

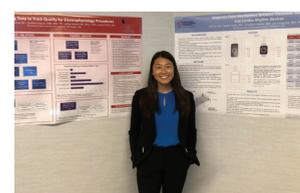


**Minneapolis
Heart Institute
Foundation**

2021 ANNUAL REPORT

40TH ANNIVERSARY

World-Class Cardiovascular Research & Education



ACCOMPLISHMENTS OF THE

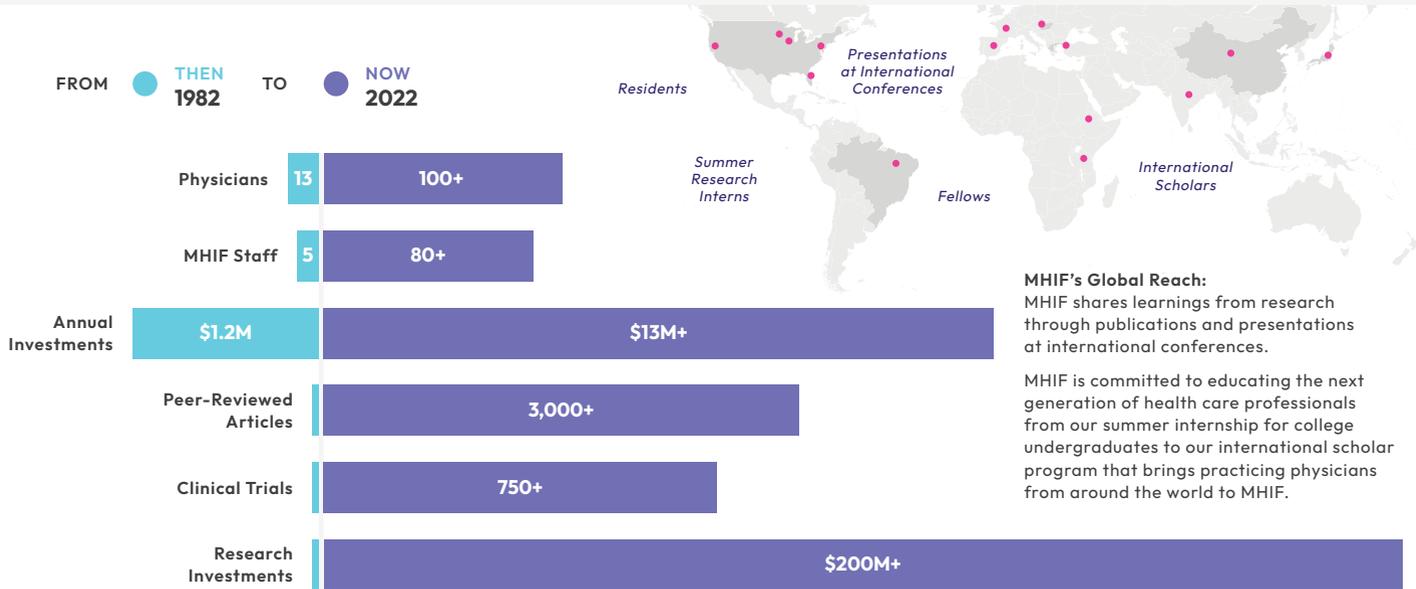


EST.

40 Years of Progress

1982

OF THE MINNEAPOLIS HEART INSTITUTE FOUNDATION



Thanks to support from donors, patients, physicians, staff and community, look what MHIF accomplished in 2021



11,000+ HRS

of professional and community education



250+

scientific papers published



300+

New patients enrolled in studies; connected with thousands of patients to understand options through research



65+

New research studies, advancing options and outcomes for all patients



3,000+

Visits with patients who have hope through research studies



2,200+

Patients involved in 220+ research studies at any given time

2021 was a strong year. In fact, MHIF activated more studies in 2021 than in any other year... for the second consecutive year!

2022 / ACCELERATING IMPACT – WHAT WILL MHIF DO IN THE NEXT 40 YEARS?

Committed to accelerating the impact of the MHIF mission—leading world-class cardiovascular research and education for the benefit of individuals and communities around the world. MHIF's vision is to create a world without heart and vascular disease!



MESSAGE FROM THE CEO AND CMO

Happy Anniversary!

This year the Minneapolis Heart Institute Foundation® celebrates the 40th anniversary of the life-saving impact that was made possible by the founding physicians and community members who believed in the promise of world-class cardiovascular research and education. But let's talk about last year...



Many would still like to forget 2021 (and 2020) due to its many challenges. Within these pages we are sharing the silver lining that you all made possible at MHIF. 2021 was a record-breaking year in the area of cardiovascular research and education. As you read the content of this report, you may first think it is science fiction; we guarantee this is great science, made possible by the collaboration of leading physicians, dedicated research staff, brave patients and grateful family and community members. We invite you to travel your community and the globe, pondering the magnitude of research and its impact. This is life-saving work.

We are inspired thinking about how this acceleration sets us up for more incredible impact in the next 40 years. Thank you for your important role in moving this work forward as we create a world without heart and vascular disease.

A handwritten signature in black ink that reads "Kristine Fortman". The signature is written in a cursive, flowing style.

Kristine Fortman, PhD, Chief Executive Officer
Minneapolis Heart Institute Foundation

A handwritten signature in black ink that reads "Scott Sharkey". The signature is written in a cursive, flowing style.

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

2021 Research and Education Highlights

The Minneapolis Heart Institute Foundation® (MHIF) has a 40-year history of world-class cardiovascular research and education that has proven its positive impact on the standard of care for patients around the world. We enroll hundreds of research participants every year, providing hope through options that may only be available because of research.

