

Heart Matters

Research provides opportunity for renewed life

When Tom Towle suffered his fourth heart attack in 2001, his daughter refused to return to college following winter break. His wife, Michelle, could relate, having experienced the same dreadful feeling with her own father years prior.

Tom has lived with heart disease for more than 22 years. He was referred to the Minneapolis Heart Institute Foundation (MHIF) by his cardiologist.

During the last 22 years, Tom had undergone a number of treatments, including bypass surgery and pacemaker implantation. He found optimism very difficult, often operating with the mindset that he may have fewer than five years to live.

A glimmer of hope presented itself when Tim Henry MD, Director of Research at the Minneapolis Heart Institute Foundation, reassured him, "There are options."

Tom enrolled in MHIF's OPTIMIST program—OPTions in Myocardial Ischemic Syndrome Therapy—a program

"This is the first time in twenty-some years that I've had optimism about my future..."



Michelle and Tom Towle

offering treatments including stem cell therapy, new drug therapies, spinal cord stimulation and other methods to enhance quality of life for otherwise hopeless patients.

Earlier this year, Tom's outlook changed drastically when MHIF researchers informed him about new alternatives. "I found myself on the cusp of something that took away my negativity and

replaced it with a device that allowed me to get better."

And just over a month ago, Tom's journey culminated in a heart transplant.

"... This is the first time in twenty years that I've had optimism about my future and I'm very grateful for that... very, very grateful," Tom commented.

He continued, "I've never felt so positive about a group of people and their mission... These aren't just my doctors and nurses, these are literally my friends."

Michelle smiled at Tom and added, "Now, we don't have to be afraid anymore. We have a new life ahead of us."

Your gift makes a difference this holiday season

With the holiday season in full swing, many of us take time to reflect upon what we are thankful for, especially the health of our family and friends. The Minneapolis Heart Institute Foundation (MHIF) is grateful for all our donors have done to help ensure our programs and services continue to significantly improve the health of our community and save lives.

Families and friends affected by heart disease have the opportunity to celebrate the holiday season together, which may not have otherwise been possible, thanks to the support of our research and education initiatives. One of our research participants, who suffered two heart attacks and had a defibrillator implanted this year, recently spoke about his appreciation for MHIF, saying "MHIF is very near and dear to my heart... I owe my life to MHIF staff and physicians... I would not be here without the brightest

minds focused on clinical cardiovascular research."

Please consider including MHIF in your holiday gift-giving; contributions support pioneering education and research initiatives and directly impacts the lives of individuals touched by cardiovascular disease.

We wish you and your loved ones a joyous holiday season!

Please visit www.mplsheart.org/donate-online to make a donation or call Sarah Schaub at 612-863-4057.



Spirit of the Heart Gala sets record

The 29th annual Spirit of the Heart Gala proved to be MHIF's most successful event yet! With over 900 supporters of the event, including sponsors, guests, volunteers and performers, the Foundation raised \$925,000 for our life-saving cardiovascular research and education programs.

Guests mingled and dined amid décor created by renowned designers Billy Beson and Richard

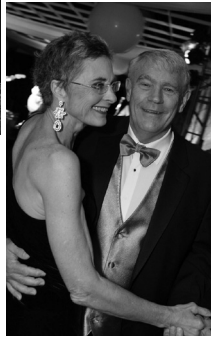
Anderson. Entertainment was provided by a host of musicians, including the esteemed Elkina Duo, students from both MacPhail Center for Music and The Blake School, and Möbitz V!



Farida Kathawalla and Saleha Asim



Ann Bentdahl,
MHIF President and CEO



Terri and Steve Havig

Due to inclement weather on the East coast, keynote speaker President Bill Clinton was unable to attend the event. However, he was able to present to the audience via live feed and answer questions that had been previously submitted by our guests. Attendees were captivated by his sense of humor, description of the William J. Clinton Foundation's worldwide initiatives and his charismatic presence.

Additional highlights of the evening included a special dedication to Dr. Kevin Graham, past president of the Minneapolis Heart Institute®, for his many contributions to his patients and cardiology in Minnesota. James V. Toscano, past president of the Minneapolis Heart Institute Foundation, was honored for more than five years of leadership with the Foundation. Barbara Armajani presented to Dr. Robert Van Tassel a model of the Irene Hixon Whitney Bridge (as designed by her husband, Siah Armajani) in gratitude for his dedication to patients and the field of cardiology.



Dr. Kevin Graham



Spirit of the Heart Gala guests

Visit our website at mplsheart.org/gala for updates as we plan our 30th anniversary celebration in 2012!

Kansas City community incorporates “Girls & Moms on the Move” program

As cardiac nurses in the Change of Heart Program at the University of Kansas Hospital, Sarah McGinty and Karin Morgan are involved in screening, awareness and prevention of heart disease. The neighborhood surrounding the hospital is a highly underserved community, full of socioeconomic diversity.

Both avid runners and exercisers, Sarah and Karin wanted to bring health education and prevention of heart disease to their community. Frank Rushton Elementary School, located near the hospital, presented the perfect opportunity. This low-income population of students was in need of assistance—over 87% of students receive free or reduced lunch, many do not have a permanent address and live in single parent homes with multiple children, and many do not have proper exercise attire or even socks.

Having researched several exercise and empowerment programs in the area, Sarah and Karin decided to implement a program developed by the Minneapolis Heart Institute Foundation, “Girls & Moms on the Move.” With strong success in the Minneapolis area, the program offered just what their community needed.



