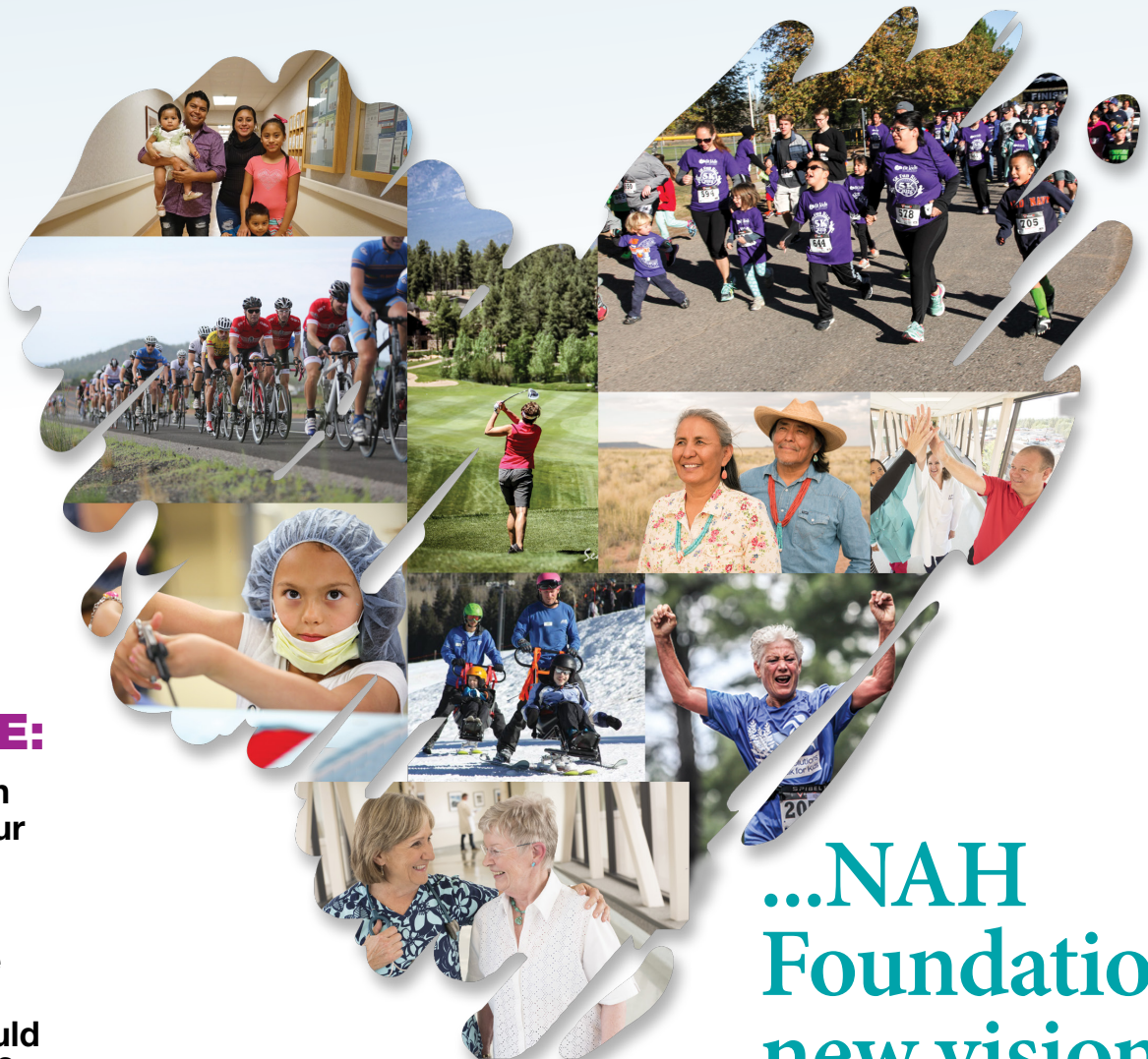


NORTHERN ARIZONA HEALTHCARE

NOW!

VOLUME 2, ISSUE 3/WINTER 2017

A heart for community...



