The UAAC Welcomes Dr. Esther Sternberg

World-renowned for her groundbreaking discoveries in the science of mind-body interactions, Esther M. Sternberg, MD, already has made an indelible mark on the communities of southern Arizona. Named director of research for the University of Arizona Center for Integrative Medicine last fall, Dr. Sternberg wasted no time in spreading her word of hope and inspiration across the Tucson community. A board-certified rheumatologist and highly sought-after speaker, Dr. Sternberg hit the ground running with lectures throughout the UA campus and local communities. Also a professor of medicine with the UA College of Medicine-Tucson and a member of the University of Arizona Arthritis Center Scientific Advisory Board, Dr. Sternberg is in the process of establishing the Institute for Place and Well-being at the UA, linking the University of Arizona Center for Integrative Medicine, the College of Medicine, the UA Institute of the Environment and the UA College of Architecture, Planning and Landscape Architecture.

Sharing her expertise and research findings with the community at large is helping citizens from all walks of life find new pathways to healing. Being at the UA, her generosity in sharing with our community through her impactful words and research continues to be a source of empowerment. The keynote speaker at the 2013 Building Blocks to Living Healthy With Arthritis conference, Dr. Sternberg’s presentation on "The Mind-Body Interaction: How Understanding the Brain-Immune Connection Can Help Maintain Wellness," drew a crowd of nearly 400. Coming to the UA after spending 26 years at the National Institutes of Health, Dr. Sternberg was named the Shanti and Manmohan Advani Professor in the College of Medicine, a new endowed chair created to honor the Advanis’ contributions to the UA and the region.

(Continued on p. 3)
A MESSAGE FROM THE INTERIM DIRECTOR

This will be the last director’s column that I will write as I am very pleased to announce my replacement, C. Kent Kwoh, MD, who will be the Charles A. L. and Suzanne M. Stephens Chair of Rheumatology and director of the University of Arizona Arthritis Center. Kent will lead us in new directions while maintaining our current areas of excellence. He and his wife, Nancy, are warm, caring people who will continue the family feeling in our center. Kent is a visionary in rheumatology research and care and he will be building and adding new faculty to our group. More about Kent can be found elsewhere in our newsletter and with this link: http://medicine.arizona.edu/news/dr-c-kent-kwoh-renowned-expert-joint-diseases-appointed-director-university-arizona-arthritis-. In the meantime with my stepping down on July 22, I will not disappear. I remain devoted to the mission of the center and will help in any way possible. I will be a part-time member of the rheumatology division, supervising the fellow clinics twice a week and attending our teaching conferences.

This past year, we have added tremendous new faculty to the center: Drs. Sternberg, Skeath, Jia and Edelstein from the University of Arizona Center of Integrative Medicine; and Dr. Bijan Najafi from surgery who is working with body motion and physiology. These are new areas for us. Soon we will be building our epidemiology research and public health efforts. I am very proud of our outreach programs (Living Healthy) which have grown enormously. Our staff has been tremendous. We also have developed new support for our pediatric rheumatology recruitment and other young faculty research support. I feel great about the future of our center. I want to thank my staff, faculty, the UAAC Advisory Board, Scientific Advisory Board, our donors and patients for making my time here so fulfilling and paving the path to future greatness. Thanks to my friend, Kent Kwoh, for stepping up to the challenge and taking over the reins.

Sincerely,

Eric P. Gall, MD, MACP, MACR
Interim Director
The University of Arizona Arthritis Center

Dr. C. Kent Kwoh, Rekowned Expert in Joint Diseases, Appointed Director of the UAAC

C. Kent Kwoh, MD, an internationally recognized expert in osteoarthritis, rheumatoid arthritis and other joint diseases, will become the sixth director of the University of Arizona Arthritis Center (UAAC). He will join us on July 22, as director of the UAAC and chief of the Division of Rheumatology in the UA College of Medicine-Tucson and will hold the Charles A. L. and Suzanne M. Stephens Chair of Rheumatology.

