

From the Heart

MINNEAPOLIS HEART
INSTITUTE FOUNDATION®

WINTER 2017



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**Minneapolis
Heart Institute
Foundation®**

Creating a world without heart and vascular disease

Dear Minneapolis Heart Institute Foundation® (MHIF) Fans and Friends,

It's 2017, and we're off to a great start! Before we get too far ahead, I want to recap some highlights from 2016. Thanks to our generous donors and partners, we had a fantastic year:

- >> More than 600 people enrolled in new studies.
- >> 2,200 participants in active studies.
- >> 140 research publications and abstracts!

In December, we performed a **life-saving implant** of a Tendyne 2.0 valve in a patient who had no other options, allowing this patient to be with family during the holiday season.

In addition, after recent celebrity deaths, **MHIF experts** have been called upon to help people better understand **Sudden Cardiac Arrest** and **Broken Heart Syndrome**. At MHIF, we're passionate about research, *and* about broadly disseminating our knowledge to help people understand cardiovascular disease signs, symptoms and risk factors.

Finally, 2016 marked a year of successful "out-of-the-box" events with record attendance and many first-time guests. **We are all about growing the MHIF Family!**

2017 marks our 35th year of making a difference, and we anticipate continued breakthroughs and widely sharing our learnings. We begin with an exciting milestone: launching the **Journal of the Minneapolis Heart Institute Foundation**. And, we've just learned 24 MHIF investigative teams will present findings at the prestigious 2017 American College of Cardiology Conference. These are just a few of many ways we're improving lives and leading innovation. We'll gladly share more with you in the coming year.

Best of health!



Kristine Fortman, PhD
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.**

SENECA: Stem-Cell Study to Repair Heart Damage in Cancer Survivors

Imagine surviving breast cancer, only to discover that your chemotherapy led to a new diagnosis: anthracycline induced cardiomyopathy (AIC), which can lead to congestive heart failure. This is a real issue for 4%-36% of breast cancer patients, and Minneapolis Heart Institute Foundation® (MHIF) is leading the way in an effort to learn more about the potential for cell therapy in this population. Through our new research study, SENECA, we will inject patients who have developed heart failure from chemotherapy drugs with mesenchymal stem cells (MSCs) from a healthy adult donor to learn if the stem cells can repair some of the damage caused by past cancer treatment. Our leading-edge study is sponsored by the National Institutes of Health and the Cardiovascular Cell Therapy Research Network (CCTRN). MHIF is proud to consistently conduct leading-edge cardiovascular research. SENECA's Principal Investigator at MHIF, Jay Traverse, MD, believes **"This is about potentially being able to help patients who have been through a great deal medically to not only improve their quality of life, but possibly even to extend it."**

People diagnosed with AIC who have been cancer-free for at least two years are being asked to participate in the study.

Visit our website to learn more at: mplsheart.org/seneca.



NEWS AT MHIF

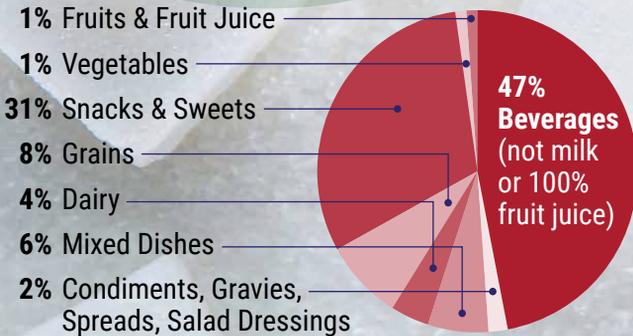
You Gave to the Max

Thank you for helping raise nearly \$17,000 on Give to the Max Day! We're thrilled to have reached and exceeded the \$15,000 matching goal! Whether you're a new or returning donor, we're grateful for your generous help in advancing our goal to eradicate cardiovascular disease.

give
TO THE
MAX 
NOV. 17, 2016

Not So SWEET

Food Category Sources of Added Sugars in the U.S. Population Ages 2 Years and Older



37% of this added sugar comes from sugar-sweetened beverages.

NEWS AT MHIF

Introducing Journal of the Minneapolis Heart Institute Foundation®

Join our network of innovators and supporters by subscribing to our new journal, which brings together original research, case study discussions, and opinion articles, with the goal of supporting better patient care.

Sign up for your free copy at mplsheart.org/journal.



