

THE UNIVERSE that makes lifesaving HEART RESEARCH AND EDUCATION possible



Annual Report 2022

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Dear MHIF Community —

The Minneapolis Heart Institute Foundation® mission continues to be realized more than four decades after it was established — improving cardiovascular health and care through innovative research and education. **Because of you, we continue to make strides in accomplishing this mission for patients and families around the world. Thank you!**

Today, we have more than 100 physician partners from the Allina Health Minneapolis Heart Institute® who are recognized leaders in their area of specialty. They are sought-after researchers for leading national studies for industry-sponsored clinical trials. Many of these physicians came here because the connection to groundbreaking research keeps patient care and outcomes on the cutting-edge, and we are part of one of the largest health systems in Minnesota.

Together with our passionate physician partners, committed staff, brave patients, engaged families, thoughtful Board members and of course you — a community that believes in lifesaving research and education — we are able to pursue this work and improve care around the world.

As a result, we had a record year in 2022 in which donors gave more than \$25 million in charitable gifts, setting MHIF up for future success. Lifesaving research in future years will continue to be fueled because of community generosity.

No doubt we have all faced new challenges over the last few years as the healthcare landscape changes day to day. We are looking for the new playbook that puts patient care and scientific advancement in the forefront. The following pages of this report tell the story of what you have made possible and who it has so profoundly impacted. We are grateful to you for believing in this work and contributing to our vision of a world without heart and vascular disease!

With Gratitude,



Kristine Fortman, PhD
CEO, Minneapolis Heart Institute Foundation



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



Jeff Steinle, JD
Chairman of the Board, Minneapolis Heart Institute Foundation



Kristine Fortman, PhD



Scott Sharkey, MD



Jeff Steinle, JD

2022 IMPACT RESULTS

Advancing Care and Outcomes for Patients Around the World

Creating a world without heart and vascular disease



350+ new patients enrolled in research each year; 220+ active studies with 2,200+ patients at any given time

Research advancing options across all areas of cardiovascular medicine and care

Expanded the MHIF community through inaugural Heart360 Concert for World-Class Heart Research



Achieved global reach through cardiovascular research and education



Formed new relationships in the community to contribute change around health equity and access to care



Launched a suite of MHIF digital applications that received 34,000+ downloads



11,000+ hours of professional and community education each year reaching 4,000+ attendees



Top enroller in several clinical trials

"MHIF set the bar high for other sites! We enjoy working with your team!"
~Sponsor



Named the Van Tassel Innovation Center to fund MHIF-designed research studies to improve care for all patients



3,000+ visits with patients who have hope and options through research studies

8 MHIF International Scholars contributed to advancing research



Expanded MHIF research to United Hospital; welcomed new physician partners and reached new patients with research options



\$25 million in philanthropic support, including transformational gift to name the Joseph F. Novogratz Family Heart Rhythm Center



650+ record high of publications, abstracts, podium presentations and invited talks at international conferences

Shared learnings from MHIF research



World-class heart research and education is possible because of generous donors. To learn more, please visit mplsheart.org



Research

Minneapolis Heart Institute Foundation® (MHIF) leads innovative cardiovascular research to improve care and outcomes for patients around the world.



2022 Research Highlights

The Minneapolis Heart Institute Foundation® (MHIF) has invested more than 40 years in advancing care and options for heart patients around the world. Through lifesaving cardiovascular research and education, we seek to improve outcomes for all patients, including how they receive care and the options that exist to manage or cure all kinds of heart conditions. For the thousands of patients we evaluate each year for eligibility in research studies, many find hope from an option that is only available because of research.

Following are highlights achieved across key areas of research in 2022:

Cardiac Surgery/Transplant

The heart-in-a-box technology (Organ Care System Heart by Transmedics) was approved by the U.S. Food and Drug Administration (FDA) in April 2022 based on research data from seven clinical sites, including including MHIF. The new technology is changing the way we do heart transplants and giving hope to the 3,400+ patients in the U.S. who remain on a waitlist for a heart every year. In 2022, heart transplants reached an all-time high of 4,169 transplants, including 347 (a 68% increase from 2021) from donation after circulatory death (DCD) using the heart-in-a-box technology.

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. State-of-the-art imaging provides physicians with better information to discover and advance less-invasive options. Imaging technology also helps physicians uncover otherwise undetected conditions and provides many more options for care – from interventions to medications.

2022 Highlights

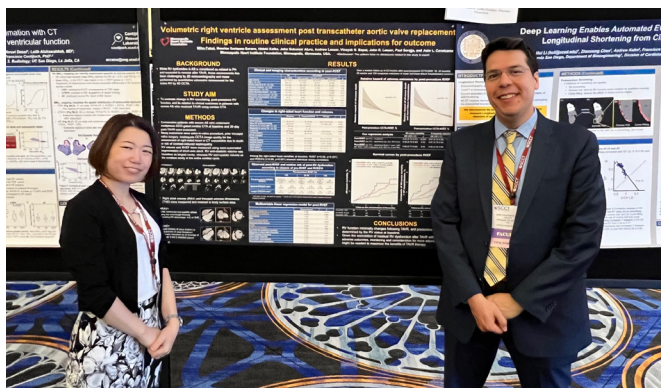
- MHIF advanced cardiac imaging researchers published 30+ peer-reviewed manuscripts and presented 35+ scientific presentations. Highlights include Dr. João Cavalcante's



Physicians performing the heart-in-a-box procedure.

publication in the *Journal of the American Medical Association (JAMA) Cardiology* sharing the value of Cardiac MRI in patients with Aortic Regurgitation.

