

2018 ANNUAL REPORT

**Cardiovascular**  
**Innovation**  
**State-of-the-Art**  
**Imaging**  
**Patient Outcomes**  
**Research**  
**Education**



Creating a world without heart and vascular disease

## ABOUT THE COVER:

### Minneapolis Heart Institute Foundation® (MHIF) Imaging Capabilities on the Cutting Edge

The cover of the 2018 MHIF Annual Report shows an image that physicians use as they plan for the implant of a new heart valve through an artery in the leg (femoral artery access). These scans are obtained before all valve procedures. Advances in cardiovascular imaging technologies have made less-invasive, cardiovascular procedures more accessible and realistic for patients. This opens options for older, more fragile patients who would not have had treatment options even a few years ago.



The MHIF Cardiovascular Imaging Research Core Laboratory (MHIF CoreLab) is a state-of-the-art, cardiac magnetic resonance imaging (MRI) and computerized tomography (CT) imaging laboratory led by Dr. João Cavalcante, a multi-modality trained imaging cardiologist. MHIF understands the importance of multi-modality imaging in the rapidly expanding field of structural heart and valve disease interventions. The team brings a depth of expertise in medical imaging analysis and interpretation.

In 2018, Dr. Cavalcante joined the MHIF research team and clinical practice at the Minneapolis Heart Institute® (MHI). He leads a team of cardiologists who are working to advance the capabilities of imaging in research and clinical practice. Physicians come to MHI® from around the world to learn techniques because of the excellence of the imaging team, led by Drs. Cavalcante and John Lesser.

Dr. Cavalcante explained that one of the drawbacks in current imaging practice is that interventions often take place when a symptom is present. “The majority of the time, the heart is already sending signals and the symptoms are actually downstream. Now we can identify these changes much earlier on,” he said.

As medical technology progresses and cardiovascular interventions continue to shift to less-invasive methods, the MHIF CoreLab will ensure the foundation’s research remains on the cutting edge.



## ADVANCING IMAGING IN RESEARCH AND CLINICAL PRACTICE

Dr. Cavalcante earned his medical degree from the Federal University of Ceará, Brazil. Sixteen years ago, Dr. Cavalcante moved from Brazil to Detroit, Mich., to begin his residency in internal medicine and a cardiovascular fellowship at Henry Ford Hospital. This was followed by an advanced cardiovascular imaging fellowship at the Cleveland Clinic.

Dr. Cavalcante then joined the senior faculty at the University of Pittsburgh Heart and Vascular Institute in 2012, where he helped lead their structural imaging initiative until he joined MHIF and MHI® in 2018.

## ABOUT THE MINNEAPOLIS HEART INSTITUTE FOUNDATION

The Minneapolis Heart Institute Foundation strives to create a world without heart and vascular disease. To achieve this bold vision, it is dedicated to improving the cardiovascular health of individuals and communities through innovative research and education.

MHIF is a recognized research leader across all subspecialties of cardiac and vascular medicine with more than 200 clinical studies, involving more than 2,200 patients at any given point in time.

Its commitment to education is equally important. Each year, MHIF publishes more than 190 peer-reviewed articles, provides more than 10,000 hours of education to health care professionals and offers public education events to increase awareness and engagement of patients in their heart health.

All of MHIF’s activities are made possible through financial contributions from charitable donors and partners.

## Message from the CEO and CMO

If we had to choose a word to represent 2018, it would be BUILDING. The foundation of our 36-year history is strong and this year we reached new heights. All of this is grounded in improving the cardiovascular health for patients around the world.

We know from patients how meaningful our research and education efforts are and we know none of this is possible without the charitable gifts from our donors, the heartfelt commitment from our research physicians and the dedication of our staff to make things happen every day.

### HIGHLIGHTS FROM 2018

**We continued to place a priority on building momentum and infrastructure around world-class research.** We published 200 manuscripts, including eight first-author manuscripts in top journals. We also presented 87 poster abstracts at national and international conferences and participated in 80 oral abstract or podium presentations and invited talks. We achieved growth in industry-sponsored research, investigator-initiated research (designed and led by leading physicians), with representation across all subspecialties.

**We engaged and recognized our research patient community.** Patients who are willing to participate in research not only access new technologies and approaches, they help others well into the future. We established [mplsheart.org/research-community](https://mplsheart.org/research-community) to show our gratitude for this special community.

**We completed 10 years of research through Hearts Beat Back®: The Heart of New Ulm,** which is a benchmark for the impact of population-based wellness programs. We have big plans to share this through the MHIF Rural Health Transformation Center in 2019 and beyond.

**We honored our responsibility to educate the next generation of health care providers.** Our Foreign Scholar program brought international physicians to MHIF from Brazil, China, Japan and Greece. We also welcomed 10 research interns.

