

## Inspiring and Motivating New Ulm Residents: *The Biggest Loser*, Danny Cahill

The wakeup call came for Danny Cahill when his daughter told him, “Daddy, I want to be just like you... I want a belly like yours.”

Like many Americans, Danny struggled with his weight throughout his life, at his heaviest weighing more than 450 pounds.

Realizing that his weight and unhealthy lifestyle might prevent him from seeing his children grow up, Danny auditioned for, and eventually won, the eighth season of NBC’s *The Biggest Loser*. With 239 pounds lost, Danny had the highest weight loss in the history of the show.

In preparation for his appearance at Hearts Beat Back: The Heart of New Ulm Project 3rd Annual Community Summit in October, Danny answered a few questions for MHIF Vice President of Education, Jackie Boucher.



**Q:** What strategies do you use to help you manage your weight?

**A:** I eat clean 80 percent of the time. Twenty percent of the time I go for something I want – maybe pizza, maybe a burger or steak, maybe a bag of popcorn at the movies. But the other 80 percent of the time, I eat clean – lean protein, green veggies, fruits, dairy (all good for you foods) and I monitor my calorie intake.

I also exercise five to six days a week. It might be only 40 minutes, but exercising hard for 40 minutes is life changing. I also lift weights now, and more muscle mass means higher calories burned.

**Q:** What do you tell people when they ask you, “I don’t get to dedicate my life to losing weight like the people do on *The Biggest Loser*. How do I get started and fit exercise and healthy eating into my everyday life?”

**A:** I tell them that losing weight, getting a job, achieving that goal they want or reaching that dream they have... they all come from changing your mind! I paid off over \$42,000 in credit card debt before *The Biggest Loser*. I overcame a gambling addiction before *The Biggest Loser*. I quit smoking before *The Biggest Loser*. They do not need a reality show to change their lives...they simply need to change their mind!

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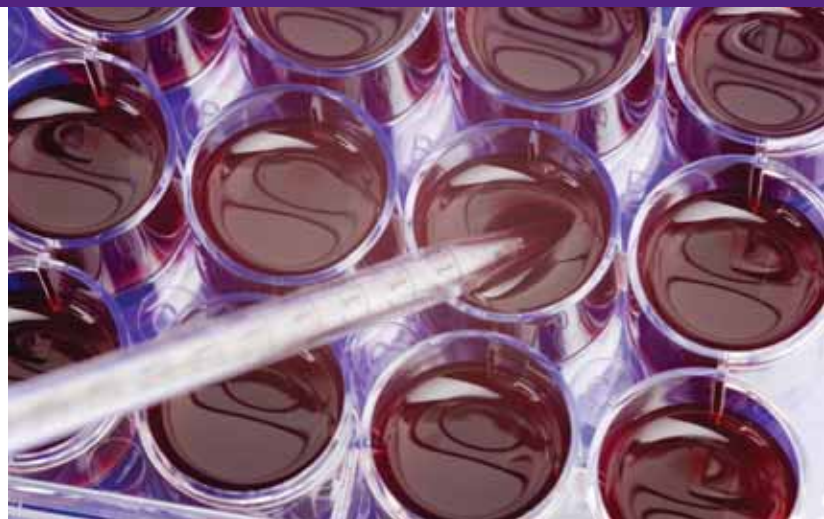
Teaching children heart-healthy eating and exercise. Engaging young women and men in advocacy to cure heart disease. Changing the health mindset of entire communities. Leading the way in life-saving treatments for heart attacks. Adding years to the lives of people with heart failure.

The Minneapolis Heart Institute Foundation follows your heart through every life phase with innovative research and education that literally saves lives. With your support, we will one day create a world without heart disease. Make your life-saving gift today by using the enclosed envelope or by visiting our website at [mplsheart.org](http://mplsheart.org).





Kate Zimmerman observing a procedure



Stem cells in culture

## Learning Opportunities of a Lifetime

MHIF's Summer Research Internship program offers a one-of-a-kind learning experience to undergraduate students, most of whom are seeking careers in medicine. Through unique shadowing opportunities and summer research projects, students get firsthand knowledge of what it is like to work in an active clinical research facility.

This summer, current University of California, Los Angeles freshman, Katherine Zimmerman of Saint Paul, MN, worked with Minneapolis Heart Institute® vascular surgeon, Peter Alden, MD, on a study looking at the use of Hyperbaric Oxygen Therapy for Diabetic Foot Ulcer treatment.

Their study abstract was recently accepted and presented at the 2010 Fall Conference of the Minnesota Surgical Society, a chapter of the American College of Surgeons.

Dr. Alden said, "We're thrilled when our interns can take a project from the initial formulation of hypothesis, through data gathering and analysis to completion of a scientific abstract suitable for presentation and/or publication."

"The interns get real hands-on experience with multiple aspects of clinical research and we as mentors are rejuvenated by interacting with these remarkably bright and enthusiastic young men and women."

Kate said, "I was very excited that my abstract was accepted. It was especially significant because I am only just starting college. It was a huge accomplishment for someone so young, and it is a great first building block for my medical school aspirations. I am so excited to become a doctor because of the experiences I had at MHIF."

The 2010 MHIF Summer Research Intern Program was sponsored by the Raymond Plank Education Fund, Abbott Northwestern Hospital Foundation, Medtronic, Inc., The Medicines Company, Piper Jaffray Companies and St. Jude Medical Foundation.