- Dr. Miho Fukui's publication reporting certain observations after TAVR was recognized as **one of the top 10 papers that could be game changers** by the *European Heart Journal*!
- With ongoing dedication to clinician education, Dr. João Cavalcante led the 5th annual TMVR Interactive Imaging Workshop. The workshop drew attendees from eight countries around the world.



Dr. Miho Fukui and Dr. João Cavalcante share MHIF imaging research at Transcatheter Therapeutics (TCT) 2022.

Core Lab

The MHIF Imaging Core Lab continued to provide centralized imaging analysis services for industry-sponsored clinical trials. Industry-sponsored clinical trials rely on objective, expert imaging analysis of cardiac CT and cardiac MRI to evaluate predictors of outcome and further elucidate short- and long-term cardiac changes following investigational interventions. The MHIF Imaging Core Lab team provides this service and in doing so, gains further unique insight into the mechanisms of cardiac changes over time.

Cardiovascular Prevention

Led by Dr. Michael Miedema, the MHIF Nolan Family Center for Cardiovascular Health is focused on research to help determine the optimal approach to cardiovascular prevention.



Dr. Michael Miedema leads prevention research through the Nolan Family Center for Cardiovascular Health.

2022 Highlights

- Published 44 manuscripts in leading cardiovascular journals.
- Published 7 abstracts and participated in 14 invited talks at leading national and international conferences.
- Annual Kevin Graham Lecture on October 3, focused on “From Reading the Genome for Risk to Rewriting it for Cardiovascular Prevention” with speaker, Sekar Kathiresan, MD, CEO, Verve Therapeutics.
- Selected second cardiovascular prevention fellow, Dr. Abdul Gamam. Through fellowship and internship opportunities, MHIF will leave a legacy of training future leaders.
- Published the manuscript, “Estimated versus observed 10-year atherosclerotic cardiovascular event rates in a rural population-based health initiative: The Heart of New Ulm (HONU) Project” in the *American Journal of Preventive Cardiology*, sharing results from the 10-year investment in the HONU population health research program.

Coronary Artery Disease

Led by Dr. Emmanouil Brilakis, the MHIF Center for Coronary Artery Disease has a vision 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.

2022 Highlights

- 113 peer-reviewed manuscripts and 47 abstracts or posters were published or shared at conferences.
- 32 presentations or invited talks, including live case presentations at the Society for Cardiovascular Angiography and Interventions (SCAI) conference in May 2022 and the Transcatheter Cardiovascular Therapeutics (TCT) conference in September 2022.
- Dr. Salman Allana was welcomed as the inaugural fellow of the Frank J. and Eleanor Maslowski Charitable Trust CHIP-CTO Fellowship Program for 2022-2023. This fellowship provides advanced clinical training to interventional cardiologists in complex, high-risk indicated patient (CHIP) coronary interventions and chronic total occlusion (CTO).
- Dr. Emmanouil Brilakis launched the PCI App, part of a suite of MHIF digital platforms, sharing clinical expertise with physicians around the world through this algorithmic, step-by-step approach to percutaneous coronary interventions (PCI). The app includes opportunities for clinicians to watch cases and listen to podcasts sharing learnings from innovative research in coronary artery disease.
- Vennela Avula, MHIF intern in the Center for Coronary Artery Disease, received recognition for her manuscript among 2022’s top 10 most notable articles published by the *Journal of Invasive Cardiology*.



Dr. Emmanouil Brilakis and the Center for Coronary Artery Disease team at SCAI 2022.

Heart Rhythm Research

MHIF's Heart Rhythm Center was established in 2022 and named with a transformational gift made by Joseph Novogratz and his wife Amy, along with his three children: Heidi Johnson, Chris Novogratz and Heather Vranich. The gift matched the largest donation ever made to the foundation and is accelerating world-class research and education through the Joseph F. Novogratz Family Heart Rhythm Center.

"I've been through a lot and had the privilege of receiving great care, which led me to want to support this important research for the benefit of my family and so many other families into the future," said Joseph Novogratz, a long-time supporter of MHIF. "I'm confident that progress is going to be tremendous going forward. If I can support research that continues to help doctors understand heart rhythm conditions, then this gift will make a difference in the lives of other people. I'm looking forward to seeing continued innovation in my lifetime because of the amazing pace of advancing research."

"The gift from the Novogratz family means that this research will continue well beyond our time here," said Dr. Jay Sengupta, MD, cardiologist and director of the MHIF Joseph F. Novogratz Family Heart Rhythm Center. "It provides a platform and a foundation for this research to build on itself and continue to accelerate and advance. Patients in Minnesota and around the country will benefit from this tomorrow and for years to come, and we're so grateful to the Novogratz family for this opportunity."

"Patients in Minnesota and around the country will benefit from this tomorrow and for years to come and we're so grateful to the Novogratz family for this opportunity."

— Dr. Jay Sengupta, MD, cardiologist and director of the MHIF Joseph F. Novogratz Family Heart Rhythm Center



Dr. William Katsiyannis and Joseph Novogratz, who gave a transformational gift to accelerate heart rhythm research.

