

ANNUAL REPORT 2020

# Going Grateful



## 2020 IMPACT RESULTS

# THE YEAR AT A GLANCE



**230 Active Research Studies** and 227 newly enrolled patients allowed us to make history having more activated studies than any other year!



**First Implant Utilizing New ICD Technology** for treating dangerously fast heart rhythms accomplished between MHIF physicians at Abbott Northwestern and United Hospitals.

94 abstracts shared research at international conferences

*Offering options through world-class research*



**Screened Thousands of Patients** for eligibility to consider research options.



**Covid STEMI Research** provided leadership as International Coordinating and Data Center for the North American COVID-19 ST-Segment Elevation Myocardial Infarction (NACMI) Registry gathering real-time insights to guide patient care.

*Achieving global reach through research and education*



99 Active Physician Research Partners

**9 International Scholars** (all practicing MDs in their home countries) joined MHIF to share their expertise and support MHIF research projects, while also learning about cardiovascular advances they will take back to their home countries.

*Sharing learnings from MHIF research*



**24 Virtual Educational Events** sharing learnings from MHIF research with patients, physicians and other healthcare providers.

200+ peer-reviewed manuscripts in leading cardiovascular journals

54 podium presentations at leading national and international scientific conferences



Established the Nolan Family Center for Cardiovascular Health



**Donor Support Increased** including a \$5 Million Charitable Gift (matching the largest ever gift) that led to the newly named center focused on cardiovascular prevention.



**30 Grand Rounds** brought together 85+ physicians each Monday morning to discuss research, perspectives and updates to provide world-class cardiovascular care.

*Creating a world without heart and vascular disease*

# MESSAGE FROM THE CEO AND CMO

Dear Friends,

“Healing hearts is our mission. We’re in this together.” These words and attitude helped us stay focused on our mission and make our way successfully through 2020.

Legends, heroes, loss, sacrifice and miracles are just a few of the things that defined 2020. We witnessed this firsthand at the Minneapolis Heart Institute Foundation (MHIF), through our practitioners, patients, staff, donors and neighbors.



Scott Sharkey, MD and Kristine Fortman, PhD

Despite the headwinds imposed by the events of 2020, our team made substantial gains in science and efficiencies. We recognized the work that is long overdue surrounding racial justice and health disparities in our neighborhood and in our workplace. Most of all, we celebrated the human spirit as we witnessed the tenacity and commitment people share in working together toward a better future. As you all know, this comes in the most unexpected and powerful ways. Highlights of our work are shared in this year’s annual report.

We are relentless in our work toward the vision of a world without heart and vascular disease. Thank you for your important role in moving this work forward. Through your partnership, we are proud to continue with our message: Hope Is Discovered Here.

Kristine Fortman, PhD, Chief Executive Officer  
Minneapolis Heart Institute Foundation

Scott Sharkey, MD, FACC, President and Chief Medical Officer  
Minneapolis Heart Institute Foundation

## Accelerating Progress in World-Class Cardiovascular Prevention Research and Education through Nolan Family Center for Cardiovascular Health

In August 2020, the Minneapolis Heart Institute Foundation® (MHIF) announced a \$5 million charitable donation from the Stuart Nolan family to support cardiovascular disease prevention research and education that aims to change the trajectory of heart disease for future generations. In honor of the gift – matching the largest donation ever made to the foundation – MHIF established the Nolan Family Center for Cardiovascular Health.

“My personal connection to cardiovascular research started with the care and treatment I received more than 30 years ago at the Minneapolis Heart Institute®, which continues to allow me to live a full life,” said Stuart Nolan, a long-time supporter of MHIF. “My children have reached the age at which I had my first heart attack, raising the importance of understanding genetic and other risk factors that affect their heart health and underscore the importance of this work to my family. I have great faith in Dr. Miedema and his team of dedicated MHIF researchers who have shown a sincere commitment to furthering research to define the prevention and management of cardiovascular risks that affect many families.”

At a time when wellness and overall health is as important as ever, this gift is accelerating progress and innovation in research and education around how to prevent cardiovascular disease, which continues to be the number one cause of death for people around the world. This research is also addressing some of the challenges around health disparities by further defining and understanding risk factors, as well as identifying the best care pathways for addressing care in racial and ethnic minorities where heart disease outcomes are significantly worse than other populations.

“Our commitment to impactful, cardiovascular disease prevention research isn’t new, but this inspiring gift from the Nolan family will propel our efforts to change the paradigm from heart disease to optimal health,” said Michael Miedema, MD, MPH, director of the Nolan Family Center for Cardiovascular Health at MHIF and director of cardiovascular prevention at the Minneapolis Heart Institute®. “The ultimate goals of cardiovascular prevention research are to identify the optimal methods to accurately assess cardiovascular risk, as well as determine the best interventions to stop the evolution to heart disease. The research is all about determining who to treat and how to treat them, which gives our patients the best chance to avoid the tragic heart attack or the unwanted bypass surgery.”



**“We are grateful to the Nolan family for a gift that drives the MHIF vision of creating a world without heart and vascular disease.”**

– Kristine Fortman, PhD

Mr. Nolan formerly served as MHIF’s chairman of the board and is the current chairman of Minneapolis-based StuartCo, a residential property management company that he founded in 1970. He has received recognition for his ongoing commitment to giving back to the community.