2021 was a strong year, despite the challenges and realities of the COVID-19 pandemic. In fact, we activated more studies in 2021 than we have in any other year, for the second consecutive year, across all practice areas of cardiovascular medicine and care. 2021 in numbers:

- 3,000+ visits with patients who have hope and options through research studies
- 300+ new patients enrolled in research
- 65+ new research studies initiated
- 250+ published scientific papers
- 11,000+ hours of professional education

Following are a small selection of highlights across key areas of research and education in 2021:

Cardiac Surgery/ Transplant



Drs. Sun, Mudy and Shukrallah along with Kevin Manion, grateful patient who received a heart transplant through the heart-in-a-box research study.

MHIF completed the first two successful heart transplants in the state and was one of only seven clinical sites in the country participating in a new research study to evaluate a new technology, called the heart-in-a-box. This research has the potential to change the way we do heart transplants and give hope to the 3,400+ patients in the U.S. who remain on a waitlist for a heart every year. The research focused on using the investigational technology to reanimate and resuscitate a donor heart that has stopped beating. The process involved a collaborative team of cardiothoracic

surgeons, cardiologists, transplant coordinators, specialty care perfusionists, research coordinators, pharmacists and an organ procurement organization.

Cardiovascular Imaging

The MHIF Cardiovascular Imaging Research Center has a vision to create a new standard of personalized care through advanced imaging. Access to world-class expertise in imaging provides physicians with a roadmap to a patient's heart and vascular system. Not long ago, the standard was to explore options through open-heart surgery. Now, state-of-the-art imaging provides physicians and patients with better information to consider less-invasive transcatheter options – a radical improvement for patients.

2021 Highlights:

- MHIF participated as a site in the TRILUMINATE Imaging sub-study to evaluate the role of cardiac CT and MRI in patients receiving TriClip, a catheter-based, non-surgical treatment for severe



tricuspid regurgitation. MHIF enrolled the first patient and remains the lead enroller.

- MHIF held three workshops on complex cardiovascular (CV) imaging and transcatheter mitral valve replacement (TMVR). These virtual conferences attracted physicians and other health care professionals from around the world and provided physician-led lectures and opportunities for interactive, hands-on training.

Cardiovascular Prevention



Nolan family visit with Dr. Miedema at the Nolan Family Center for Cardiovascular Health.

The MHIF Nolan Family Center for Cardiovascular Health is focused on research to help determine the optimal approach to cardiovascular prevention.

2021 Highlights:

- Published 44 manuscripts in leading cardiovascular journals
- 7 abstracts published and 14 invited talks at leading national and international conferences
- The manuscript, "Assessment of Coronary Artery Calcium (CAC) Scoring to Guide Statin Therapy Allocation According to Risk-Enhancing Factors," was published in the *Journal of the American Medical Association (JAMA) Cardiology*. The rates of heart attack and stroke according to CAC and other risk-enhancing factors (e.g. pregnancy-related conditions, elevated CRP, family history of heart disease, etc), demonstrated that CAC is the most important tool to assess cardiovascular risk.
- The annual Kevin Graham lecture focused on "The Evolution of the ABCs of Primary and Secondary Prevention of Cardiovascular Disease" with speaker: Roger Blumenthal, MD, FACC, FAHA, Kenneth Jay Pollin Professor of Cardiology, Director Ciccarone Center for

the Prevention of Cardiovascular Disease, Johns Hopkins University.

- The 2021 Cardiovascular Prevention Symposium, *Optimal Preventive Care* was held in September, reaching more than 100 primary care providers.
- Established the cardiovascular prevention fellowship with Dr. Ayman Haq serving as the inaugural fellow. Through fellowship and internship opportunities, MHIF will leave a legacy of training future leaders in the field of cardiovascular prevention.

Coronary Artery Disease



Center for Coronary Artery Disease team with international scholars in 2021.

The MHIF Center for Coronary Artery Disease is focused on making the impossible possible for patients with coronary artery disease (CAD) through innovative research, education and clinical practice. CAD is the leading cause of death for both men and women in the United States.

MHIF's Center for Coronary Artery Disease works to decrease the burden of CAD through research, innovation and education. MHIF's integration with the high-volume cardiovascular care center at Abbott Northwestern Hospital allows us to study and offer cutting-edge treatment to a large number of patients with CAD.

2021 Highlights:

- Published 101 peer-reviewed manuscripts, 38 abstracts/posters and 19 invited talks/podium presentations
- Presented live cases at TCT 2021, EuroCTO 2021, Award Winning Cases at CTO Connect 2021
- Published the *Manual of Percutaneous Coronary Interventions*, which is now widely considered the go-to textbook for interventional cardiologists in training – www.pcimanual.org.

- The center is also the coordinating center for the largest global registry of Chronic Total Occlusion (CTO) Interventions, known as the PROGRESS-CTO Registry. In 2021 this work was expanded to start two new registries focusing on collecting data and contributing to the knowledge base on Bifurcation Lesions and Complications related to Cardiac Catheterization, namely the PROGRESS Bifurcations and PROGRESS Complications Registry.
- MHIF has a robust clinical research scholar program, which draws on physician scientists from around the world to spend approximately two years doing research at MHIF. The scholars from Greece graduated from this program and started their clinical training at Yale University. Two new scholars from Turkey and Greece to join a Senior Scholar from Hungary who came to MHIF in 2020.

- The team received a generous gift from the Frank J and Eleanor Maslowski Charitable Trust to start a named Clinical and Research Fellowship Program starting in 2022, in collaboration with the MHI Clinical Program. This fellowship is a one-year program for US licensed Interventional Cardiologists to obtain specialized training in the field of Complex High Risk Indicated Procedures and Chronic Total Occlusion Interventions (CHIP-CTO).

COVID-19 and Heart Attacks

MHIF is the national coordinating data center for the North American COVID-19 ST-Segment Elevation Myocardial Infarction (NACMI) Registry, contributing to the international effort to inform optimal care during the rapidly evolving pandemic.

