

HEART TO HEART

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WORKING TO CONQUER SUDDEN CARDIAC DEATH

VOL. XII FALL 2019



The Steven M. Gootter Foundation is dedicated to saving lives by defeating Sudden Cardiac Death through increased awareness, education, scientific research and the distribution of AEDs.

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.



GOOTTER FOUNDATION HONORS JANA AND FRANK WESTERBEKE

The 14th annual Steven M. Gootter Foundation Gala was held on March 2nd at the Westin La Paloma. More than 350 people attended the event, featuring a silent auction, a live auction, wonderful food, music and dancing. The 2019 Philanthropic Honorees were Jana and Frank Westerbeke. The featured speaker was Todd Miller, whose life was recently saved with an AED that was donated by the Gootter Foundation to the Oro Valley Police Department.

Andrew Messing, President of the Steven M. Gootter Foundation, announced that the Foundation has made great strides through funding scientific research, education, awareness and providing lifesaving Automated External Defibrillators (AEDs) in our community. We dedicate ourselves to this mission in memory of Steve Gootter.

To date we have distributed over 350 AEDs to first responders (law-enforcement vehicles), local area schools, places of worship, and other Southern Arizona non-profit organizations that did not have these life saving devices. The long-range goal of the Foundation is to ensure that all public places where people work, worship and play have an AED. In addition to funding AEDs, we continue to fund research for the prevention of Sudden Cardiac Death. Each year we grant Investigator Awards to scientists working on the most promising studies that either prevent or improve survival from Sudden Cardiac Arrest. Many of these investigators have received additional funding from the NIH and AHA.



Top left: Wylie, Frank, Wagner, and Jana Westerbeke.

Top right: Mike Honkamp, Lori Mackstaller, Patti Spector-Norville, and Allan Norville.

Lower right: Czarina and Humberto Lopez.

Bottom right: Members of the Oro Valley Police Department with Andrew Messing, third from right, and Todd Miller, featured speaker and SCD survivor, second from right.

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RESEARCH AND INVESTIGATOR AWARD UPDATE: SLEEP AND CORONARY HEART DISEASE

The Gootter Foundation funded a study consisting of an analysis of a dataset of over 300,000 adults, looking to see if some of the most well-known Coronary Heart Disease (CHD) risk factors (on their own or in combination) are associated with sleep. The study was led by Michael Grandner, PhD, Director of the Sleep and Health Research Program at the UA College of Medicine and Assistant Professor of Psychiatry, Psychology, Medicine, and Nutritional Sciences, and a member of the Sarver Heart Center.



Michael Grandner, PhD

The analysis examined 10 years of data from the CDC determining whether the amount of typical nighttime sleep was associated with increased likelihood of any of eight identified population CHD risk factors: obesity, hypertension, hypercholesterolemia, diabetes, coronary heart disease, physical inactivity, excessive alcohol use, and smoking. Although previous studies have examined some of these relationships, never before have all of these been examined at the same time, in a sample this large and over so many years.

The results were quite alarming. It was found that both short and long sleep were associated with all of these factors. Compared to those who slept 7 hours on average, those who slept 4 hours or less were 103% more likely to have hypertension, 129% more likely to have diabetes, 145% more likely to have a history of heart disease, 204% more likely to be a smoker, 36% more likely to be a heavy drinker, 137% more likely to be sedentary, 69% more likely to be obese, and 53% more likely to have high cholesterol. Although these effects were smaller in those sleeping 5 or 6 hours, they were still at greater risk for every one of these outcomes. Long sleep was also a risk factor. Those sleeping 9 hours on average were more likely to have hypertension and diabetes, be a smoker or drinker, and be sedentary. And those sleeping 10 or more hours were at increased risk for all of the risk factors measured. Manuscripts based on this analysis are in preparation for publication. The results are quite clear -- sleep is likely an important factor in a number of SCD risk factors at the population level.

SEED GRANT FUNDS CORONARY ARTERY DEVELOPMENT RESEARCH

The Steven M. Gootter Foundation awarded a seed grant to Dr. Kristy Red-Horse of the Stanford Cardiovascular Institute. Dr. Red-Horse and her research team are investigating whether enhancing coronary artery development promotes recovery after cardiovascular injury. Dr. Red-Horse has identified a specific molecule that promotes the growth of collateral arteries.