ALSO INSIDE:

Research
helps your
heart

Lipids:
What are
they and
why should
you care?

...NAH Foundation's new vision



VOLUME 2, ISSUE 3, WINTER 2017

Seven months ago, the Northern Arizona Healthcare Foundation

embarked on a new journey as a partner, rather than part, of Northern Arizona Healthcare. A major component of this journey thus far has been focusing our vision: What is NAHF's purpose in the communities we serve? With a team of highly-skilled professionals, and a supportive, knowledgeable Board of Directors behind them, NAHF will help transform health in the coming years.

We understand health is dependent on quality-of-life, both of which are shaped by social, economic and environmental factors. When needs in these areas are not met, a person's overall well-being is compromised, often resulting in negative health effects. We want to eliminate these barriers to health whenever possible. Our driving belief is that every individual has the right to feel personally empowered as well as the right to live in a thriving community.

In this spirit, we've partnered with the Northern Arizona Regional Behavioral Health Authority Institute, or NARBHA, and the Northern Arizona University Center for Health Equity Research Team to identify barriers and formulate solutions.

As we continue to support the mission of NAH, we are also excited about the new possibilities ahead. We appreciate and welcome your participation in building something great. Learn more about the new Foundation on Page 4.

Richard A. Smith, Ed.D.
NAH Foundation President/CEO



Northern Arizona Healthcare NOW!

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Northern Arizona Healthcare is creating healthier communities by providing wellness, prevention and medical care through Flagstaff Medical Center, Verde Valley Medical Center, Verde Valley Medical Center – Sedona Campus, Northern Arizona Healthcare – Camp Verde Campus, Northern Arizona Healthcare Medical Group – Flagstaff, Verde Valley Medical Clinic, the Cancer Centers of Northern Arizona Healthcare, Northern Arizona Healthcare Orthopedic Surgery Center, EntireCare Rehab & Sports Medicine, the Bariatric Surgical Weight Loss Clinic, the Heart & Vascular Center of Northern Arizona, the Sleep and Pulmonary Center, Guardian Air and Guardian Medical Transport. We also provide comprehensive imaging, laboratory and pharmacy services throughout the region. Many of the services we provide receive major funding through the NAH Foundation, including Fit Kids of Arizona, The Taylor House and Valley View Care.

To learn more about Northern Arizona Healthcare, visit NAHealth.com.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



Northern Arizona Healthcare

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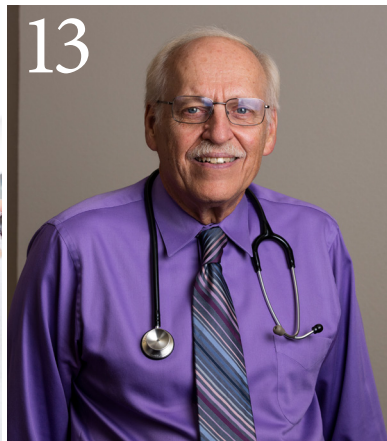
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Heart for Community

NAH Foundation's
new vision for
community health



by Hannah Johnson

Imagine this for a moment: Everyone living in Northern Arizona has the opportunity to make healthy choices, feel safe in his or her environment and be supported in living the best life. What do you see?

Perhaps you see a healthy community – a place where physical, mental and social well-being are carefully nurtured in surroundings where they thrive; where community connection and engagement help people reach their greatest potential.

Perhaps this vision seems lofty; even unrealistic. But in the summer of 2016, the Northern Arizona Healthcare Foundation, now known as NAHF, examined the possibilities of this vision.



Origins and impact

Since the late 1970's, NAHF has served Northern Arizona through philanthropic endeavors. Each year, it distributes more than \$1 million in awards and scholarships for individuals, programs and initiatives that enhance community health. Colleague and individual giving programs are instrumental in raising these funds, as are popular community events, including Chicks with Sticks Women's Golf Tournament; Pepsi-Cola Taylor House Century Ride; Machine Solutions Run & Walk for Kids; and the Copper Ball and Turquoise Ball.

In addition, NAHF also acquires and manages federal, state, private and corporate grants totaling several million dollars each year. These grants fund initiatives, such as telemedicine carts for regional health facilities; healthy

family and child safety programs; and genomics research in the fight against infectious disease.