In April, MHIF announced the first publication of outcomes from the NACMI research showing that COVID-positive patients with STEMI represent a high-risk group of patients with unique demographic and clinical characteristics that are important to consider in providing optimal care. The findings included:

- Minorities were disproportionately affected: nearly 50 percent of the STEMI patients had minority ethnicity (23 percent Hispanic; 24 percent Black)

- In-hospital mortality was high: 33 percent (4 percent for patients without COVID)
- Symptoms were unique: majority (54 percent) presented with respiratory symptoms (shortness of breath) rather than chest pain
- Significant proportion of COVID-positive patients presented with high-risk STEMI: cardiogenic shock (18 percent) and cardiac arrest (11 percent), which may explain the high mortality rate

Heart Rhythm Disorders



Team involved in Heart Rhythm Center research.

In 2021, MHIF formally established a Heart Rhythm Center focused on advancing the treatment of all types of heart rhythm disorders, ranging from most prevalent to rare and inherited. This research is done in partnership with the Allina Health Minneapolis Heart Institute, one of the most comprehensive arrhythmia programs in the country.

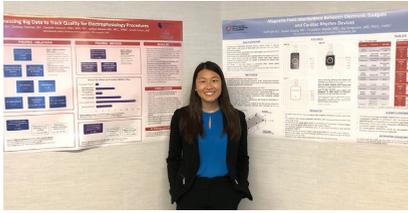
MHIF researchers conduct cutting-edge research to improve and expand treatment options for patients with all types of heart rhythm disorders. As part of this work, researchers monitor and analyze the safety and effectiveness of implantable cardiac devices while working closely with MHIF's heart failure and structural heart disease teams.

2021 Highlights:

- Shared important research findings through 14 publications, 4 presentations and 8 abstracts.
- Published a case report in *Journal of the American College of Cardiology* about two siblings with desmoplakin cardiomyopathy, an inherited heart muscle disorder that can cause sudden cardiac death, particularly in young patients and athletes.

Continued on page 6

Continued from page 5



MHIF Clinical Research Intern Kathryn Xu presented two posters sharing her research for the Heart Rhythm Center.

• Highlights of key research underway:

Genetic Arrhythmias

MHIF researchers maintain a Genetic Arrhythmia Center (GAC) registry, which allows them to study rare inheritable heart rhythm disorders and help improve diagnosis, therapy and outcomes.

Device Safety and Innovation Research

MHIF has a long history of research related to safety, longevity and reliability of implantable cardiac rhythm management devices. The work has led to recalls, safety advisories and many publications in peer-reviewed journals.

Advancing Technology

MHIF supports the development of innovative technologies focusing on improving care for patients with heart failure utilizing cardiac resynchronization therapies.

Atrial fibrillation (AF)

MHIF is on the forefront of AF treatments using mapping systems, catheter ablation technology, stroke prevention devices, and wearable device technology.

Heart Valve Disease



Members of the MHIF Valve Science Center team.

The MHIF Valve Science Center is a world-class research and education center for heart valve disease, a life-threatening and debilitating condition when left untreated.

The team has extensive expertise in the most advanced options for minimally invasive therapy for heart valve disease.

These technologies repair and replace diseased heart valves – aortic, mitral, pulmonary, and tricuspid – through peripheral vessels or small incisions. The multidisciplinary team includes physicians across multiple specialties, including interventional cardiologists.



Leadership milestone achieved with 50th patient enrolled at MHIF in the TRILUMINATE study.

2021 Highlights:

- Pursued 40 active, independent, research projects designed and led by physicians in the Valve Science Center
- Published 80 clinical manuscripts in leading national and international cardiovascular journals
- Participated in more than 100 presentations at national and international conferences and events
- Reached an important milestone with the 50th enrollment in the TRILUMINATE pivotal clinical study evaluating a minimally invasive technology for tricuspid valve disease
- Celebrated international Heart Valve Disease Awareness Day with more than 200 participants in a webinar to learn about heart valve disease and hear inspiring stories of patients who are living life to the fullest after benefitting from research and advancing technologies
- Dr. Paul Sorajja and Dr. Vinayak Bapat serve as international Principal Investigators on clinical trials of new minimally-invasive valve therapies.



Interventional

- MHIF remained the top enroller in the U.S. (second in the world) in research for renal denervation (Paradise™ Ultrasound Renal Denervation System from ReCor) for the treatment of hypertension. Data

gathered from the research showed a statistically significant reduction in blood pressure across a broad range of hypertension severity, offering hope for patients.



Members of the MHIF team supporting interventional research.

Vascular Surgery



Dr. Manunga using innovative technology as part of a vascular research study.

MHIF published research showing improved patient outcomes and significantly decreased 30-day mortality in aortic dissection patients managed through a unique comprehensive care strategy designed by a team with multidisciplinary expertise. Research is often focused on a new technology or technique; this research highlighted the importance of the process, protocol and expertise involved in determining the care pathway for patients that can lead to the best outcomes for all involved, even in cases where more complex repairs were performed. The manuscript, "Impact of a multidisciplinary acute aortic dissection program: Improved outcomes with a comprehensive initial surgical repair strategy," was published in the *Journal of Vascular Surgery*.

- MHIF contributed to research that led to US FDA approval for a new endovascular aneurysm repair solution, called the Gore Excluder conformable abdominal aortic aneurysm (AAA) endoprosthesis that is designed to prevent the aneurysm from getting bigger, bursting, or causing death.

- Treatment for calcified cardiovascular disease is advancing with a potential new procedure called Intravascular Lithotripsy (IVL). MHIF participated in the study, confirming excellent one-year outcomes with coronary IVL in both women and men.

Regenerative Therapies/ Stem Cells



Members of the MHIF research team working on regenerative therapies.