Over its 39-year history, MHIF has led groundbreaking research and education across a wide spectrum of prevention-related topics. New cutting-edge research planned for the Nolan Family Center for Cardiovascular Health will focus on risk prediction and optimal prevention therapies, including:

- **Cardiovascular risk prediction studies related to coronary artery calcium and use of a novel polygenic risk score (an aggregate of risk defined by genetic markers)**
- **Trials of new lipid-lowering therapies to prevent cardiovascular disease**
- **A novel study to more accurately assess the rate of medication side effects**
- **Trials that incorporate lifestyle as an essential component of ideal cardiovascular health**

"We are grateful to the Nolan family for a gift that drives the MHIF vision of creating a world without heart and vascular disease," said Kristine Fortman, PhD, MHIF CEO. "This significant gift will enhance our impact in preventive cardiovascular research, including supporting the infrastructure for the research, staff and fellows to lead an accelerated pace of clinical studies."

"The Nolan family is creating a legacy in partnership with a respected research team, whose passion for discovery will advance our mission of achieving long and healthy lives for all without the burden of cardiovascular disease," said Scott Sharkey, MD, president and chief medical officer at MHIF.

## Nolan Family Center for Cardiovascular Health

### Published paper on population health management

In our work to create a world without heart and vascular disease, MHIF is committed to helping communities become healthier. MHIF's Population Health Team published its latest paper, "Population-Level Reach of Cardiovascular Disease Prevention Interventions in a Rural Community: Findings from The Heart of New Ulm Project" in the February 2020 issue of *Population Health Management*.

### Advanced prevention research

Dr. Michael Miedema and his team studied the value of coronary artery calcium (CAC) scoring for helping doctors better identify patients who should take low-dose aspirin for primary prevention under the latest ACC/AHA Primary Prevention Guidelines.



## Penny Anderson Women's Cardiovascular Center

### Lifted up SCAD awareness and research

MHIF has several initiatives underway recognizing the importance of research for spontaneous coronary artery dissection (SCAD): 1) A webinar series invited survivors and physicians to

share experiences and perspectives on managing stress and mental health, exercise considerations and overall wellness. 2) Dr. Elizabeth Grey, Dr. Courtney Jordan Baechler and Dr. Scott Sharkey began two new physician-initiated research projects on SCAD 3) Dr. Christina Thaler presented results that compared long-term outcomes for 55 SCAD patients treated with revascularization (including attempted) at initial angiogram with 63 non-revascularized patients at initial angiogram at the American College of Cardiology (ACC) 2020 World Congress.



### Inspired our community of women to take care of their hearts at home

Our annual Hope, Health & Humor women's event took the form of a creative at-home experience with an app ([mplsheart.org/hhh2020](https://mplsheart.org/hhh2020)) to encourage women throughout the Twin Cities to gather in small groups of female friends, colleagues or family in outdoor settings or virtually and talk about topics related to women's heart health.

### Pursued key research focused on women's heart health

MHIF began recruitment for the WARRIOR clinical trial, which seeks to determine how to best treat women who experience chest pain and other symptoms of ischemia but do not have significant blockages in their coronary arteries. The results will provide evidence to inform future guidelines for how to best treat this growing population of patients, and ultimately improve patients' health and quality of life. Dr. Retu Saxena and Dr. JoEllyn Moore continued three studies on Takotsubo (broken heart syndrome). Dr. Saxena also initiated research to evaluate the effectiveness of the Cardiopregnancy Program at Abbott Northwestern Hospital.

### Participated in Minnesota efforts around maternal cardiovascular health

Dr. Courtney Jordan Baechler was chosen as the first cardiologist to participate in the Minnesota Department of Health Maternal Mortality Review Committee, focusing on statewide goals to help reduce preventable maternal cardiovascular morbidity and mortality.

## Valve Science Center



### Honored International Valve Awareness Day with a free educational event

In February, 195 people learned more about heart valve disease and the latest treatments from our renowned physician researcher partners at Minneapolis Heart Institute® during our educational event, *The Mechanics of a Healthy Heart*, held at Minnesota Valley Country Club. As many as 11 million people in the U.S. are estimated to have heart valve disease. For those with severe heart valve disease who don't seek treatment, the prognosis is one to two years. The survival rate is worse than most cancers, yet lifesaving minimally invasive technologies exist to provide a cure and allow patients to avoid open-heart surgery!



### Expanded leadership and surgical expertise

In June, Dr. Vinayak Bapat joined the Valve Science Center team, bringing extensive expertise as a cardiothoracic surgeon and innovator in the treatment of heart valve disease. Previously, Dr. Bapat was a cardiac surgeon at New York Presbyterian Hospital and professor of cardiothoracic surgery at Columbia University Medical Center, both in New York. He also

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previously served as professor of cardiothoracic surgery at Guys and St. Thomas' Hospital in London and continues to hold that position as visiting professor. Dr. Bapat serves as the national co-principal investigator on the early feasibility study for a transcatheter tricuspid valve replacement system in patients with severe, symptomatic tricuspid regurgitation. The Valve Science Center team is at the forefront of new clinical research for minimally invasive treatment options for the more than 1.6 million patients in the U.S. with this age-related disease.



