



# HEART TO HEART



The mission of the Steven M. Gootter Foundation is to save lives by defeating sudden cardiac death through increased awareness, education and scientific research.

The Steven M. Gootter Foundation works to increase awareness of sudden cardiac death among those who may be at risk, fosters education among the public and health care professionals, and funds scientific research into the causes of and treatments for sudden cardiac death.

## STEVEN M. GOOTTER FOUNDATION NEARS GOAL OF ENDOWED CHAIR



L-R: Mikael Pernfors, 2010 Philanthropic Award Recipient Bobby Present, Deborah Oseran, and Mats Wilander

More than 350 people celebrated the fifth anniversary of the Gootter Grand Slam at a gala dinner on March 27, 2010 at Skyline Country Club. Highlights of the fifth annual event included the presentation of the 2010 Philanthropic Award to Bobby Present, the President and a founding member of the Steven M. Gootter Foundation.

During his tenure as President, the Foundation has raised over \$1 million of its \$2 million endowment goal for the Steven M. Gootter Chair for the Prevention and Treatment of Sudden Cardiac Death. The Chair will enable the University of Arizona Sarver Heart Center to recruit a faculty member with the scientific and clinical expertise to work toward finding new and improved ways of preventing sudden cardiac death. This year's Gootter Grand Slam Tennis Tournament and Pro Exhibition featured Mats Wilander, Mikael Pernfors and UA Football Coach Mike Stoops.

**MORE GALA PHOTOS ON BACK PAGE**



UA Football Coach Mike Stoops serves in the celebrity doubles exhibition



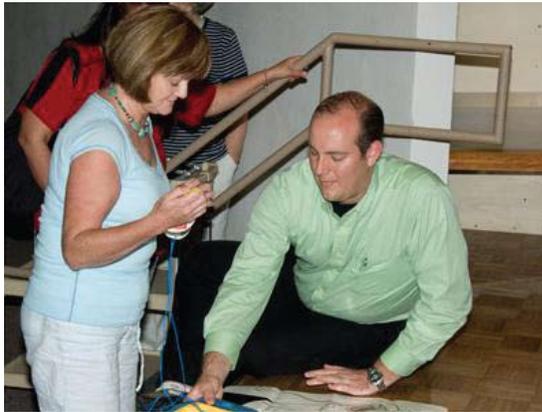
L-R: Mikael Pernfors, Robert and Penny Sarver, and Mats Wilander



Some of the many children who took part in the Tournament

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AWARD RECIPIENTSGordon A. Ewy, M.D.  
Bobby Present  
Robert and Penny Sarver  
Bazy TankersleyFOUNDATION PROVIDES LIFESAVING  
AUTOMATED EXTERNAL DEFIBRILATORS  
(AEDs) TO SCHOOLS AND ORGANIZATIONS

The Steven M. Gootter Foundation recently provided Automated External Defibrillators (AEDs) to 20 Southern Arizona high schools that did not have these life saving devices. One of the long range goals of the Foundation is to make sure that all places where people learn, work, worship and play will have an AED in case it is ever needed. The Foundation has also donated AED's to: All (6) **Tucson Boys and Girls Clubs, Reffkin Tennis Center, ATC (Arizona Theater Company), TMA (Tucson Museum of Art), Sunrise Drive Elementary School, Temple Emanu-El, and St. Francis Cabrini Church.** The Foundation would like to expand this program, as the need for AEDs within the community is so great.

## WHAT ARE AEDS?

The automated external defibrillator (AED) is a computerized medical device. An AED checks a person's heart rhythm, recognizes whether a shock is required and administers a shock if needed. The AED uses voice prompts, lights and text messages to tell the rescuer the steps to take. AEDs are very accurate and easy to use. With a few minutes of training anyone can learn to operate an AED safely.

## THE NEED

There are currently no laws governing the distribution or requirement of AED devices. There is simply a recommendation they be placed in US Government Office Buildings.

Even though AEDs are becoming increasingly accessible in public places like airports, convention centers and shopping malls, schools often lack the funding to acquire a defibrillator or the resources necessary for training and overseeing their use and maintenance.

Sudden cardiac arrest is often associated with young athletes under intense physical stress. However, it is the leading cause of natural death in the United States and can strike anyone at any age," said Lani Clark, director of the SHARE (Save Hearts in Arizona Registry and Education) program, which oversees AED programs across the state ([www.azshare.gov](http://www.azshare.gov)).

"For someone whose heart has stopped pumping blood, a quick response from bystanders is crucial," Clark explained. "With each minute that passes and if no one does anything except call 9-1-1, the chances of survival keep spiraling down by about 10 percent. "By the time you get close to 10 minutes with no one doing uninterrupted chest compressions or getting an AED, the person's chance of survival is slim to none."

THA STUDENT  
CHOOSES  
GOOTTER  
FOUNDATION FOR  
BAR MITZVAH PROJECT

"My name is Bernie Silverman, I'm a seventh grader at THA (Tucson Hebrew Academy) and for my Bar Mitzvah project I chose to support the Gootter Foundation. I hope nobody has to lose a loved one to sudden cardiac death like I did. The death of my grandfather could have been prevented if the golf course had an AED so I think what the Gootter Foundation is doing will help many people."