A leader in public health outcomes, Dr. Kwoh’s background in joint disease research, education and patient care will help lead the UAAC as it forges ahead to the forefront of research institutions. Prior to his appointment, Dr. Kwoh served as director of clinical research for the University of Pittsburgh Arthritis Institute, where he headed three major projects funded by the National Institute of Arthritis and Musculoskeletal and Skin Diseases; an $8.9 million Osteoarthritis Initiative contract; a $4.4 million Pivotal OAI MRI Analyses (POMA) contract and the Multidisciplinary Clinical Research Center for Rheumatic and Musculoskeletal Diseases.

He was professor of medicine at the University of Pittsburgh School of Medicine with joint appointments in the Graduate School of Public Health Department of Epidemiology and in the Clinical and Translational Science Institute. He also served as Rheumatology Section chief at the VA Pittsburgh Healthcare System.

Dr. Kwoh’s clinical interests include rheumatoid arthritis, osteoarthritis, osteoporosis and gout. His research interests include outcome assessment and the examination of risk factors for the development and progression of a broad spectrum of rheumatic and musculoskeletal diseases. His research has been funded by grants from NIAMS, the Department of Veterans Affairs, the Arthritis Foundation and other organizations. He is the co-holder of three patents for state-of-the-art imaging to assess the extent of arthritis in joints.

Dr. Kwoh’s full biography will be featured in the fall 2013 edition of the UAAC Update.
Institutes of Health (NIH) in Washington, D.C., Dr. Sternberg also is widely recognized for her significant discoveries in the L-Tryptophan Eosinophilia Myalgia Syndrome. She led the NIH response as the syndrome swept the nation and coordinated the inter-agency research that followed. At the NIH, she was the director of the Integrative Neural Immune Program, co-chair of the Intramural Program on Research on Women’s Health, and was a tenured senior scientist and a medical officer and chief of the Section on Neuroendocrine Immunology at the National Institute of Mental Health. In addition, she was a full research professor at American University in Washington, D.C. She is internationally known for her discoveries proving the brain’s stress response in arthritis, autoimmune and other debilitating diseases.

Dr. Sternberg has been an advisor to a number of U.S. and international organizations, including the National Academy of Sciences Institute of Medicine, the Pan American Health Organization and the World Health Organization. For her outstanding contributions in the study of the L-tryptophan epidemic, she was awarded the FDA Commissioner’s Special Citation and the Public Health Service Superior Service Award. She also earned the Public Health Special Service Award, in recognition and appreciation of special achievement, from the U.S. Department of Health and Human Services. Her many honors also include being named one of 300 women who have changed the face of medicine by the National Library of Medicine, the Anita Roberts National Institutes of Health Distinguished Woman Scientist Lectureship, the Arthritis Foundation’s William R. Felts Award for Excellence in Rheumatology Research and an honorary doctorate in medicine from Trinity College in Dublin, Ireland. Most recently she was honored as a distinguished speaker at the Vatican Pontifical Council for Health Care Workers.

Dr. Sternberg’s research at the UA will focus on three areas: establishment of a biomarker laboratory that began at the NIH, aimed at the development of a new sweat patch technology to measure patients’ immune and stress response without the need for drawing blood; design and implementation of tools to compare mechanisms of action and effectiveness of integrative versus conventional medicine approaches, including measures of psychological, physiological, endocrine, nervous and immune systems’ health status; and, the establishment of the Institute for Place and Well-Being at the UA.

Spearheading the establishment of a collaborative, multi-disciplinary translational research program, Dr. Sternberg will further explore the science of the mind-body connection from varying perspectives and efficiently translate those findings into practice. With meaningful health outcomes at the forefront of Dr. Sternberg’s research, she looks forward to applying her methodology in an interdisciplinary approach across the practices of medicine and architecture along with her research team.

With a reputation for translating complex scientific subjects into language and formats that are accessible for public audiences, Dr. Sternberg’s popular books, The Balance Within: The Science Connecting Health and Emotions and Healing Spaces: The Science of Place and Well-Being, are informative and scientifically based in dealing with the complexities and 21st century frontiers of stress, healing and wellness and the environment. She also has testified before Congress, is a regular contributor to Science Magazine’s “Books et al” column and is a regular columnist for Arthritis Today. She has been featured on numerous radio and television programs, including PBS’s The New Medicine and Life Part II, NPR Speaking of Faith. In 2009, with Emmy Award-winning Resolution Pictures, she created and hosted a PBS special based on her books: The Science of Healing with Dr. Esther Sternberg.