The Joseph F. Novogratz Family Heart Rhythm Center will accelerate and fund innovative research focused on three areas with heart rhythm conditions that affect a significant number of people around the world:

- **Sudden cardiac arrest is a leading cause of death typically associated with dangerous heart rhythms.** Research is critical to families who have faced this tragic event of sudden cardiac death to identify potential genetic risk factors and prevent this from happening in the future.
- **Atrial fibrillation is the most common arrhythmias as people age.** There are new technologies and research focused on advanced approaches to treat and cure this arrhythmia.
- **Cardiac implantable devices like pacemakers and defibrillators are lifesaving technologies.** MHIF researchers have expertise in promoting patient safety with these devices, including tracking safety and effectiveness of new devices and participating in research to advance the technologies and procedures.

In 2022, the Heart Rhythm Center team shared important research findings with electrophysiology professionals around the world through 13 publications or presentations and 12 abstracts.



Dr. Konstantinos Voudris and Dr. Paul Sorajja participated in a live case at the Transcatheter Therapeutics conference.

Heart Valve Disease

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.

Under the leadership of Dr. Paul Sorajja, MHIF's Valve Science Center is internationally renowned for expertise in the most advanced options for minimally invasive therapy for heart valve disease. These technologies repair and replace diseased heart valves – aortic, mitral, tricuspid and pulmonary – through peripheral vessels or small incisions. The team includes a multidisciplinary team of world-renowned key opinion leaders (KOLs) and physicians across multiple specialties, including interventional cardiologists, advanced imaging specialists, specialty nurses, research scholars and cardiac surgeons.

2022 Highlights

- Pursued 45 active, independent, research projects designed and led by physicians in the Valve Science Center.
- Published 57 clinical manuscripts in leading national and international cardiovascular journals.
- Members of the team participated in more than 150 presentations at national and international conferences and events.
- “Association of transcatheter edge-to-edge repair with improved survival in older patients with severe, symptomatic degenerative mitral regurgitation,” published in the *European Heart Journal* by Dr. Paul Sorajja, was selected as one of the *Top Ten Valvular Heart Disease Papers in 2022*.
- As the national principal investigator for the TRILUMINATE pivotal trial, Dr. Paul Sorajja led

completion of enrollment in research evaluating a minimallyinvasive technology for tricuspid regurgitation.

- Celebrated International Valve Awareness Day with more than 200 patients who attended a free community event 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.

Interventional

MHIF continued its leadership as part of the North American COVID-19 ST-Segment-Elevation Myocardial Infarction (NACMI) registry, which is a unique collaboration between the American College of Cardiology (ACC), the Society for Cardiovascular Angiography and Interventions (SCAI), and the Canadian Association of Interventional Cardiology (CAIC). The research represented the largest registry for COVID-positive ST-elevation myocardial infarction (STEMI) patients. These patients had a significantly higher mortality than typical STEMI patients, including higher prevalence in diabetics with marked racial differences. The patients also had markedly more thrombotic lesions, were more likely to have a “no culprit” as well as “multiple culprit” and had unique pathophysiology for the development of STEMI. This work received an award at the American College of Cardiology (ACC) Quality Summit in 2023.

Vascular Surgery

Dr. Jesse Manunga led development of the study, “Safety and Effectiveness of Surgeon-Modified Stent Grafts for Treatment of Complex Aortic Aneurysms” to evaluate new options for patients with complex, life-threatening aortic aneurysms. As with any research study, the design and protocol for enrolling patients in a study to evaluate a new treatment option must be reviewed and granted an Investigational Device Exemption (IDE) – and MHIF is the only center in the Midwest to receive this designation for research in aortic aneurysms.



Dr. Jesse Manunga leads vascular research, seeking to improve options for patients with aortic aneurysms.

Women's Heart Health

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 how to optimize patient care.

2022 Highlights:

- The MHIF team participated in three podium presentations and published 13 manuscripts/abstracts.
- "Spontaneous Coronary Artery Dissection (SCAD) and Evidence-Based Medicine," included MHIF research published in the *American Journal of Cardiology*. 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.
- Our annual women's event, Hope, Health & Humor, brought together more than 250 women from different backgrounds to learn more about heart health.
- Heart-to-Heart Conversations Podcast (available on Apple Podcast, Spotify – search Heart 2 Heart Minneapolis) – this engaging podcast aims to close the racial disparities gap in heart disease by combining personal stories from people of color and their experiences with heart disease. Co-hosted by MHIF's Medical Director of Health Equity and Health Promotion, Dr. Courtney Jordan Baechler and Batala McFarlane, journalist with Insight News. This podcast is sponsored by Boston Scientific and is a joint production between the Insight Health Equity Action Lab and MHIF.
- Throughout the year, the Penny Anderson Women's Cardiovascular Center team presented more than 20 community education talks to a wide variety of groups.



Panel of cardiologists speaking at Hope, Health & Humor in 2022.



More than 250 women attended the Hope, Health & Humor event in 2022.

Health Equity and Community Engagement

- MHIF engaged in a Prevention Yoga and Medication Study in partnership with Chance York, Black-Certified Mindfulness Instructor and registered Yogi; CVS Health; and local Twin Cities community members. This research will assess how mindfulness and meditation may help improve blood pressure, quality of life and sense of belonging. We are responding directly to what our community is asking for – changing how we conduct research for equitable results.



