

2023 ANNUAL REPORT | Celebrating Milestones



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Dear Friends,

We are delighted to share our Annual Report, *Celebrating Milestones*, as we reflect on our accomplishments in 2023. We are filled with gratitude for the unwavering support of our community members, physician partners and staff who believe in the Minneapolis Heart Institute Foundation® (MHIF) Mission and make our work possible.

This year has been marked by significant milestones and achievements:

Research Breakthroughs, including results from the TRILUMINATE pivotal clinical trial that were published in the *The New England Journal of Medicine* and *The New York Times*, along with being presented on the largest stage for cardiology research at the American College of Cardiology meeting.

Educational Reach through professional events that share knowledge and advance understanding, as well as community events to inspire individuals and families to take care of their hearts! Through these events, we reached more than 9,000 people. This included the 2023 Heart 360 Concert for Heart Research that brought together 6,000+ members of our community at the Armory in Minneapolis to celebrate the impact and partners involved in lifesaving research and education.

Sharing Learnings from Research is a commitment at the heart of the MHIF Mission because it advances care for patients around the world. MHIF's reach and commitment to excellence are evident, with MHIF researchers contributing to 82 unique journals in 2023. More than 30% of the manuscripts were featured in the family of prestigious peer-reviewed publications such as *The Journal of the American Medical Association (JAMA)*, *The New England Journal of Medicine*, *Circulation*, *Journal of the American College of Cardiology (JACC)* and *European Heart Journal*. See a full list of our 2023 publications at www.mplsheart.org/2023publications.

Looking ahead, we are committed to building on these achievements and accelerating our impact.

Thank you for believing in and supporting lifesaving heart research. Together, we are creating a world without heart and vascular disease.

Sincerely,



Kristine Fortman, PhD
CEO, Minneapolis Heart Institute Foundation



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



Thom Gunderson
Chairman of the Board, Minneapolis Heart Institute Foundation



Kristine Fortman, PhD



Scott Sharkey, MD



Thom Gunderson

2023 Impact Results

Advancing Outcomes for Patients Around the World

Research advanced across all areas of cardiovascular care



60,000+ downloads from around the world of MHIF digital applications sharing clinical insights in heart valve and coronary artery disease



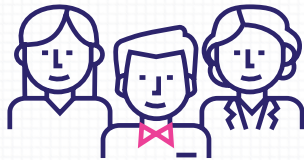
Top enroller in several clinical trials



300+ new patients enrolled in research each year; 230+ active studies with 2,200+ patients at any given time



11,000+ hours of professional and community education



8 MHIF International Scholars brought global medical expertise and contributed to advancing research



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



5 published manuscripts in *The New England Journal of Medicine* sharing learnings from MHIF research with physicians around the world

6,000 community members gathered at the Minneapolis Armory to celebrate as part of the annual Heart 360 Concert for Heart Research



650+ publications, abstracts, podium presentations and invited talks at national and international conferences



Creating a world without heart and vascular disease

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.



2023 Research Highlights

The Minneapolis Heart Institute Foundation® (MHIF) leads innovative cardiovascular research and education to benefit individuals and communities around the world. Through this lifesaving work, 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 clinical trials, many find hope from an option that is only available through research.

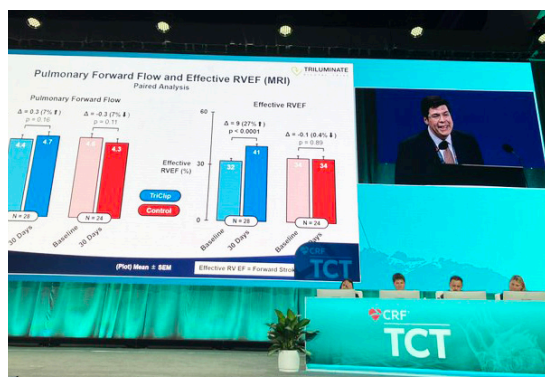
Following are highlights achieved across key areas of research in 2023:

Cardiovascular Imaging and Core Lab

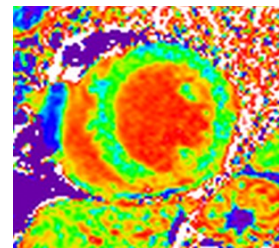
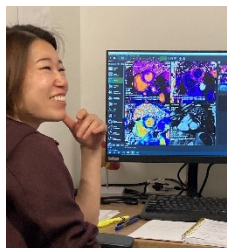
Advanced imaging provides physicians with better information to consider many more options for care — from interventions to medications. Recent advances in cardiac imaging have led to radical improvement for patients so they receive better, faster and more accurate care. The MHIF Cardiovascular Imaging Research Center and Core Lab has a depth of expertise across multi-modalities of advanced cardiac imaging, including cardiac magnetic resonance (CMR) imaging, computerized tomography (CT) imaging and echocardiography. Our leading expertise and access to the latest technology allow us to support work across all areas of cardiology.

2023 Highlights

- 14 abstracts and 74 presentations at national and international conferences
- 29 published manuscripts in leading cardiovascular journals
- Dr. João Cavalcante presented the TRILUMINATE Imaging Sub-study at the Annual Transcatheter Cardiovascular Therapeutics Conference. This sub-study is a novel assessment of the right side of the heart using cardiac CT and MRI before and after the tricuspid repair procedure. The MHIF Core Lab produced this landmark work. It demonstrated beneficial changes in the heart following tricuspid edge-to-edge repair, consistent with the main findings of the trial presented at the American College of Cardiology Scientific Sessions.
- The MHIF Imaging Core Lab expanded its offering beyond cardiac CT and cardiac MRI to include echocardiography, a common assessment in clinical trials for new cardiac interventions.
- Dr. Davide Margonato joined MHIF as an Imaging Research Scholar from Milan, Italy. His multiple
- research projects relate to multi-modality imaging of structural heart disease with a focus on tricuspid regurgitation. He presented his early insights at the 84th Italian Society of Cardiology National Congress in Rome, Italy.
- MHIF held the 6th Transcatheter Mitral Valve Replacement Interactive Workshop. Attendees from around the globe joined virtually to learn advanced cardiac imaging analysis techniques from MHIF physicians.
- MHIF Core Lab is currently working with several industry sponsors and National Institutes of Health on clinical trials, with a focus on investigational device trials for structural heart disease, heart failure and electrophysiology.



Dr. João Cavalcante presenting at the Transcatheter Cardiovascular Therapeutics (TCT) in 2023.



Dr. Miho Fukui from the MHIF Cardiovascular Imaging Research Center and Core Lab.