**Shared learnings through live case**  
At Transcatheter Cardiovascular Therapeutics (TCT) 2020, Dr. Vinayak Bapat, Dr. João Cavalcante, Dr. Paul Sorajja and Dr. Bassam Shukrallah participated in a live patient case via video showing a hybrid, open-transcatheter mitral valve-in-valve procedure, which was determined to be the only option to ensure the best outcome for this special patient case. The team responded to questions from colleagues sharing insights through the steps of the procedure.

## Center for Coronary Artery Disease

**Highlighted advanced treatments**  
At TCT 2020, Dr. Emmanouil Brilakis and Dr. Nicholas Burke led a live case with a percutaneous coronary intervention for a chronic total occlusion (CTO) that demonstrated advanced treatment techniques.

In 2020, the CCAD science produced 89 scientific publications, 19 podium presentations and 29 scientific posters; won 2 awards for most challenging and best clinical case presentations; and published a textbook, *Manual of Percutaneous Coronary Interventions*.



**Advanced care and options through research for chronic total occlusions (CTO)**  
MHIF continued research to 1) **Improve** outcomes for patients with CTO (vessels that are completely blocked for more than three months) through research on innovative percutaneous techniques and 2) **Explore** novel ways to prevent and treat complications related to cardiac catheterizations and percutaneous coronary intervention.

## Cardiovascular Imaging Research Center



**Hosted virtual hands-on training workshop focused on sharing expertise in CT planning for transcatheter mitral valve replacement (TMVR)**

With CT planning for surgical procedures now commonplace, this TMVR Imaging workshop held by MHIF in partnership with Circle Cardiovascular Imaging gathered 35 attendees from around the globe, including India, Canada, Greece, Australia, Brazil, Saudi Arabia, and across the U.S.

**Provided leadership in cardiovascular imaging**

Dr. João Cavalcante led the TRILUMINATE Imaging Substudy to evaluate the role of cardiac CT and MRI in patients receiving TriClip, a catheter-based, non-surgical treatment for patients with severe tricuspid regurgitation.

**Shared imaging research at key scientific sessions**

During the virtual European Society of Cardiology Congress 2020, Dr. Miho Fukui and Dr. João Cavalcante reported findings from the global feasibility Tendyne study that studied how implantation technique influences left ventricular remodeling after transcatheter mitral valve replacement; the results have potential impact for the procedure and implant technique.



## Electrophysiology

**Implanted novel technology to treat dangerously fast heart rhythms**

As one of the first clinical research sites in the world to use a new, investigational medical technology to treat dangerously fast heart rhythms, Dr. Charles Gornick and Dr. Bassam Shukrallah implanted the novel Extravascular Implantable Cardioverter Defibrillator system in a patient at risk of sudden cardiac arrest. The new technology (made by Medtronic) is designed to deliver lifesaving defibrillation and pacing therapy from an implanted device via a thin wire placed outside the heart and veins (compared to traditional systems where the lead is threaded into the heart).

**Published: Outcomes Before and After the Recall of a Heart Failure Pacemaker**

Dr. Jay Sengupta and Dr. Robert Hauser were part of the team who published results from a pacemaker recall study in the February 2020 issue of *JAMA Internal Medicine*, "Outcomes Before and After the Recall of a Heart Failure Pacemaker." The study examined the experience of 90 patients before and after the 2015 recall of a specific model of cardiac resynchronization therapy pacemaker due to battery and wire connection defects.

## Innovation

### Take Heart: mobile app for patients

An app designed by physicians

was launched for

Minneapolis Heart Institute® patients undergoing heart procedures such as coronary angiogram, percutaneous coronary intervention, and transcatheter aortic valve replacement (TAVR). The app is a virtual medical assistant, reminding patients about the procedure or treatment they are receiving from their cardiologist. The project was funded by Abbott Northwestern Hospital Foundation and the Minneapolis Heart Institute Foundation in collaboration with Allina Health and led by Dr. Steven Bradley.



### MHIF researchers focused on health care delivery innovation

MHIF announced the Cardiovascular Quality Improvement and Care Innovation Consortium (CV-QUIC), a collaboration between 15 U.S. centers focused on gaps that exist in the quality of cardiovascular care despite decades of improvement efforts. As a national, multi-center collaboration, CV-QUIC is positioned to accelerate better patient outcomes on a national level in a way that is scalable for any center. The initiative was published in January 2021 in *Circulation: Cardiovascular Quality and Outcomes*.

## Heart Failure



### Initiated research to expand availability of donor hearts for transplant

MHIF announced new research that has the potential to change the way we do heart transplants and give hope to the 3,400+ patients in the U.S. who remain on a waitlist every year. This new research uses an investigational technology to allow for a donor heart that has stopped beating (called donation after circulatory death, or DCD) to be quickly reoxygenated and preserved in a human-like, metabolically active state, keeping it viable for transplant. This research is currently underway at MHIF.

### Evaluated new treatments to improve heart failure outcomes

Research teams continued research exploring the use of intravenous iron to help exercise capacity; developing new catheter-based treatments for valve disease, which often accompanies heart failure; and exciting possibilities for using new diabetes medications to improve heart failure outcomes – perhaps even for patients who don't have diabetes.

