disease by showing them your support.

Make a New Year's Resolution to help in the battle against arthritis – to make this the last generation that will ever have arthritis. This can be done through research that will lead to new and better treatments and the cure!
Now is the time to support this

research – not just because of the “Tax Man” – but because now it will make a difference. The cure is closer than ever before.

There are several ways to help support this research while also helping your taxes and providing you with a life income. If you would like more information for you or your advisors when considering a gift, please call Carol Willson at (520) 626-7901 or the Planned Giving Office at (521) 621-1993 or (800) 845-4877 or email to plangift@al.arizona.edu.

The Arizona Arthritis Center is proud to support Campaign Arizona.

Campaign **ARIZONA**
FOR A PREMIER UNIVERSITY EXPERIENCE®

Getting a Good Night's Sleep

Holidays a stressful time for you? Getting a good night's sleep can help. Here are some tips from the *Arthritis Basics for Change* (the ABC's) published in collaboration with the national Arthritis Foundation for the CARES program. If you would like your own copy of the ABC's, please call 1 (888) 703-4319.

The problem: I don't get enough sleep.
The cause: I am not comfortable at night.

Ideas to try:

- Time my medicine so it will help me through the night.
- Use an electric blanket
- Get a firm comfortable mattress
- Use a small pillow under my head
- Sleep in a comfortable position
- Get up during the night and move around
- Try out a waterbed
- Buy a larger bed

Pick out the best idea. Try it tonight. Decide if it helped.

If it didn't help, go back to the beginning and try again. You may not be getting a good night's sleep because

you cannot sleep. You need to have a different list of things to try. Make up your own list.

Here are some do's and don't to get you started:

DO'S

- Start a regular sleep schedule
- Practice relaxing before going to bed
- Take a warm bath before going to bed
- Drink some milk
- Exercise regularly
- Make your bedroom a comfortable place
- Use your bed mostly for sleeping
- Try other things before using sleeping pills
- Write down the things you have on your mind

DON'TS

- Use caffeine
- Go to bed until you are sleepy
- Nap during the day

Pick some of these things and try them. Then decide if they worked for you.

(pp 18, 19 *Arthritis Basics for Change*)

Welcome Dr. Lisse

The Arizona Arthritis Center welcomes **Jeffrey R. Lisse, M.D.**, recently hired by the Section of Rheumatology as a Professor of Internal Medicine. He will be the new Associate Section Head of Rheumatology under the direction of David Yocum, M.D. Dr. Lisse will also be appointed as Medical Director of the Arizona Arthritis Center Osteoporosis Program and to the Bilby Chair for Osteoporosis.

Dr. Lisse comes 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. He has an extensive research record with interests in minority populations and osteoporosis. He served as the principal investigator of the Lumina project at one of only three locations in the country to conduct epidemiological

studies on systemic lupus erythematosus in minority populations and the Genosis project to study systemic sclerosis. His focus with the Section of Rheumatology will be to conduct research projects and to provide teaching venues and clinical support.

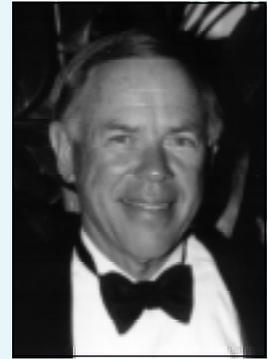
Dr Lisse received his medical degree from Georgetown University School of Medicine and completed his residency at USPHS Hospital in San Francisco. In addition to his work at University of Texas Medical Branch in Galveston, Dr. Lisse has also worked at Sacaton Indian Health services Hospital, the National Institute of Arthritis, Metabolism and Digestive Diseases section in Phoenix.

Welcome Dr. Lisse!



Congratulations!

Dr. Robert Volz, Professor Emeritus of Orthopedic Surgery and one of the Co-Founders of the Arizona Arthritis Center was recently elected for a four year term to the six member Board of Trustees of St. John's Hospital in Jackson Hole, Wyoming, where the Volz' reside for much of the year. Arizona Arthritis Center Friends' member, **Grace Berg** acted as his Campaign Manager.



Arizona Arthritis Center
PO Box 245093
Tucson, AZ 85724-5093

ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.
U.S. POSTAGE
PAID
TUCSON, ARIZONA
PERMIT NO. 190