In partnership with Northside Health and Wellness Center, the 2022 MHIF Clinical Research Interns participated in Fresh Food Friday, a large outdoor summertime food distribution that runs from May through September each year.

- **Disparities in Severe Aortic Valve Disease Study** – In an ongoing study led by Dr. Mario Goessl, MHIF researchers are investigating why patients diagnosed with severe, symptomatic aortic valve stenosis have survival rates that are comparable or worse than many advanced malignancies. We're studying the common barriers to receiving appropriate guideline-driven care for patients with severe aortic stenosis, including referral biases by primary care providers, patient comorbidities, as well as psychosocial issues and cultural barriers. Additionally, race, ethnicity, socioeconomic status and education level are shown to be persistent barriers to accessing healthcare services, creating a significant practice gap between various patient populations.
- **Diabetes & High Blood Pressure During Pregnancy Study** – In partnership with Nice Healthcare, MHIF researchers are studying women diagnosed with high blood pressure, high blood sugar, or preeclampsia during pregnancy who may not always receive the recommended follow-up care. The purpose of this study is to understand why and explore ways to improve access to care for women of color.

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.

- The American College of Cardiology National Cardiovascular Data Registries represent the pinnacle of clinical registries for quality assessment, quality improvement, and registry-based clinical research. In March of 2022, Dr. Bradley was named NCDR Oversight Chair and will lead the registries in this role.

Van Tassel Innovation Center

In 2022, to honor Dr. Robert Van Tassel and continue his spirit of innovation, MHIF named the Van Tassel Innovation Center and Endowment to support visionaries for years to come. MHIF research physicians focus on compelling frontiers of treatment and clinical areas of urgent patient need. Every day in their clinical practice with patients, MHIF's cardiology and vascular specialists who partner in research, continually unearth challenges that need research to improve care.

The Van Tassel Innovation Center will provide the resources necessary for independent research designed and led by a dedicated team of MHIF research physicians and staff to answer critical heart and vascular health questions, share the findings with professionals worldwide, and ultimately improve the quality and length of patients' lives.



Dr. Robert Van Tassel received the inaugural MHIF Innovation Award at the 2022 Founders Event.

Education

Minneapolis Heart Institute Foundation® (MHIF) is dedicated to promoting education to improve patient care results and learnings from lifesaving research through publications in leading heart journals, presenting at international conferences and hosting a variety of events to educate healthcare professionals and raise awareness in the community. MHIF is also committed to educating the next generation of healthcare professionals through its International Scholar Program, Research Fellowships and Clinical Research Internships.



International Scholar Program

In 2022, MHIF hosted nine different international scholars. Our scholars accelerate our groundbreaking physician-initiated research and spread the lessons learned across the globe. Since 2017, our International Scholar program has brought practicing physicians from countries around the world for a one- or two-year period to work directly with Allina Health Minneapolis Heart Institute® physicians and advance MHIF physician-initiated cardiovascular research.

Research scholars bring a wealth of diversity and knowledge to our team, helping design and conduct clinical studies of all types under the supervision of an Allina Health Minneapolis Heart Institute® physician. Research scholars also assist in disseminating important MHIF research findings by publishing articles in peer-reviewed journals and submitting abstracts and challenging cases for presentation at international scientific conferences. To date, the International Scholar program has welcomed scholars from China, Japan, Brazil, Hungary, Turkey and Greece.

“The International Scholar program has been instrumental in the success of MHIF’s Center for Coronary Artery Disease. They bring a wealth of knowledge, but also tremendous drive and motivation that is critical in moving often challenging projects forward. The research work of the international scholars has been published in the top interventional journals and has helped advance the contemporary practice of interventional cardiology.”

— Dr. Emmanouil Brilakis, Chairman,
Center for Coronary Artery Disease

2022 Stats

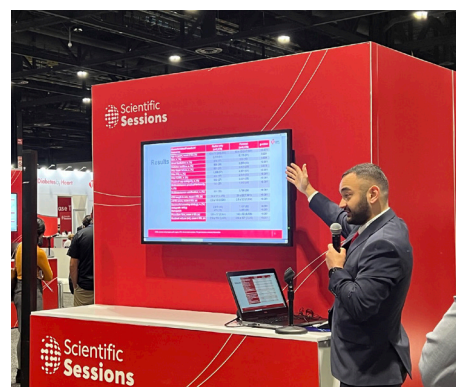
Nine International Scholars contributed to:

- 75 abstracts
- 64 manuscripts
- 4 talks/podium presentations

Totaling 143 unique publications/presentations

“At the Minneapolis Heart Institute Foundation, cardiovascular research is foundational to everything we do. By being a part of the latest research, we can explore new therapies to diagnose, treat and prevent cardiovascular disease.”

— David Hurrell, MD | Cardiologist, Allina Health Minneapolis Heart Institute®;
Chair, Education Committee, MHIF



Clinical Research Internship

In 2022, MHIF celebrated the 20th anniversary of the launch of the clinical research internship program. Eleven interns from around the country contributed to 13 different groundbreaking research projects. Made possible by the generous contributions of individual donors, MHIF offers one of the most unique internship opportunities available to undergraduates who are pre-med or planning a career in medicine. Interns are paired with a physician mentor who guides them through the facilitation of a research project, hospital observations, engaging field trips, lunch-and-learn presentations, and showcasing their research work at a poster session. Many interns have the opportunity to be an author on an article published in a national scientific journal and others are accepted to present their work at an international conference.