Kansas City “Girls & Moms on the Move” participants

A local company graciously donated gently used athletic shoes for the participants, and donations were acquired for decreased race entry fees, personalized water bottles, snacks and “Girls & Moms on the Move” hats.

The six-week program involved girls in grades 3-5 and included



Did you know?

Less than half of Minnesota youth eat meals regularly with their families. Family meals provide an important connection time for adults and youth. Also, kids who eat more frequently with their families tend to:

- Eat healthier foods and have a more balanced diet
- Be less likely to engage in high risk behaviors such as smoking and drug use
- Maintain a healthier weight

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a healthy, homemade snack for participants, experiential learning activities and exercise. Between 12-15 adult volunteers, including school staff, teachers, the principal, community members, and moms participated weekly, offering structure and support for the girls.

At the end of six weeks, everyone participated in a 5K run/walk—quite an accomplishment! Given the success, Sarah and Karin look forward to continuing the program with Frank Rushton Elementary and empowering more girls and moms. They are confident the program will continue to motivate and support mothers and daughters to live healthier lives and prevent heart disease. One mom's comment, "My daughter is choosing activity time over TV!" is a testament that they are off to a great start.

For more information on "Girls & Moms on the Move" or to start a program in your area, contact Laura at lperdue@mhif.org or call 612-863-9868.

MHIF fosters students' success

The MHIF Summer Internship Program in Cardiovascular Clinical Research provides undergraduates interested in health care a unique opportunity to experience cardiovascular



2011 MHIF research interns

clinical research. Out of hundreds who apply, twelve students are chosen to join the MHIF research staff each June. These students are paired with physician and research staff mentors who guide them through the process of conducting clinical research.

"Working side by side with a cardiologist was by far one of the most valuable parts of the internship here at MHIF," said Annie Griffin, a 2011 intern.

Each summer, students make valuable contributions to research projects at MHIF. Many end up completing abstracts and papers and a few are invited to present posters at national meetings each year.

In addition to working on clinical research projects, summer interns spend several days shadowing health professionals in the heart hospital and participate in a variety of other activities.

Ask the Dietitian

Rebecca E. Lindberg, MPH, RD, is the new Nutrition Environment Project Manager for Hearts Beat Back: The Heart of New Ulm Project.



Q: What are my options now that my local farmer's market is closed for the season?

A: Farmer's markets may be closed and roadside vegetable stands shut down, but that doesn't have to mean the end to serving your family fresh seasonal produce. Heartier cold weather and root vegetables are becoming more readily available in local grocery stores. These vegetables are loaded with nutrients and are high in fiber. Plus, because they're in-season, they offer the best value.

Choosing a comfort-cooking method, such as roasting, that brings out the natural sweetness of the vegetables. Roasted vegetables make a perfect side dish to any meal and are easy to prepare.

Preheat oven to 400 degrees. Chop up your favorite winter vegetables such as carrots, celery root, turnips, parsnips, new potatoes, butternut squash, onion or Brussels sprouts. Toss with a little olive oil, pepper and a pinch of salt. Spread (don't pile) prepared vegetables on a baking sheet. Roast in preheated oven for 25 to 30 minutes or until tender. Serve. For variety, toss with raisins, toasted nuts or fresh herbs such as rosemary or thyme.

"Having the opportunity to shadow the very procedures I was learning about in my research was an invaluable experience. The ability to see the full circle of care gave me an additional insight into the health care system," said Audrey Bennett, a 2011 intern.

Applications for the 2012 program are now available on our website.

We recommend that applicants are enrolled in an

accredited degree program in a health care or related discipline, are entering their junior or senior year of college and have a GPA of 3.5 or above. For more information, visit www.mplsheart.com/internship.

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The Face of Heart Disease

Name: Tom, 51

Condition: Triple bypass surgery in January, defibrillator implanted in June.

Status: Volunteered at the 29th annual *Spirit of the Heart Gala* in October. As the self-described poster child of the Foundation, he wants to give back for the care he has received.

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 Sarah Schaub at 612-863-4057 or sschaub@mhif.org.

Sautéed Spinach with Pine Nuts & Golden Raisins by EatingWell.com

Ingredients

2 teaspoons extra-virgin olive oil
2 tablespoons golden raisins
1 tablespoon pine nuts
2 cloves garlic, minced
1 10-ounce bag fresh spinach,
tough stems removed
2 teaspoons balsamic vinegar
1/8 teaspoon salt
1 tablespoon shaved Parmesan cheese
Freshly ground pepper, to taste

Directions

Heat oil in a large nonstick skillet or Dutch oven over medium-high heat. Add raisins, pine nuts and garlic; cook, stirring, until fragrant, about 30 seconds. Add spinach and cook, stirring, until just wilted, about 2 minutes. Remove from heat; stir in vinegar and salt. Serve immediately, sprinkled with Parmesan and pepper.
Serves 2.

Upcoming Events

January 30: MHIF Research Internship application deadline

For information, visit mplsheart.org/internship.

January 20: Riata ICD Lead Summit

For physicians and allied health professionals who care for ICD patients. Information and registration available at <http://riata.eventbrite.com>.

Cardiology Grand Rounds

Every Monday through May 21, 7 – 8 AM, Abbott Northwestern Education Building, Watson Room. Rotating guest speakers.

Women's Only Cardiac Support Group

6:30-8:00 PM 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 Ruth Lindquist, PhD at 612-863-9125.