

# From the Heart

MINNEAPOLIS HEART  
INSTITUTE FOUNDATION®

SPRING 2016

## **INSIDE:**

**CEO Welcome**

**Innovation in Action**

**A Look Inside MHIF**

**Take Care of Your Heart**

**Stories of Impact**

**News & Events**



Creating a world without heart and vascular disease

## WELCOME FROM THE CEO

Dear Minneapolis Heart Institute Foundation® (MHIF) fans and friends,

I've been with MHIF for less than a year, but I'm already hooked! From our founders and donors to our most recent hires, you cannot find a more passionate group of individuals than those on the MHIF team.

We are poised for growth and success. Thom Gunderson became our Board Chair in 2016, bringing insight from his successful career as a Medical Technology Financial Analyst at Piper Jaffray. I'm also excited to introduce Mike Ujheliyi, Pharm.D., who recently joined MHIF as our VP of Research and Scientific Affairs, bringing research expertise from academia and industry. And as our organization continues to grow, we had the good fortune of bringing on Jan Dick as our VP of Human Resources. Jan brings knowledge from her impactful career in the pharmaceutical and medical device arenas.

As we celebrate the great work done at MHIF, notice the new look and feel of our brand, as seen here, on our website and other materials. Also, watch for two exciting new initiatives in the coming months: our own peer-reviewed journal, and our new Valve Science Center, which will leverage the expertise and reputation of the Minneapolis Heart Institute® in minimally invasive repair and replacement of heart valves. We have so much to look forward to!

We couldn't be more excited to stay in touch with you and to share the MHIF story. Thank you for your interest in and partnership around our work. Together we will create a world without heart and vascular disease.

Best,



Kristine Fortman, Ph.D.  
CEO, Minneapolis Heart  
Institute Foundation



**Gifts of all sizes help  
fund our life-changing,  
lifesaving work.**

**To learn more, visit  
[mplsheart.org/make-an-impact](https://mplsheart.org/make-an-impact).**

## MHIF Performs Sixth U.S. Implant of New LVAD Device

The Minneapolis Heart Institute Foundation® (MHIF) is participating in a study of the HeartAssist5, a new left ventricular assist device, or LVAD, manufactured by ReliantHeart. An LVAD

is a device implanted in the heart which helps the left ventricle pump blood to the body. The HeartAssist5 has many potential benefits when compared to other LVADs: it's smaller, more lightweight and allows for remote monitoring. This made it appealing to heart failure patient Mark Pitzele, who asked to participate in the study as soon as he learned of it.

Mark's story is a remarkable one. He went from a healthy, active life to end-stage heart failure in a matter of months. He is eligible for a heart transplant but needed an LVAD to keep him alive until a heart becomes available. Now, he is adjusting to life with an LVAD while he awaits a transplant. And through it all, Mark has remained adamant that he participate in research. "Not only did I want the best thing, but I'm a strong believer in research and technology," he said. "The technology saved my life."

Mark was the first person at the Minneapolis Heart Institute® at Abbott Northwestern Hospital to receive the HeartAssist5, and just the sixth in the country. The dedication of the MHIF research team and the willing participation of people like Mark mean that future heart failure patients will have the best possible options to help their damaged hearts.

**[Read Mark's full story at mplsheart.org/mark.](https://mplsheart.org/mark)**



## MHIF Selected to Test Less Invasive Procedure for Carotid Artery Stenosis

Every year, more than 300,000 people in the U.S. are diagnosed with blockages in the carotid artery, which supplies oxygenated blood to the brain. MHIF is participating in a study of the ENROUTE Transcarotid Neuroprotection and Stent System from Silk Road Medical, offering a potentially safer method of carotid stenting.

**[Read the latest news at mplsheart.org/news.](https://mplsheart.org/news)**



**FROM THE HEART:**

# A Look Inside MHIF

## **Cooking with Coworkers**

**A**t the Minneapolis Heart Institute Foundation® (MHIF), our creative and dedicated Wellness Committee is a constant presence, helping us to be well through healthy snacks, opportunities for fitness and the latest information on healthy living.

The Wellness Committee recently started conducting cooking demonstrations where all staff participants cook together. The menus consist of dishes that are easy and nutritious, satisfying and inspiring! After cooking and plating, participants enjoy the meals while listening to presentations on wellbeing, project management and more.

Our cooking demonstrations have engaged the MHIF staff in a way that surpassed our expectations! Just one more example of why MHIF is a great place to work.