**We fostered a brand and a culture that puts patients at the heart of everything we do.** Our mission is clear – to improve the cardiovascular health of individuals and communities through innovative research and education.

We're proud of our partnership with our Minneapolis Heart Institute® physicians who have an unmatched passion for research and education. This collective effort is critical to creating a world without heart and vascular disease. Thank you for taking this journey with us!



Kristine Fortman, PhD  
Chief Executive Officer  
Minneapolis Heart Institute Foundation



Scott Sharkey, MD, FACC  
President and Chief Medical Officer  
Minneapolis Heart Institute Foundation



Kristine Fortman, PhD



Scott Sharkey, MD

## January

Published second issue of the *Journal of the Minneapolis Heart Institute Foundation* – see archived issues at [mplsheart.org/journal](http://mplsheart.org/journal)

Kicked off series of 32 **Cardiovascular Grand Rounds** sessions to offer physicians and other health care providers the opportunity to review and discuss the latest developments in prevention, treatment and care delivery

Enrolled first patient in **KPL Study** (Phase II for Kiniksa Pharmaceuticals) of riloncept for recurrent pericarditis, inflammation of pericardium (double-walled sac surrounding heart); **Dr. David Lin and team** are studying new option for patients who have symptoms despite standard therapy

## February

Raised awareness of heart valve disease among more than 2,200 runners as presenting sponsor for **Twin Cities in Motion's Valentine's Day TC 5K run and 1K walk** around Lake Nokomis ▼

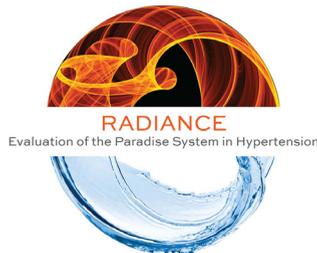


Educated more than 175 community members about heart valve disease, innovations in research and new treatment options at **The Mechanics of a Healthy Heart** event held in celebration of National Heart Valve Disease Awareness Day, Feb. 22

**Dr. Michael Miedema** educated KARE 11 News viewers about the “widowmaker” heart attack, research and prevention after NBC’s “This is Us” show drew attention to this type of heart attack

Enrolled the first patient in the **VENT-AVOID trial** researching the use of extracorporeal carbon dioxide removal (ECCO2R) for treating patients with COPD exacerbations

Successfully completed enrollment of patients in the first cohort of the **RADIANCE-HTN study**, which is evaluating a minimally-invasive, catheter-based procedure that may lower blood pressure and reduce a person’s need for blood pressure medications; **MHIF was the top enroller** out of 39 sites around the world ▼



## March

Enrolled the first patient in the **AccuCinch® study**, which offers a minimally invasive treatment option for heart failure and functional mitral regurgitation patients who are unlikely to survive the risks of open-heart surgery; MHIF is one of only eight leading heart centers studying the procedure

**Drs. Manos Brilakis, Michael Mooney, Robert Schwartz, Arslan Shaukat and Paul Sorajja** highlighted MHIF research in 13 presentations at the 2018 Cardiovascular Research Technologies (CRT) conference in Washington, D.C.

Four live cases, three presentations, two panels and 34 posters highlighted MHIF research at the **American College of Cardiology's 67th Annual Scientific Sessions** in Orlando

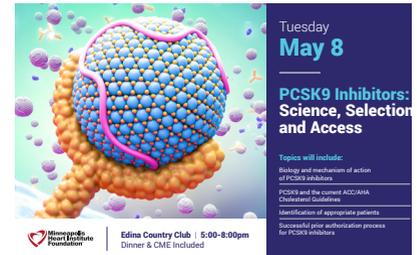
## April

**Dr. Peter Tajti** presented and **Drs. Manos Brilakis and Paul Sorajja** hosted two live cases highlighting their research at the Society for Cardiovascular Angiography and Interventions (SCAI) Scientific Sessions in San Diego ▼



## May

Educated providers and pharmacists on the role of PCSK9 inhibitors in cholesterol management at the **PCSK9 Inhibitors: Science, Selection and Access** event ▼



*Circulation* published “**Insights from the International Registry of Acute Aortic Dissection**,” a 20-year collaboration that MHIF researchers have participated in; **Dr. Kevin Harris** was an author

## June

Celebrated MHIF’s history, accomplishments and continued mission of innovative research and education at the annual **Founders to the Future** event ▼



**Dr. Michael Mooney** discussed therapeutic hypothermia for cardiac arrest in a podcast on “Heart Arrest” by ReachMD, the Channel for Medical Professionals hosted by leaders from the American College of Cardiology

## July

**Dr. Kelly Han** received the **Jon DeHaan Foundation Award for Innovation in Cardiology** in recognition of outstanding contributions to improving both safety and quality of imaging congenital heart disease in adults, children and infants at the annual Society for Cardiovascular Computed Tomography conference