# STEVEN M. GOOTTER FOUNDATION INVESTIGATOR AWARDS UPDATE

By Dr. Vincent L. Sorrell, MD  
*Sarver Heart Center member, Professor of Clinical Medicine and Radiology at the College of Medicine, and the Allan C. Hudson and Helen Lovaas Endowed Chair of Cardiovascular Imaging.*



Vincent L. Sorrell, MD

We presented our preliminary MRI and genetic findings at two national meetings and received excellent feedback and attendance.

Our preliminary research suggests that our MRI findings predict subsequent deadly cardiac events. We are now investigating whether the absence of MRI findings predict the absence of deadly arrhythmias but it is still too early to predict.

We have enrolled our last patient and we are now entirely in the follow up phase. We call patients for events. We follow their ICD ECG recordings. I have people analyzing the MRI findings in greater detail. We will soon be expanding our MRI studies to investigate the impact of brain activity on the susceptibility to cardiac arrhythmias (flight or fight response).

We plan to publish our data once we complete at least a year of follow up. Then, the GOOTTER (Guiding Our Outcome To Terminal Electrical Rhythms) trial will be known by all.

**“THE STEVEN  
M. GOOTTER  
FOUNDATION  
FUNDING HAS A HUGE  
SCIENTIFIC AND  
ECONOMIC IMPACT  
ON OUR RESEARCH.”**

By Mohammad Azhar, PhD  
*Member of the Sarver Heart Center and the BIO5 Institute at the University of Arizona*



Mohamad Azhar, PhD

I want to thank The Steven M. Gootter Foundation for funding my research in 2008-09. This funding, in part, was used to build a Microbiaxial optomechanical device which can simultaneously stretch and inflate coronary and aortic arteries to test the risk of sudden rupture. Sudden rupture of these arteries is a major indirect cause of sudden cardiac death.

The Steven M. Gootter Investigator Award led to additional funding from the Sarver Heart Center to test the Microbiaxial optomechanical device and that will report the generation and successful testing and potential diagnostic applications of this new device in cardiovascular diseases.

The Steven Gootter Foundation funding contributed to four Research Grant Applications. These Grants are currently under review at the American Heart Association and the National Institutes of Health. The total amount requested for funding is nearly \$3 million. The Steven M. Gootter Foundation funding has a huge scientific and economic impact on our research. Again, thank you, and I am grateful for the opportunity to share the vision of The Steven M. Gootter Foundation.

## ORGANIZATIONS REFLECT ON LIFESAVING AED DONATIONS

“We cannot begin to express our thanks to you and your Foundation for making it possible for San Miguel High School to be equipped with, trained on, our very own AED. It is a gift we hope to never have to use, but find comfort in knowing that we have this life saving machine at arms length. Your support of San Miguel High School is very much appreciated and we are humbled that you have made this available to us.”

*Leslie Shultz-Crist, President and Br. Nick Gonzales, FSC, Principal, San Miguel High School*

“Our heartfelt thanks to you for the gift of the AED to St. Frances Cabrini. We have our share of older people among the 2,000 members of our parish. But I know the AED is meant for people of all ages. In the name of our whole community, I express deepest gratitude for this outstanding gift.”

*Mmgr. Robert D. Fuller, St. Frances Cabrini Parish*

“It is so wonderful to have the AED on property. I now have peace of mind that I have the right equipment on hand in the Nurses office with the number of students and staff in our school. I appreciate everything the Gootter Foundation has done to facilitate getting us our AED.”

*Margaret Eller, RN (School Nurse), Sunnyside Unified School District*

“The AED donated by the Gootter Foundation is the first line of defense with with any cardiac problem. Specifically, the first AED was a stepping stone. Receiving it at my High School made others aware and we were able to apply to the school for funding to get another one. The Gootter Foundation opened the door, increased awareness and made the community receptive and supportive of our need to be prepared.”

*Juan F. Prieto, Head Athletic Trainer, Amphitheater Public Schools*

# HEART TO HEART

WORKING TO CONQUER SUDDEN CARDIAC DEATH

SAVE THE DATE!

THE SIXTH ANNUAL  
GOOTTER GRAND SLAM  
STEVEN M. GOOTTER FOUNDATION

MARCH 26, 2011  
SKYLINE COUNTRY CLUB

## 5<sup>TH</sup> ANNIVERSARY GOOTTER GRAND SLAM



Debbie & Marc Fleischman,  
Dr. Lori Mackstaller, Patti Arida



Debbie Mastin, Alex Gootter,  
Abbie Stone, Shari Gootter, Naomi Present,  
Lily Wool, and Deborah Oseran



Elliot Glicksman auctioning off an AED



Michelle and Nelson Brown,  
Dr. Craig and Jeanne Hoover



Debra Gootter, Sophie Gootter,  
and Joe Gootter



Yoram Levy, Stacy LaRue,  
and Eric Firestone