In the midst of this changing landscape and powerful momentum, NAHF saw a growing demand for a holistic, yet agile approach: The only way to truly enhance individuals' quality of life – along with streamlined, high-quality healthcare and treatment innovations – is to help meet the social, economic and environmental factors integrally tied to human well-being.

With this realization, NAHF committed to strategically addressing those unmet needs. The first step was to establish

NAHF helps fund community initiatives like the Adaptive Ski and Snowboarding Program at Arizona Snowbowl, which uses specialized equipment for skiers and snowboarders with disabilities.

NAHF as a 501(c)(3) nonprofit organization, legally separate from Northern Arizona Healthcare. NAHF now supports NAH as a separate entity.

A new vision for the future

The catalyst for this important step is our driving belief: Every individual has the right to feel personally empowered as well as the right to live in a thriving community. Yet, in

Every individual
has the right to
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well as the right
to live in a thriving
community.

Northern Arizona, health inequalities among different groups of people – influenced by race, sex, age, location and socioeconomic status – keep this from happening. This is why NAHF is committed to connecting people and organizations dedicated to meeting the most serious health-related needs with relevant opportunities in the region.

NAHF's small, yet mighty team plays an integral role in this new focus. The team's wide variety of life experience and professional expertise help create and facilitate essential connections designed to fuel and impact the overall vision.

NAH Connects to the community through:

- ◆ **Special events:** Connecting the community to worthy NAH causes through its eight special public events.
- ◆ **Development:** Connecting everyday people with purposeful opportunities to engage in directed philanthropy through individual, deferred and estate giving.
- ◆ **Awards:** Connecting NAH and local community organizations to new tools, resources, scholarships and funding through our awards program.

What the team has to say

"My motivation for working with NAHF is knowing every step I take in my daily job will have the end result of helping someone live a healthier, happier life."
– NAHF Manager Ashley Hammarstrom, Special Events

"Working with NAHF allows me to see the positive community impact of the work we are doing. Each fundraising event we coordinate benefits a variety of programs – from children's health to end-of-life care; from cancer education to trauma services. Knowing the funds raised through Special Events go toward amazing and impactful programs makes working here a joy."
– NAHF Specialist Heather Ainardi, Special Events



Richard A. Smith, Ed.D.
President/CEO



Ashley L. Hammarstrom, M.A.
Foundation Manager -
Special Events



Jennifer Hiderger
Development Officer -
Flagstaff



Megan Roach
Office Manager & Administrative
Assistant to Rick Smith



Heather Ainardi
Foundation Specialist -
Special Events

Not pictured:
Shawn McDaniel, director of development
Stephanie Giesbrecht, development officer – Verde Valley
Wilma (Winnie) Ennenga, M.A., grant assistant



“The thought that my efforts might ultimately improve someone’s quality of life keeps me motivated in the highly competitive grant field, where many applications get declined. It’s totally worth the effort, knowing the resources we are requesting could, for example, make it possible to buy cutting-edge pediatric monitoring equipment; financially assist a low-income cardiology patient; or support a nurse’s travel to rural reservation communities.”

– NAHF Specialist Natalie Harlan, Grants

“One thing I love about this work is that I get to support people along the spectrum of need. A lot of my work involves understanding desires people have in making an impact and then finding ways to connect them to the right projects that could benefit from their support. In many ways, I’m facilitating more than fundraising.”

– NAHF Development Officer Jennifer Hidingier

“Three things I’m particularly excited about: Working with our new Board of Directors and benefitting from their passion and expertise; developing a new awards process to help further the incredible work of our local organizations; and collaborating with our Certificate Holders who are key ambassadors in our community.”

– NAHF Foundation Coordinator Carol Fisk



Anita Honeyfield
Special Events Assistant

Hannah Johnson
Community Engagement Specialist

Amanda Gerard
Finance Specialist

Sarah Spruch
Database Processor

Carol Fisk
Foundation Coordinator

Natalie Harlan
Grants Specialist

- ◆ **Grants:** Connecting corporate philanthropy, charitable foundations, and state and federal government agencies to NAH and community-targeted initiatives.
- ◆ **Community Engagement:** Connecting the public with the stories of how collective efforts impact our community health vision and needs.
- ◆ **Finance and operations:** Connecting the Foundation team to conditions for organizational success.