Published the third issue of the *Journal of the Minneapolis Heart Institute Foundation* [mplsheart.org/journal](http://mplsheart.org/journal)

# August

**Dr. John Lesser, Sue Casey and their investigator-initiated research team** were part of the **PROTECTION IV** study presented as a LateBreaker at the **European Society of Cardiology (ESC) Congress** and jointly released in the *European Heart Journal*; study analyzed the radiation dose exposure of cardiac computed tomography angiographic studies in current daily practice worldwide

More than 250 women learned more about women's heart health, care and research at the third annual **Hope, Health & Humor women's event** featuring sudden cardiac arrest survivor and comedian/author Tracey Conway, author and speaker Dr. Archelle Georgiou, and a panel of female cardiologists ▼



**10 clinical research interns** showcased their contributions to 13 investigator-initiated research projects at the annual Research Intern Poster reception ▼



# September

**Dr. Bill Katsiyannis** discussed research on aspirin and fish oil supplements' effectiveness in preventing heart attacks on KARE 11 News

**Dr. Mario Gössl** enrolled the first patient in the **TVINCITIES Disparity Study** to better understand racial and ethnic disparities in the treatment of valve disease

At **Transcatheter Cardiovascular Therapeutics (TCT)**, MHIF research was well represented with 25 presentations, including one from Dr. Paul Sorajja featuring **TENDYNE Transcatheter Mitral Prosthesis: Long-term Results From the First 100 Patients Enrolled in the Global Feasibility Study**; MHIF researchers also participated in 15 sessions as moderators/discussants, 5 training session leaders, 12 posters and a live case by **Dr. Peter Tajti** that took second place in the International Fellows Challenging Case Session

# October

**Dr. Jay Traverse** discussed a wide variety of heart health prevention and treatment topics on KDUZ Radio in Hutchinson

Generous supporters donated more than \$675,000 at the **2018 Heartbeat Gala** to support MHIF research and education, including the Innovation Fund for physician-initiated research

**Patient Jamie Dockendorf** expressed her gratitude for research as she shared her emotional story of needing to deliver her first child and have an emergency procedure to replace her heart valve on the same day – visit [mplsheart.org/Jamie](http://mplsheart.org/Jamie) to watch Jamie's video ▼



**Longtime friend, patient and supporter Ruth Stricker** made a generous \$1 million leadership gift, which will help sustain research and education into the next era ▼



# November

**Kristine Fortman** introduced WCCO Radio listeners to the MHIF mission and stressed the importance of donations to the Innovation Fund, the focus for MHIF's 2018 Give to the Max Day ▼



39 physicians presented or broadcast live cases at the **American Heart Association Scientific Sessions** in Chicago; **Dr. Michael Miedema** served as a member of the evidence review committee for the updated 2018 ACC/AHA Guideline on the Management of Blood Cholesterol that was released at the conference – visit [mplsheart.org/2018cholesterolguidelines](http://mplsheart.org/2018cholesterolguidelines) to hear Dr. Miedema share a brief summary ▼



# December

**Dr. Nick Burke** discussed a recent study regarding a spike in heart attacks over the holidays, women's heart health and prevention measures on WCCO Radio

**Dr. Michael Miedema** discussed a recent study revealing that women wait longer to receive care for a heart attack than men on KARE 11

# The Heart of New Ulm Project: 10 Years of Preventing Heart Disease

In mid-2008, cardiologist and former Minneapolis Heart Institute® President Dr. Kevin Graham had a bold vision around MHIF's commitment to both research and education. What if MHIF researchers took the entire rural community of New Ulm, Minnesota – where risk factors for heart disease were high – and studied whether or not they could help people living or working there adopt healthier lifestyles and reduce those risk factors?

Fast forward a decade, and MHIF is proud to have made significant progress in finding the answer to that research question through its leadership with Hearts Beat Back®: The Heart of New Ulm Project (HONU). In 2018, MHIF concluded its 10-year research gathering phase of the groundbreaking project in partnership with Allina Health's New Ulm Medical Center (NUMC).

Over the years, MHIF's Population Health Team partnered with community members to coordinate a wide array of activities, education, policies and environmental changes. All were designed to encourage and support people to get more physically active, eat more fruits and vegetables, lose weight and make other positive choices to reduce their heart attack risk. Residents now find support for healthier lifestyles from across the community, as the culture has truly changed.

As a result of the decade-long HONU research program, the MHIF Population Health Team established a deep expertise in community health programs. Recognizing the extraordinary opportunity to help other communities, MHIF will leverage lessons learned from this significant, foundational research program to help health care systems, public health or community organizations develop the strategy, plans and tools to improve health in their communities. Through the establishment of the Rural Health Transformation Center, MHIF will continue to share HONU's success at regional and national trainings and to collaborate with communities to achieve long-term community health outcomes.