### Advancing cardiovascular care for COVID patients

With leading expertise in researching extracorporeal membrane oxygenation (ECMO), Dr. Kasia Hryniewicz's research providing evidence for using ECMO in COVID-19 patients was accepted for publication in *The Lancet*. Dr. Hryniewicz is an advanced heart failure cardiologist and serves on the Extracorporeal Life Support Organization (ELSO) conference committee.

## Global Outreach

### Provided funding to support nurses in Tanzania

As part of a partnership with Kilimanjaro Christian Medical Center in Moshi, Northern Tanzania, **MHIF funded tuition for four nurses** to participate in a two-year advanced critical care training in the Tanzania capital of Dar es Salaam.

### Launched Rheumatic Heart Disease (RHD) Prevalence study

In September 2020, our partner Kilimanjaro Christian Medical Center launched one of the first studies to identify the prevalence, risk factors, management and outcomes of RHD among children in the Northern zone in Tanzania. Led by Dr. Vibhu Kshetry, these Global Outreach efforts provide funding along with technical assistance in project planning, research support and overall project delivery.

## Vascular

### Sharing advances in vascular medicine

Dr. Jesse Manunga presented "Innovations in Vascular Medicine and Complex Aortic Conditions" as part of MHIF's On the Pulse series in June. He shared insights about promising advances in vascular medicine, including current research focused on carotid and aortic disease such as aortic aneurysm, acute aortic syndrome and aortic dissection. The vascular team also published 15 manuscripts in peer-reviewed publications and participated in 5 podium presentations at leading medical conferences.

## 2020 MHIF Accomplishments

### Demonstrated commitment to education and sharing MHIF research

To help improve patient care throughout the world, MHIF researchers published more than 220 journal articles, presented as podium speaker, panelist, moderator or in a live case at 54 events.

### Shared research at key medical meetings

66 physicians, Fellows and staff shared the results of MHIF research during the virtual American College of Cardiology (ACC) 2020 World Congress via 50 total presentations, 31 poster board abstracts, 7 moderated or oral abstracts and 11 talks and podium presentations.

### Celebrated the founding and impact of cardiovascular research and education

Our virtual Founder's Event celebrated the vision and philanthropic leadership of MHIF's founding physicians, community leaders and their families, each a vitally important part of MHIF.

### Published pericarditis research

In general cardiology research, Dr. David Lin was an author of the manuscript, "Phase 3 Trial of Interleukin-1 Trap Rilonacept in Recurrent Pericarditis" that was accepted for publication in the *New England Journal of Medicine*.

### Welcomed physicians and researchers from United Hospital

MHIF welcomed the cardiology providers from United Hospital to join the research team as they combined as part of the Minneapolis Heart Institute®.

## Research in a Pandemic: A Year of Change, Innovation and Hope

2020 was a year that will not soon be forgotten. Amidst uncertainty and continual change, MHIF's innovative spirit allowed us to act nimbly. We quickly pivoted and discovered new, and often even better, ways to do our work. We found innovative ways to connect and share with our patients, physicians, team members, donors and community members. We focused on staying positive by helping people focus on gratitude and its benefits for heart health and overall health. Most importantly, we remained full of hope and committed to deliver on our mission, knowing that our important work to help create a future world without heart and vascular disease could not stop.

- MHIF provided learning opportunities for nearly 500 attendees to hear the latest updates on a wide range of topics – from telemedicine and heart valve disease to heart health and mental health, heart failure and cardiovascular stem cell therapy in treating COVID-19 – through our On the Pulse virtual physician speaker series sharing perspectives from our physician leaders in research and patient care.
- MHIF research physicians designed and began leading more than 70 new physician-initiated studies – a 33 percent increase from the prior year – to answer critical heart and vascular health questions that might otherwise go unanswered.
- MHIF began serving as the international coordinating and data center for the North American COVID-19 ST-Segment Elevation Myocardial Infarction (NACMI) Registry in addition to enrolling patients into the study, to help provide physicians with critically important time-sensitive data to inform the treatment of heart attacks in COVID-19 patients. The research study collected data on COVID-19 positive patients or persons under investigation (suspected to have COVID-19 infection) with ST-Elevation Myocardial Infarction (STEMI).
 

In October, Dr. Garcia presented the study's first outcomes. Based on the analysis, NACMI research doesn't prove COVID triggers heart attacks and strokes, but it did show mortality rose when both were present. The findings have notable implications for African Americans, Hispanics and diabetics.
- In early 2020, MHIF received approval for a research study for emergency use of the Hemolung device (manufactured by ALung Technologies). This research focused on the hope that extracorporeal carbon dioxide removal (ECCO2R) could be used in hypercapnic respiratory failure syndrome and in patients with acute respiratory distress syndrome (ARDS) to facilitate instituting lung protective ventilation. The MHIF Team, known as the Hemolung "Tiger Team", worked closely with with the Abbott Northwestern Hospital ICU staff managing a schedule that ensured 24/7 team coverage to manage patient care under this research protocol.
- Our research staff teamed up with Allina Infectious Disease Research on the ENSEMBLE study to determine the safety and efficacy of Janssen's Phase 3 investigational vaccine for the prevention of COVID-19. MHIF nurses also assisted in administering Pfizer vaccines to Abbott Northwestern Hospital front-line workers. MHIF is beyond grateful for our research team's unwavering dedication to patients and their resilience during the difficult pandemic and challenging environment.
- Weekly MHIF Grateful Heart Grams helped people focus on gratitude, as well as shared wellness tips and ideas for fun things to do while social distancing. We also created a special section of the MHIF website dedicated to updates and perspectives during the pandemic: [mplsheart.org/coronavirus](https://mplsheart.org/coronavirus).