A foremost authority and major force in collaborative initiatives on mind-body-stress-wellness and environment inter-relationships, Dr. Sternberg, makes a mark that will never be forgotten.

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**UAAC Receives National Arthritis Foundation Community Partner of the Year Award**

A Center of Excellence committed to the health of communities state-wide, the University of Arizona Arthritis Center recently received the Arthritis Foundation’s Community Partner of the Year Award. The award was accepted by UAAC interim director, Eric P. Gall, MD, MACP, MACR, at a gala in Phoenix celebrating achievement and advancements in arthritis research, education and care.

The annual Community Partner of the Year Award is presented by the Arthritis Foundation's Arizona Office to honor outstanding contributions made by state organizations toward improving the lives of those affected by arthritis. The award recognizes partners in Arizona that are leading the way to conquer arthritis through education, outreach, research, advocacy and other vital programs and services. The Arthritis Foundation believes it is crucial to create community partnerships to improve lives through leadership in the prevention, control and cure of arthritis.

The award allows the Arthritis Foundation to recognize a community organization that has a vested mutual interest in extending the reach of resources available to Arizonans to reduce the pain, disability, cost and impact of arthritis. The community organization’s support allows the Arthritis Foundation to effectively carry out its mission to improve lives through leadership in the prevention, control and cure of arthritis.
A record crowd of more than 370 participants enjoyed a unique and empowering experience at the 2013 Building Blocks to Living Healthy With Arthritis conference on Saturday, Jan. 26. Led by keynote presenter Esther M. Sternberg, MD, the exciting day offered participants progressive tools and a hopeful outlook into the future of arthritis treatment.

Internationally recognized for her discoveries proving the role of the brain’s stress response in arthritis, autoimmune and other debilitating illnesses, Dr. Sternberg also is a major force in collaborative initiatives on mind, body, stress, wellness and environment inter-relationships. With grace, humor and expertise, she shared a message of inspiration that set the tone for a day of empowerment unlike any other.

Her keynote topic The Mind-Body Interaction: How Understanding the Brain-Immune Connection Can Help Maintain Wellness offered both research-based and practical information about the innerworkings of the brain’s stress response and the underlying mechanisms for connections between stress and disease. With her caring approach as a physician-researcher who now leads the research efforts of the University of Arizona Center for Integrative Medicine, Dr. Sternberg made an indelible mark on the Living Healthy With Arthritis family.

Joining Dr. Sternberg on the UAAC’s community outreach efforts at the 2013 conference were a host of professionals from the University of Arizona, Canyon Ranch Health Resort and the Tucson community at large including: David Armstrong, DPM, MD, PhD; Peg Chilvers, MD; Mindy Fain, MD; Rafael Grau, MD; Jeffrey Lisse, MD; Lori Mackstaller, MD; Jane Mohler, NP-C, MPH, PhD; Lisa Powell, MS, RD; Randy Raugh, PT, DPT; Alexis Reynolds, MS, CH; and John Ruth, MD.

The UAAC Friends
The University of Arizona Arthritis Center Friends (UAACF) is a volunteer organization of more than 100 people dedicated to supporting the mission of the UAAC through education, public awareness and community involvement.

Each year, UAACF hosts the Eva M. Holtby Arthritis Conversations and Lunch. This year’s guest speaker, Esther M. Sternberg, MD, research director at the University of Arizona Center for Integrative Medicine, presented Healing Spaces: The Science of Place and Well-Being – Implications for Persons With Arthritis to a riveted crowd of more than 100 on Feb. 14, at the Arizona Inn. Dr. Sternberg spoke about the connection between disease and the physical space in which we live.

At the Canyon Ranch Health Resort Breakfast Chat in March, UAACF members were treated to a talk on Ten Surprising Tips for Managing Stress by Ann Pardo, MA, LPC, ACS, NCGC, director of life management at Canyon Ranch Health Resort.