## Examples of Impact

**It became easier, safer and more convenient to walk and bicycle in New Ulm** as HONU worked with the city to add bike lane markings and signage, businesses added bike racks, and the schools promoted Safe Routes to School.

**Worksites throughout the community developed worksite wellness programs** and made changes to better support employee wellness, such as adopting healthier vending and tobacco-free policies.

**More than half of all restaurants chose to make healthier eating easier** by offering options such as more fruits and vegetables, whole grains, healthier fats or entrées with fewer total calories.

**A new community garden and a new food co-op both opened and the farmers market expanded.** The school district developed a comprehensive educational approach to build students' knowledge and skills related to growing food and healthy options.

## From Skeptic to Surprised

Former New Ulm resident Hugh Nierengarten, who served on the NUMC Board when HONU was first being proposed, admitted to being skeptical in the beginning. At the end of 10 years, he's pleasantly surprised.

*"I'm surprised that it's actually still going after a decade. These kinds of initiatives have a tendency to start with a splash, reach an early crest, and then fade out. And that really hasn't happened with the Heart of New Ulm. It's still active and becoming more ingrained into the nature of the community."*

*"Another thing that has surprised me is that while it's a big needle to move in a community of 14,000 people, the needle has been moved. As I was moving from New Ulm, it was noticeable to me that people were much healthier in their eating and exercise habits and much healthier in their attention to their physical welfare in general. That's really sort of a mammoth change in attitude when you talk about applying it to a broad range of people in an ethnically homogenous community."*



Nierengarten is a model of the HONU success. During the HONU research years, he quit smoking, began exercising more and lost weight. He also made several changes to his eating habits, including eliminating unnecessary fat and almost all processed foods from his family's diet, and eating more fruits and vegetables.

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*"Personally, I've taken to heart many of the lessons from the Heart of New Ulm and have applied them to my life to my benefit."* – Hugh Nierengarten

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## HONU'S 2018 HIGHLIGHTS

- MHIF's Population Health Team published results in *Preventive Medicine* in June 2018 showing that residents in New Ulm are doing better in controlling their blood pressure, LDL cholesterol, total cholesterol and triglycerides than people in a matched comparison Minnesota community.
- HONU received the Heart Healthy Stroke Free Award from The National Forum for Heart Disease & Stroke Prevention in October 2018, adding to the project's previous honors from both the Minnesota Hospital Association and American Hospital Association.
- Two delegations from health care organizations in other states traveled to New Ulm to learn about HONU, its measurement of progress and its overall success in creating a culture of health.
- Throughout the year, MHIF conducted several final HONU evaluations; robust data analysis on all these various evaluations continues.
- Due to the success of the partnership with MHIF during the research phase and HONU's focus on capacity building, the New Ulm community developed a sustainable structure to continue HONU as a community-owned health initiative.

## HONU RESEARCH AT A GLANCE

- Through HONU, MHIF researchers have been building a strong case that moving health care beyond the clinic's walls and investing in population-level health programs can drive positive changes in health outcomes across an entire community.
- The team rigorously tracked and evaluated health improvements by monitoring electronic health record data at NUMC for 90 percent of residents age 40-79 (HONU's target audience for reducing heart attacks).
  - In a first-of-its-kind-approach, researchers have integrated that data with patient-reported data to provide population-level estimates of changes in lifestyle risk factors for heart disease.
  - MHIF published HONU's highly promising results in 20+ articles in peer-reviewed journals. These include improvements in community members' blood pressure, LDL cholesterol, total cholesterol and triglycerides. There have also been significant improvements in the percentage of people eating five or more servings of fruits and vegetables a day and in those getting 150 minutes a week of moderate exercise.

# PATIENT STORY:

## Life After Complete Blockage of a Coronary Artery

John Morency has always had a good sense of humor about his age and life. As the 67-year-old Twin Cities resident likes to joke, he's "been 50 for the last 17 years." Now, thanks to an advanced heart procedure, John has an increasingly positive attitude about his *quality* of life as he ages, too.

"I have so much to be thankful for, I haven't felt this good in over 10 years," said John. "It's like night and day. Prior to the procedure, I could walk 50 yards at the very most before I had to stop to catch my breath."

John struggled with the symptoms of coronary artery disease on and off since 1995. He previously had a triple bypass, and later, two stents. In the fall of 2018 he developed a chronic total occlusion (CTO), which is complete or almost complete blockage of a coronary artery for 30 days or longer. A CTO can cause chest pain, pressure or tightness (angina), shortness of breath, and/or dizziness or fatigue.

Doctors determined John wasn't a good candidate for another bypass so his surgeon suggested he see an interventional cardiologist with expertise in CTOs. John chose to see Dr. Manos Brilakis, an MHI<sup>®</sup> interventional cardiologist and MHIF researcher who serves as the director for MHIF's Complex Coronary Artery Disease (CAD) Science Center.

