

## Sharing Knowledge and Best Practices: MHIF Research on the Road

At any given time, more than 140 active research studies are being conducted at MHIF. In collaboration with physician researchers at the Minneapolis Heart Institute, we are committed to sharing and disseminating these research findings through articles in peer reviewed journals and presentations across the country and around the world to other medical professionals. Here is a sampling of recent and upcoming presentations:

### VIVA Satellite Symposium: “Carotid ‘In Depth’” in Las Vegas, NV, October 20, 2009

During the 2009 VIVA Conference on vascular medicine, Timothy M. Sullivan, MD, FACS, FSVM, FACC, directed a symposium bringing together carotid disease experts from across the country. Our second annual symposium again attracted a standing room only audience of more than 120 attendees.

### Cardiology Grand Rounds: “Therapeutic Hypothermia: Program Expansion Update” in Minneapolis, MN, November 2, 2009

Michael R. Mooney, MD, FACC, and Barbara Unger, RN, discussed the value of therapeutic hypothermia for preserving brain function in the event of cardiac



VIVA Symposium Faculty: Bruce H. Gray, DO, Greenville Hospital System University Medical Center; Joshua A. Beckman, MD, Brigham and Women's Hospital; Timothy M. Sullivan, MD, Minneapolis Heart Institute; John Perl II, MD, Abbott Northwestern Hospital; and Mark K. Eskandari, MD, Northwestern University's Feinberg School of Medicine.

arrest. Cardiology Grand Rounds are presented weekly at Abbott Northwestern Hospital to help physicians and other practitioners stay abreast of changes in the practice of cardiovascular medicine.

### AHA Satellite Symposium: “Can We Really Grow New Blood Vessels?” in Orlando, FL, November 15, 2009

MHIF Director of Research, Timothy D. Henry, MD, FACC, directed a satellite symposium at the 2009 American Heart Association conference on stem cell and gene therapy for refractory angina and critical limb ischemia, including the natural history, prevalence, and treatment options.

## The Heart of New Ulm Project Celebrates a Year of Success

### Heart of New Ulm Participation Tracker



**4721**

People who attended a health screening



**3342**

People who registered for the *Move to Improve Community Challenge*



NBC's “The Biggest Loser’s” Bob Harper spoke to more than 700 people in New Ulm, MN.

On November 7 at the Heart of New Ulm Summit, a near capacity crowd of more than 700 individuals gathered to hear Bob Harper of NBC's “The Biggest Loser.” The second annual event marks the one-year anniversary of the Heart of New Ulm Project, a ten-year initiative designed to reduce, and eventually eliminate, heart attacks in New Ulm, MN.

## Physician's Corner

**David G. Hurrell, MD, FACC, is a cardiologist at the Minneapolis Heart Institute. His clinical interests include echocardiography, integrative/complimentary therapies, and nuclear cardiology.**



**Q:** I know that it is recommended that I get a mammogram at age 40 and a colonoscopy at age 50. When should I see a cardiologist?

**A:** Unlike a mammogram, there is no guideline one can use to determine the need to see a cardiologist at a particular age. Everyone should have their cholesterol checked by age 25 and regular assessments for other major heart-related risk factors such as hypertension and diabetes. Further screening such as a stress test or coronary calcium scan may be warranted depending on your individual risk profile, as well as your age and gender. Additionally, there are many symptoms such as chest pain, shortness of breath or palpitations, which may suggest a heart-related concern. If symptoms are present, I would begin with your family physician. Many times initial testing can determine if a cardiologist should be consulted, and these tests can expedite your evaluation. If you are concerned about a more specific heart condition that could be inherited, it is never too early to ask about appropriate screening and develop a family-specific plan for all members.

## Giving Back and Spreading the Word

When long-time MHIF supporter, Andy Kiernan, contacted his friend, Scott Gilbertson, to help out at MHIF's annual golf tournament, Gilbertson thought it would be a fun way to give back to the community. What he did not know then is that he would soon become not only a supporter, but a beneficiary of MHIF's services.