**"I really feel proud of the work that we've been able to do, even in this pandemic. A lot of our visits have become virtual, and we're still able to provide that multi-disciplinary approach. And with that adaptation, we've still been able to carry out our mission and do the work to the best of our ability. It's been a big challenge, but one that we've been working hard to overcome."**

– Dr. Jay Sengupta, electrophysiologist and MHIF researcher

**"MHIF has a 39-year history of innovation showing the impact of research and problem solving. Research and science are the solution to this pandemic and there are so many people working hard to contribute to this around the world."**

– Dr. Scott Sharkey, cardiologist and MHIF chief medical officer

# EDUCATION

## Meaningfully Impacting Patient Care Throughout the World

At MHIF, we're passionate about research and sharing our discoveries with the world. For nearly four decades, we've been committed to raising awareness, educating stakeholders, sharing learnings from research through presentations and publications, and training future and global health care leaders in the field of heart and vascular health.

Through the MHIF Clinical Research Internship Program, we help develop and empower the next generation of cardiovascular health professionals by offering a robust cardiovascular research experience. Our International Scholar program brings global exposure to our research by bringing practicing physicians from countries around the world for a one- or two-year period to advance MHIF.

### A few 2020 highlights:

- Over the summer, MHIF welcomed three interns from the Twin Cities area to our Clinical Research Internship Program. Due to COVID-19, the program looked a little different, as the smaller-than-usual group of interns worked mostly remotely to assist with physician-initiated research projects. Interns assisted with several important research studies, including Dr. Eric Fenstad's pulmonary hypertension study, Dr. Jason Alexander's study involving veno-arterial extracorporeal membrane oxygenation (VA ECMO) complications, Dr. Jay Traverse's study on microvascular obstructions (MVO) following STEMI heart attacks, and research from Dr. Jay Sengupta and Dr. Robert Hauser on longevity of cardiac implantable on longevity of cardiac implantable electronic devices (CIEDs).
- During 2020, nine international research scholars helped accelerate groundbreaking research in the Valve Science Center, the Center for Coronary Artery Disease, the Cardiovascular Imaging Research Center, and pediatric and congenital heart disease research.



- At Cardiovascular Innovations (CVI) Digital 2020, international research scholars Dr. Mariana de Oliveira Nunes (Brazil), Dr. Evangelia Vemmou (Greece) and Dr. Judit Karacsonyi (Hungary) were among 63 semi-finalists in the conference's Challenging Case Competition, in which clinicians from across the globe submit an innovative or educational case in the categories of coronary, structural and peripheral.
- At the ML-CTO meeting held virtually in Paris, France, a case submission on chronic total occlusion–percutaneous coronary intervention (CTO-PCI) from Dr. Judit Karacsonyi and Dr. Emmanouil Brilakis, chairman for the Center for Coronary Artery Disease, was awarded Best Case at the Your Peers Cases session. Dr. Karacsonyi virtually presented the case live during the meeting and won Best Case by popular vote from peers and meeting attendees.
- During a Cardiovascular Grand Rounds presentation early in the pandemic, Dr. Yu Du, an international research scholar from China working in the Valve Science Center, shared his perspective on the pandemic, the environment in China and the practice guidelines followed by medical staff in China.
- MHIF successfully moved Grand Rounds in 2020 to full virtual and experienced an increase in attendance, while building a delivery model that will serve Grand Rounds well into the future.
- MHIF was proud to collaborate and partner with the advance practice providers (APPs), including physician assistants (PAs) and nurse practitioners (NPs) from the Minneapolis Heart Institute®. Each Friday, this group of APPs met in the MHIF Learning Center for continuing medical education opportunities to learn from MHIF researchers on various cardiovascular topics.

# PATIENT STORY

## Larry Walters and His Heart Journey

Larry Walters would say that his heart journey began years ago, when he gave his heart to his wife, Diane. His cardiovascular health journey began with a heart attack in 2010. He ended up needing open-heart surgery with a quadruple bypass that was done by his cardiologist, Dr. Goodwin in Illinois. The procedure was successful, and he continued to heal, until he felt things begin to get tough again.

"Dr. Goodwin got looking into my heart situation again and realized that I was getting a lot of backflow – because my valve was not functioning as it should," said Larry. "My heart got oversized in the process of everything I went through."

Larry had mitral valve regurgitation, caused by a leaky mitral valve, so his heart couldn't pump blood and oxygen efficiently. This affected Larry's ability to do his normal daily routine and surgery to address the problem was not an option for him. He was told his prognosis was not good.

"Dr. Goodwin actually said, 'I wish I could say you have two months, but I can't,'" said Diane. "He was taking Larry's files to conferences and talking to doctors all over trying to see if there was anything available that could give us hope."