Cardiovascular Prevention

The MHIF Nolan Family Center for Cardiovascular Health is led by Dr. Michael Miedema and works through research, education and leadership to determine the optimal approach to preventing heart and vascular disease.

2023 Highlights

- 12 abstracts and seven invited talks at national and international conferences
- 12 published manuscripts in leading cardiovascular journals
- The Fifth Annual Prevention Symposium, featuring Dr. Carolyn Bramante, Dr. Michael Miedema, Dr. Thomas Knickelbine and Dr. Courtney Jordan Baechler, assembled more than 130 physicians, advanced care providers, and broader healthcare team members to learn about the latest updates in cardiovascular prevention and care guidelines. Education topics included weight loss and obesity prevention, calcium scoring, lipid medications and the social determinants of health.
- As the center's third fellow, Dr. Felipe Martignoni is conducting research around a Lipoprotein (a) preventative medication used in STEMI patients and dietary factors associated with coronary plaque development. Through this fellowship program and other internship opportunities, MHIF continues to train future leaders in cardiovascular prevention.
- The Harvard T.H. Chan School of Public Health honored Dr. Michael Miedema, director of the Nolan Family Center for Cardiovascular Health, with its prestigious 2023 Emerging Public Health Professional Award, recognizing early-career public health achievements.



The Annual Prevention Symposium is designed to share the latest in cardiovascular prevention with advanced care providers.



Dr. Emmanouil Brilakis and team leading a live case.

Coronary Artery Disease

Coronary Artery Disease (CAD) is the leading cause of death in the developed world. An internationally recognized research institute, MHIF is integrated with a high-quality, high-volume cardiovascular care center at Abbott Northwestern Hospital. This enables us to study and offer cutting-edge treatment to a large number of patients with CAD. Led by Dr. Emmanouil Brilakis, the MHIF Center for Coronary Artery Disease works to decrease the burden of CAD through research, innovation and education.

2023 Highlights

- 48 posters and abstracts, and 51 presentations at national and international conferences.
- Seven textbook chapters and 101 published manuscripts in leading cardiovascular journals.
- PROGRESS Research – Through a series of registries, the center is exploring a number of areas related to CAD:
 - > PROGRESS-CTO, an ongoing, contemporary, multi-center global registry of more than 15,000 chronic total occlusion percutaneous coronary interventions (CTO-PCIs). MHIF is the coordinating site, and Dr. Brilakis is the principal investigator. This work is providing novel insights into the most complex type of CTO-PCIs through rigorous study of techniques and outcomes across a varied group of operators and medical practices.
 - > REBIRTH study – This randomized prospective trial compares radial (wrist) artery access to state-of-the-art femoral (groin) artery access for cardiac catheterization and PCI procedures.
- MHIF developed a digital application called PCI. For cases involving chronic total occlusions (CTOs) – the

most severe, total blockages – collaborative research efforts shared via these digital apps provide learnings about treatment options and outcomes to guide the best clinical care. Made possible with funding from The Joseph F. and Mary M. Fleischhacker Family Foundation, the apps have earned more than 60,000 downloads across the world.

- Two website manuals maintained by MHIF feature more than 400 online patient case procedures to help educate cardiologists worldwide on new and innovative treatments.
- The Frank J. and Eleanor A. Maslowski CTO-CHIP Fellowship provides advanced clinical training to interventional cardiologists in chronic total occlusion (CTO) and complex, high-risk coronary interventions. The fellowship was established to help solve for the shortage of interventional cardiologists trained in treating complex coronary artery disease.

Heart Rhythm

The Joseph F. Novogratz Family Heart Rhythm Center, under the leadership of Dr. Jay Sengupta, is at the forefront of advancing global understanding, diagnosis and treatment of heart rhythm disorders. Focusing on conditions such as atrial fibrillation, sudden cardiac arrest, and medical devices like pacemakers and implantable cardiac defibrillators (ICDs), the center is made possible by the generous contribution from the Novogratz family to the Minneapolis Heart Institute Foundation (MHIF). This support allows MHIF to save lives, improve quality of life, and foster innovation. The center furthered its overarching vision – to explore new avenues that will enable patients with heart rhythm disorders to lead longer and healthier lives – with a comprehensive approach.

2023 Highlights

- 11 abstracts and 10 presentations at national and international conferences
- Six published manuscripts in leading cardiovascular journals
- Our community event raised awareness around sudden cardiac arrest, featuring doctors from Allina Health Minneapolis Heart Institute®.
- An editorial in the *The New England Journal of Medicine* stressing patient safety as it relates to implantable cardiac devices
- Dr. Ali Bahbah joined the Heart Rhythm Science Center Research Scholar team, bringing valuable

experience from his role as a Cardiology Resident at Ain Shams University Hospitals, Cairo, Egypt.

- Two poster abstract presentations at the American Heart Association 2023 Conference focused on conduction system pacing lead performance and Reduced Survival of Patients Treated with Leadless Right Ventricular Pacemakers.
- Dr. Hauser, a distinguished member of the team and session chair for the Heart Rhythm Society Conference, led important discussions about leadless pacemakers.
- Dr. Edwin Zishiri spoke on Sudden Cardiac Arrest and Sudden Cardiac Death through On the Pulse, a series of online presentations from MHIF physician leaders addressing the latest cardiovascular challenges and advancements.
- Dr. Dan Melby, primary investigator, launched a new multi-center hybrid study focused on atrial fibrillation.
- More than 75 runners participated in the Reibe Run 5K, generating support for heart rhythm research.



Dr. Jay Sengupta and sudden cardiac arrest survivor, Alicia Bravo, speaking at the MHIF Sudden Cardiac Arrest education event.



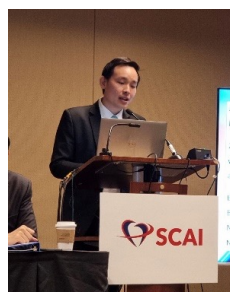
Drs. Zishiri, Sengupta and Pai participating in the Riebe Run community 5K supporting heart rhythm research.

Heart Valve Disease and Cardiac Surgery

The multi-disciplinary team of physicians from the MHIF Valve Science Center is using research and education to provide life-saving solutions to the preventable health crisis of heart valve disease. Our leading participation in the TRILUMINATE Pivotal Trial culminated in several exciting opportunities last year, and our work didn't stop there.