In the coming year, UAACF looks forward to adding passionate people to its Board who are committed to improving the quality of life of people with arthritis. You can connect with a dedicated group of volunteers for social and educational events, or become active on the Friends Board. For more information, please contact interim chair Pam Keenan at pamakeenan@comcast.net or 520-626-7901.
The Yuma Friends of the Arizona Health Sciences Center did it again!

In January, the Yuma Friends of the Arizona Health Sciences Center hosted Dr. John Szivek and graduate student Jacki Ouellette for a series of presentations to students at local schools, culminating with a standing-room-only presentation to the Yuma community about Dr. Szivek’s research in cartilage regeneration.

The mission of the Yuma Friends of the AHSC is to support optimal healthy living for the Yuma community by promoting health-related education and career opportunities and providing funds for research and scholarship in the health sciences. Dr. Szivek was honored to be invited to Yuma in support of their mission.

Dr. Szivek is a triple threat; a cutting-edge researcher, a highly sought after public speaker and, above all, an educator. In addition to his role as director of the Orthopaedic Research Laboratory at the UAAC, he also chairs the Biomedical Engineering Graduate Interdisciplinary Program at the UA.

During a visit to his lab you could see between three and 12 students working in support of his research. Dr. Szivek has been heard to tell visitors to his lab, “I often can’t afford to pay them all for the invaluable work they do, but at least I feed them whenever I can.”

Dr. Szivek is fully committed to training the next generation of orthopaedic surgeons, physician scientists and bioengineering scientists who will continue the translational work he has started.

Dr. Szivek and Ms. Ouellette visited Yuma Catholic High School, Yuma High, San Luis High and Arizona Western College during their visit, speaking to more than 145 students. They shared with the students their work, their experiences and the variety of professions that await them should they obtain a degree in biomedical engineering. They both expressed how grateful they were to be invited and how at every juncture they were made to feel welcomed and appreciated.

Following the school visits, Dr. Szivek spoke to a packed room at the Yuma Regional Foundation. Nearly 100 attendees learned about Dr. Szivek’s groundbreaking work using a patients’ own stem cells to regrow injured or lost cartilage.

The staff, researchers and clinicians of the UAAC are grateful to the Yuma Friends of the AHSC for their support and for including the UAAC in their ongoing public education programs.
Tucson’s long history of basic and clinical research as well as the care of patients living with arthritis had a tremendous impact in the forming of what would eventually become the University of Arizona Arthritis Center. Two local rheumatologists and their commitment to their patients are to be thanked for making this happen.

In 1934, Drs. Donald F. Hill and W. Paul Holbrook founded the Southwestern Clinic and Research Institute (SCARI) with the vision of treating patients and doing clinical research on the “wonder drugs” of the time, such as cortisone and ACTH. This institute was created out of their private practice and was the result of multiple inquiries from patients as to whether anyone was doing arthritis research. The Holbrook/Hill Clinic was the basis for support of rheumatology research for many decades at the University of Arizona.

Drs. Holbrook, Hill and Charles Stephens and their colleagues were pioneers in developing Tucson as a premier rheumatology area and were influential in the development of the College of Medicine. Drs. Holbrook and Hill each (Continued on p. 8)

Can Ultrasound Be Used To Determine Prognosis For Overused Tendons?

Many of the body’s tendons deteriorate with age and lack of use. Overuse tendon injury (tendinopathy) occurs when these tendons are repeatedly subjected to workloads from which they cannot recover. Tendinopathy is a common cause of pain and disability involving major tendons such as the Achilles, rotator cuff and patellar tendons. The posterior tibial tendon (PTT), which runs behind the inside of the ankle and serves to hold up the arch during walking, also is highly susceptible to overuse injury. Degeneration of the PTT leads to a progressive flat foot deformity and severe difficulty with ambulation. Posterior tibial tendon dysfunction (PTTD) affects 3.3 percent of women over the age of 40.