Larry's next appointment began with news that they had tried everything and there was nothing available. That's when they received the call from Dr. Paul Sorajja, Roger L. and Lynn C. Headrick Chair of the Valve Science Center at the Minneapolis Heart Institute Foundation® (MHIF). Dr. Sorajja shared the good news that MHIF had received approval for a new research study and Larry might be a candidate.

The study was the first-of-its-kind evaluating a new technology to replace the mitral valve with a self-expanding valve that is delivered through a small incision in the chest and up through the heart.



When asked about why he decided to participate in research, Larry said the decision was an easy one. He is a food scientist with a long history as a pioneer of ancient grains in the food industry, including research that earned him a patent.

"From the moment Dr. Sorajja started to speak, there was no question in my heart that he was capable of doing what he was saying he was going to do," said Larry. "I trust both Dr. Goodwin and I trust Dr. Sorajja even more because he's the one who allowed me to see the sunshine."

In 2020, Larry reached his five-year milestone in the research study that helped him find an option for his heart valve disease. Both he and Diane are grateful for the time they have with their seven grandchildren and looking forward to a future together.

"As of May 2021, Larry has lived with this technology for six years, which is far greater than he was expected to survive at that time," said Dr. Sorajja. "I think about what that therapy has done for patients, because Larry was number two in the United States, number eight in the world. Since then, there have been over 450 patients treated. Thanks to the bravery of Larry and Diane for embracing the possibility of a new therapy that could save Larry's life, and taking that brave step and pioneering the way for so many patients around the world."

## Highlights From a Few Members of the MHIF Board

We are grateful to the members of MHIF's Board of Directors, who all bring a wealth of experience, knowledge and unique perspective along with their passionate support for MHIF and its vision. Their dedication to exceptional governance guides MHIF in continuing its legacy of cardiovascular disease innovation. Meet a few members who served in 2020:

### **Ben Bache-Wiig, MD**

Dr. Ben Bache-Wiig joined the board in 2020 after retiring from an 11-year career with Abbott Northwestern Hospital and Allina Health, most recently serving as Allina's executive vice president and chief clinical officer. He is currently executive medical director at Lifesprk, a Twin Cities-based senior home care company. Ben is excited about MHIF's potential to leverage Allina's enterprise data warehouse to drive quality and innovation in cardiovascular care, as well as MHIF's research advances in heart valve disease and structural heart.

"The foundation is a great place for me to put my energy. I had a great relationship with the physicians at Minneapolis Heart Institute® and I saw what a difference it made in their professional lives to have the foundation and the ability to do research and education. And I saw the impact it had on so many people's lives, primarily the patients, but also the hospital itself, which benefited greatly from being a place that was a magnet for the best and brightest physicians to be recruited and to thrive."



### **Alan Carlson, JD**

Alan Carlson is a founding partner of the intellectual property law firm Carlson Caspers in Minneapolis. Prior to joining the board in 2015, his firm had been a financial supporter of MHIF for several years. As an engineer and a lawyer who has worked on patent cases for various medical device companies for 50 years, he and his firm were naturally drawn to MHIF's innovative research.

"My legal background has offered me the opportunity to learn the technology, and the things that are going on with stenting, occluding and renal denervation — all these advancements are really interesting to me. What I like the most about the foundation is working with the people — the doctors and the staff and the other directors. I enjoy going to meetings and learning what they're doing, hearing their views and benefiting from being associated with such a great group. It's just really a privilege."



### **Juleen Christopher, PhD, BCC**

Dr. Juleen Christopher is a cognitive behavioral research scientist and spent more than 20 years in academic medicine and the health care industry. She currently provides life coaching and research consulting services nationally and internationally and joined the board in 2020. Juleen has dedicated her professional life to matters of social justice and health equity. She is on the governance committee and a new MHIF staff workgroup started in 2020 focused on closing the gap around racial equity and health care disparities, specifically in North Minneapolis.

"I first became engaged with MHIF through my friendship with Dr. Courtney Jordan Baechler. I appreciated the commitment of MHIF to reduce the historical and systemic inequities in health care that continue to blight our state. I was impressed that MHIF understands that there are many societal issues causing poor health outcomes in addition to a lack of access to medical care. Furthermore, the approach to addressing these issues in economically challenged communities is collaborative rather than prescriptive, building upon their strengths, care for one another, and their common values."



### **Lori Milbrandt, CPA (inactive), MBA**

Lori is the chief financial officer for Imricor Medical Systems and was a supporter of MHIF for several years before joining the board in 2018. Heart disease is personal to Lori because her father's heart issues prevented him from successfully recovering from early-stage colon cancer and after several months of ongoing battles, he died when Lori was 26.

"While I could be a finance person in any industry, I've focused my career in med tech and most of that time specifically focused in cardiology. It has always been important to me to align my work with what I am most interested in and passionate about. As a board member, I'm able to have a small role in an organization that does exceptional work in the areas of research and education for not only our community, but around the world."



## PHYSICIAN GIVING

We would like to thank our physicians from the Minneapolis Heart Institute® for your generosity. You are an inspiration as we work together to create a world without heart and vascular disease.