2023 Highlights

- 120 presentations at national and international conferences and events
- 55 published manuscripts in leading cardiovascular journals
- As the top-enrolling site of the TRILUMINATE Pivotal Trial, the MHIF research team led in sharing its results of clinical success using a minimally invasive treatment for tricuspid regurgitation (leaky tricuspid valve).
 - > Dr. Paul Sorajja, the Roger L. and Lynn C. Headrick Family Chair for the MHIF Valve Science Center and national principal investigator for the trial, took to one of cardiology's largest research stages, presenting at the American College of Cardiology's Annual Scientific Session in March.
 - > Dr. Sorajja also served as the lead author of the study's manuscript published in *The New England Journal of Medicine*.
 - > A *New York Times* story also featured an interview with Dr. Sorajja and highlighted the important impact of MHIF's contribution to the research.
- Dr. Sorajja is also the national principal investigator (PI) for the EXPAND II clinical trial (manufactured by Medtronic) evaluating the use of transcatheter aortic valve replacement (TAVR) in moderate aortic stenosis.
- Dr. Vinayak (Vinnie) Bapat is the national PI for the Intrepid Study (manufactured by Medtronic), which is an early feasibility study for a new tricuspid valve technology. He is also national PI for the AltaValve clinical trial (manufactured by 4C Medical Technologies) evaluating a new transcatheter mitral valve replacement device.
- Dr. Bapat shared expertise in transcatheter valve technologies through a suite of MHIF digital applications, including Valve-in-Valve (ViV) Mitral, ViV Aortic and Patient Prosthesis-Mismatch. The suite of apps have been downloaded by more than 60,000 physicians around the world and have an average engagement time of 25+ minutes.
- Disparities in Severe Aortic Valve Disease Study – Common barriers to receiving appropriate guideline-driven care for patients with severe aortic stenosis include 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 and systems. The most recent transcatheter valve therapies registry data show that >94% of TAVR recipients are Caucasian, followed by <4% of African Americans and Hispanics. There is a critical need to understand the barriers to treatment. This study, led by Dr. Mario Gössl, is a multi-center, retrospective and prospective study of patients diagnosed with severe aortic stenosis.
- International Valve Awareness Day helped us celebrate patients who are living life to the fullest after benefitting from research and advancing technologies. More than 200 community members attended our event to learn more about heart valve disease.
- MHIF was pleased to welcome Dr. Nishtha Sodhi to the Valve Science Center. As the Director of the Structural Heart and Valve Program at Allina Health Minneapolis Heart Institute® at United Hospital, she has helped us expand our multi-disciplinary research to this St. Paul facility.



Members of the MHIF Valve Science Center team presenting at key international conferences, including American College of Cardiology (ACC), Society for Cardiovascular Angiography & Interventions (SCAI) and Paris Course of Revascularisation (PCR).

Interventional

Artificial Intelligence (AI) in Electrocardiograms

(ECGs) – This multicenter study is examining whether an AI-powered ECG analysis has the potential to reduce unnecessary, emergent cardiac catheterization laboratory activations for suspected ST-segment elevation myocardial infarction (STEMI), without compromising appropriate activations. AI-powered ECG analysis has demonstrated potential for improved diagnosis of several conditions and may improve variability in ECG interpretation in suspected STEMI. The AI-ECG model used in this study was developed and internationally validated by Powerful Medical, Samorin, Slovakia. An AI-ECG analysis approach might offer an improved diagnostic performance, reducing unnecessary STEMI activations without compromising treatment of patients with acute obstructive disease, reducing costs and work burden for catheterization laboratory staff.

(FDA) approval of a new treatment for patients living with hypertension – MHIF celebrated a research milestone with the U.S. Food and Drug Administration (FDA) approval of ReCor's Paradise™ Ultrasound Renal Denervation. This first-of-its-kind ultrasound-based renal denervation technology is designed to lower blood pressure by denervating overactive sympathetic nerves surrounding the renal arteries. MHIF has been involved in the research of this technology with ReCor since it began in 2016. Of all the clinical sites that participated in the research that was part of the FDA review, MHIF was the highest enroller of patients in the U.S. (second highest in the world).

Van Tassel Innovation Center

MHIF research physicians focus on compelling frontiers of innovation and clinical areas of urgent patient need. The mission of the Van Tassel Innovation



MHIF CEO Kristine Fortman with Drs. Robert Van Tassel and Scott Sharkey.

Center is to provide a financial and human resources platform for an Allina Health Minneapolis Heart Institute® physician to create a novel and durable cardiovascular research-education program for advancing cardiovascular medicine, with the goal of improving patients' lives. By design, the Van Tassel Innovation Center will evolve to support Innovation Chairs focused on key areas of expertise in research.

- Dr. João Cavalcante was announced as the Inaugural Innovation Chair of the Van Tassel Innovation Center in 2023. This position was established to recognize and support a physician who wishes to create a research program dedicated to a transformational approach to cardiovascular disease or prevention. Dr. Cavalcante is internationally recognized for his expertise and research contributions in advanced cardiovascular imaging, in particular cardiovascular magnetic resonance imaging (MRI) and computed tomography (CT).



Dr. João Cavalcante

Vascular Surgery

Due to the success of the research, the U.S. Food and Drug Administration (FDA) expanded the number of patients (up to 100) who could be enrolled in Dr. Jesse Manunga's 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. The design and protocol for enrolling patients in this study was reviewed and granted an Investigational Device Exemption (IDE) by the FDA; MHIF is the only center in the Midwest to receive this designation for research in aortic aneurysms.



Dr. Jesse Manunga

Women's Heart Health

MHIF is making great strides in its work at the Penny Anderson Women's Cardiovascular Center. Whether we're working through scientific research or educational initiatives, our goal is to advance the understanding of women's heart disease, how to prevent it, and how to optimize care.

2023 Highlights:

- Six podium presentations and three abstracts and posters at national and international conferences
- Five published manuscripts in leading cardiovascular journals
- Seven clinical trials focused on women's heart outcomes
- Fourth Trimester Study – Original published research that explores health equity and outcomes in the first 12 weeks after delivery. This work not only uncovered low levels of guideline-directed care in response to pregnancy-related conditions that are cardiovascular disease (CVD) risk factors, but also found significant disparities in women of color and those on Medicaid, who were less likely to receive follow-up to reduce lifetime risk for CVD.
- Nice Healthcare Pilot Study – This extension of the Fourth Trimester Study is researching whether overcoming barriers to traditional care can reduce health risks among patients experiencing the highest disparities. The study provides virtual and in-home care to women who did not receive adequate follow-up for gestational diabetes or gestational hypertensive disorders postpartum.
- The first Cardiovascular Micro-credential for high school girls – MHIF partnered with The Power of People Leadership Institute (POPLI) to pilot a five-week program for 20 teens aimed at increasing the cardiovascular literacy among youth while improving the student-to-health-careers pipeline among groups who have been underrepresented in medicine. Due to the pilot's tremendous success, MHIF and POPLI are now working to replicate the program and expand its reach.
- WomenHeart Partnership – MHIF provided content expertise to create co-branded handouts to serve WomenHeart's national support network for women with heart disease.