In 2021, MHIF enrolled patients with chronic chest pain in both gene and stem cell therapy trials. The EXACT trial studied the strategy of delivering genetic information to the heart muscle. This genetic information prompts existing blood vessels to create new vessels that will deliver oxygen rich blood to the heart. With the FREEDOM stem cell study, a patient's own stem cells are harvested, processed and then injected directly into the coronary arteries to help repair damaged blood vessels.

Women's Heart Health



Members of the women's heart health research team along with the keynote speaker from the 2021 Hope, Health & Humor event.

The MHIF Penny Anderson Women's Cardiovascular Center has a goal to advance the understanding of heart disease in women, how to prevent it and optimize patient care.

2021 Highlights:

- The MHIF team participated in 7 podium presentations and published 10 manuscripts/abstracts. Two of these research publications to include:

Original research about Spontaneous Coronary Artery Dissection (SCAD), which occurs predominately in women in their 40s and 50s. After reviewing our database of SCAD patients over the last decade and conducting interviews with patients, we found there is significant opportunity to better meet the needs of this younger demographic of women while still obtaining evidence-based medicine goals.

Findings about women's heart health during pregnancy were presented at the American Heart Association Scientific Sessions 2021 and published in *Circulation*. In a review of data from 200+ women, the team found women who participated in a multidisciplinary cardio-obstetrics program were more closely monitored during pregnancy, which may have contributed to fewer postpartum emergency visits and readmissions postpartum.

- Dr. Retu Saxena, MHIF researcher and cardiologist at the Allina Health Minneapolis Heart Institute®, was elected to serve as the next President of the Minnesota Chapter of the American College of Cardiology.

- Dr. Courtney Jordan Baechler, MHIF researcher and cardiologist at the Allina Health Minneapolis Heart Institute®, was elected to serve on the board for WomenHeart, the National Coalition for Women with Heart Disease.

- The annual Hope, Health & Humor event brought together 150+ women from different backgrounds for an evening of connection, inspiration and education. The event featured a keynote from Pilar Gerasimo, health journalist and author of the book, *Healthy Deviant*, as well as an interactive dialogue with Allina Health Minneapolis Heart Institute® female cardiologists.



The 2021 Hope, Health and Humor event delivered an inspiring evening focused on women's heart health.

- Throughout the year, the MHIF team presented more than 20 community education talks to a wide variety of groups about women's heart health.

Health Equity and Community Engagement

MHIF and Insight News partnered with Insight Health Equity Action Lab (iHEAL) to offer a series of five Heart-to-Heart Conversations. With a goal of informing and inspiring others, the series featured guest speakers from the North Minneapolis community who shared their stories of thriving in spite of living with heart disease and were joined by MHIF research cardiologists.



MHIF Interns volunteering at Juneteenth community event.

Health Quality and Outcomes

- The Cardiovascular Quality Improvement and Care Innovation Consortium was developed under the guidance of Dr. Steven Bradley and seeks to rapidly improve quality and innovation in cardiovascular care through the development, validation, and dissemination of novel care delivery strategies. As of 2022, the collaborative represents 15 health systems and has presented abstracts and led panels at meetings of the American Heart Association.

- Novel strategies are needed to address gaps in the use of advanced and emerging therapies in cardiovascular disease. Clinical data captured in routine care delivery is being used to identify and streamline patient referrals for advanced therapies in advanced heart failure, valvular heart disease, and electrophysiology. Publications in leading journals have shared the learnings of this work.

Sharing MHIF Research with a Virtual Community

On the Pulse, a virtual series of physician speakers

In the spring of 2021, MHIF hosted a series of *On the Pulse* virtual events to lift up MHIF research with participants from across the country. In these webinars, physician leaders in research and care at the Minneapolis Heart Institute Foundation® and Allina Health Minneapolis Heart Institute® addressed the latest advancements in cardiovascular care. A few highlights:



Cardiac Transplantation: Past, Present & Future by Dr. Benjamin Sun, cardiac surgeon and MHIF researcher

Congestive heart failure affects more than six million patients and 600,000 new patients a year. Treatment options for end-stage heart failure include medical therapy, which only offers a 20 to 30 percent two-year survival for patients, and transplantation, which offers nearly 70 percent five-year survival outcomes.

Dr. Benjamin Sun discussed limitations of the current procurement process, where donor hearts are transported on ice, and the new Organ Care System (OCS Heart) from TransMedics that MHIF researched as part of the EXPAND heart trial.

“One of the limitations of the traditional system is that heart needs to be ‘perfect’ for acceptance, which means we’re probably not using every heart that is usable,” said Dr. Sun. “We also don’t know how the heart is doing once it’s on ice.”

In the research of the OCS Heart, the physician learned about advantages, including continual monitoring of a donor heart during transport.

“Now we have a tool where we can assess the heart for the entire trip. Because we’re monitoring, we can actually see if the heart is getting better, stable or worse and we can intervene. Our experience has been very positive. It has the potential to totally change what organ procurement may look like down the road.”

You can read the story of patient Kevin Manion who received a heart transplant through MHIF research at mplsheart.org/kevin.

Fish Oil for the Prevention of Cardiovascular Disease by Dr. Michael Miedema, director of Nolan Family Center for Cardiovascular Health and MHIF researcher

Whether or not to take a fish oil supplement is a common question cardiologists hear from patients in the clinic. The American Heart Association recommends 2,000 mg/week of omega-3 fatty acids, which can be achieved by eating two servings a week of salmon or other fatty fish such as such mackerel, albacore tuna, sardines and herring.

Dr. Michael Miedema explained, “Fish oil is typically considered a supplement. For most supplements, we don’t have a lot of research. That’s not the case with fish oil; we have good studies looking at the cardiovascular benefits of fish oil.”

Dr. Miedema provided an overview of six randomized trials for fish oil supplements that looked at the cardiovascular benefits and what he described as a “threshold” relationship for taking a supplement versus eating seafood high in omega-3.

