

## Research that Gives Hope: Using Your Own Stem Cells to Heal Your Heart

Jay Homstad, a former all-weather rescue diver, suffered from debilitating chest pain on a daily basis. With nearly a dozen angiograms and nine stents, doctors had very few options to help him.

“I struggled with chest pain every day. My activity level was about as close to zero as you could get,” Homstad said. “And this was especially tough on me as someone who was highly active before my first heart attack in 2000.”

Instead of losing hope, Jay enrolled in a study at MHIF that involved injecting a patient’s own stem cells in to the heart to rebuild blood vessels.

Timothy D. Henry, MD, MHIF Director of Research, said, “This study is for people for whom other treatment hasn’t worked. They’re debilitated by their chest pain, but their other options are really limited.”



MHIF Director of Research, Timothy D. Henry, MD, consults with a patient.

Jay was in a group of study participants who received injections of their own stem cells into the heart, called CD34+ cells, which are known to be important in the process of growing new blood vessels. After just a few months, he started to notice significant change. He was able to walk further, and his chest pain decreased substantially.

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Photo Credit: Ralph Alswang/Clinton Foundation

## Save the Date! *Spirit of the Heart* Gala Raises Awareness of Heart Disease Prevention, Features President Bill Clinton as Speaker

President Bill Clinton, Founder of the William J. Clinton Foundation and 42nd President of the United States, will be the keynote speaker at MHIF’s annual *Spirit of the Heart* Gala on October 29, 2011 at the Hyatt Regency in Minneapolis.

“We are honored to have President Clinton as the keynote speaker at this

important event to raise awareness of heart disease and how we can fight it,” said James V. Toscano, MHIF President. “He has dedicated his professional life to improving the lives of people around the world, and in that same spirit, the

Minneapolis Heart Institute Foundation is committed to improving lives by creating a world without heart disease.”

After leaving the White House, President Clinton established the William J. Clinton Foundation with the mission to strengthen the capacity of people in the United States and throughout the world to meet the challenges of global interdependence.

“Through innovative education programs and groundbreaking cardiovascular research, MHIF is discovering how to prevent and treat heart disease at ever-earlier stages,” said Toscano. “MHIF’s annual *Spirit of the Heart* Gala allows us to bring this important message to an ever broadening audience of supporters.”

For more information on the 2011 *Spirit of the Heart* Gala, visit [mplsheart.org/gala](http://mplsheart.org/gala).

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“The best part is that in the wintertime I can go out and walk with my dog along the Red River. When you’re walking through snow that is waist deep, you can tell there’s a difference,” Homstad said.

Jay was not alone in his positive results. When tracked for a year, patients like Jay who received stem cells greatly improved their exercise time on a treadmill and decreased their daily episodes of chest pain. These patients can play with their grandchildren or take walks with their spouses, activities that they may have once taken for granted.

“These results are highly promising,” said Henry. “If they hold up in the next phase of the study, which is set to begin enrollment in the fall, stem cell therapy will be a new option for the no-option patient.”

For more information on MHIF research studies, visit [mplsheart.org/current-studies](http://mplsheart.org/current-studies).



MHIF's 2011 Summer Interns at the Jesse E. Edwards Registry of Cardiovascular Disease

This summer, 15 highly qualified undergraduate students are working on clinical studies alongside MHIF's top cardiovascular researchers. Many of these students will have their work published in leading medical journals. A number of the interns are pictured here at the Jesse E. Edwards Registry of Cardiovascular Disease at United Hospital, where they had the opportunity to examine diseased heart specimens.



## Women's Heart Health Awareness in Your Own Home: to her health! Conversation Kits Now Available

Very few people know that heart disease is the number one killer of women. Together, we can make a difference and help women improve their own lives and health.

The to her health! Conversation Kit provides everything you need to host a gathering of women who are interested in learning more about how to save their own lives and the lives of the women they love. The kit includes invitations, easy planning tips and a conversation guide full of heart health information.

To download your own copy of the kit, visit [mplsheart.org/to-her-health/conversation-kit](http://mplsheart.org/to-her-health/conversation-kit).



### Did you know?

Exercising in the heat can cause extra stress on your body. Beat the heat by drinking lots of water, wearing proper clothing and timing your outdoor workouts for the early morning and late evening. You can also get an affordable workout indoors without joining a gym by exercising to a workout video or even cleaning your house!



Research coordinator, Jill Morgan, LPN, discusses heart health with a patient.



Runners at the 2010 Ken Rome Race

## Clinical Research Close to Home

Living among the northern lakes and woods of Minnesota does not mean losing out on the chance to take part in life-saving clinical cardiovascular research. The Minneapolis Heart Institute® - Brainerd Lakes, a service of Abbott Northwestern Hospital, is giving this opportunity to its patients.

Its most recent research study conducted by MHIF, is called SAVOR-TIMI 53. Cardiologist James Furda, MD, is the Principal Investigator for the trial exploring whether the type 2 diabetes drug saxagliptin (Onglyza) can also reduce major cardiovascular events, such as heart attack or stroke.