More than 300 women attended the annual Hope, Health and Humor event.



A panel of women's heart health experts inspired attendees to take steps to take care of their hearts.



Susan White, Dr. Retu Saxena, Dr. JoEllyn Moore, Kristine Fortman and Dr. Courtney Jordan Baechler at the Hope, Health and Humor event.

- Hope, Health & Humor – Our annual event brought more than 300 women together to learn from an engaging panel of heart health experts.
- Heart-to-Heart Conversations – Now in its second season and available on Apple and Spotify (search Heart 2 Heart Minneapolis), this delightful podcast aims to close the racial disparities gap in heart disease by highlighting personal experiences with heart health from people of color. Notable interviews in 2023 included a woman's journey to become a health coach after undergoing mitral valve repair and advice on finding time to prioritize your health as a CEO.

Education

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



Clinical Research Internship

In 2023, MHIF hosted 11 interns from around the country who contributed to 11 groundbreaking research projects. Thanks to generous support from individual donors, MHIF offers an exceptional clinical research internship program tailored for undergraduate students aspiring for a career in medicine or pursuing a pre-med track. This distinctive learning opportunity involves matching interns with physician mentors who oversee the investigator-initiated research projects.

Other aspects of the internship include shadowing hospital rotations, attending insightful field trips, engaging in lunch-and-learn sessions with Allina Health Minneapolis Heart Institute® physicians, presenting their research findings at a poster session and much more. Numerous research endeavors culminate in interns potentially co-authoring articles published in renowned scientific journals. Additionally, select interns may have the chance to showcase their work at national cardiovascular conferences.

Since the inception of the internship program, 235 interns have contributed to:

- 223 posters and presentations at national scientific sessions
- 219 publications in peer-reviewed journals

Where are they now?

- 59% are practicing physicians
- 19% in medical school
- 12% in healthcare related fields
- 5% in pre-med studies
- 5% in non-healthcare fields

“The research intern program really helped me expand my knowledge of cardiovascular specialties beyond electrophysiology but also in interventional cardiology, heart failure, cardiac surgery, cardiac imaging, and more. I discovered more career paths in medicine and research through the observation experiences and field trips. Additionally, my responsibilities in communicating with the research team, scheduling meetings and organizing field trips have definitely helped my professional skills in communication, organization and time management.”

— 2023 intern





An Ode to the Minneapolis Heart Institute Foundation

A poem by Le Nguyen (2023 intern)

In the heart of Minneapolis, a beacon of innovation shines.
A summer program attracts the most curious mind,
The internship at Heart Institute Foundation, a grand design,
Where passion meets purpose in disguise.

Within these halls where aspirations meet,
Eager spirits find their calling, long lost but now found.
Amidst the walls where healing beats,
The chorus of care repeats, fierce and loud.

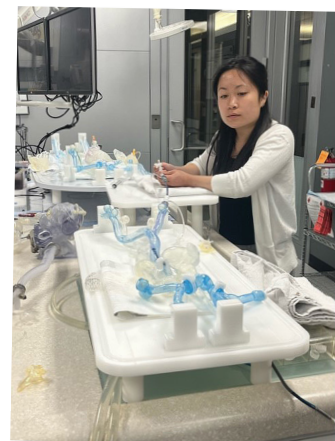
From research floors to exam rooms,
The fragrance of knowledge lingers in the air like perfume.
Guided by mentors, wise and graceful,
The interns learn the art of what healers do.

Beyond the books, the charts, the tests,
They find camaraderie through joys and sorrows.
Supporting each other, united by a family's thread,
They weave the memories of today into the fabric of tomorrow.

Here is an ode to the Minneapolis Heart Institute's art.
The internship that ignites each heart,
A symphony of truth from the universe,
In the rhythm of a thousand wonders of research.

"I got to do so much more than I thought I would in this internship. I got to work on groundbreaking research for a novel and promising pacing method, observe several cardiac specialties beyond what I thought I would, and go on field trips at several medical companies. To say the internship exceeded my expectations would be an understatement."

— 2023 intern



2023 Research Project List

Intern	Research Topic
Maya Palmer 2023 Lead & Dubes Family Intern	Peripartum Cardiomyopathy Registry
Tremayne Ansani Rose Peterson Memorial Intern	Temporal Change of Mitral Stenosis in Patients with MAC After Successful Aortic Valve Intervention
Paige Carlson Heart Rhythm Intern	Electrical Dyssynchrony Mapping (EDM) and LV Lead Position in Patients with CRT
Muhmmad (Subhan) Khalid Center for Coronary Artery Disease Intern	Frequency and Outcomes of Brachytherapy Use in Stent Failure Percutaneous Coronary Intervention
Rina Li Leonardus Loos and Shelley Holzemer Intern	Antithrombotic Therapies for Patients Following Endovenous Recanalization, Meta-analysis
Jeffery Liu Discovery Intern	The Influence of NOACs on Bleeding and Cardiac Complications Following STEMI
Ishan Nadkarni Joseph F. Novogratz Heart Rhythm Science Center Intern	Clinical Outcomes of 3830 4Fr Pace/Sense Leads for Septal and Conduction System Pacing
Le Nguyen Richard Kantrud Intern	Impact on 2nd Prosthesis Choice on Early Surgical Aortic Bioprosthetic Failure
Sydney Peng Cline and Dianne Hickok Intern	Impact of Thrombectomy on the Outcomes of Patients with Coronary Thrombus
Pranathi Pilla Pete Pierce Intern	CardioMEMS Registry
Kayla Wong Leonardus Loos and Shelley Holzemer Intern	Change in Mitral Valve Regurgitation (Functional vs Degenerative) After TAVR



Professional Education

Grand Rounds

In 2023, MHIF hosted 32 cardiovascular Grand Rounds sessions featuring 53 unique speakers that reached over 3,100 attendees. Each Monday morning throughout our Grand Rounds season, physicians and healthcare professionals can engage in accredited educational activities, delving into the forefront of cardiovascular care. Covering a wide range of topics within cardiovascular medicine, these weekly sessions foster collaboration, enabling practitioners to exchange research insights, share optimal treatment and diagnostic approaches, and work collectively towards enhancing care for individuals affected by cardiovascular disease.