The relationship between excess sugar and cardiovascular disease is big news these days. Why? In addition to contributing to an obesity epidemic, research connects it with heart disease risk factors like high blood pressure and triglycerides. The American Heart Association suggests limiting added sugar to no more than 100 calories per day for women, and no more than 150 calories per day for men.

Meanwhile, the average American consumes a whopping 22 teaspoons of added sugar, or an extra 350 calories, each day!

What you can do:

1 Kick the can. Drinking even one can of a sugar-sweetened soft drink a day can lead to a weight gain of 10-15 pounds a year.

2 Simplify. Drink water, milk and 100% fruit juice (limit juice to one serving). Other sugar-sweetened beverages represent almost 50% of Americans' added sugar sources—including sugary coffee and sports drinks.

3 Read labels. Avoid or limit foods when sugar is within the top 3 ingredients.

4 Avoid ingredients ending in "ose." Alternative label names for sugar include "fructose," "glucose," etc.

5 Sugar is sugar. Don't be fooled—your body metabolizes all added sugars the same way.

Learn more at: mplsheart.org/added-sugar.

Also, listen to Dr. Nicholas Burke's interview on the topic: mplsheart.org/sugar-vs-fat.

NEWS AT MHIF

MHIF Welcomes New Scholar

We're fortunate to welcome Peter Tajti, MD from Hungary, University of Szeged, as our first scholar in the Coronary Artery Disease Science Scholar Program. During his year-long program, he'll be working directly with Dr. Manos Brilakis to study population management of coronary chronic total occlusions and interventional cardiology clinical trials.



FROM THE HEART:

A Look Inside MHIF

Gala Provides Liftoff for New Valve Science Center

Thanks to all for an amazing celebration in support of MHIF's continued innovation and discovery. Our "Out-of-This-World" Gala featured twin astronaut Captains Scott and Mark Kelly, pictured here with Paul Sorajja, MD and Saeid Farivar, MD. The Kelly brothers gave an inspiring talk about their own pioneering NASA research study to understand how long-term space travel affects the body, including the heart. As identical twins, they were uniquely positioned to help NASA gain comparative insight before, during, and after Scott's year-long sojourn in space, with Mark serving as the ground control model. We're excited that generous donors contributed record proceeds, which have helped us establish our new Valve Science Center.

Visit our full recap at mplsheart.org/gala.



STORIES OF IMPACT

BETTER THAN BEFORE:

Darlene's Story

Early last year, Darlene survived a massive heart attack. But soon after, her mitral valve began to fail, causing significant health challenges. Darlene feared she wouldn't survive to see her grandson get married.

In 2015, Minneapolis Heart Institute Foundation® (MHIF) was the first in the U.S. to conduct a transcatheter mitral valve replacement using the Tendyne valve. However, it was too large for patients with smaller hearts, so Tendyne developed a modified device, and Darlene was the first to receive it.

Following her minimally invasive procedure at the Minneapolis Heart Institute® at Abbott Northwestern Hospital this September, Darlene was able to return home a few days later. Not long after this, she says, "I danced at the wedding—and I have pictures to prove it!"

Darlene says she's grateful to her team of physicians and researchers at MHIF, and had no reservations about participating in research.

For more about Darlene, visit mplsheart.org/stories-of-gratitude.



**"If it improves
it for me and for
anyone else in the
future, that would
be a big thing."**

—Darlene

NEWS AT MHIF

MHIF Expert Tapped to Explain Broken Heart Syndrome (BHS)

When Debbie Reynolds's death prompted stories about BHS, local media stations KARE-11 and Fox 9/KMSP-TV interviewed Dr. Scott Sharkey, our Chief Medical Officer and President, to help audiences understand this syndrome.



To learn more about these and other interviews, visit mplsheart.org/news.

Durda Family Advances MHIF Research

Gifts like those from the Durda family directly impact groundbreaking, world-class research initiatives at Minneapolis Heart Institute Foundation® (MHIF). **We gratefully recognize the Durda family for their many years of significant giving to our internship program, which attracts top talent from all over the world.** The Durda family's gifts also create a lasting effect toward furthering medical science and treatment, as a majority of MHIF interns go on to careers in healthcare. The Durda family is a great example of how families can join together to create a lasting, meaningful contribution that improves the lives of others with cardiovascular disease.



To learn how you can become an MHIF donor partner like the Durdas, visit mplsheart.org/make-an-impact.

What would you like to know about MHIF? Your ideas matter!
Tell us here: www.surveymonkey.com/r/YKT5J36.



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
www.mplsheart.org

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