Dr. Brilakis performed a procedure called chronic total occlusion–percutaneous coronary intervention (CTO-PCI) along with stenting to open the blockage in John's left anterior descending artery. The procedure requires an extraordinarily high level of skill, and only about 2 percent of interventional cardiologists in the United States are qualified to perform the full range of the techniques used.

A month after his procedure, John was able to enjoy a long walk with two of his young grandkids.

"I'm looking forward to being able to do new things," said John.



*John Morency with his wife, Cheryl*

MHIF's Complex CAD Science Center aims to make the impossible possible through innovative research and education around treatment approaches for the most complex of coronary artery disease cases. Dr. Brilakis leads a large clinical trial team investigating treatment of complex CTOs as well as a range of other CAD conditions. The team helps educate other cardiologists across the world on new and innovative treatment methods by maintaining two websites that allow them to view and learn from 170 online patient procedures.

"Our culture at MHI<sup>®</sup> and MHIF is one of continuous improvement," said Dr. Brilakis.

"The whole goal of doing clinical research is to make things better, safer and more efficient. Everything we do is all about the patient."

# ACHIEVING GLOBAL IMPACT:

## Engaging MHIF Foreign Scholars in Leading Cardiovascular Research

In 2018, the Minneapolis Heart Institute Foundation® (MHIF) expanded its Foreign Scholar program, bringing five practicing physicians from countries around the world to advance investigator-initiated cardiovascular research. This program is part of MHIF's commitment to educating the next generation of health professionals and researchers and brings global exposure to the MHIF research team.

All international scholars are practicing MDs in their home country. To participate in the MHIF Foreign Scholar program, an international physician applies for a limited number of positions with two-year commitments to work directly with Minneapolis Heart Institute® (MHI) physicians on cardiovascular research at MHIF. In 2018:

- Three foreign scholars worked with Dr. Paul Sorajja, Roger L. and Lynn C. Headrick Family Chair for Valve Science Research, and Dr. João Cavalcante on research to advance the work of the MHIF Valve Science Center, which is focused on addressing the public health crisis of heart valve disease.
- Two foreign scholars worked with Dr. Manos Brilakis, director of the Complex Coronary Artery Disease (CAD) Science Center, on the chronic total occlusion (CTO) registry, PROGRESS-CTO, a unique global database of more than 5,000 patients who have complex cases of coronary artery blockages. The scholars helped develop and maintain an online case library of CTO and non-CTO complex percutaneous coronary interventions and a webcast series to educate interventional cardiologists worldwide on procedural techniques.

### Insights from a 2017–2019 Foreign Scholar: Dr. Liang Tang from China

Dr. Liang Tang worked with Dr. Sorajja throughout his two-year research commitment from 2017 to early 2019. He was drawn to MHIF because of its research reputation and the strong partnership with the MHI® physicians who help lead the research projects.

"There is still a big gap in clinical research between my hospital [in China] and U.S. hospitals. I was very interested in cardiovascular clinical research, especially in interventional cardiology," said Dr. Tang. "I learned a lot about conducting clinical research and the design of studies. From my point of view, the Foreign Scholar program of MHIF accelerates the process of the research projects. The findings from these research projects might also improve the care of patients."

In his two years as an MHIF foreign scholar, Dr. Tang published three papers in *Circulation*, *Cardiovascular Interventions* and *American Journal of Cardiology*, as well as one book chapter through Elsevier. He has another four papers waiting to be submitted.



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***"The MHIF Foreign Scholar program has been a phenomenal success! The motivation and enthusiasm of these young physicians has energized everyone in our organization. These are remarkable human beings, each with great stories and a willingness to share knowledge and culture from their home countries. They attend Minnesota Twins games, bicycle to work on the Greenway, and join us to run around Lake Nokomis in the dead of winter. We are very lucky to have them."*** — Scott Sharkey, MD, FACC, chief medical officer at MHIF

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# EDUCATION:

## Sharing Knowledge and Improving Outcomes

In 2018, as MHIF researchers were making groundbreaking discoveries in more than 266 active research studies, MHIF's Education Committee and staff were hard at work on the other critical prong of MHIF's work: ensuring that the impact of MHIF research findings are widely translated and disseminated in order to enhance knowledge and improve patient outcomes.

"At MHIF, we're in a unique position to take the cutting-edge research that's being done here, to translate it for care providers and the public, and to create better knowledge around cardiovascular care, new opportunities in treatment, and the application of those treatments to a wide variety of patient groups," explained Dr. David Hurrell, Minneapolis Heart Institute® cardiologist and chair of MHIF's Education Committee. "Those principles have been very important in reaching a very broad audience in a wide variety of topics around cardiovascular health, whether it's valve disease, coronary artery disease, electrophysiology, vascular disease and its treatment, or cardiothoracic surgery and its treatment."