"It was a meaningfully oriented and motivated summer that created a sense of purpose in every intern and I know will be an experience that we all take with us for the rest of our careers."

— Beatrice Rynders, 2022 Clinical Research Intern

"This internship was truly special. I have been able to learn so much about myself and future goals. This has solidified my interests, aligned my values, and empowered me to continue in research and my interests. I also have been impressed with my fellow interns and how they have helped me grow. Being in such a talented and dedicated cohort has even furthered my growth this summer."

— 2022 Clinical Research Intern
(anonymous feedback from end of summer evaluation)

2022 Stats

Since 2002, 225 research interns have contributed to:

- 205 posters and presentations at national scientific sessions
- 197 publications in peer-reviewed journals

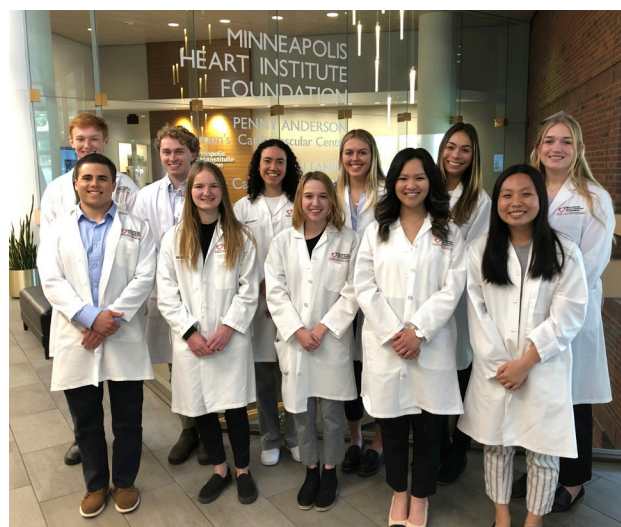
Where are they now?

- 55% are practicing physicians
- 21% are in medical school
- 13% are in healthcare related fields
- 10% are in pre-med studies
- 1% are in non-healthcare fields



2022 Research Project List

Intern	Research Topic
Thomas Basala Lead Intern	Role of CV Risk Factors and Major Adverse Cardiac Events in COVID-19 Mortality in the Allina Health System Metropolitan Hospitals in 2021 v 2020
Drew Adamek Richard Kantrud Intern	Effects of Optimization on Mechanical Dyssynchrony in Cardiac Resynchronization Therapy (CRT) Nonresponders
Giselle Fisher Discovery Intern	Why Do Patients with Microvascular Obstruction (MVO) Die? Sudden Death in the Young, Including Athletes, Due to Mitral Valve Prolapse
Anna Gan Dubes Family Intern	The 4th Trimester: Impacting Long-Term Cardiovascular Outcomes
Erica Kwok Rose Peterson Memorial Intern	Initial Diuretic Dosing in Patients Hospitalized for Acute Decompensated Heart Failure
Elizabeth Page Leonardus Loos and Shelley Holzemer Intern	Impact of COVID-19 Pandemic on Weight, Physical Activity, Blood Pressure and Diabetes Control and the Impact of Vaccine Status
Maya Palmer Pete Pierce Intern	Comparing Leadless Pacemaker (Micra) to Left Bundle Branch/His Pacing Review of Patient Outcomes with Right Ventricular Assist Device Implantation
Erick Rocher Leonardus Loos and Shelley Holzemer Intern	Predicting Prosthesis Size in Patients Undergoing Surgical Aortic Valve Replacement for Bicuspid Aortic Valve Disease
Beatrice Rynders Cline and Dianne Hickok Intern	Indications and Findings of Coronary Angiogram in the First Month Following Coronary Artery Bypass Graft Surgery
Johanna Theeler Daniel J. Spiegel Family Foundation Intern	Renal Artery Disorder (2019)
Anne Wong Heart Rhythm Intern	Clinical Outcomes of 3830 4Fr Pace/Sense Leads for Septal and Conduction System Pacing



Professional Education

Overall Professional Education Stats

- Educated 2,987 providers
- Delivered 43+ hours of content
- Featured 70 different speakers

Grand Rounds

In 2022, MHIF hosted 29 cardiovascular Grand Rounds sessions featuring 47 unique speakers that reached over 2,700 learners! These accredited education activities provide physicians and other healthcare providers the opportunity to review and discuss the latest developments in cardiovascular care every Monday morning during our Grand Rounds season (September – May). These weekly meetings feature topics across the spectrum of cardiovascular medicine. Practitioners share research highlights, offer treatment or diagnostic best practices, and collaborate to improve care for those with cardiovascular disease.

At the Heart of Cardiovascular Disease Prevention 2022

A professional education opportunity educated more than 125 physicians, advanced care providers and support staff on current guidelines and opinion on the identification and treatment of cardiovascular disease. This included a review on lipid pharmacology, the current guidelines in hypertension management, the role of aspirin in cardiovascular health and disease, and the management of cardiovascular disease at different stages in a woman's life cycle.

3rd Annual | Complex Cardiovascular Imaging: Education for Technologists, Technicians and Nurses

In 2022, MHIF hosted the 3rd Annual Complex Cardiovascular Imaging event. This virtual education initiative focused on guiding participants through ordering the correct imaging for structural heart disease, heart failure, coronary flow and more. Global participants learned from industry-leading cardiovascular imaging physicians, clinicians and technologists who presented on the most current principles, techniques, risks and limitations of different cardiovascular imaging modalities.