“We look at different studies all the time,” says Dr. Furda. “With diabetes so common and linked to heart disease, this one seemed the most useful for our patient population.”

Jill Morgan, LPN, is the research coordinator for the clinic. She works closely with potential study participants and answers their questions regarding a trial’s safety and efficacy. “If they still have concerns, Dr. Furda will come talk to them and explain every detail of the study,” she says.

Dr. Furda’s hands-on involvement is an example of how supportive the entire staff is of each other and the patients. “Everyone in the practice is so close knit and engaged in the clinic’s activities,” Morgan says. “That attitude makes this a welcoming place for patients and is helpful in our research.”

Being a research practice distinguishes the Minneapolis Heart Institute® - Brainerd Lakes from other cardiology practices in the area. It not only conducts its own trials, but also supports studies in Minneapolis.

“Along with SAVOR trial participants, local patients who are enrolled in studies in Minneapolis can come to the clinic for follow-up visits,” says Morgan. “So they can still be part of research and live in a rural area.”

## Get on the Move to Support MHIF Join Us for Two Upcoming 5k Races!

Are you looking for a way to get healthy and have fun this summer? Join us at two 5k races benefitting MHIF!

- Sunday, August 14 - Minneapolis Heart Institute® 5K (use discount code PC2011 for a \$5 discount!)
- Saturday, September 24 - Ken Rome Foundation Fun Run for Cardiovascular Research

For more information and to register, visit [mplsheart.org/upcoming-events](http://mplsheart.org/upcoming-events). If you are interested in volunteering to help out at either race, please contact Deanna Bulthuis: [dbulthuis@mhif.org](mailto:dbulthuis@mhif.org).

## Ask the Dietitian

Gretchen Benson, RD, CDE, is a registered dietitian and Healthcare Project Manager for Hearts Beat Back: The Heart of New Ulm Project.

**Q:** We are planning a family road trip this summer. Do you have any tips on how to stay healthy on the road?

**A:** Summer road trips can be fun, but they can also mean prolonged periods of sitting, boredom and easy access to fast food. Don't let a road trip hijack your family's heart-healthy habits! Try these tips to keep your road trip healthy. Pack a cooler with fresh, cut-up fruits and vegetables for a nutrient-rich energy boost and include ice packs to keep snacks fresh. Try to fit in some activity like playing Frisbee or taking a short walk when you stop for bathroom breaks. Finally, stay hydrated with plenty of low sugar, non-caffeinated beverages such as water. Add a slice of lemon or lime to add a punch of flavor. With these tips, your road trip can be fun and healthy!





## The Face of Heart Disease

**Name:** Greg

**Condition:** Cardiac arrest during a marathon.

**Status:** Ran his first marathon 3 1/2 months after hospital discharge. Had full neurological recovery due to cooling therapy. Incredibly thankful to MHIF for a second chance at life.

## 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.

## Lemon-Dill Green Beans by EatingWell.com

1 pound green beans, trimmed  
4 teaspoons chopped fresh dill  
1 tablespoon minced shallot  
1 tablespoon extra-virgin olive oil

1 tablespoon lemon juice  
1 teaspoon whole-grain mustard  
1/4 teaspoon salt  
1/4 teaspoon freshly ground pepper

Bring an inch of water to a boil in a large saucepan fitted with a steamer basket. Add green beans, cover and cook until tender-crisp, 5 to 7 minutes. Remove from the heat. Meanwhile, whisk dill, shallot, oil, lemon juice, mustard, salt and pepper in a large bowl. Add the green beans and toss to coat. Let stand about 10 minutes before serving to blend flavors. Serves 4.

## Upcoming Events

**29th Annual *Spirit of the Heart* Gala**  
Saturday, October 29 at the Hyatt Regency in Minneapolis featuring keynote speaker President Bill Clinton. Save the date. For more information visit [mplsheart.org/gala](http://mplsheart.org/gala).

**Minneapolis Heart Institute® 5k**  
Sunday, August 14 at Braemar Ice Arena in Edina. Proceeds benefit MHIF. For more information and to register, visit [raceberryjam.com/mhi5k.html](http://raceberryjam.com/mhi5k.html).

**4th Annual Ken Rome Fun Run for Cardiovascular Research**  
Saturday, September 24 at McCollough Park in Shoreview. Proceeds benefit MHIF. For more information and to register, visit [kenrome5k.wordpress.com/latest-news/](http://kenrome5k.wordpress.com/latest-news/).

### Allina Cardiovascular Nursing Conference

Tuesday, September 27 at Minneapolis Marriott Southwest. For nurses and other health professionals interested in learning more about heart health. For more information and to register, visit [mplsheart.org/nursing](http://mplsheart.org/nursing).

### Allina Cardiology Forum: A Case-based Cardiovascular Update for the Internist and Family Practitioner

Friday, October 7 at Minneapolis Airport Marriott. For primary care providers. For more information and to register, visit [mplsheart.org/ACF](http://mplsheart.org/ACF).

### 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 Ruth Lindquist, PhD, at 612-863-9125.