## Study Demonstrates Safety of Adult Bone-Marrow Stem Cell Therapy

Minneapolis Heart Institute® cardiologist and MHIF researcher, Jay H. Traverse, MD, published a study in the September issue of the *American Heart Journal* demonstrating that adult bone-marrow stem cells are safe in the treatment of acute myocardial infarction, or heart attack.

In addition to showing the safety of the therapy, the study which was the first of its kind in the United States, also indicated that bone-marrow stem cells could improve the heart's pumping function after a heart attack.

MHIF is one of only five institutions in the country in the Cardiovascular Cell Therapy Research Network funded by the National Institutes of Health. The goal of the network is to do stem cell research that will potentially lead to more effective treatments for patients with cardiovascular disease and to share knowledge quickly with the healthcare community. MHIF has treated more patients with adult stem cells than any other institution in the country.

We are involved in a number of other studies looking at the safety and efficacy of adult stem cells. For more information on our current research, please visit [www.mplsheart.org/current-studies](http://www.mplsheart.org/current-studies).



## Did you know?

Children aged two and older should get at least one hour of exercise per day. Think of choosing fitness-oriented gifts like jump ropes or tennis rackets for the holidays and other special occasions like birthdays. Also, plan family activities around physical activity such as hiking, swimming or biking.

## Cooling Therapy: Spreading the Word

When two-year-old Gore Otteson was pulled from an irrigation ditch in Gunnison, Colorado after being submerged underwater for twenty-five minutes, his parents thought they had lost their little boy.

Gore's heart had been stopped for almost an hour when his physicians decided to try using therapeutic hypothermia, an investigational technique pioneered by researchers at MHIF that lowers body temperature to help preserve brain function.

After his doctors began warming him up, after 48 hours at 90 degrees, Gore began to show signs of life. His MRI showed no brain damage. After a few more days, Gore and his family walked out of the hospital as though nothing had happened.

This story, that recently appeared on NBC's *TODAY Show*, illustrates the importance of spreading the word on these new types of therapies, which is why MHIF and the Minneapolis Heart Institute® have joined an international effort to promote the use of therapeutic hypothermia in cardiac arrest patients.

Through the International Cardiac Arrest Network (INTCAR), Minneapolis Heart Institute® cardiologist and pioneer in the use of therapeutic hypothermia, Michael Mooney, MD, and colleagues hope to advocate for a broader use of the therapy to save lives and brain function in patients who have suffered cardiac arrest. Currently, only fifteen percent of U.S. hospitals have adopted the technique.

INTCAR is the world's largest registry of cardiac arrest survivors treated with therapeutic hypothermia. With five other centers that have recently joined the network, more



Dr. Michael Mooney (2nd from left) administering therapeutic hypothermia in cardiac arrest patient.

than 500 patients will be added to the database which will dramatically increase the body of knowledge on the therapy.

“With these cardiology updates to the registry, we can access and communicate worldwide outcomes from a far more comprehensive cardiovascular perspective,” said Mooney.



## Physician's Corner

**Durand E. Burns, MD, is a cardiologist at the Minneapolis Heart Institute®. Dr. Burns specializes in congestive heart failure, pulmonary hypertension and heart transplantation.**

**Q:** Does high blood pressure really matter? Why is it so dangerous?

**A:** Yes, high blood pressure, also known as hypertension, does matter and it can be dangerous. In fact, if left untreated, high blood pressure can lead to serious health problems including: damage to the heart and coronary arteries, stroke, kidney damage, vision loss, angina and more. High blood pressure is sometimes called the “silent killer,” because those who have it often experience no symptoms. If you have been diagnosed with hypertension, it is important that you stick to the treatment and monitoring plan prescribed by your doctor.



Creating a world without heart disease™

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## The Face of Heart Disease

**Name:** Kelsey

**Age:** 11

**Condition:** No heart condition, father had heart attack at 47

**Status:** Enjoying the new school year equipped with ways to pack heart-healthy lunches and get more exercise all while having fun.

## 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.

## Mashed Sweet Potatoes with Orange Essence

4 medium sweet potatoes, peeled and cut into large dice  
¼ cup buttermilk, warmed slightly  
¼ cup orange juice

2 tsp orange zest  
½ tsp salt  
¼ tsp ground nutmeg

Steam the potatoes in a large covered pan fitted with a steamer basket until they are tender, about 8-10 minutes. Remove from heat. In a large bowl, mash the potatoes with the buttermilk and orange juice. Stir in the zest, salt, and nutmeg. Serve the potatoes topped with a teaspoon of brown sugar, if desired. Serves 8.

Nutrition information: 93 calories, .1g fat, 2.1 g protein, 21.1 g carbohydrates, 3.4 g dietary fiber

## Upcoming Events

**Vascular InterVentional Advances (VIVA) Satellite Symposium: Las Vegas Squares: CTA Case Interpretations**  
Tuesday, October 19 at Aria at CityCenter, Las Vegas. Case-based, interactive symposium on the use of computed tomography angiography (CTA) in vascular patient care. For more information and to register, visit [mplsheart.org/viva2010](http://mplsheart.org/viva2010).

**American Heart Association (AHA) Scientific Sessions Satellite Symposium: Expert Forum in Cardiovascular Emergencies: 'Systems of Care' Comes of Age**  
Sunday, November 14 at Renaissance Chicago Downtown Hotel. Satellite symposium exploring regional systems of care that have revolutionized diagnosis and treatment of acute cardiovascular events. For more information and to register, visit [mplsheart.org/aha2010](http://mplsheart.org/aha2010).

**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.