MHIF's multi-pronged approach to educational initiatives is designed to build awareness, increase knowledge and change behaviors. Through trainings and events for both professionals and the general public, publications, foreign scholars and interns, MHIF acts as a convener of experts on cardiovascular disease, a generator of new ideas and sharing knowledge, and a thought leader for leading expertise and research capabilities.

Public education initiatives aim to create knowledge about the work that's being done at the foundation and how it benefits cardiovascular



health for individuals or their families and friends. For professional education, the aim is to create a direct relationship between the research and patient care. By disseminating research findings to cardiovascular providers and other primary care providers, they can better understand the research and learn to apply it for better patient care.

Over the years, MHIF's efforts to share research findings and educate providers have made significant impacts on patient care nationally and internationally. Following the dissemination of findings and protocols from the Level One program for treating heart attack patients and the Cool-It program for cardiac arrest patients, both have changed the standard of care.

"More recently, the impact is apparent in the research that we've been doing around the treatment of valvular heart disease utilizing a wide variety of novel treatments, and in the treatment of complex coronary artery disease," said Dr. Hurrell. "In vascular surgery and medicine, our research around the use of anticoagulants has not only been demonstrated to improve the health of individuals, but also save complications. And for the treatment of aneurysms, we have taken complex stent procedures, previously very large vascular surgeries, and translated them into much less-invasive stent-type procedures."

Looking to the future, the MHIF Education Committee and staff are pursuing a variety of new

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“We can take our work and broaden it not only for the region, but nationally and internationally so that we make it very accessible.” – Dr. David Hurrell

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approaches, including hosting conference events for allied health professionals working in cardiology, such as nurses and cardiovascular technologists.

“I think this is really a step forward in broadening our scope of educational activities for the foundation,” said Dr. Hurrell. “It’s very exciting to think that we’re covering a larger network of those who work within the space of cardiovascular prevention, disease and treatment.”

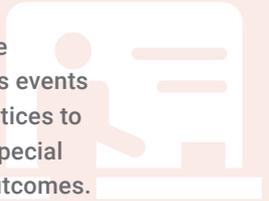
MHIF is also looking to the digital era and exploring ways to translate and disseminate MHIF’s work via digital formats, such as through offering small educational courses and potentially even micro-credentials in a specific area of education.

“We can take our work and broaden it not only for the region, but nationally and internationally so that we make it very accessible,” said Dr. Hurrell. “I think this is an exciting opportunity for us as we look to new ways and opportunities to spread the work being done here at the Minneapolis Heart Institute Foundation.”

## 2018 EDUCATION HIGHLIGHTS

### Professional Education

- Throughout the year, several live case demonstrations and 32 Grand Rounds events brought together cardiovascular practices to discuss research, case studies and special topics relevant to patient care and outcomes.
- The PCSK9 Inhibitors: Science, Selection and Access event educated providers and pharmacists on PCSK9 inhibitors, a novel non-statin treatment for managing high cholesterol.
- Ten summer research interns experienced an exceptional 12-week cardiovascular clinical research internship that paired each undergraduate pre-med student with an MHIF physician mentor working on an investigator-initiated research project.



### Public Education

- More than 175 community members attended “The Mechanics of a Healthy Heart” Valve Awareness Day education event to learn more about heart valve disease as a public health crisis, along with the latest innovations in research and treatment.
- The third annual Hope, Health & Humor women’s event gathered more than 250 women to learn more about women’s cardiovascular care and research and featured sudden cardiac arrest survivor and comedian/author Tracey Conway, author and speaker Dr. Archelle Georgiou, and a panel of female MHI® cardiologists.



## Highlights From a Few Members of the MHIF Board

We are grateful to the members of MHIF's Board of Directors, who all bring a wealth of experience, knowledge and unique perspective along with their passionate support for MHIF and its vision. Their dedication to exceptional governance guides MHIF in continuing its legacy of cardiovascular disease innovation. Meet a few members who served in 2018:

### Benjamin Jaffray

Ben is a retired financial executive who has a long history of philanthropic and leadership contributions in the Twin Cities community and is passionate about MHIF's heritage. He joined the MHIF Board in 1995, served for 20 years and then elected as a director emeritus in 2018. Ben and his late wife Pat Dorn Jaffray, as well as his late in-laws, were among MHIF's initial generous supporters who joined with the 15 founding cardiologists and whom we honor collectively as Founders of MHIF.

"It is so important to understand that this isn't just an overnight thing. MHIF has been around for 36 years and is recognized around the country, and really around the world, as one of the real centers of excellence in cardiology. I am proud to have had the privilege to be involved with MHIF."



### William Kaufman, JD

Bill is an attorney at Fox Rothschild who works with medical device companies. He joined the MHIF Board in 2008 and retired in 2018.