Generally, arteries are formed like a branching tree. There is a main arterial trunk with smaller branching arteries extending from the trunk, but only very few small collateral arteries connecting the separate branches. Dr. Red-Horse has discovered these collateral arteries can be stimulated to grow and enlarge enough to form a natural "bypass" detour route around damaged or blocked arteries.



Dr. Kristy Red-Horse

The funding from the Steven M. Gootter Seed Grant is now helping Dr. Red-Horse take her groundbreaking molecular discovery to the next level. If collateral arteries are protective, this could potentially serve as a novel approach to bypassing arterial obstructions, maintaining blood flow to the heart, and preventing irregular heart rhythms.

GOOTTER ENDOWMENT FOSTERS NEW RESEARCH

The support of the Gootter endowment has fostered some exciting new research over the past year. With the vast increase in the availability of genetic testing for patients with cardiomyopathies, the lab of Jil Tardiff, MD, PhD, Steven M. Gootter Endowed Chair for the Prevention of Sudden Cardiac Death, has begun to focus on the care and management of younger patients with established gene mutations. The Tardiff Lab is identifying novel early molecular “signatures” of the disease with an eventual goal of preventing these initial pathogenic pathways. Two of the studies have led to a panel of new potential compounds to be tested in animal models of hypertrophic and dilated cardiomyopathies. Finally, the lab is exploring an entirely new research direction that focuses on decreasing the incidence of post-anthracycline cardiomyopathy in young people. This is an often devastating complication in young adults who have been treated for various cancers in childhood. This work is investigating the role of a thin filament protein in the cardiac cell that appears to predispose the heart to accelerated remodeling after chemotherapy. Developing the technology to mitigate the effects of this protein would be a significant step forward and early results have been encouraging.



Jil Tardiff, MD, PhD

GOOTTER AED DONATIONS CONTINUE TO SAVE LIVES



Recent recipients of AEDs donated by the Gootter Foundation:

Top left: Literacy Connects

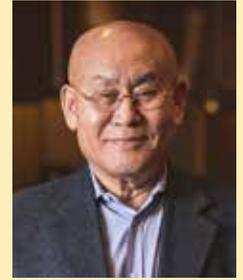
Top right: Gospel Rescue Mission

Lower left: Jewish Family & Children's Services of Southern Arizona

The Steven M. Gootter Foundation continues to provide Automatic External Defibrillators (AEDs) to non-profit organizations in Southern Arizona. AEDs have the capacity to rapidly resuscitate those suffering ventricular fibrillation cardiac arrest and can be deployed by lay public rescuers as well as professional emergency responders. Minutes count and an AED can be the difference not only between life and death, but importantly for a victim resuming a high quality life with normal brain function.

FOUNDATION TO HONOR K.C. AN AT 2020 GRAND SLAM GALA

We are pleased to present the 2020 Steven M. Gootter Foundation Philanthropic Award to K.C. An. “Mr. An,” as he is best-known, is a Tucson restaurateur and business leader, and a dedicated philanthropist. Mr. An will receive the honor at the 2020 Gootter Grand Slam Gala Dinner on Friday, February 7, 2020 at the Westin La Paloma.



K.C. An

HEART RESEARCH A LIFELONG PASSION FOR ERIKA YEE

While at high school band practice, Erika Yee became aware that a friend had collapsed in sudden cardiac arrest. She responded with the CPR training she had recently learned at Girl Scout camp, saving her friend's life. “This was a life-changing experience for me,” said Yee. The experience opened her mind to consider health care as a profession.



Erika Yee

Erika has also had the opportunity, both in high school and in college, to work with Dr. Jil Tardiff, the Steven M. Gootter Endowed Chair for the Prevention of Sudden Cardiac Death at the University of Arizona Sarver Heart Center. In Dr. Tardiff's lab, she assisted in researching cardiac arrest and genetic abnormalities in the heart.

Erika says, “The work that the Gootter Foundation does for the community is incredibly valuable. No one knows when they will need to use an AED or deliver CPR; the Gootter Foundation is addressing this need for education. Providing AEDs and CPR training as well as research for better heart therapies is changing the community and creating a positive impact for those throughout Tucson and southern Arizona.”

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15TH ANNUAL
GOOTTER GRAND SLAM
GALA DINNER AT THE
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14TH ANNUAL GOOTTER GRAND SLAM



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Gurpreet Jaggi



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