The power of community

What will it take to reach this vision? You! The Foundation invites you to join the conversation and become involved. Healthcare is complex and our community's needs are diverse, so we need your expertise as we embark on this exciting new era of health in Northern Arizona.

To learn more about how you can participate in an upcoming event; apply for an award; or donate to one of the many areas of need, please contact NAHF Community Engagement Specialist Hannah Johnson at 928-213-6437.

Identifying regional health needs

A Community Health Needs Assessment – a rigorous, year-long research project conducted in partnership with the Northern Arizona Regional Behavioral Health Authority Institute, or NARBHA, and the Northern Arizona University Center for Health Equity Research Team – will be a key tool as we identify regional health needs.

“As we go forward, we will expand the needs assessment. Currently, we’re talking strictly about healthcare and mental health, but I believe we will expand that to other sociological and economic opportunities in Northern Arizona.”

– Chris Bavasi, Board Chair, Northern Arizona Healthcare Foundation

Community Impact Snapshot

Awards team initiatives include:

- **Education** – In partnership with the Arizona Community Foundation, NAHF is a major funder of the Coconino Community College nursing and Allied Health programs. In addition, NAHF helps fund the Northern Arizona University School of Nursing’s Clinical Simulation Lab.
- **Access** – The Snowbowl Adaptive Ski and Snowboarding Program supports the Special Olympics; wounded veterans; and individuals with physical or mental disabilities who wish to participate in winter sports. NAHF helped the program purchase specialized equipment; offer more than 1,000 lessons; and establish itself as a new nonprofit organization.
- **Prevention** – Boys and Girls Club of Flagstaff’s SMART Moves program teaches youth critical decision-making skills regarding substance use and premature sexual activity. NAHF funding has assisted the program in furthering its reach to more than 100 young people.

Acquired and managed grants include:

- **Prevention** – The Healthy Families Program based at Verde Valley Medical Center is a home visitation program designed to strengthen families during the first years of a child’s life. NAHF, in collaboration with the Healthy Families team, acquired a grant from Delta Dental to support families with oral health education.
- **Treatment** – Through a grant from Qualcomm, Inc., Telehealth’s Care Beyond Walls and Wires program has sustained and grown its mission to care for patients who live in rural areas or have mobility challenges. Cellular, wireless tools give practitioners in care coordination offices access to a real-time flow of patient data. This technology helps mitigate emergency department visits, lower hospital costs and facilitate fluid patient care.

Northern Arizona Healthcare Foundation

Board of Directors

Northern Arizona Healthcare Foundation is an integral partner in Northern Arizona Healthcare's mission to provide patients with exceptional care while transforming the health of the communities it serves. NAHF is governed by a volunteer Board of Directors.



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Upcoming Events

March 25 – Loven Family Run, Cottonwood

This 2K and 5K run/walk, and 10K run benefits Valley View Care, a service of NAH. This assisted-living facility provides a comfortable, peaceful setting for those who need end-of-life care but lack the resources or support to stay in their own homes. Proceeds also support EntireCare Rehab & Sports Medicine and its team of therapists who improve quality of life through physical, occupational and speech therapy.

Spring 2017 – Copper Ball, Sedona

This event benefits NAH's area of greatest need in the Verde Valley.

June 19 – Chicks with Sticks Women's Golf Tournament, Flagstaff

Benefits the Cancer Centers of Northern Arizona Healthcare in Sedona and Flagstaff; specifically breast cancer education and early detection efforts.

July 15 – Taylor House Ride, Flagstaff

This cycling event supports Flagstaff Medical Center's hospitality home, The Taylor House, which offers compassionate, convenient housing for friends and families of patients receiving care at FMC.

August 5 – Machine Solutions Run & Walk for Kids, Flagstaff

This 2K and 5K run/walk, and 10K run supports the Children's Health Center's specialty pediatric outpatient clinics for children with disabilities or chronic illness.