"I thought personally that I would bring a somewhat different perspective to the board because I was often involved with research work with other hospitals and institutions on behalf of my clients who were trying to get their products approved. It was really fulfilling to be able to tell people about how the foundation was developing approaches to treat a problem and making those approaches available to physicians across the country. The foundation was always open to really exploring different approaches to a disease; they weren't set in their ways."



### Peter Quimby, MBA, Secretary

Pete was diagnosed with dilated cardiomyopathy in 2002 when he was just 28 years old. In 2011, doctors at MHI® ended up saving his life when his heart was functioning at only 5 percent of normal capacity. Pete often meets with younger heart disease patients and their families at MHI® to act as a sounding board and talk through their concerns. In 2012, he decided to join the MHIF Board.

"I felt like it would give me an opportunity to pay it forward in a way that would broadly impact a group of people doing more than just interacting with patients. It gives me a chance to remain close to the clinicians who were so special and loving and world-class capable during my treatment."



### Carmen Volkart, MBA, CPA, Treasurer

Carmen is CFO at NatureWorks and previously spent nearly 20 years working at various companies in the medical device industry. She joined the MHIF Board in 2014 at the invitation of Dr. Robert Hauser, one of the Founders of MHIF, with whom she'd served on a public company board.

"The amount of research being done by MHIF, the focus of that research and the clarity around that focus is so high. As a person who comes from a family with cardiovascular issues, it makes it personal, but you don't need that to be amazed at what they do. The most exciting thing for me has been being able to see how MHIF's investigator-initiated research has been able to really grow in the last few years."



## Minneapolis Heart Institute Foundation® Physicians and Board of Directors

### Minneapolis Heart Institute® Physicians

Raed Abdelhadi, MD	Frazier Eales, MD	Casey Lawler, MD	Jay Sengupta, MD
Peter Alden, MD	Peter Eckman, MD	John Lesser, MD	Scott Sharkey, MD
Jason Alexander, MD	Robert Farivar, MD	David Lin, MD	Bassam Shukrallah, MD
Said Alsidawi, MD	Eric Fenstad, MD	Daniel Lips, MD	Nedaa Skeik, MD
Judah Askew, MD	Thomas Flavin, III, MD	Terrence Longe, MD	Paul Sorajja, MD
Richard Bae, MD	Björn Flygenring, MD	Jesse Manunga, MD	Robert Steffen, MD
Mosi Bennett, MD	Santiago Garcia, MD	Daniel Melby, MD	Elliot Stephenson, MD
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Steven Bradley, MD	Charles Gornick, MD	Mike Mooney, MD	Craig Strauss, MD
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We made an exhaustive search of our records to ensure inclusion of all founders and involved relations. Please contact us if you notice an omission or error in this listing at [donorrelations@mhif.org](mailto:donorrelations@mhif.org), or by calling 612-863-3833.

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## Message from the Chairman

I am happy to report that the Minneapolis Heart Institute Foundation® (MHIF) registered another great year.

As Drs. Fortman and Sharkey noted in this report's introductory message, the key word for 2018 was BUILDING. I agree; the increase in meaningful published research and the continued successful outreach of educational programs built on the successes of the past. And as we all know, in order to build successfully, one must have a solid base, or infrastructure.

The base of MHIF has provided support for more than 36 years. I would like to recognize our early architects – our physician and philanthropist founders – for their inspiration and foresight in creating a separate 501(c)(3) charitable organization.

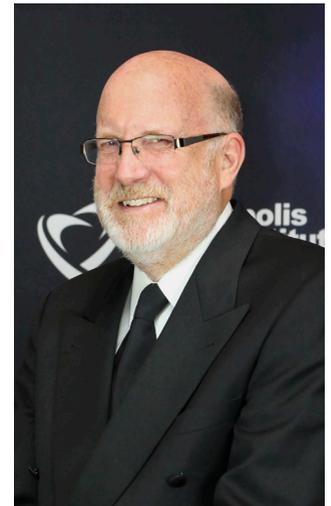
Being a separate, nonprofit entity allowed our research to maintain independence, promoting serious endeavors while avoiding the conflicts of interest that have burdened other research programs. This independence also allowed us, in 2018, to begin efforts in focused cardiovascular areas, including establishing a Valve Science Center and Complex Coronary Artery Disease (CAD) Science Center, as well as a vision for science centers focused on women's cardiovascular health and prevention. The momentum and potential impact that will come from these science centers is promising; stay tuned!

Beyond our early architects, MHIF's solid base was built upon by passionate and committed staff, physicians, donors and the Board of Directors. I thank you all for your time, your talent and your dedication to supporting the organization.

Going forward I anticipate more opportunities, innovations and recognition for the valuable work of MHIF. In fact, as I think about the base or infrastructure upon which all of this is built, I can testify that we do indeed have a strong foundation!



