

From the Heart

QUARTERLY UPDATE FROM THE MINNEAPOLIS HEART INSTITUTE FOUNDATION®



SPRING 2017

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35 Years of our Mission



Creating a world without heart and vascular disease

Dear Friends,

I am proud to acknowledge the 35th year of the Minneapolis Heart Institute Foundation® (MHIF). Happy anniversary to you, our founders, physicians, donors, patients, staff and friends of MHIF. Thanks to your engagement and support we are able and proud to celebrate this milestone. In the last three and a half decades, our founders embraced a new model of research combining a highly respected cardiovascular practice with a first-class research organization. **With a remarkable history of innovative research and education, MHIF has vastly improved outcomes for patients, and provided the spark for our anniversary theme, "Hope Discovered Here."**



In partnership with the Minneapolis Heart Institute® (MHI) at Abbott Northwestern Hospital, we have supported studies and shared important research findings, all for the benefit of patients and their families. MHIF's research offers hope in the form of new treatment options, which in some cases is the only option for a life-threatening cardiovascular condition. In other cases, hope is discovered in a study that confirms the real benefit of a new therapy. More options, better outcomes and greater understanding of cardiovascular disease - hope really is discovered here.

So, in this 35th year of the MHIF mission, we'll continue to honor the donors who make these efforts possible, and celebrate on behalf of the patients who have options and the physicians and staff who make it happen.

With your ongoing support, MHIF will continue to pursue its vision of a world without heart and vascular disease. Hope continues to be discovered here.

Kristine Fortman, PhD

CEO, Minneapolis Heart
Institute Foundation

35 YEARS MINNEAPOLIS HEART
INSTITUTE FOUNDATION®

THANKS TO RESEARCH

Mike's Story

Mike didn't realize he'd had a stroke. As a physically active man, with no prior history of cardiovascular disease, having a stroke wasn't on his radar. Fortunately, being in the right place at the right time sums up Mike's story, and saved his life.

He woke up one morning and was having a hard time reading. He went to work and made it through three days without realizing something was seriously wrong. On the fourth day, he was struggling to make out letters while he was reading at work, then his arm became painful.

He was taken to the emergency room where they diagnosed a series of mini-strokes. The cause: an 80 percent blocked carotid artery.

Mike's situation was dire in that he was not eligible for the traditional intervention of a carotid endarterectomy (cleaning out of the blocked section of the carotid artery) because as a cancer survivor he had scar tissue in his neck area.

The Minneapolis Heart Institute Foundation® is the only location in a four-state area that is part of a research study offering a novel, new therapy designed for individuals like Mike, those who cannot undergo the more traditional surgical options. His surgeon, Dr. Joseph Karam, happened to be the Sub-Investigator on the study and quickly identified that this was the only option for Mike.

Mike agreed to be part of the Roadster study. Roadster is a new technique that places a stent into the blocked area of the carotid artery via a transcatheter procedure, where a small wire is thread through a vein/artery vs. an open surgical procedure. While patients undergo stent placement to open the artery, blood is filtered to minimize the risk that plaque breaks off and travels to the brain.



Dr. Joseph Karam
and Mike



"It was like snapping my fingers it went so fast. I never gave research a second thought and felt comfortable with it all. The staff displayed a high level of professionalism and yet they were like my friends. They truly care about me and for that, I can't thank them enough." - Mike

Mike is back at work and finishing some occupational therapy for the stroke. More importantly, he is back to his active lifestyle and enjoying time with his wife, children and extended family.

THANKFUL FOR A CHANCE TO GIVE BACK

Andrew's Story

Andrew had an active childhood, involved in basketball, football and other sports. As a young adult, his energy level declined, leaving him with continuous exhaustion.

"I would come home from work, take a nap for a couple hours, get up and try to be active and then I would go to bed early and get as much sleep as possible to make it through the next day," said Andrew.



Andrew & Elizabeth

For years, doctors thought he had asthma; at age 20 he was diagnosed with a heart murmur. Andrew's energy continued to decline, which he attributed to CPA exam studies while working. His aunt recommended he visit the Minneapolis Heart Institute®.

Andrew consulted with Dr. Marc Newell and learned he had a bicuspid aortic valve that required surgery because of aortic stenosis. Dr. Frazier Eales replaced his aortic valve with a mechanical one, and he made a full recovery. Andrew returned to exercising and is engaged to be married this year; he and his fiancée hope for a long life together.

Paying it Forward

Andrew chose to become a donor to the Minneapolis Heart Institute Foundation® through his employer Bell Bank's "Pay It Forward" program.

"I was so impressed with the level of expertise, care and treatment I received from everyone at MHI®," said Andrew. "Given the chance to give back to them is something that I continue to look forward to doing. Prior to my heart surgery, an organization such as MHIF would not have crossed my mind. Since then, awareness of heart conditions has become a cause I care deeply about."