“People who don’t have any seafood in their diet seem to get benefit from taking a fish oil supplement, whereas once you already have some seafood in your diet with omega 3s, getting more doesn’t seem to change anything,” said Dr. Miedema. “Eat the real thing! When we try to get smarter than food, we tend to end up on the wrong side of things.”

Heart Attacks, Blockages & Stents: Why and How You Should Care for Your Coronary Arteries for a Healthier Heart by Dr. Emmanouil Brilakis, director of Center for Coronary Artery Disease and MHIF researcher

With coronary artery disease, blockages that cause a heart attack can develop over many years. In some cases, patients will say they had a recent stress test or an angiogram that showed everything was fine, then a few days or weeks or months later they have a heart attack.

“The answer is that the angiogram only looks at the lumen of the artery, which is where the blood is flowing,” explained Dr. Emmanouil Brilakis. “However, we have ways to look inside the artery itself and look at the wall of the artery. That can be done by what’s called intravascular imaging, which is literally putting our head and eyes inside the artery and when we do that, we often find that even though the artery may look good, there’s cholesterol piling up on the sides of the artery.”

There are different types and locations of blockages and in recent years, cardiologists are seeing more complicated blockages that are more difficult to open. Additionally, patients are getting older, have more comorbidities, diabetes and kidney problems, which also adds complexity. At the same time, there is progress with new equipment and new techniques.

“We now see that more than half of the blockages we take care of on a day-to-day basis are actually complex blockages for one or more reasons,” said Dr. Brilakis. “The good news is we have new imaging technologies that we can look inside the artery. The disease is getting tougher, but we’re improving and there is a lot of work being done at the Center for Coronary Artery Disease to understand this process and find solutions to get the best outcomes for patients.”



Summer 2021 Research Interns

MHIF returned to an in-person 12-week Clinical Research Internship Program and welcomed 12 undergraduate students. Each year, MHIF selects interns from a strong pool of candidates who are pre-med or planning a career in medicine. Interns are paired with Allina Health Minneapolis Heart Institute® physicians and participate in groundbreaking research projects that are presented at the end of the summer. Many interns become authors on articles published in scientific journals and some interns have the opportunity to present at a national conference.

This cutting-edge educational experience is made possible by the generous contributions of individual donors, local foundations and industry organizations who support that hands-on experience for the future generation of health care providers. MHIF is grateful for the generous corporations, foundations and individuals that have helped to underwrite the MHIF Clinical Research Internship Program!

“I wanted to participate in this internship because MHIF researchers and practitioners have an admirable record of excellence in research pursuits, innovation and patient care. I believe that all these factors can be cohesive with each other, and this experience offers me the best opportunity to learn more. This internship offers a unique experience to deeply learn and engage in mentorship with a full clinical research team (physicians, research nurses, biostatisticians, etc.) while also shadowing practitioners in all facets of cardiology. There isn’t another internship opportunity for undergraduates that offers such a robust experience.”

– *Thomas Basala, 2021 MHIF Clinical Research Intern*

“After last summer’s MHIF program, I became very excited about the potential to be a physician researcher. My experience through the unique internship program helped solidify my commitment to a career as a lifelong learner and educator.”

– *Ananya Shah, 2021 lead intern and part of the hybrid internship experience from the summer 2020 program*

The goal of MHIF’s internship program is not only to develop, but also empower the next generation of health professionals.

“Getting to write case reports, an abstract, and a paper prepared me for not only scientific writing but gave me the confidence to take on new projects, no matter how intimidating.”

– *Alex Gutierrez, 2021 MHIF Clinical Research Intern*

Intern	Research Topic
Ananya Shah Lead intern	Myocardial Infarction with No Obstructive Coronary Arteries (MINOCA), Clinical Experience with Leadless Intracardiac Pacemaker Implantation
Vennela Avula Cline and Dianne Hickok Intern	Coronary Artery Perforation during Percutaneous Coronary Interventions
Aaron Bae	Pulmonary Hypertension in Hemodialysis Arteriovenous Fistulas
Thomas Basala Sheldon Z. Wert Intern	Neochordal Replacement versus Leaflet Resection for Surgical Mitral Valve Repair
Marissa Dulas	Cardiovascular Complications Associated with COVID
Alex Gutierrez Rose Peterson Memorial Intern	Bifurcation Vs Non-Bifurcation in Percutaneous Coronary Intervention (PCI)
Anais Marengo	Patients Hospitalized for COVID-19
Riya Pillai	Clinical Presentation and Classification of Cardiac Sarcoidosis
Anish Sethi	Multi-LEAD ECGs for Measuring Electrical Synchrony in Patients with Heart Failure
Joseph Verry Pete Pierce Intern	Heart Failure Medications in Patients with Chemotherapy-Induced Cardiomyopathy
Julia Wang	Renal Artery Vasculopathy
Kathryn Xu Richard Kantrud Intern	Big Data and Quality for Electrophysiology Procedures; Magnetic Field Interference and Cardiac Rhythm Devices

PATIENT STORY

Life After Aortic Dissection: Grateful to be Part of a Miracle

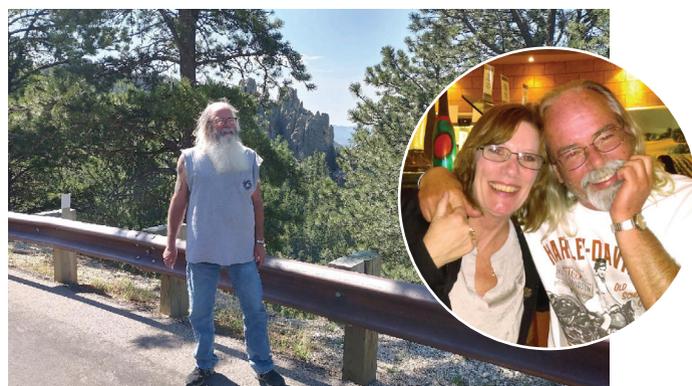
Randy White, 62, lives in a small town in Iowa and has always been healthy with no significant family history of cardiovascular disease. His heart journey began in early 2021. He was semi-retired and helping a friend renovate houses.