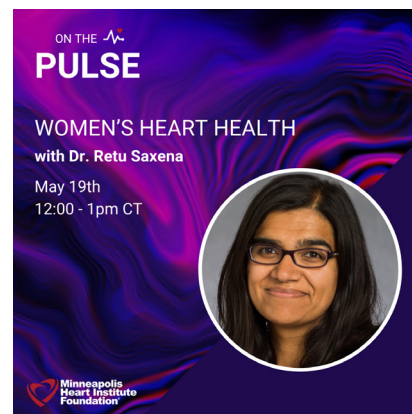
5th TMVR Interactive Workshop

Under the guidance of lead faculty member Dr. João Cavalcante and in partnership with Pie Medical Imaging®, MHIF offered a fifth interactive, hands-on physician-led training workshop focused on increasing the competence in CT planning for transcatheter mitral valve interventions. In addition to state-of-the-art lectures, participants learned interactively, how to perform all the necessary steps in the planning and follow-up for these procedures. Attendees from Brazil, India, Italy, England, Portugal, Australia, Germany, Singapore, Canada and nine different US states joined us for this digital education opportunity, highlighting the international impact of MHIF education.



Community Education

In 2022, MHIF hosted five different On the Pulse sessions, which are free, virtual, patient education presentations from physician researchers. These interactive sessions cover topics across all different cardiovascular subspecialties and feature an audience Q&A segment where our patients and community members get their questions answered from prominent cardiologists.



Healthy Heart Valves – Living Life to the Fullest (Heart Valve Disease Awareness Day)

Although heart valve disease affects as many as 11 million Americans, many people have never heard of it. Heart valve disease is estimated to affect one in 10 people ages 75+, and age is the greatest risk factor. Unfortunately, symptoms are often dismissed as a “normal” part of aging. It’s crucial that members of the community and patients are educated on the recognition of specific risks and symptoms. This free community event shared an overview of the public health epidemic of heart valve disease, the latest in heart valve disease research and treatments and featured inspiring stories of life after heart valve disease treatment.

Community & Philanthropy

Philanthropic investments support the Minneapolis Heart Institute Foundation® (MHIF) mission. We are grateful for the generosity of our community that makes lifesaving cardiovascular research and education possible!



The community of people who believe in lifesaving cardiovascular research and education give patients hope.

As an independent, nonprofit organization our mission is fulfilled because of the generosity of contributors who want to support groundbreaking research and education. Your gift creates hope for patients through new treatments and care practices to ensure the best outcomes for life-threatening heart and vascular conditions. Your support funds research designed and led by MHIF partners and world-renowned physician researchers from the Allina Health Minneapolis Heart Institute®, who bring deep cardiovascular expertise and constantly advocate for patients by asking, “What could we do better?”

MHIF research is also supported from leading medical companies that have new medicines and technologies and need research to understand their safety and potential to help patients. For some patients, new options available through research are the only hope they have left.

In addition to this important research, MHIF is equally committed to education by sharing key findings from research around the world and raising awareness about heart and vascular conditions with patients and providers. We also offer internships and fellowships that support our commitment to educating the next generation of healthcare providers.

Every day we work to create a world without heart and vascular disease.

2022 MHIF Highlights

\$25 MILLION in charitable gifts

\$20 MILLION in endowment to support long-term investments in research

2,124 CONTRIBUTIONS from MHIF donors including grateful patients

230+ STUDIES designed and led by MHIF researchers

500+ scientific publications, presentations and posters sharing MHIF research

Patients and Families are at the Heart of Everything We Do

The generosity and gratitude that patients share with us fuels our commitment to work each day to create a world without heart and vascular disease.

Here are some testimonials from patients and families who found hope because of options advanced through MHIF’s lifesaving research.

“These gifts to the Minneapolis Heart Institute Foundation are given in praise and thanksgiving for the life of my grandmother. She was a patient for over 20 years, and we are grateful for the care that enabled her to watch her grandchildren grow. We give thanks for the quality and compassionate care that sustained her for many years.”

“Please relay a message to Chuck’s cardiologist, Dr. Norma Theissen, of thanks for her care & understanding with Chuck. I will always hold our friendship dear to my heart and the many memories with you at the lake and at Golfview. Chuck’s sense of humor & smile will never fade.”

“My four heart physicians have done an exemplary job caring for my heart condition. High Fives to: Dr. Hougland, Dr. Pai, Dr. Goessl, and Dr. Cabuay. THANK YOU, DOCTORS!”

To make a memorial or tribute gift, please visit mplsheart.org/giving or call 612.863.7346.

ALICIA BRAVO

As an emergency room nurse at a Minneapolis trauma hospital for more than 20 years, Alicia Bravo is passionate about increasing awareness about the importance of bystander CPR to help save lives. Alicia never could've imagined that CPR would one day save her own life. In July 2017, she experienced a cardiac event while swimming at her parents' lake home in the small Wisconsin town where she grew up.

"I was 37 and had a sudden cardiac arrest and I had no idea why," said Alicia. "I had been training for triathlons and was in the best shape of my life. Just six days before, I had done a mile swim race at Lake Harriet...it's insane."