Thomas J. Gunderson  
Chair, Minneapolis Heart Institute Foundation Board of Directors



# 2018 Statement of Operations

## REVENUES

	Percent	Operating	Funds with Time or Purpose Restrictions	Endowments	Total
Contributions	31%	\$3,482,259	\$1,865,106	\$19,900	\$5,367,265
Grants	4%	506,659	500,277	—	1,006,936
Research Study Revenues	37%	4,238,114	—	—	4,238,114
Investment Gain	0%	4,123	(266,841)	(1,225,590)	(1,488,308)
Net Assets Released from Restrictions	21%	2,333,147	(2,333,147)	—	—
Net Assets Released – Endowment Earnings	6%	683,748	—	(683,748)	—
Other Revenues	1%	88,685	—	—	88,685
<b>Total Support and Revenues</b>		<b>\$11,336,735</b>	<b>\$(234,605)</b>	<b>\$(1,889,438)</b>	<b>\$9,212,692</b>

## EXPENSES

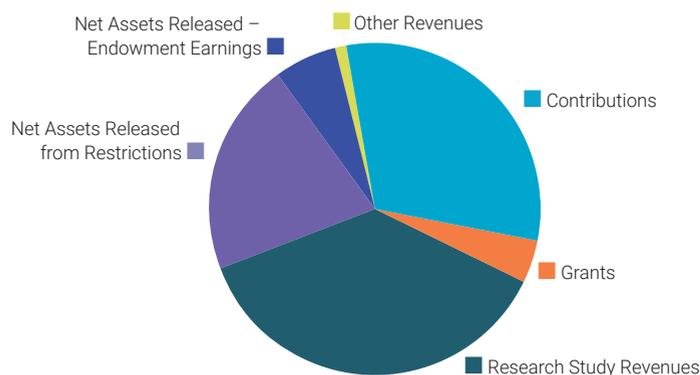
### PROGRAM SERVICES

Education	12%	\$1,309,344	—	—	\$1,309,344
Research	57%	6,296,134	—	—	6,296,134
<b>Total Program Services</b>		<b>\$7,605,478</b>	<b>—</b>	<b>—</b>	<b>\$7,605,478</b>

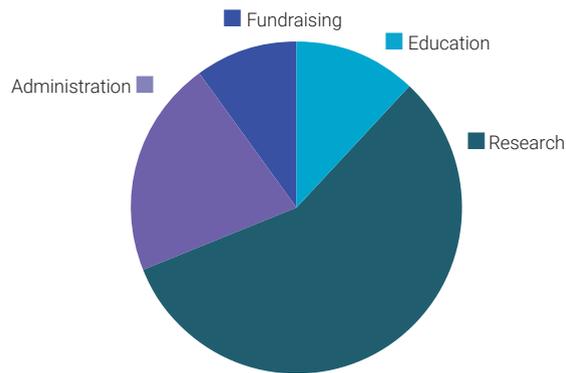
### SUPPORTING SERVICES

Administration	21%	\$2,283,611	—	—	\$2,283,611
Fundraising	10%	1,136,672	—	—	1,136,672
<b>Total Supporting Services</b>		<b>\$3,420,283</b>	<b>—</b>	<b>—</b>	<b>\$3,420,283</b>
<b>Total Expenses</b>		<b>11,025,761</b>	<b>—</b>	<b>—</b>	<b>11,025,761</b>
<b>Change in Net Assets</b>		<b>\$310,974</b>	<b>\$(234,605)</b>	<b>\$(1,889,438)</b>	<b>\$(1,813,069)</b>

## OPERATING REVENUES



## OPERATING EXPENSES



# 2018 Balance Sheet

## ASSETS

Cash and Cash Equivalents	\$3,050,574
Investments	21,721,329
Contributions Receivable	103,148
Pledges Receivable (net)	2,499,297
Other Receivables (net)	2,055,518
Other Assets	177,492
Fixed Assets (net)	103,146
<b>Total Assets</b>	<b>\$29,710,504</b>

## LIABILITIES

Accounts Payable	\$317,878
Accrued Payroll	503,760
Accrued Pension	355,568
Other Accrued Expenses	464,831
Deferred Rent	1,643
Deferred Revenues	531,581
<b>Total Liabilities</b>	<b>\$2,175,261</b>

## NET ASSETS

Without Donor Restrictions	\$5,138,433
With Donor Restrictions	22,396,810
<b>Total Net Assets</b>	<b>27,535,243</b>
<b>Total Liabilities and Net Assets</b>	<b>\$29,710,504</b>

The Minneapolis Heart Institute Foundation is a proud member of Community Health Charities Minnesota, an alliance of leading nonprofit health research and service organizations working to improve lives affected by chronic illness by investing in health research, services and education.





Creating a world without heart and vascular disease

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