"It felt like somebody took their fist and run it up from my stomach to the top of my throat, I got real sweaty and my chest hurt bad," said Randy.

Randy's left side went numb and he thought he was having a heart attack. At the local hospital emergency room (ER), the doctor on duty was asking questions and beginning her investigation.

"The doctor came back to talk to my wife and I and she asked me if I believe in God," said Randy. "I said, yes I do. She said you better start praying because this is not good."

Randy had an acute aortic dissection (tear in the aorta—the largest artery in the body). They needed to quickly find a hospital with the capabilities to do the complex surgery necessary to fix the tear and save Randy's life. This condition has a mortality rate (or risk of dying) of 1% per hour that passes without surgery. Due to the COVID-19 pandemic and limited bed availability at specialized centers, the doctor called nine hospitals throughout Iowa, South Dakota and Minnesota before they



connected with the Allina Health Minneapolis Heart Institute® at Abbott Northwestern Hospital, where there was a team of doctors with the expertise and capabilities to do the surgery.

Randy's wife, Betty, and their daughter arrived at Abbott around 1:00 a.m. and were let in to see Randy. He was out of surgery and sedated.

"I didn't think I was coming home," said Randy. "I remember in the middle of the night, I couldn't talk, but I could hear the doctors talking and I know sign language, so I started signing, 'Am I dying?' I heard one of the doctors ask what I was doing. They looked it up on their phone and a hand touched my shoulder and they said, 'No, you are not dying.' I met that doctor two days later."

Randy's aortic dissection occurred in the main artery that comes out of the top of his heart. An aortic dissection can occur in a diseased aorta (or aneurysm). Many patients with this condition may die suddenly before reaching medical care; even in many specialized centers in the United States, the mortality for those getting surgery, is 1 in 5.

Randy appreciates the importance of the care he received from the ER to the flight crew, and to the multi-disciplinary team of imaging experts and cardiac and vascular surgeons at Abbott who created a plan and provided the life-saving surgery.

Randy is a living example of the care and outcomes that exist today for aortic dissections because of world-class cardiovascular research.

Research Published in 2021

MHIF published research showing improved outcomes and significantly decreased 30-day mortality in aortic dissection patients managed through a comprehensive care strategy designed by a team with multidisciplinary expertise. The goal is to integrate care between specialties to expedite the diagnosis and transfer, standardize pharmacotherapy and imaging protocols, expedite operating room mobilization and determine the optimal surgical approach. Research showed involving both vascular and cardiac surgeons in the initial evaluation led to complex surgical procedures, addressing more than just the initial repair of the acute aortic dissection. For patients, results showed significant improvement in long-term outcomes, including survival.

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 innovation. Meet a few members who served in 2021:

Cheri Rolnick, PhD, MPH

Cheri Rolnick joined the board in 2017 and is the retired former associate director of research at the HealthPartners Institute, where she focused on women's health, heart disease and access to care. She's passionate about health care and education and is particularly excited about the health equity work MHIF started in the North Minneapolis community in 2021 to help reduce disparities in the diagnosis and treatment of heart and vascular disease.

"MHIF is an organization of action, not just a bunch of empty words. MHIF thought about their logical space in this arena and started programs to make a real difference in a community that has real needs. I think that sets MHIF apart from other organizations who have very good intentions, but don't necessarily take concrete action steps. MHIF leadership is stellar with strength everywhere. It's a joy to be in the midst of such brilliant, caring, capable, state-of-the-art physicians who are so humble yet doing miraculous work."



Hugh T. Nierengarten, JD

Hugh Nierengarten is a principal at Nierengarten Law who was pleased to join the board in 2019 in order to continue his support of MHIF's mission after serving on the Allina Health Board of Directors for 10 years. Hugh is also a former resident of New Ulm and served on the New Ulm Medical Center Board in 2009 when MHIF launched its 10-year award winning population health research initiative, The Heart of New Ulm Project.

"I'm a big believer in science-based research from basic science through complex, disease specific research. The ability of MHIF to foster and support world-class physicians and other researchers to pursue such research is exciting and engaging. When I hear about the hundreds of studies, publications, reports and presentations made and prepared by MHIF physicians and researchers each year, I can't help but be proud of the organization. One of my favorite areas of research and education is MHIF's physician-initiated research, as it allows physicians to pursue their own vision for the future of cardiac care."



Kristen Bowlds

Kristen Bowlds joined the board in 2021 and brings a passion for marketing and spreading awareness about heart disease. As a young marketing leader at C.H. Robinson, her focus abruptly shifted in 2016 following the birth of her second child when she experienced multiple heart attacks due to Spontaneous Coronary Artery Dissection (SCAD). Her experience sparked a desire to share her story and help advocate for MHIF's mission, particularly around women and heart disease.

"I was very lucky to have Dr. Scott Sharkey be the cardiologist on call the night that I was admitted. I was able to develop a relationship with not only him, but MHIF as a whole. I experienced firsthand how they put their patients first. I also saw the passion they put into their research and finding answers for their patients and in turn, I wanted to help advocate for them. I find the research around women's heart health extremely exciting and seeing MHIF at the center of this work is just so amazing."



Dr. Mosi Bennett, MD, PhD

Dr. Mosi Bennett is a partner and senior consulting cardiologist specializing in heart failure and transplantation at the Allina Health Minneapolis Heart Institute® (MHI®). He received his MD and PhD degrees in the Medical Scientist Training Program at Johns Hopkins University School of Medicine. MHIF and its renowned reputation for research played a large role in his decision to join the MHI® clinical practice in 2013.