Just five minutes into her training swim, Alicia's heart went into V-fib (ventricular fibrillation), a life-threatening heart rhythm that occurs when the heart's lower chambers (ventricles) quiver, or fibrillate, instead of contracting (or beating) normally. V-fib can cause sudden cardiac arrest (where the heart stops beating)—the most common cause of sudden cardiac death. Thankfully, her father, husband and the sheriff all took turns performing manual CPR before EMS personnel were able to hook her up to a LUCAS machine, an external mechanical device that delivers consistent and uninterrupted automatic chest compressions during CPR.

"I just feel like I'm really lucky; I'm thankful to be alive," said Alicia. "I try to do a lot of outreach teaching people CPR because without it, the outcome would've been completely different. I had CPR for 20 minutes and today, I'm totally normal and living a normal life."

Alicia eventually learned she has Long QT syndrome, a rare and often inherited heart rhythm disorder. Long QT is characterized by fast, abnormal heartbeats, which increases the risk for fainting, seizures and sudden cardiac arrest. Alicia had two different types of stress tests and also genetic testing, which showed no genetic markers for Long QT.

After initially being treated at a hospital in Madison, Alicia returned home to Minnesota and began seeing Dr. Jay Sengupta, an electrophysiologist at Allina Health Minneapolis Heart Institute (MHI). Dr. Sengupta

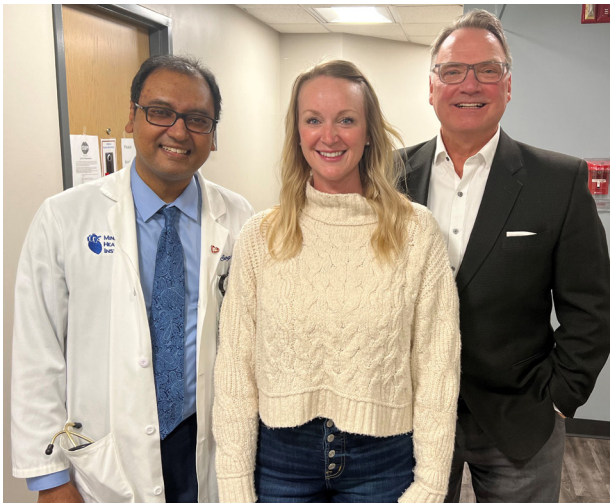


Alicia with her family.

"I just feel like I'm really lucky; I'm thankful to be alive," said Alicia. "I try to do a lot of outreach teaching people CPR because without it, the outcome would've been completely different."

serves as director of MHI's Genetic Arrhythmia Center (GAC), a unique multi-disciplinary clinic that integrates world-class clinical care, genetic counseling and clinical research for patients and families facing cardiac conditions that predispose them to sudden cardiac death and cardiac arrhythmias. Dr. Sengupta also leads the Joseph F. Novogratz Family Heart Rhythm Center at the Minneapolis Heart Institute Foundation (MHIF), where researchers maintain a GAC registry (database) of more than 500 patients. This database allows them to study rare inheritable heart rhythm disorders such as long QT and help improve diagnosis, therapy and outcomes.

Continued



Dr. Jay Sengupta with Alicia and Kevin Doran, who helped share her story on KSTP-TV in Minneapolis.

"I'd been a nurse for 15 years and I had no idea what Long QT syndrome even was at the time; I didn't realize it was so dangerous to have," said Alicia. "I wanted to get my care at a heart institute that has really good research and a hospital dedicated to that; that was important to me. I actually had no idea about the Genetic Arrhythmia Center when I chose MHI, so I was excited to be offered that opportunity right away. The staff was absolutely amazing and determined to figure out my condition."

Although she wasn't aware of it at the time, Alicia was also able to benefit from MHIF research during her emergency care in Madison. Doctors there had implemented the COOL-IT therapeutic hypothermia protocol to lower her core body temperature, which helps reduce the chance of permanent brain or neurological damage – a risk following sudden cardiac arrest. MHIF researchers developed this lifesaving treatment protocol, which has been implemented by hospitals across the country.

Today, Alicia has a dual implantable cardioverter-defibrillator (ICD) and pacemaker, and she takes a beta-blocker medication to slow her heart rate and make the abnormal rhythm associated with Long QT syndrome less likely. She still stays active, but can no longer do competitive sports as she needs to ensure her heart rate doesn't go above 170 beats per minute when exercising.

"I wanted to get my care at a heart institute that has really good research and a hospital dedicated to that; that was important to me."

"My life is great; I feel safe with my ICD," said Alicia. "I'm just so fortunate that everything aligned that day, and everyone was there to help me. I'm thankful that I can spread the word on bystander CPR; it's really important to me."



Alicia in the Emergency Department where she works as a nurse.