### PHYSICIAN LEADER

Richard Bae, MD and Lauren Kim-Bae  
Steven Bradley, MD and Kelly Ryan  
Emmanouil Brilakis, MD and Nicole Brilakis  
Joshua Buckler, MD and Molly Carlson, MD  
M. Nicholas Burke, MD and  
Sue Slattery-Burke  
Alex Campbell, MD  
João Cavalcante, MD and  
Kimberly Cavalcante  
Ivan Chavez, MD and Gail Chavez  
Peter Eckman, MD and Erika Olson, MD  
Eric Fenstad, MD and Brooke Fenstad, MD  
Thomas Flavin, MD  
Mario Gössl, MD  
Charles Gornick, MD and Nancy Gornick  
Katarzyna Hryniewicz, MD and  
Sybi Czeneszew  
David Hurrell, MD and Stacey Hurrell  
Desmond Jay, MD and Podaly Jay, MD  
John Lesser, MD and Julie Lesser, MD  
Michael Mooney, MD and Jodi Mooney  
JoEllyn Moore, MD and Andrew Roalstad  
Karol Mudy, MD

Marc Newell, MD and Kari Newell  
Quirino Orlandi, MD and Helena Orlandi  
Anil Poulouse, MD and Sheila Carr  
Michael Samara, MD and Stephanie Samara  
Retu Saxena, MD and Greg Ripley  
Jay Sengupta, MD and Ria Bardhan, MD  
Paul Sorajja, MD and Abbie Young  
Timothy Sullivan, MD and Amy Sullivan  
Ashenafi Tamene, MD and  
Selome Gebremariam Gezahegn  
Norma Thiessen, MD  
Jay Traverse, MD and Sarah Traverse

### PHYSICIAN SUSTAINER

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The Robert G. Hauser Leadership Award recognizes an individual who promotes visionary leadership. Innovation in clinical practice and research requires champions who take risks to identify necessary changes and create innovative solutions to set those improvements in motion. The award is given to an individual who is active in cardiovascular disease prevention or treatment, advocates for patients and the profession, demonstrates visionary leadership and a strong commitment to excellence, and provides leadership to MHI®, MHIF and other organizations. Thanks to a generous donor, the honoree will receive up to \$10,000 to be used for innovation or leadership training.



### 2020 RECIPIENT

**Emmanouil Brilakis, MD**

Chairman, Center for Coronary Artery Disease, Minneapolis Heart Institute Foundation®

Director, Center for Complex Coronary Interventions, Minneapolis Heart Institute®

## THE RAY BENTDAHL DISTINGUISHED SERVICE AWARD

The Ray Bentsdahl Distinguished Service Award recognizes an individual's contributions to MHIF and accomplishments as an outstanding leader, mentor, philanthropist, educator or researcher. This award specifically honors an individual whose achievements embody the qualities of an outstanding leader, recognizing exceptional service to the foundation that is reflected in the organization delivering exemplary service to its valued constituents. As of 2019, the Bentsdahl family will make a \$5,000 gift to MHIF in honor of the recipient, to an area of work determined by the recipient.



### 2020 RECIPIENT

**Jay Sengupta, MD**

Electrophysiologist and Researcher, Minneapolis Heart Institute Foundation®

Consultant Cardiac Electrophysiologist, Heart Rhythm Management, Minneapolis Heart Institute®

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We are grateful to those who made gifts in memory of loved ones. Names in bold are those of the deceased.

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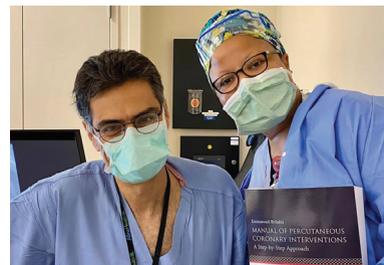
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The founders of the Minneapolis Heart Institute Foundation® (MHIF) believed that investing in innovative research was essential to improving cardiovascular health in our community, and in 1982 they pooled their resources to create MHIF. Today, we are grateful to these founders, companies and families who continue to support our mission by investing their talent and resources.

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*\*Noting deceased, prior to date of publication*

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Thank you to the physicians at the Minneapolis Heart Institute® who inspire us every day to accomplish our goal of creating a world without heart and vascular disease!

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## MINNEAPOLIS HEART INSTITUTE FOUNDATION BOARD OF DIRECTORS

The MHIF Board of Directors is responsible for governance of all aspects of the foundation's organization, operations, policies and mission.

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## Message from the Chairman

It is a great honor to serve as the Board Chair of the Minneapolis Heart Institute Foundation (MHIF). Stepping into the shoes of the outstanding previous Board Chair, Thom Gunderson, is no easy feat. Ongoing support from Thom and the Board members, together with leadership from Kris, Scott and the executive leadership team has enabled an easy passing of the gavel. Thom is a great friend and mentor both for me and for MHIF. Thom, thank you for your service to MHIF. Your leadership has left a permanent legacy and a framework from which we will continue to build.