August 24 – Holes for Heart Care, TBD

This golf tournament benefits NAH's cardiology program.

December 2 – Turquoise Ball, Flagstaff

Now in its 56th year, this annual themed gala – the longest-running formal event in Flagstaff – benefits NAH's areas of greatest need in the Flagstaff area.

TBD - Fit Kids Fun Run 5K, Cottonwood

This fun, all-ages event supports NAH's Fit Kids of Arizona program, which promotes healthy lifestyles for children and families while reducing the problems and illnesses associated with excessive weight.



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1030 N. San Francisco Ave., Ste. 130, Flagstaff, AZ 86001



Nutrition in Northern Arizona

► Heart Beet Salad

by Sophia Papa, M.A.

Inflammation in the body isn't always a bad thing. As part of our immune response, it defends us from bacterial and viral invaders and helps repair damaged cells and tissues. A sore throat and a sprained ankle are inflammatory responses designed to heal illness and injury.

However, prolonged – or chronic – inflammation can be dangerous. When your body continuously sends an inflammatory response to perceived threats – smoking and poor dietary habits – research shows that over time you risk developing chronic inflammatory conditions – heart disease; diabetes; and possible autoimmune problems, including allergies and asthma.

A diet heavy in refined sugar and carbohydrates; low-fiber grains and high-fructose corn syrup can aggravate chronic inflammation. To combat this, try including more anti-inflammatory foods in your diet, including this recipe courtesy of Stacey Hitesman, R.D.N., a clinical dietitian at Northern Arizona Healthcare's Flagstaff Medical Center.

"This salad is full of local, seasonal, heart-healthy, antioxidant-rich and high-fiber ingredients to start fighting inflammation today," Hitesman said. "Give it a try; you'll be pleasantly surprised by how good it tastes."

Ingredients: For the beets:

6 large beets, trimmed
¼ cup extra virgin olive oil
Salt and ground black pepper to taste
2 large squares of aluminum foil

For the salad:

1 (8 oz.) package of baby spinach leaves or baby kale
2 tomatoes cut into bite-sized pieces
2 avocados peeled, pitted and cut into bite-sized pieces
¼ cup crumbled feta or goat cheese
¼ cup chopped roasted pistachios or sunflower seeds; and/or pomegranate seeds; or orange slices

For the dressing:

6 Tbs. balsamic vinegar
2 Tbs. pomegranate juice
½ cup extra virgin olive oil
1 Tbs. Dijon mustard, or more to taste
Salt and fresh ground pepper to taste



Stacey Hitesman, R.D.N.

Directions:

Prepare the beets

(Or buy pre-cooked beets in the produce aisle.)

Preheat oven to 375 degrees.

Place the beets in large bowl and drizzle with olive oil, salt and black pepper. Place three beets onto the center of each aluminum foil square and fold into envelopes, sealing beets into the packets. Place in a baking dish.

Bake in the preheated oven until tender, about 60 minutes. Check for tenderness by piercing with a fork. Allow beets to cool, then peel and slice.

Make the dressing

Whisk dressing ingredients until smooth.

Assemble the salad

Toss spinach with some dressing, then lay the leaves on serving platter. Sprinkle pieces of tomato and avocado over spinach leaves. Lay the sliced warm beets over salad and top with cheese, pistachios, sunflower or pomegranate seeds and/or orange slices. Serve remaining dressing on the side.



Health by the numbers

Healthy blasts for **winter 2017**

by Sarah Sabalos-Gruber, M.Ed.



Six ways women, and men, can **boost their heart health**

Heart disease is often thought of as a man's disease, but statistics from the Centers for Disease Control show it's an equal-opportunity issue in the United States. Heart disease is the leading cause of death for women in the United States, and accounts for about one in every four female deaths. Sixty-four percent – almost two-thirds – of women who die suddenly of coronary heart disease have no previous symptoms. Women can lower their risk with these simple strategies:

- Don't smoke. If you smoke, quit. And quit now!
- Build your diet around fruits, vegetables, whole grains and fat-free or low-fat dairy. Avoid saturated fats, cholesterol, salt and added sugars.
- Exercise regularly, for a total of 150 minutes each week.
- Limit alcohol use to no more than one drink a day. If you're pregnant, don't drink at all.
- Know your family history of heart disease and stroke. While you can't change it, you can be extra-vigilant if need be.
- Track your cholesterol and blood pressure. Women with heart disease often experience no symptoms, so knowing these numbers is especially important.