PTTD is diagnosed when there is pain and tenderness along the course of the PTT, a new or increasing flatfoot deformity, and the inability to fully rise up on the toes. Initial treatment consists of bracing, physical therapy and anti-inflammatory pills for three to six months. This combination of therapies is successful in relieving pain in up to 70 percent of patients with PTTD. Unfortunately, these treatments do nothing to reverse the associated flat foot deformity that places excess stress on the already overloaded PTT so continued brace use often is necessary. Moreover, there is no way to predict which patients will obtain relief with these conservative treatments and which ultimately will require surgery.

L. Daniel Latt, MD, PhD, (orthopaedic surgeon and a member of the UAAC Scientific Advisory Board) along with Russell Witte, PhD, (biomedical engineering) and Mihra Taljanovic, MD; (radiology) have been investigating a new technique to measure the stiffness of tendons using ultrasound in the hopes that this will provide prognostic information to help guide clinical decision making. The idea behind their novel test is that degenerated tendons lose their stiffness and thus cannot adequately transfer force from the muscles to the bones to hold up the arch or propel the body upward during walking. In order to measure the stiffness of the tendon, they record ultrasound images of the tendon while the patient inverts (pushes toward the middle of the body) their foot against a force-measuring sensor. The ultrasound and force data then are analyzed to determine the stiffness of the tendon.

They initially developed this technique in the cadaver lab and are now conducting a small-scale clinical trial. Once they have demonstrated the success of this technique in helping to determine the prognosis for PTTD, they plan to apply it to many other tendons. The decision making for the treatment of many common tendinopathies may be changing soon, stay posted!
James J. Corrigan, MD: A Hero’s Journey

Dr. James J. Corrigan would have no idea how the life of one critically ill child he treated in the emergency room would change his life and career plans forever. But it did.

In 1962, Dr. Dick Martin, chief resident for pediatrics at University of Colorado Medical Center, asked him to help him cover a shift and, as was characteristic of Dr. Corrigan, he said “of course.” A doctor in their hometown of Colorado Springs told the child’s parents that she would not survive. Dr. Corrigan stayed with her, treating her throughout the night. By the following morning it was apparent she would live. She still is alive today, happy and healthy.

The following day, Mrs. Corrigan was surprised when her husband returned from a 24-hour shift energized and happy. He decided that night to dedicate his life to pediatric medicine; a dedication and commitment he would share with his patients, colleagues and his students until his death on Dec. 19, 2012.

Dr. Corrigan was born in Pittsburgh, Pa., to Rita Mary and James Corrigan, DDS. At an early age he learned about caring for patients and never forgot this throughout his own career. Although disappointed, his father fully supported his decision to practice medicine instead of following in his footsteps.

In 1954, on a blind date, he met the woman who would become both his soul mate and future wife. In 1960, Jim and Carolyn married, beginning an adventure that would take them from one end of the United States, to the other and back. Along the way, they raised two children, Jeff and Nancy, who have blessed them with five grandchildren and one great grandson.

After graduating from Juniata College in 1957, Jim went on to study medicine at the University of Pittsburgh School of Medicine and graduated in 1961. His training took him to the University of Colorado Medical Center and on to a fellowship in hematology/oncology at the University of Illinois in Chicago before accepting a position at Emory University School of Medicine in Atlanta, Ga.

Dr. Corrigan and the late Dr. Vincent Fulginiti met in 1962 when they both were at the University of Colorado. In 1969, Dr. Fulginiti tried to recruit him to come to the University of Arizona. Dr. Corrigan felt he couldn’t leave Emory at that time as he had made a commitment to his department, his new project and the beautiful lab space they had just built for him. One year later, Dr. Fulginiti called again, telling Jim he would not take no for an answer this time. He agreed to visit Tucson and the UA. When he described the beauty of the desert, the lab space and the position he was being offered, he told his wife he wanted to go. Her response was, “My bags are packed.”

In January 1971, Dr. Corrigan became one of the original faculty members in the Department of Pediatrics at the UA College of Medicine. In addition, Dr. Corrigan was an accomplished pianist who loved jazz music. While at the UA, Dr. Corrigan and six of his colleagues formed the Pediatric Jazz Band. They entertained at service organizations, get-togethers, cocktail parties and benefits.