35 Years of our Mission

MHIF was founded by 13 physicians from the Minneapolis Heart Institute® (MHI) at Abbott Northwestern Hospital.

1982

MHIF is established as a nonprofit research organization to investigate better ways to prevent, detect and treat heart and vascular disease

1985

MHI® physicians are the first to implant the Jarvik 7-70 total artificial heart

1990

The first atherectomy in the Twin Cities is performed by a MHI® physician

IDENTIFYING OPTIONS AND OFFERING HOPE

A Day in the Life of a MHIF Research Coordinator



6:45 AM
I check my email and plan for the patients I'll see today.

Patient Visit

The first patient checks into the clinic. The research associate draws labs and obtains vital signs. I meet the patient and dispense study medication. We talk about the patient's health changes and I answer questions.



Patient Screening

My coworker and I screen patients throughout the day and alert physicians if they have patients that qualify for our enrolling research studies.



Managing Study Records

During another patient visit, I discover he was recently hospitalized. I gather facts, track onset of symptoms, talk about whether symptoms resolved, and note treatments received. I discuss with the physician to confirm it's appropriate to continue on the current research plan.



10:30 AM
I text my team and learn we have five potential patients to talk with in the hospital.

Discussing Options

I visit with two patients who recently had heart attacks. I share the option to be screened for a study testing a medication that raises HDL to see if it decreases cardiovascular disease.



I give background on the study and answer questions so they can consider the option.



Patient Consent Process

One patient agrees to be screened for our study. I complete the patient consent process, involving paperwork to sign. The Research Assistant completes a blood draw to determine if he is eligible.



2:30 PM
I have dozens of new emails. **Good news!** We had another patient qualify for a research study. This study has specific eligibility criteria and with only 5 patients qualifying out of the 70 we screened, this is an exciting update!



Having Options

While research isn't the right path for everyone, sometimes it provides a treatment option for patients who have no other options available.



End of Day

As I sort through the urgency of my new emails, I think ahead to the schedule tomorrow. I am focused on the patients who will be offered hope because of MHIF research.



Stephanie Ebnet, RN

1992

MHIF 55 and Under Registry is the first of its kind for identifying younger patients with coronary artery disease, cerebral vascular disease and peripheral vascular disease

1993

MHIF Hypertrophic Cardiomyopathy Center formed; by 2017, HCM is a treatable disease and compatible with normal life expectancy

1995

MHIF conducts research on a new surgical technique for bypass surgery, which costs less and reduces the risk of complications

1999

First angiogenesis trial at MHIF begins, focused on stimulating new blood vessels in blocked areas of the heart

2002

MHIF Research Internship program launches; as of 2017, 172 interns graduated

2003

MHIF pioneers Level One heart attack program; by 2017 more than 5,000 patients treated

2007

MHIF named one of five stem cell sites funded by the National Institutes of Health (NIH)

2009

Hearts Beat Back®: The Heart of New Ulm Project begins, focused on population health



ACC Highlights

Minneapolis Heart Institute Foundation® (MHIF) was well represented at the American College of Cardiology (ACC) conference: 29 Posters, 1 Moderated Poster Presentation, 1 Late-Breaking Clinical Trial Presentation, 5 Interns presenting MHIF project data, 1 Distinguished Young Scientist Lecture and 17 Presentations by MHI® physicians.



Dr. Steven Bradley,
Minneapolis Heart Institute®

- Dr. Paul Sorajja, Director of the Center for Valve and Structural Heart Disease, MHI®, and Director of the Valve Science Center, MHIF, presented Late-Breaking Clinical Trial Data on clinical outcomes at one year after commercial use of TMVR (transcatheter mitral valve repair) in the U.S.
- Dr. Steven M. Bradley, MPH, FACC, MHI® was awarded the 2017 Douglas P. Zipes Distinguished Young Scientist Award by the ACC in honor of contributions to the cardiovascular profession.

Naples Event

Dr. Robert and Sally Hauser, Dr. Robert and Betty Van Tassel, Larry and Jean LeJeune and Dan and Linda Pelak hosted guests in Naples, Florida in February to hear updates from Kristine Fortman, CEO, MHIF and Dr. William Katsiyiannis, President, MHI®. **Meetings with founders and donors provided an opportunity to thank them for making MHIF research and education possible.**

2015

MHIF vascular surgeon chosen to lead national trial evaluating a novel device for limb salvage in patients with peripheral arterial disease (PAD)

2016

700th patient receives innovative transcatheter aortic valve replacement (TAVR) through MHIF

2017

65 MHI® physicians and 70 staff members continue the MHIF vision, delivering leading research focused on the prevention, diagnosis and treatment of heart and vascular disease

Making a difference on a local, national and global scale



Creating a world without heart and vascular disease

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Save the Date!

MHIF presents Hope, Health and Humor women's event with author Nora McInerny Aug. 22, 2017
mplsheart.org/womens-event

2017 Heartbeat Gala Saturday, Oct. 14, 2017
mplsheart.org/gala