[Read the account of how Alicia's life was saved in the Daily Jefferson County Union.](#)

[Read how Alicia continues to advocate for CPR.](#)

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\$100,000+

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2022 Donor Recognition, continued

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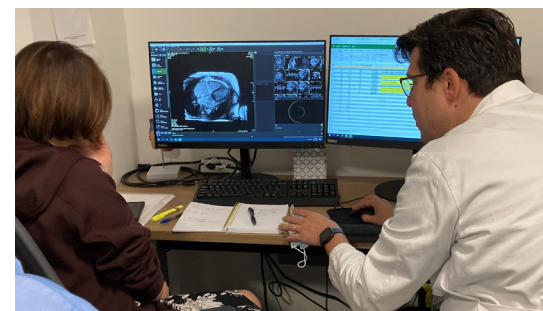
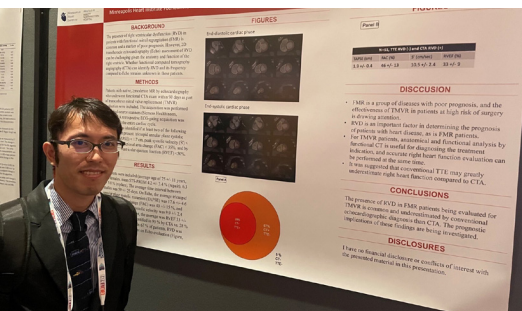
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Thank you to the physicians at the Allina Health Minneapolis Heart Institute® who inspire us every day to accomplish our goal of creating a world without heart and vascular disease!

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Through the contributions and support of donors around the world, lives are being improved, changed and saved. The Minneapolis Heart Institute Foundation® (MHIF) takes pride in using charitable contributions transparently and effectively.



2022 Statement of Activities

REVENUES

	Percent	Operations	Funds with Time or Purpose Restrictions	Endowments	Total
Contributions	38%	\$5,985,034	\$5,541,577	\$4,811,688	\$16,338,299
Grants	1%	179,767	(1,746)	—	178,021
Research Study Revenues	32%	4,998,558	—	—	4,998,558
Investment Gain	1%	243,697	(1,617,007)	(3,433,065)	(4,806,375)
Net Assets Released from Restrictions	20%	3,211,999	(3,211,999)	—	—
Net Assets Released – Endowment Earnings	5%	833,217	—	(833,217)	—
Other Revenues	3%	410,576	—	—	410,576
Total Support and Revenues		\$15,862,848	\$710,825	\$545,406	\$17,119,079

EXPENSES

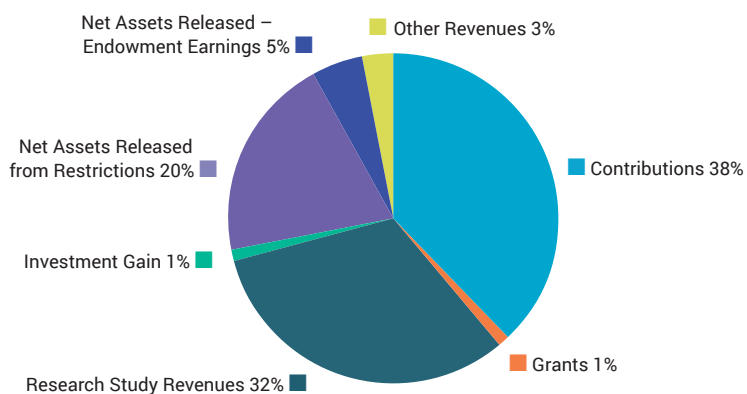
PROGRAM SERVICES

Education	3%	\$416,376	—	—	\$ 416,376
Research	65%	9,547,960	—	—	9,547,960
Total Program Services		\$9,964,336	—	—	\$ 9,964,336

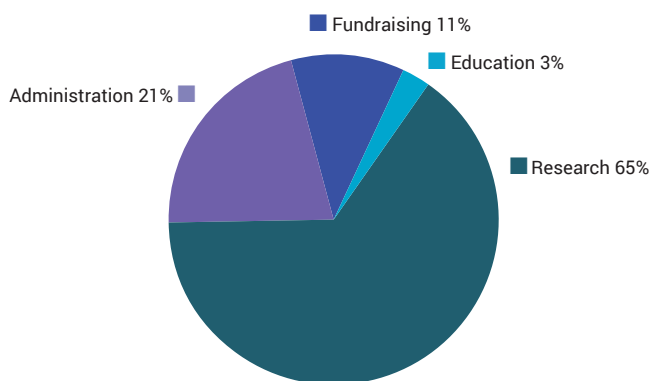
SUPPORTING SERVICES

Administration	21%	\$3,187,430	—	—	\$ 3,187,430
Fundraising	11%	1,572,689	—	—	1,572,689
Total Supporting Services		\$4,760,119	—	—	\$ 4,760,119
Total Expenses		14,724,455	—	—	14,724,455
Transfers Between Funds		1,160,796	-1,160,796		0
Change in Net Assets		\$2,299,189	\$(449,971)	\$545,406	\$2,394,624

OPERATING REVENUES



OPERATING EXPENSES



2022 Balance Sheet

ASSETS

Cash and Cash Equivalents	\$10,871,23
Investments	29,208,947
Contributions Receivable	153,899
Pledges Receivable (net)	14,645,447
Other Receivables (net)	2,940,880
Other Assets	277,423
Rights of Use Assets	11,496,405
Fixed Assets (net)	1,466,478
Total Assets	\$71,060,713

LIABILITIES

Accounts Payable	\$582,339
Accrued Payroll	906,771
Accrued Pension	500,157
Other Accrued Expenses	259,607
Deferred Revenues	256,856
Lease Liability	12,429,879
Total Liabilities	\$14,935,609

NET ASSETS

Without Donor Restrictions	\$12,366,174
With Donor Restrictions	43,758,930
Total Net Assets	56,125,104
Total Liabilities and Net Assets	\$71,060,713