"I think MHIF is what makes MHI® great; it's unique to have a non-university-affiliated group like MHI® have such a strong research presence. I'm a strong believer in the foundation's mission and I had a desire to get more involved. In addition to the clinical work I do in heart failure specifically, serving on the board allows me to make more of an impact, since the research helps many more patients. Being able to participate in some really groundbreaking and influential research trials has allowed us to offer our patients more in terms of therapies and devices, and for some patients, the opportunity to participate in a study when we've exhausted other options to help them."



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The Robert G. Hauser Leadership Award recognizes an individual who promotes visionary leadership. Innovation in clinical practice and research requires champions who take risks to identify necessary changes and create innovative solutions to set those improvements in motion. The award is given to an individual who is active in cardiovascular disease prevention or treatment, advocates for patients and the profession, demonstrates visionary leadership and a strong commitment to excellence, and provides leadership to MHI®, MHIF and other organizations. Thanks to a generous donor, the honoree will receive up to \$10,000 to be used for innovation or leadership training.



2021 RECIPIENT

Marc Newell, MD

Researcher and Vice President
Minneapolis Heart Institute Foundation®

Senior Consulting Cardiologist
Allina Health Minneapolis Heart Institute®

RAY BENTDAHL DISTINGUISHED SERVICE AWARD

The Ray Bentdahl Distinguished Service Award recognizes an individual's contributions to MHIF and accomplishments as an outstanding leader, mentor, philanthropist, educator or researcher. This award specifically honors an individual whose achievements embody the qualities of an outstanding leader, recognizing exceptional service to the foundation that is reflected in the organization delivering exemplary service to its valued constituents. As of 2019, the Bentdahl family will make a \$5,000 gift to MHIF in honor of the recipient, to an area of work determined by the recipient.



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Cardiologist and Associate Director,
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We are grateful to those who made gifts in memory of loved ones. Names in bold are those of the deceased.

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We are grateful to those who made gifts in honor of family, friends, physicians and caregivers. Honorees are listed in bold.

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Patient Andrew Lerud and the doctors and nurses at MHI

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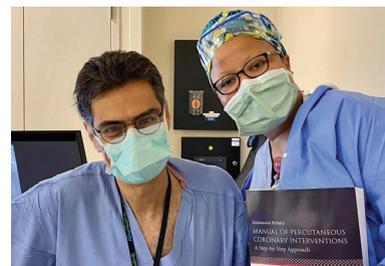
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 Desta Ketema and Jay Griep
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 Steven Johnson and Susan Iverson
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Continued on next page

Donor Recognition, continued

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Thank you to the physicians at the Minneapolis Heart Institute® who inspire us every day to accomplish our goal of creating a world without heart and vascular disease!

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MESSAGE FROM THE CHAIRMAN

I am honored and grateful to serve on the board of an organization that was founded with a vision to think big in advancing cardiology research while maintaining a passionate focus on every patient. The groundwork laid by Dr. Robert Van Tassel and the other founders 40 years ago created the Minneapolis Heart Institute Foundation® (MHIF) and the platform through which the entire team works together to create a world without heart and vascular disease.

From that early vision, MHIF developed into a cardiology research powerhouse, harnessing the brilliance and dedication of our team to advance groundbreaking technologies such as transcatheter valves and advanced diagnostic imaging. We created new care pathways to save lives like the Level 1 program. We thought holistically and measured outcomes based on how our patients live their lives through the Heart of New Ulm study. Through countless examples, our team has advanced the science of cardiovascular care.

We remain committed to paving the way for future generations. We have one of the best cardiology internship programs in the country offering aspiring medical students the opportunity to be part of world-class research, scientific publications, and presentations at scientific conferences. We have global reach through an international scholars program and we do all of this while publishing more than 250 scientific papers every year. In line with the importance of thinking big, more is on the horizon!

I'm proud to be on the Board, and this year we will build a strategic plan that drives impact in the next three years. I see many opportunities for MHIF leadership – in imaging and the novel use of artificial intelligence for diagnostics, as well as rethinking care delivery platforms to ensure health equity across patient populations. MHIF will also continue to lead through the science centers and protect and strengthen our partnership with industry partners to drive technology innovation.

I have been touched directly by the world-class advances made possible by MHIF as I've witnessed my dad's heart journey. Our family is beyond grateful for the research that allows him to live life to the fullest and for the miracles and day-to-day "wins" that come from constant dedication to asking how we can do better for patients.

To our community, thank you for your steadfast support of a mission that challenges and improves cardiovascular care and outcomes for patients and their families around the world.



Jeffrey Steinle
Chair, Minneapolis Heart Institute Foundation Board of Directors



Jeffrey Steinle

2021 Statement of Activities

REVENUES

	Percent	Operations	Funds with Time or Purpose Restrictions	Endowments	Total
Contributions	27%	\$4,486,247	\$ 3,194,153	\$21,827	\$ 7,702,227
Grants	1%	225,044	345,043	—	570,087
Research Study Revenues	33%	5,398,807	—	—	5,398,807
Investment Gain	0%	7,791	667,222	2,568,161	3,243,174
Net Assets Released from Restrictions	18%	3,049,543	(3,049,543)	—	—
Net Assets Released – Endowment Earnings	5%	770,085	—	(770,085)	—
Other Revenues	16%	2,616,874	—	—	2,616,874
Total Support and Revenues		\$16,554,391	\$1,156,875	\$1,819,903	\$19,531,169