Statistics:

• 32 Sessions • 3,161 Attendees • 53 Speakers

At the Heart of Cardiovascular Disease Prevention 2023

The aging population, rising rates of cardiometabolic disease, combined with inadequate management of risk factors may heighten the prevalence of cardiovascular disease nationwide. "At the Heart of Cardiovascular Disease Prevention 2023" served as a platform for professional development, offering physicians, advanced care providers, and support staff insights into contemporary guidelines and perspectives regarding the detection and management of cardiovascular ailments. The event encompassed discussions on obesity treatment, lipid control, the significance of calcium scoring and disparities in cardiovascular health.

Venue: Edina Country Club | 5100 Wooddale Ave, Edina, MN

Date: Thursday, May 9, 2023

Statistics: • 108 In Person-Attendees • 23 Virtual Attendees
• 131 Total Attendees

6th TMVR/TTVR Interactive Workshop

Under the supervision of course director Dr. João Cavalcante and in collaboration with Pie Medical Imaging®, MHIF hosted its sixth virtual, interactive, physician-led training workshop. This workshop was designed to enhance competence in computed tomography (CT) imaging planning for transcatheter mitral and tricuspid valve interventions, covering procedures such as valve-in-valve transcatheter mitral valve replacement (TMVR), valve in ring, valve in mitral annular calcification planning and tricuspid interventions. Alongside cutting-edge lectures, participants from around the world engaged in interactive sessions to master the essential steps involved in planning and post-procedural follow-up for these interventions.

Venue: Virtual

Date: Sunday, November 5, 2023

Statistics: • 38 Attendees from Australia, Brazil, Canada, Italy, Greece, Singapore, and 14 different U.S. States and Territories!



Community Education

On the Pulse | In 2023, MHIF hosted 5 On the Pulse events. This series of complimentary virtual patient education presentations from physician leaders in research and care at MHIF and the Allina Health Minneapolis Heart Institute® shares the latest in cardiovascular research, treatment and advancements. These interactive sessions cover all different cardiovascular subspecialties, offering a unique opportunity for audience engagement. Notably, each session includes a segment dedicated to addressing questions from our patients and community members, facilitated by prominent cardiologists.

Wearable Medical Devices | Dr. Joe Jensen

In 2019, the global revenue for the wearable medical device market was around \$14.6 billion. In 2025, this number is projected to grow to close to \$70 billion. With so many wearable devices on the market it can be overwhelming for consumers. In this session, third-year cardiology fellow Dr. Joe Jensen gives an overview of the benefits and drawbacks of devices that help monitor activity, sleep, metabolism and medication adherence – and how these devices could potentially benefit cardiovascular health.



Life After Coronary Artery Bypass Graft | Drs. Manos Brilakis & Vinnie Bapat

A coronary artery bypass graft (CABG) is a procedure used to treat coronary heart disease. It diverts blood around narrowed or clogged parts of the major arteries to improve blood flow and oxygen supply to the heart. In this session, our physician presenters will walk attendees through the patient journey from diagnosis to treatment to recovery and beyond! This presentation features perspectives from both an interventional cardiologist and a cardiothoracic surgeon.



Sudden Cardiac Arrest & Sudden Cardiac Death | Dr. Edwin Zishiri

Sudden cardiac death (SCD) is a sudden, unexpected death caused by a change in heart rhythm (sudden cardiac arrest or SCA). It is the largest cause of natural death in the U.S. and is responsible for half of all heart disease-related deaths. According to the Smidt Heart Institute at Cedars-Sinai, a recent study shows that heart attack death rates took a sharp turn and increased for all age groups during the pandemic.



Cardiovascular Testing: What You Need To Know | Dr. David Hurrell

There are a multitude of tests used to evaluate your cardiovascular system. Different concerns or symptoms demand different tests. Understanding what these tests mean and how they are utilized is important in obtaining the correct diagnosis and developing the best treatment plan for you. Join this session to learn about the various cardiovascular tests and how being knowledgeable about them can positively impact your patient experience!



Valvular Heart Disease & Heart Failure: Connecting the Dots | Drs. Nadira Hamid & Peter Eckman

Did you know that valvular heart disease and heart failure can be interconnected? Heart failure happens when the heart cannot pump enough blood and oxygen to support other organs in your body. Currently, nearly 6.5 million Americans over the age of 20 experience heart failure, and by some estimates, heart failure contributes to about 36% of all cardiovascular deaths. Similarly, about 2.5% of the U.S. population has valvular heart disease, defined by when any valve in the heart has been damaged or is diseased. Join this session to learn more about the relationship between heart failure and valvular heart disease; including common diagnoses, treatment options and the surrounding research!



Community Education, *continued*

2023 Statistics

- 5 Sessions
- 1,493 Total Registrants
- 299 Average Registrants/Session
- 973+ YouTube Views
- 234 New Constituents to Salesforce
- \$3,341 in Direct Donations
- 95% of respondents rank the presentations as very valuable or somewhat valuable



The Ins and Outs of a Healthy Heart: A Heart Valve Disease Awareness Day Event

On Saturday, February 18, more than 100 community members and patients joined MHIF at the Olympic Hills Golf Club in Eden Prairie, MN for an afternoon of valvular heart disease education and awareness. 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 1 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 risks and symptoms. This event gave 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.

Venue: Olympic Hills Golf Club, Eden Prairie, MN

Date: Saturday, Feb 18, 2023

Statistics: • 110 Attendees • 131 Registrants

Community Education, *continued*

Keeping the Beat: Raising Awareness About Sudden



Cardiac Arrest

On Saturday, October 28, MHIF hosted an inaugural community education event, Keeping the Beat: Raising Awareness About Sudden Cardiac Arrest (SCA). Sudden cardiac arrest can occur in individuals of all ages and without a prior diagnosis. Currently, about 9 in 10 people who have cardiac arrest outside the hospital die; CPR can help improve those odds. If performed in the first few minutes of cardiac arrest, CPR can double or triple a person's chance of survival.

Fifty participants joined us in person at the Wilder Foundation in St. Paul, to learn about the prevalence of SCA, treatment options, current research and even participated in a hands-only bystander CPR course!