That year, Gilbertson was diagnosed with the genetic heart condition Hypertrophic Cardiomyopathy (HCM). Coincidentally, the golf tournament with which he had just volunteered had raised money that year to support research in HCM at MHIF by Barry J. Maron, MD.

After learning of his condition, Gilbertson decided that he wanted to become more involved with MHIF to spread the word on HCM and heart disease. He contacted Michael Schroeder at MHIF, who at that time was looking for volunteers to do speaking engagements for Community Health Charities of Minnesota (CHCMN). CHCMN is a workplace giving alliance of 35 health-related charities including MHIF whose mission is to improve lives affected by chronic illness by investing in health research, services, and education.

For Gilbertson, it was a natural fit. "I didn't have the big bucks to be able to make large donations, but I knew I wanted to help out and spread the word, as well as encourage others to get involved."

Gilbertson has been a campaign ambassador for CHCMN and MHIF for two years, and is often called upon to tell his story to some of the largest corporations in the Twin Cities.



Martin S. Maron, MD, Tufts Medical Center, Joseph P. Murgu, MD, MMM, University of Texas and MHIF's Barry J. Maron, MD

## "Dr. HCM" Hosts Individuals from Around the World in his Fourth International Summit

On October 16-18, Barry J. Maron, MD, hosted more than 200 medical professionals from around the world for International Summit IV: "Diagnosis and Management of Hypertrophic Cardiomyopathy and Prevention of Sudden Death: The Next 50 Years," at the Hyatt Regency Minneapolis.

Recognized international experts from Australia, Canada, China, Italy and across the United States presented on the latest and most innovative methods for diagnosis and treatment of HCM, a genetic disease affecting the heart muscle and the leading cause of sudden death in young people.

Praise for the conference has come from many sources including Eugene Braunwald, MD, Distinguished Hersey Professor of Medicine, Harvard Medical School, who wrote to Dr. Maron, "Congratulations on your expert development of the program. You certainly are 'Dr. HCM' and the world's greatest authority on the disease." A patient who was invited to the summit wrote, "Not only was I impressed with the information presented, but also by the energy focused on truly helping others who, like me, are affected by HCM."



MHIF's OPTIMIST team

## Hope through Optimism

MHIF Director of Research and Minneapolis Heart Institute cardiologist, Timothy D. Henry, MD, FACC, is giving new hope to cardiac patients with nowhere left to turn. This year's OPTIMIST Day which was held October 20 at Abbott Northwestern Hospital, brought together in celebration cardiac patients who were told they had no options. These patients, all a part of Dr. Henry's OPTIMIST program, have received a new lease on life thanks to breakthrough research and a team of dedicated staff who refuse to give up on them.

At OPTIMIST Day, patients heard presentations from Dr. Henry and other experts on health and wellness, and met with others who have benefitted from the program. Most of the 111 patients in attendance had severe coronary blockages that had not responded to conventional treatments. Many had debilitating chest pain and shortness of breath.

The OPTIMIST program looks at each patient's individual needs and creates a care plan tailored to their lives. All of the patients are encouraged to lead healthy lifestyles and have access to a wide variety of treatment options such as angiogenesis and stem cell therapies, novel drugs and integrative medicine. The success of the program has far exceeded expectations, and many lives have been given hope through this team's dedicated work.



## Did you know?

Two out of three people with diabetes die from heart disease and stroke. Making healthy lifestyle change is twice as effective as medication and is considered the first choice for treating pre-diabetes. The key is at least 150 minutes per week of moderate physical activity and, for those who are overweight, losing 5-7% of body weight.



John R. Lesser, MD, FACC, 2009 Spirit of the Heart Gala Physician Chair

## A Special Thanks to Everyone who made the 2009 Spirit of the Heart Gala a Success!

More than 700 people celebrated the work of MHIF on September 26 at the Depot in downtown Minneapolis. The event, which raised over \$525,000 in support of cardiovascular research and education, featured fine dining, knowledgeable and engaging speakers, and fun and fellowship. Next year's gala will be held October 9, 2010 at the Depot. We hope to see you there!