Four symptoms of heart attacks women experience

Women and men experience heart disease and heart attacks in roughly equal numbers, but the warning signs can differ. For example, only half of women having a heart attack experience chest pain, and are less likely than men to report breaking out in a cold sweat or feeling pain in the left arm. Women often feel symptoms less intensely than men do and therefore tend to ignore them, even when experiencing pressure (a well-known symptom of heart disease).

Women with heart disease often feel pain from angina – a lack of oxygen-rich blood reaching the heart muscle – during ordinary daily activities rather than while exercising.

Heart attacks in women often involve the following symptoms:

1. Uncomfortable pressure, squeezing, fullness or pain in the center of the chest. These feelings last more than a few minutes, or go away and then return.
2. Pain or discomfort in one or both arms, neck, jaw, back or stomach.
3. Shortness of breath with or without chest discomfort.
4. Breaking out in a cold sweat, nausea or lightheadedness.

Be proactive about your heart health: Make an appointment with a cardiologist if you experience any symptoms of heart disease.

To make an appointment in Flagstaff, call 928-773-2150.

To make an appointment in the Verde Valley, call 928-634-1331.

5 warning signs of peripheral vascular disease, or PVD

Peripheral vascular disease, or PVD, is a circulation disorder caused by narrowing or blockage of blood vessels or arteries in places other than the brain and heart.

PVD commonly develops due to tobacco use; obesity; inactivity; diabetes; high blood pressure; high cholesterol; advancing age; or a family history.

Warning signs depend on which vessels or arteries are affected, but usually include one or more of the following:

- Dull, intermittent pain, burning, heaviness or fatigue in the buttocks, calves, thighs, hips or toes with exertion.
- Numbness, tingling or weakness in the above areas with exertion.
- A non-healing foot or leg sore.
- Coldness or color changes in the legs or feet.
- Loss of leg hair.

Expert in the house

► Q&A: Learning more about lipids

by Sophia Papa, M.A.

Cardiovascular disease, including heart attack and stroke, remains the No. 1 cause of death for Americans. Along with inflammation, an important sign of cardiovascular disease is the size and number of lipids – particles of cholesterol – in your bloodstream. By improving your lipid levels as well as inflammation, you can reduce your chances of developing heart disease and a resulting cardiovascular event, such as a heart attack.

Board-certified lipidologist Kenneth Bescak, M.D., F.A.C.C., B.C.C.L., leads Northern Arizona Healthcare's Lipid Clinic. He is one of only 500 board-certified lipidologists in the United States, and one of only seven in Arizona. Below, Dr. Bescak answers questions about lipids and how you can manage them.

Q: What do lipids do?

A: Lipids are fatty substances in the bloodstream necessary to make hormones and store energy. Too many lipids can cause high cholesterol and blocked arteries, which lead to strokes and heart attacks.

Q: What is a lipidologist?

A: Lipidology is the newest sub-specialty in internal medicine and cardiology. A lipidologist specializes in the diagnosis and management of lipids disorders, such as high cholesterol, which includes both inherited and acquired disorders in patients who are especially high risk.

Q: What are the benefits of seeing a lipidologist rather than a primary care provider to manage lipid levels?