2023 Statistics

Venue: Wilder Foundation | 451 Lexington Pkwy N, St Paul, MN

Date: Saturday, October 28, 2023

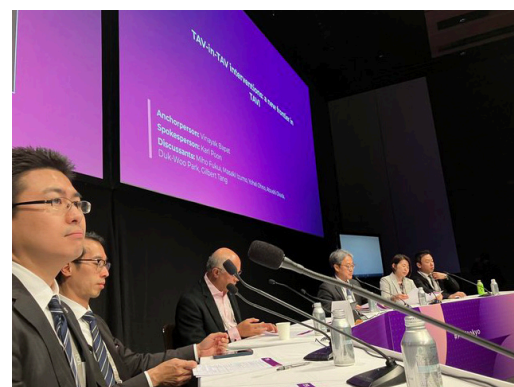
Statistics: • 50 Attendees • 115 Registrants



International Scholar Program

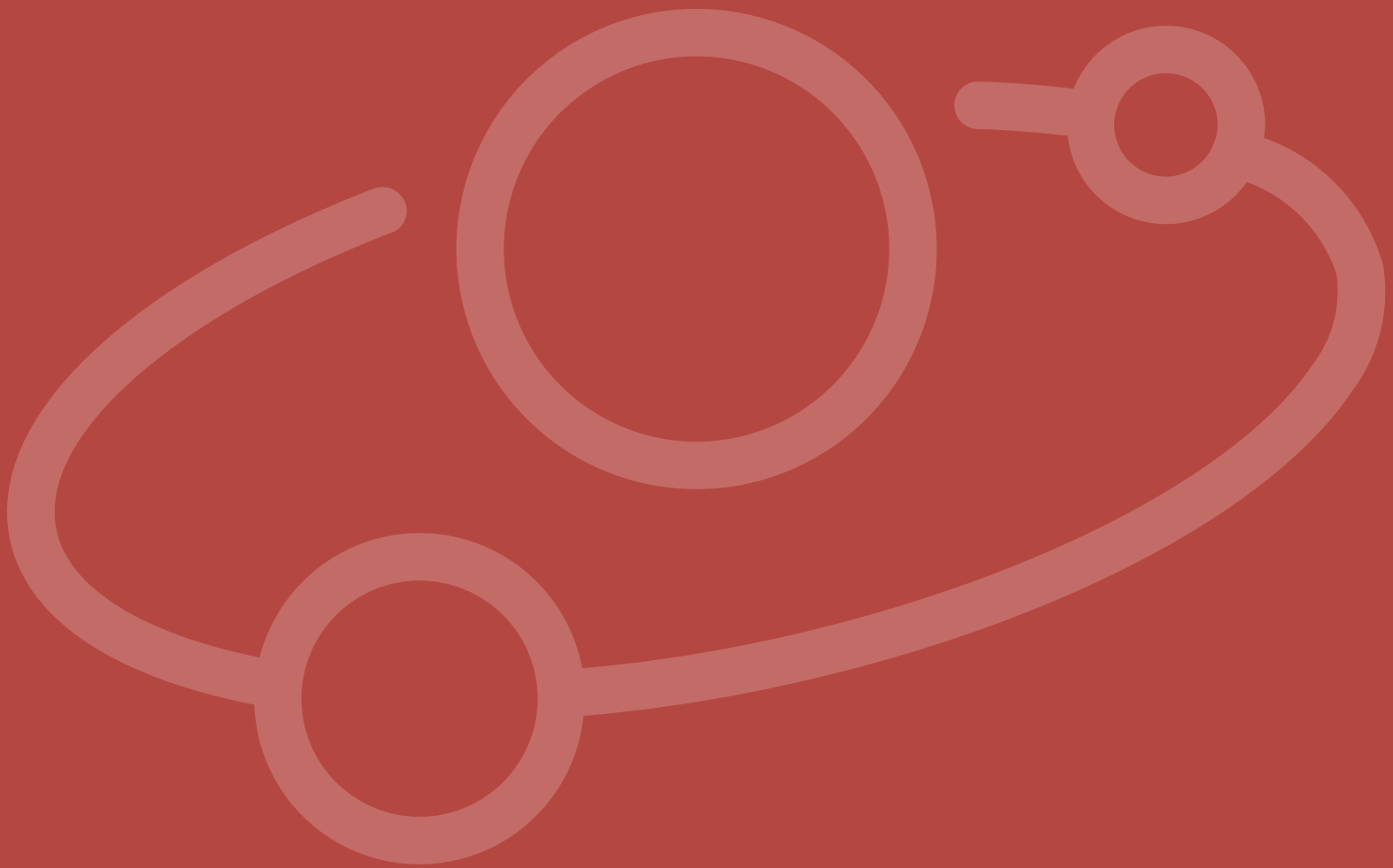
In 2023, MHIF hosted nine international scholars, underscoring our commitment to cultivating future leaders in global healthcare within the cardiovascular arena. These scholars play a pivotal role in accelerating our physician-led research efforts and sharing insights worldwide. Since its inception in 2017, our International Scholar program has invited practicing physicians from across the globe to join us for one- or two-year terms. During this time, they collaborate directly with physicians from Allina Health Minneapolis Heart Institute® to propel forward MHIF's physician-driven cardiovascular research efforts.

Our international research scholars bring a rich collection of diversity and expertise to our team. Under the guidance of primary investigators, they actively participate in the design and execution of a wide range of clinical studies. Additionally, they assist MHIF research teams in disseminating critical findings by publishing articles in esteemed peer-reviewed journals and presenting abstracts and challenging cases at scientific conferences, thereby amplifying MHIF's research on a global scale. To date, our International Scholar program has welcomed scholars from China, Japan, Brazil, Hungary, Turkey, Egypt and Greece, further enhancing the program's global reach and impact.



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 MHIF Mission is made possible because of community members who believe in supporting lifesaving cardiovascular research and education.

As an independent, nonprofit organization, MHIF's 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 extensive cardiovascular expertise and constantly advocate for patients by asking, "What can we do better?"

MHIF research occurs in partnership with leading medical companies that have new medicines and

technologies and need research to understand their safety and potential to help patients. New options available through research are the only hope for some patients.

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. Throughout the year, MHIF also offers 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.

2023 MHIF Highlights



\$4.68 MILLION in charitable commitments

\$25.9 MILLION in endowment to support long-term investments in research



2,068 CONTRIBUTIONS from MHIF donors, including grateful patients

512 FIRST-TIME HOUSEHOLD GIFTS to MHIF in 2023



230+ STUDIES designed and led by MHIF researchers

650+ PUBLICATIONS, abstracts, presentations and invited talks sharing MHIF research



Patients and Families are at the Heart of Everything We Do

Grateful patients fuel our commitment to work every day to deliver innovative cardiovascular research and education that improves care and outcomes for patients around the world.



Thank you for being a part of the MHIF community. From world-class, life-saving heart research to educating physicians across the globe, you are a critical partner in saving lives and improving patient care. Your philanthropic investment is creating new breakthroughs in cardiology, educating the next generation of physicians and helping curb disparities in treatment.