Throughout his career, Dr. Corrigan held several leadership positions where he had a tremendous impact on patients, patient care and teaching medical students. He was the chief of pediatric rheumatology from 1987 to 1990 and director of the Mountain States Regional Hemophilia Center. Prior to being named dean of the Tulane Medical School, Dr. Corrigan was named vice dean for academic affairs from 1990-94 at Tulane. In 1994, he was named dean after serving as interim dean for a short period of time. He would hold this position until 2000. He then became vice president of Tulane Health Sciences Center from 2000-2002.

Eventually, Dr. and Mrs. Corrigan returned to Tucson where he resumed teaching residents at University Medical Center (now The University of Arizona Medical Center-University Campus) and Tucson Medical Center.

After a meeting of the Foothills Forum, Dr. Corrigan approached Dr. Gall, interim director of the UAAC, telling him of his illness and his and his wife’s wish to make a significant charitable gift to the UAAC. Dr. Gall recalled a conversation Jim had with his colleagues regarding the lack of a pediatric rheumatologist in Tucson. This led to the Corrigan’s decision to make a major gift commitment in support of pediatric rheumatology. Mrs. Corrigan had suffered from rheumatoid arthritis since age 17. Although this was not the motivation for their decision, they certainly knew first-hand the impact this disease has on people living with rheumatoid arthritis.

Before he died, Dr. and Mrs. Corrigan made their first major gift to create the Dr. James J. and Carolyn L. Corrigan Faculty Support in Pediatric Rheumatology fund. This fund provides much needed financial support to faculty members conducting research in pediatric rheumatology. Thanks to the Corrigan’s generosity, children living with juvenile arthritis and other rheumatic diseases will have hope for a future free of these debilitating diseases. Their gifts are changing lives and saving lives.

If you would like to learn more about how you can contribute to this fund or to create your own named fund, please contact Thom Melendez, director of development at 520-626-7902 or email tmelende@email.arizona.edu.
served as president of the American Rheumatism Association (American College of Rheumatology) and their group was instrumental in the founding of the Arthritis Foundation. These visionary physicians took proceeds from the practice to fund SCARI and thus rheumatology research at the UA. Additionally, they received charitable gifts from many grateful patients, and prominent donors, including John D. Rockefeller, Jr. That charitable support continues today.

In 1950, SCARI found a permanent home at the UA, first in the basement of the College of Agriculture building and eventually in 1976 in the Department of Microbiology. Professors Alice B. Stanfield, Margaret Doorly and Charles A.L. Stephens, MD, already had been doing ground-breaking research, using the first tissue cultures in the study of arthritis. Their work was seen as a natural partnership with the mission of SCARI.

Eventually the practice closed, but the commitment to support rheumatology research did not. Thus, the SCARI board was developed. The board’s mission was, and still is, to provide philanthropic gifts to support investigators who are looking for novel treatments and eventually a cure for rheumatoid arthritis. Tucson’s national prominence in rheumatology medicine and research is due in no small part to the contributions of the SCARI. The Institute’s commitment to research and patient care brought national attention to Tucson and eventually contributed to the formation of the National Arthritis Foundation.

Over the years the SCARI board has been fortunate to include in its membership such community leaders as William D. Carrell, Jr., MD; J. Steven Strong, MD; and the late James Parsons, MD, serving in a variety of roles. Each in their own right brought their passion for medicine and compassion for their patients to work on the board.

“The SCARI organization would not have continued to exist without the energy and desire of Jim Parsons to keep it intact and to continue the support of the Arthritis Center,” Dr. Strong said speaking of his long-time friend and colleague.

Whether as president or as members at large, each one of these men continued the mission of the SCARI with the dignity and professionalism that would make Drs. Holbrook and Hill proud.

Since those early days, SCARI has gifted in excess of $2 million to the UA in support of rheumatoid arthritis, lupus and other research. Today, the board continues to award funds annually to researchers at the University of Arizona Arthritis Center. From the days of Drs. Holbrook and Hill to the ongoing commitment of the SCARI board today, people living with arthritis have much to be grateful, for including the gifts of time, talent and treasure of the board.