## **NEWS AT MHIF**

### **Hearts Beat Back®: The Heart of New Ulm Project Finds Improvement in Key Cardiovascular Health Indicators**

In 2009, MHIF and Allina Health launched a 10-year research project to determine whether heart disease risk could be decreased through community-wide efforts. After five years, results show that the project is having a positive impact, with improvements in blood pressure, cholesterol, weight, diet and fitness throughout the community of New Ulm, Minn.



**Read the latest news at [mplsheart.org/news](https://mplsheart.org/news).**

## STORIES OF IMPACT

For John Unger, the opportunity to participate in a research study of a transcatheter aortic valve replacement (TAVR) device came just in time. During the month of tests preceding his valve replacement surgery, his health deteriorated, and his wife, Barb, wasn't sure if he'd be able to hold on. So the Ungers prayed. "We put [John] in God's hands," Barb said, "and then we put him in Dr. Sorajja's hands."

Dr. Sorajja and the MHIF research coordinators explained John's options. He could do nothing, which would mean a life expectancy of two years. He could have open heart surgery, which he didn't want. Or he could participate in the study and receive the new TAVR device.

**"We all put our full trust into the sure and steady hands of you and your team."**

—Jasmine, John's granddaughter



John says it took him about 30 seconds to decide that he wanted to participate in the study and receive the valve.

He underwent the minimally invasive surgery, and just minutes after he came out of the operating room, he felt a difference. "I said, 'I feel like I'm 20 again!'" John remembers. "I felt like I had my strength back."

**Read more about John at [mplsheart.org/unger](https://mplsheart.org/unger).**

## EVENTS AT MHIF

### Save the Date: October 1, 2016

The 2016 Heartbeat Gala will center on the themes of Innovation and Discovery, raising funds to establish a Valve Science Center. This inspiring evening will feature a keynote speech from Captains Scott and Mark Kelly.

**Read more at [mplsheart.org/events](https://mplsheart.org/events).**



# MOVE

Physical inactivity has become a leading contributor to heart disease and other common causes of death, second only to tobacco use. The more sitting you do, the greater your heart disease risk. Even those who get the recommended 150 minutes of physical activity each week are not immune to the dangers of inactivity.

So what can you do to minimize the effects of sitting? Here are a few ideas:



Walk or bike to work. If that's not an option, park farther away from the office.



Stand up or walk in place when you're on a phone call.



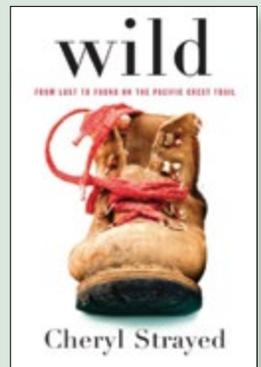
Ditch the conference room and plan walking meetings.

## EVENTS AT MHIF

### Save the Date: July 26, 2016

BROACH the Subject: An Evening with Cheryl Strayed will raise funds and awareness for the Minneapolis Heart Institute Foundation® (MHIF) Women's Heart Health Program. The event will culminate in a keynote lecture from Cheryl Strayed, author of the *New York Times* bestseller *Wild*.

Read more at [mplsheart.org/events](http://mplsheart.org/events).





Stand and stretch or do squats every half hour.



When watching TV or reading, stand and move during commercials or every five pages.



Walk the sidelines at kids' athletic games.



Take a family walk after dinner.

Get moving throughout the day and reduce your risk of heart attack.

**Read more about the effects of sitting at [mplsheart.org/move](http://mplsheart.org/move).**



The MHIF Wellness Committee is testing two donated sit-stand desks to evaluate employee interest and usage and determine whether there should be a more robust deployment of standing desks in 2017.



---

Creating a world without heart and vascular disease

920 East 28th Street, Suite 100  
Minneapolis, MN 55407

612-863-3833

877-800-2729 *toll free*

612-863-3801 *fax*

[info@mhif.org](mailto:info@mhif.org)

[www.mplsheart.org](http://www.mplsheart.org)

 [Facebook.com/MinneapolisHeart](https://www.facebook.com/MinneapolisHeart)

 [Twitter.com/MHIF\\_Heart](https://twitter.com/MHIF_Heart)

 [Linkedin.com/company/  
minneapolis-heart-institute-foundation](https://www.linkedin.com/company/minneapolis-heart-institute-foundation)