Each year, MHIF works with physician researchers to bring forward new areas of charitable investments to meet the changing needs in cardiac and vascular care. We welcome the opportunity to share these with our grateful patients in the year ahead and continue to be thankful for your remarkable contributions.

Patients and families shared these notes of gratitude for the hope and treatment they received through MHIF research.

“Thank you for ALL the wonderful care I have received over the years. I am here because God put us together. Keep on researching!”

“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!”

“Thank you for ALL that you have done for our family. It is our pleasure to make this donation in your honor.”



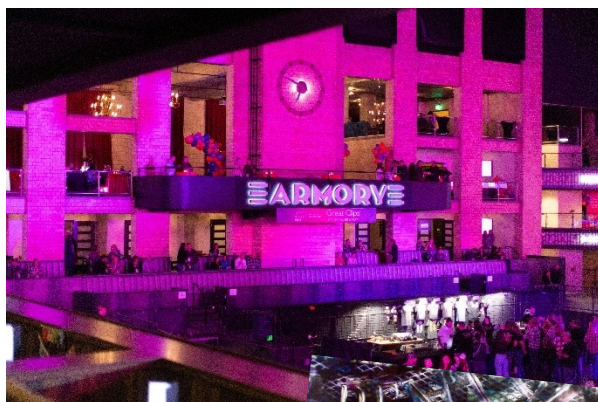
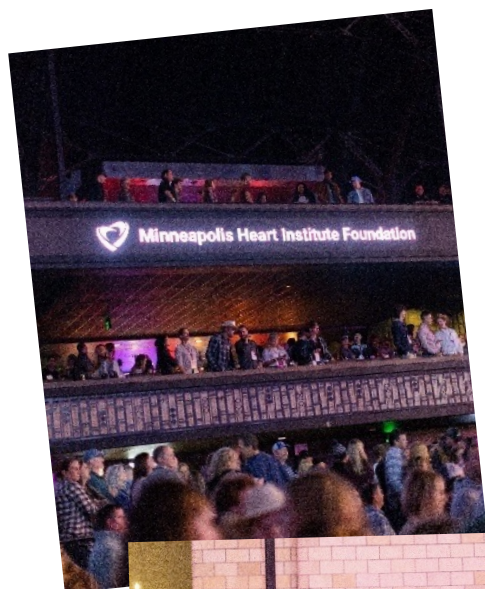
If you would like to explore ways to support MHIF or make a memorial or tribute gift, please visit mplsheart.org/giving. You may also call 612-863-7806 or email donorrelations@mhif.org. Thank you!

Heart 360 Concert for Heart Research

Inspiring a healthy community of people who understand the debilitating effects of heart disease and our vision of creating a world without heart and vascular disease!

On November 18, 2023, MHIF gathered 6,000+ members of the community to recognize the 360-degree approach that is critical to advancing heart and vascular care – renowned physicians, committed researchers, grateful patients and community!

With headliner Dierks Bentley and opening talent Tyler Braden, the Armory in Minneapolis was filled with a concert affair that included a half-time show focused on the impact of cardiovascular research, and patients who inspire the MHIF Mission every day. With Emcee Laura Schara and inspiring videos, the venue was filled with physician and patient voices as well as educational information. The content inspired the community to engage in their own heart health and believe in lifesaving heart research – for them, their families and generations to come! *Continued on next page*



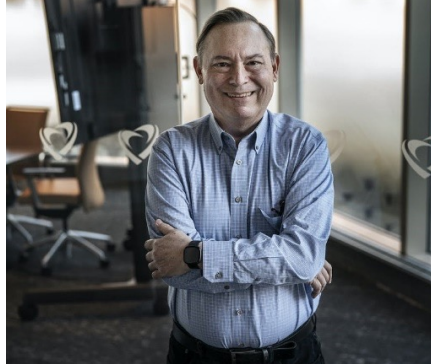
Heart 360 Concert for Heart Research

Patients are the heart of the MHIF Mission and these three stories received the spotlight at Heart 360:



Paulson family, living with genetic arrhythmia condition

The Paulsons have hope for more tomorrows thanks to research discoveries at the Minneapolis Heart Institute Foundation that kept their family together, healthier, for longer. John Paulson is an avid outdoorsman and family man. He enjoys fishing, swimming, driving in his convertible, but most importantly, spending time with his family and grandchildren. In his younger years, John experienced irregularities with his heart rhythm. A combination of medications kept this in check, until four years ago when John was flagged for having an irregular EKG during a routine check-in. After being referred to the Allina Health Minneapolis Heart Institute®, the cardiac team of Dr. Matthew Chu and Dr. Jay Sengupta identified that John has a rare genetic disorder that affected John, and his family. See The Paulson Family's story at mplsheart.org/Paulson



Kevin Manion, heart transplant recipient

Having been fairly healthy throughout his life, Kevin and his family faced increasing hardships after he experienced not one, but three heart attacks by age 57. Then came a fourth heart attack that brought Kevin to Abbott Northwestern Hospital where he met Dr. Kasia Hryniewicz and learned just how damaged his heart had become. At the time, a research study at the Minneapolis Heart Institute Foundation was evaluating a new technology involved in heart transplants. Kevin's willingness to be part of that research allowed him to receive a heart transplant. See Kevin's story at mplsheart.org/kevin



Alicia Bravo, sudden cardiac arrest survivor

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, however, that CPR would one day save her own life. See Alicia's story at mplsheart.org/alicia



Heart 360 was supported by leaders in our community, sponsors and industry partners.

Thank you to Great Clips, Medtronic, Clear Channel Outdoor, BMO Wealth Management, Bree and Jeremy Williamson, Abbott, API Group, Boston Scientific, Carlson Caspers, Crown Bank, Entourage Events Group, Fredrikson & Byron, Prouty Project, Cargill Risk Management, Evanich Family, Thom and Stephanie Gunderson, Sharon Hawkins, Joe and Tamara Schwartz, Jeff and Renee Steinle, Artivion, Focus Health, and Life Link III.

Donor Recognition

Thank you to the donors who make the Minneapolis Heart Institute Foundation® (MHIF) mission possible. Your support protects life and transforms patient care through innovative, world-class heart research and education.



Minneapolis Heart Institute Foundation® Founders

The founders of the Minneapolis Heart Institute Foundation® (MHIF) believed that investing in innovative research was essential to improving cardiovascular health in our community, and in 1982 they pooled their resources to create MHIF. Today, we are grateful to these founders, companies and families who continue to support our mission by investing their talent and resources.

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We would like to thank our physicians from the Allina Health Minneapolis Heart Institute® for your generosity. You are an inspiration as we work together to create a world without heart and vascular disease.