Please join us in thanking the following companies and individuals who generously supported the 2009 Spirit of the Heart Gala with \$5,000+ table sponsorships:

### **\$100,000**

St. Jude Medical, Inc.

### **\$50,000**

Medtronic, Inc.

### **\$25,000**

Allina Hospitals & Clinics  
Ames Construction, Inc.  
Boston Scientific  
Minneapolis Heart Institute

### **\$12,500**

M&I Bank

### **\$10,000**

AGA Medical Corporation  
Arbor Capital Management  
Cargill, Inc.  
Great Clips, Inc.  
Merck/Schering Plough  
David E. and Diane Milbrath  
and Family  
Old Dutch Foods, Inc.  
The Marsh  
Vital Images, Inc.

### **\$5,000**

Apogee Enterprises, Inc.  
Best Buy Co., Inc.  
Biotronik, Inc.  
Bridgepoint Medical, Inc.  
Consulting Radiologists, Ltd.  
Gilead Sciences, Inc.  
Dr. Robert and Sally Hauser  
Hubbard Broadcasting, Inc.  
Dr. Terrence and Barbara  
Longe  
Moss & Barnett  
Oppenheimer, Wolff &  
Donnelly  
Robins, Kaplan, Miller &  
Ciresi, L.L.P.  
Stereotaxis, Inc.  
Stuart Management  
Corporation  
TCF Bank Minnesota



## The Face of Heart Disease

**Name:** Don

**Age:** 72

**Hobbies:** Fishing, yard work,  
playing with his grandchildren

**Status:** After enrolling in the  
CLEVER trial that alleviated the  
debilitating leg pain he experienced  
from peripheral artery disease,  
Don is back to enjoying a life of  
independence.

## Subscription Information

Stay up-to-date with the latest heart healthy news. For a subscription to *Heart Matters*, or for information on making a financial contribution, contact Meghan Bethke at 612-863-5410 or [mbethke@mhif.org](mailto:mbethke@mhif.org).

## Sautéed Baby Squash with Basil and Feta

1 tbsp olive oil  
4 cups baby patty pan squash, halved  
2 sliced leeks

1/2 tsp salt  
1/8 tsp freshly ground black pepper  
3 tbsp crumbled reduced-fat feta cheese  
2 tbsp finely chopped fresh basil

Heat a large nonstick skillet over medium-high heat. Add oil to pan, heat 20 seconds. Add squash and leek; sauté 5 minutes or until tender, stirring frequently. Stir in salt and pepper. Sprinkle with cheese and basil. Yield 6 servings.

Nutrition information: 61 calories, 2.9g fat, 2.3g protein, 7.5g carbohydrates, 1.7g dietary fiber

## Upcoming Events

### Women and Heart Disease: A Summit to Eliminate Untimely Deaths in Women

Thursday, April 29, 2010 at the Marquette Hotel Minneapolis. MHIF has partnered with the University of Minnesota and Mayo Clinic on a groundbreaking regional initiative to address gender disparities in the treatment of cardiovascular disease. To join the mailing list for this summit, submit your email address at [www.mplsheart.org/women](http://www.mplsheart.org/women). Contact Eva Kovacs at [ekovacs@mhif.org](mailto:ekovacs@mhif.org) or 612-863-1657.

### 2010 MHIF Summer Research Internship Program

June-August, 2010 at MHIF. Physicians and other research staff members mentor college students in this outstanding and highly competitive program. Pre-med or other health profession undergrads should visit our website [www.mplsheart.org](http://www.mplsheart.org) in December for eligibility details and application deadlines.

### Women's Only Cardiac Support Group

6:30-8:00 p.m. Mondays in the Minneapolis Heart Institute lobby. Weekly program for women to provide support, encouragement and helpful information on improving heart health. Everyone is welcome and parking is validated. Contact Denise Windenburg at [denise.c.windenburg@allina.com](mailto:denise.c.windenburg@allina.com) or 612-863-3816.