EXPENSES

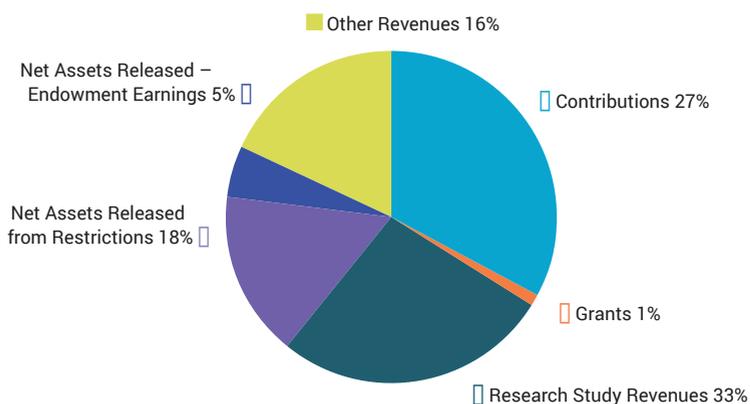
PROGRAM SERVICES

Education	3%	\$ 411,038	—	—	\$411,038
Research	65%	8,452,174	—	—	8,452,174
Total Program Services		\$8,863,212	—	—	\$8,863,212

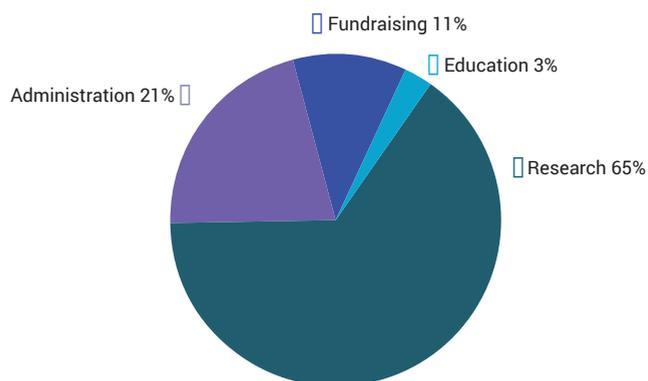
SUPPORTING SERVICES

Administration	21%	\$2,796,404	—	—	\$2,796,404
Fundraising	11%	1,444,147	—	—	1,444,147
Total Supporting Services		\$4,240,551	—	—	\$ 4,240,551
Total Expenses		13,103,763	—	—	13,103,763
Change in Net Assets		\$3,450,628	\$1,156,875	\$1,819,903	\$6,427,406

OPERATING REVENUES



OPERATING EXPENSES



2021 Balance Sheet

ASSETS

Cash and Cash Equivalents	\$11,124,872
Investments	33,506,515
Contributions Receivable	88,620
Pledges Receivable (net)	7,407,973
Other Receivables (net)	2,927,293
Other Assets	281,296
Fixed Assets (net)	1,767,450
Total Assets	\$57,104,019

LIABILITIES

Accounts Payable	\$392,766
Accrued Payroll	633,536
Accrued Pension	444,377
Other Accrued Expenses	552,619
Deferred Rent	948,293
Deferred Revenues	401,948
Total Liabilities	\$3,373,539

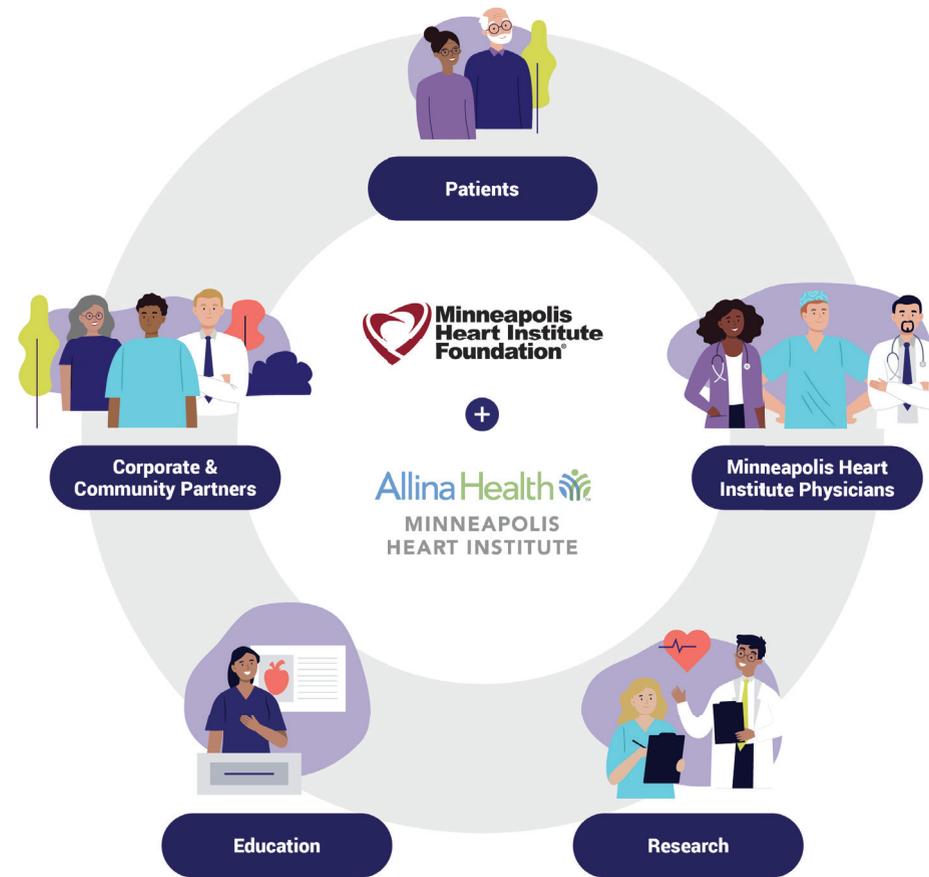
NET ASSETS

Without Donor Restrictions	\$12,844,788
With Donor Restrictions	40,885,692
Total Net Assets	53,730,480
Total Liabilities and Net Assets	\$57,104,019



We made an exhaustive search of our records to ensure inclusion of names on all of the lists, including founders, donors and involved relations. Please contact Maggie Forster if you notice an omission or error in the listings at donorrelations@mhif.org or by calling 612-863-7346.

PROUD OF A STRONG PARTNERSHIP



CREATING A WORLD WITHOUT
HEART AND VASCULAR DISEASE