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We are grateful to those who made gifts in memory of loved ones.
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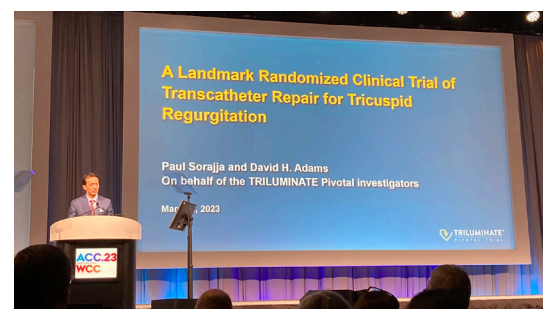
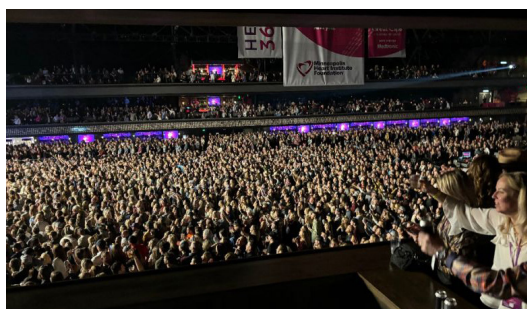
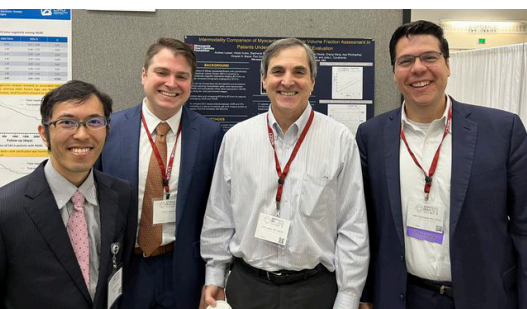
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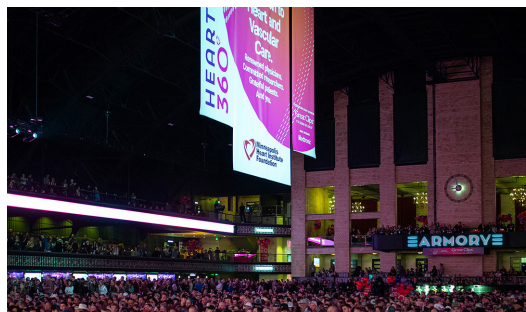
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2023 Statement of Activities

REVENUES

	Percent	Operations	Funds with Time or Purpose Restrictions	Endowments	Total
Contributions	22%	\$3,245,052	\$2,679,903	\$182,792	\$6,107,747
Grants	3%	463,263	396,915	—	860,178
Research Study Revenues	28%	4,272,620	—	—	4,272,620
Investment Gain	4%	652,882	680,353	2,393,916	3,727,151
Net Assets Released from Restrictions	32%	4,869,976	(4,869,976)	—	—
Net Assets Released – Endowment Earnings	6%	903,007	—	(903,007)	—
Other Revenues	5%	761,094	—	—	761,094
Total Support and Revenues		\$15,167,894	\$(1,112,805)	\$1,673,701	\$15,728,790

EXPENSES

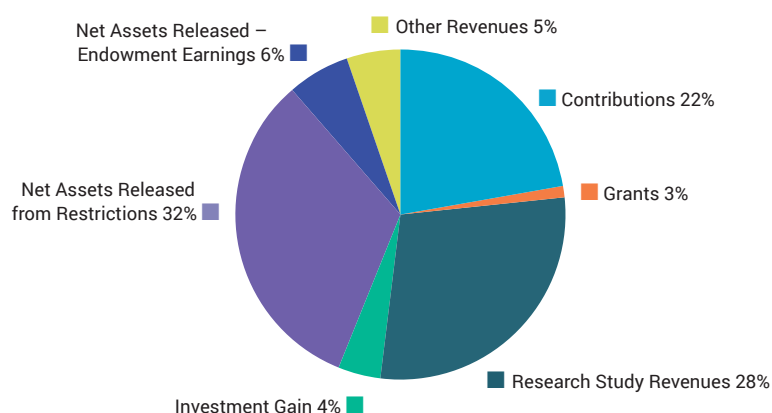
PROGRAM SERVICES

Education	3%	\$474,179	—	—	\$474,179
Research	65%	10,643,398	—	—	10,643,398
Total Program Services		\$11,117,577	—	—	\$11,117,577

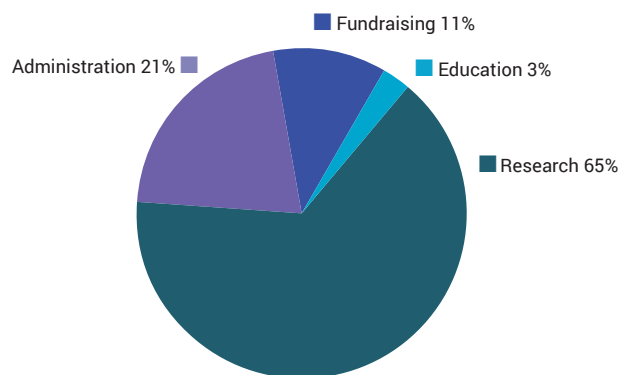
SUPPORTING SERVICES

Administration	21%	\$3,520,219	—	—	\$3,520,219
Fundraising	11%	1,826,046	—	—	1,826,046
Total Supporting Services		\$5,346,265	—	—	\$5,346,265
Total Expenses		16,463,842	—	—	16,463,842
Gain on Disposal of Operating Lease		944,999			944,999
Change in Net Assets		\$(350,949)	\$(1,112,805)	\$1,673,701	\$209,947

OPERATING REVENUES



OPERATING EXPENSES



2023 Balance Sheet

ASSETS

Cash and Cash Equivalents	\$5,400,148
Investments	40,544,584
Contributions Receivable	531,323
Pledges Receivable (net)	7,753,277
Other Receivables (net)	2,231,638
Other Assets	509,330
Right of Use Asset (net)	7,975,729
Fixed Assets (net)	1,785,468
Total Assets	\$66,731,497

LIABILITIES

Accounts Payable	\$615,862
Accrued Payroll	945,712
Accrued Pension	553,546
Other Accrued Expenses	99,309
Deferred Revenues	87,661
Lease Liability	8,094,356
Total Liabilities	\$10,396,446

NET ASSETS

Without Donor Restrictions	\$12,695,578
With Donor Restrictions	43,639,473
Total Net Assets	56,335,051
Total Liabilities and Net Assets	\$66,731,497