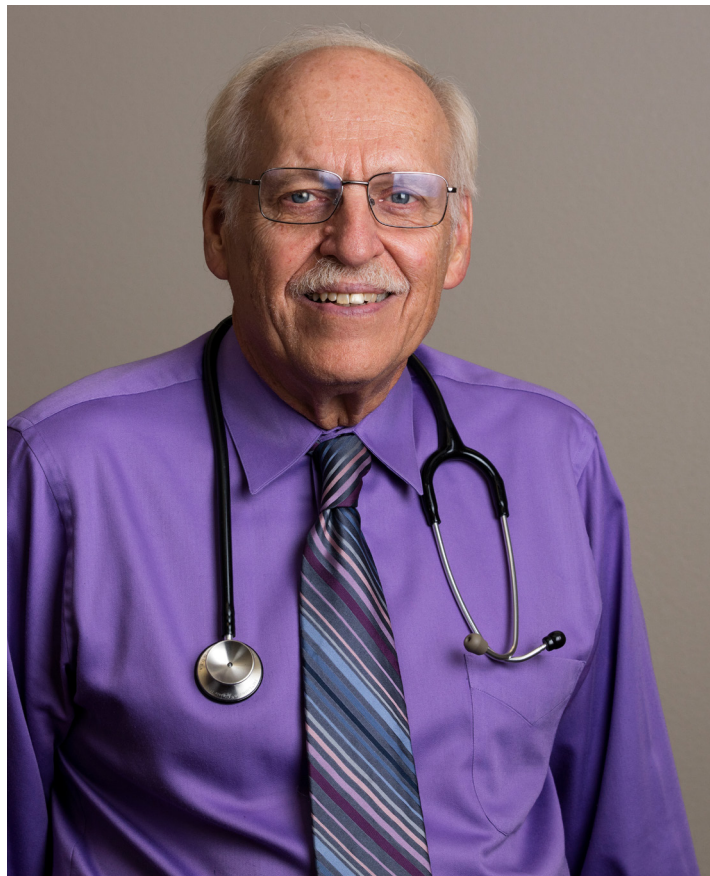
A: While primary care providers can provide screening tests for cholesterol, a lipidologist goes more in-depth; all the way down to single particles of cholesterol and their interactions with arteries.

Q: What can I do to lower my lipid levels?

A: Cholesterol comes from two sources in the body – the liver makes about 80 percent and the rest comes from absorption through the intestines. This means you can reduce your lipids by reducing saturated fats in your diet and taking certain medications.

Q: Do certain foods affect lipid levels?

A: Cholesterol levels are mostly affected by saturated fats – red meats and dairy products – and to lesser degree by cholesterol in other foods, such as eggs. Simple sugars – including white bread, white rice, white potatoes, cake, candy, ice cream and alcohol – can raise triglycerides, a specific type of fat in the blood that enlarges and raises the number of cholesterol particles.



Kenneth Bescak, M.D., F.A.C.C., B.C.C.L.

Q: What services are offered through the Lipid Clinic?

A: The Lipid Clinic uses advanced lipid testing to analyze how lipid particles interact with inflammation markers. This allows for individualized lipid management profiling and comprehensive services, including:

- Customized goal-setting for cholesterol, triglycerides, diet, exercise and weight management.
- Follow-up blood work to monitor and evaluate patients.
- Cholesterol screenings for patients' family members, who are included in sessions when possible.
- Education for patients regarding nutritious, heart-healthy diets including new recipes and methods of food preparation; tips for dining away from home; and reading and understanding food labels.

Dr. Bescak sees patients in Cottonwood, Camp Verde, Flagstaff and the Village of Oak Creek. To make an appointment in Flagstaff or the Verde Valley, call 928-634-1331.

New and innovative at NAH

► The Heart & Vascular Center of Northern Arizona's clinical trials pave the way for new knowledge

By Sarah Sabalos-Gruber, M.Ed.

A new medication is like a new recipe: It's fine to read the directions, but you need to actually try it out to see how it works. That's why clinical trials – research studies designed to help doctors learn more about a given drug or pharmaceutical device – are an essential ingredient in medical progress.

Clinical trials with voluntary human subjects show doctors three important things:

1. How safe a treatment is;
2. which patients it is most likely to help;
3. and to what degree.

One trial may focus on the effects of a new treatment on patients of a certain age or who suffer from a particular disease; another might compare the effectiveness of a new treatment to an established one.

“Our goal is to have a place where people can go to be part of whatever's coming in the future,” said interventional cardiologist Samuel M. Butman M.D., M.H.A., F.A.C.C., F.S.C.A.I., of the Heart & Vascular Center of Northern Arizona. Dr. Butman, with his research assistant Alicia Bigelow, R.N., and his colleagues, cardiologists Kenneth Bescak, M.D., Steven Heilbrunn, M.D., Bruce Peek, M.D. and John Schor, M.D., is now working on seven active studies and two registries. A registry remotely collects long-term safety information about therapies or high-risk populations with cardiovascular illness.

Dr. Butman is based at Northern Arizona Healthcare's Verde Valley Medical Center in Cottonwood, but the studies are held at multiple sites throughout the world and focus on heart disease; heart attacks; peripheral arterial disease, or PAD; high blood pressure; cholesterol management; and diabetes. This

work often involves teaming up with universities such as Harvard, Duke and Oxford; the National Institutes of Health; and other institutions on the cutting edge of research.

“We're looking ahead to future involvement with medications and interventions involving other therapeutic areas that aren't only important to us here at NAH, but to our larger communities,” Dr. Butman said. “In the last few years, at least 200 patients have participated, and they're like family. This is an opportunity for people who are interested



Samuel M. Butman, M.D., M.H.A., F.A.C.C., F.S.C.A.I., and research assistant Alicia Bigelow, R.N., are now working on seven active research studies and two registries.

and motivated to be part of healthcare rather than subject to healthcare.”

He added that when you participate in a study, you make a positive difference in your health no matter what drug you take or what group you’re in: Not only are doctors and research teams – often from prestigious institutions – looking at your care, you’ll benefit from additional clinical resources,

Did you know?

Most clinical trials involve two groups: The “active” group, which receives the new treatment; and the “control” group, which receives a placebo (a fake treatment, such as a sugar pill). To eliminate bias or deception, patients don’t know which group they are in. In a “double-blind” study, the researcher doesn’t know either.

All clinical trials, from small pilot studies to large-scale endeavors, must always be approved by a local or a national expert panel ethics committee.

The first proper clinical trial, with both an active and a control group, was conducted in 1740. It led to a cure for scurvy, a Vitamin C deficiency, among long-distance sailors.

including laboratory work and EKG testing. Also, you’ll receive expert advice regarding diet, exercise and general well-being.

People often participate in clinical trials for altruistic reasons: In addition to wanting to try everything possible to treat their own problem, they want to help others and add to the general body of scientific knowledge.

Joseph Parkinson, 69, is one of those people. A resident of Prescott and retired deputy sheriff, Parkinson regularly makes the drive to Cottonwood to see Dr. Butman. He participated in a medication study for people who needed to lower their cholesterol and keep it lowered.

“I don’t even know if I got the real medication or not,”

Parkinson said, “but I took a pill every day and didn’t experience any adverse reactions. Some people might think it’s a waste of time if you get the placebo, but on the other side of the coin, you’re still in the study – and it might benefit you, or someone else, down the road.”

“In the last few years, at least 200 patients have participated, and they’re like family.”

— Samuel M. Butman, M.D., M.H.A., F.A.C.C., F.S.C.A.I.

One particular development in Dr. Butman’s studies reflects an exciting trend: The medical research community is discovering that a person’s specific genetic makeup,

What do clinical trials test?

- Drugs
- Medical devices
- Dietary supplements
- Dietary choices
- Vaccines

or genotype, is the key to whether or not a specific medication works for that individual. One drug Dr. Butman is researching works for one of every five people because they have the correct genotype. Someday, it may be possible to screen human

DNA and prescribe medications specifically designed to work with that DNA.

“Wouldn’t you rather know if the blood pressure pill your doctor gives you will work for your genotype – and if it doesn’t, why take it?” Dr. Butman asks. “Genetics is part of the answer.”

Interested?

Dr. Butman’s team is recruiting for a trial sponsored by the National Institutes of Health. This Cardiovascular Inflammation Reduction Trial, or CIRT, study focuses on diabetics with coronary disease – a known high-risk patient group. Another trial, known by the acronym CLEAR-HARMONY, is researching a new cholesterol drug that doesn’t cause muscle pain. If you’d like to participate in a study, please call the Cardiovascular Research Center at 928-639-5306.