The global COVID-19 pandemic made all of us react, pivot and hang on. For me personally, it meant balancing a demanding medical technology legal practice at Fredrikson & Byron with disruptions to a busy household with school-aged kids. For MHIF, our theme has been resiliency. We had to initially pause clinical studies, deploy staff to support innovative care for COVID patients, move portions of our operations to our homes and collaborate via Zoom. The promise of a reprieve from the pandemic last summer was shattered by the senseless killing of George Floyd mere blocks from MHIF offices. The subsequent reckoning with racial disparities have caused us to rethink and refocus our work as we look at disparities within health care.

The pause in our lives also caused us to reflect on our purpose, both as individuals and as an organization. For MHIF, this means our continued drive to create a world without heart and vascular disease.

As I reflect on 2020, I want to emphasize that MHIF remains strong. In the past year, we supported a record-setting 230 physician publications and we activated more industry-sponsored clinical studies than in any other year. We reached thousands of people through our Grand Rounds and On the Pulse virtual series of physician speakers. We saved lives and laid the groundwork to save many more lives in the future.

So, what's next? With 2020 behind us, I'm excited to watch our science centers hit their stride, particularly the recently formed Nolan Family Center for Cardiovascular Health and the Penny Anderson Women's Cardiovascular Center. I'm inspired to see new research and our support for medical innovation continue to thrive. I'm ready to help drive discussions around the next big thing in cardiology, and I'm looking forward to doing it in a way that creates equity across race and gender and ensures access.

There's much work ahead, but MHIF is well positioned to continue its mission of creating a world without heart and vascular disease.



Jeffrey Steinle

Chair, Minneapolis Heart Institute Foundation Board of Directors



Jeffrey Steinle

# 2020 Statement of Activities

## REVENUES

	Percent	Operations	Funds with Time or Purpose Restrictions	Endowments	Total
Contributions	30%	\$4,040,087	\$7,566,593	\$20,000	\$11,626,680
Grants	4%	567,093	196,272	—	763,365
Research Study Revenues	33%	4,462,851	—	—	4,462,851
Investment Gain	0%	17,783	668,752	2,720,320	3,406,855
Net Assets Released from Restrictions	16%	2,178,422	(2,178,422)	—	—
Net Assets Released – Endowment Earnings	5%	734,998	—	(734,998)	—
Other Revenues	12%	1,587,060	—	—	1,587,060
<b>Total Support and Revenues</b>		<b>\$13,588,294</b>	<b>\$6,253,195</b>	<b>\$2,005,322</b>	<b>\$21,846,811</b>

## EXPENSES

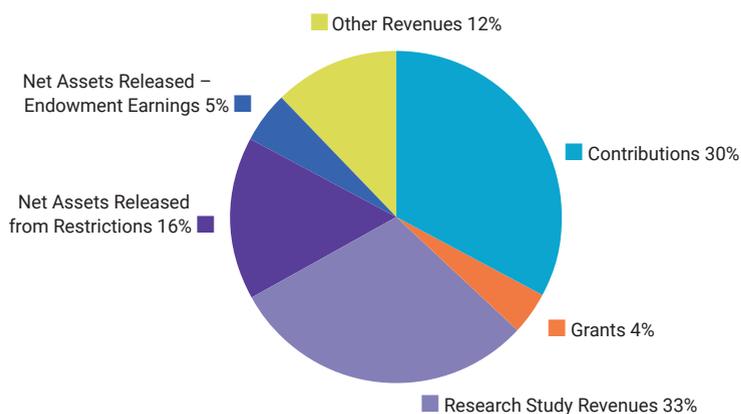
### PROGRAM SERVICES

Education	4%	\$ 479,409	—	—	\$479,409
Research	64%	7,872,371	—	—	7,872,371
<b>Total Program Services</b>		<b>\$8,351,780</b>	<b>—</b>	<b>—</b>	<b>\$8,351,780</b>

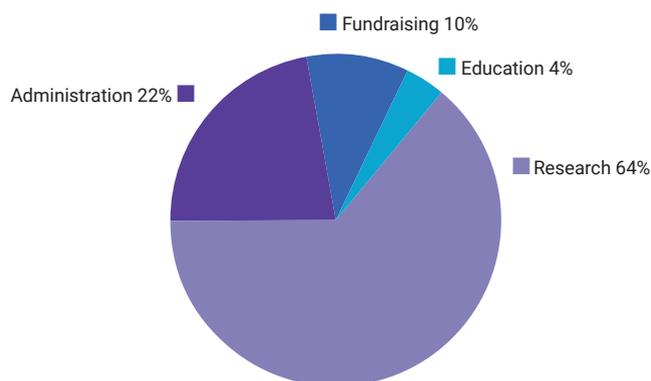
### SUPPORTING SERVICES

Administration	22%	\$2,670,824	—	—	\$2,670,824
Fundraising	10%	1,179,350	—	—	1,179,350
<b>Total Supporting Services</b>		<b>\$3,850,174</b>	<b>—</b>	<b>—</b>	<b>\$3,850,174</b>
<b>Total Expenses</b>		<b>12,201,954</b>	<b>—</b>	<b>—</b>	<b>12,201,954</b>
<b>Change in Net Assets</b>		<b>\$1,386,340</b>	<b>\$6,253,195</b>	<b>\$2,005,322</b>	<b>\$9,644,857</b>

## OPERATING REVENUES



## OPERATING EXPENSES



# 2020 Balance Sheet

## ASSETS

Cash and Cash Equivalents	\$8,246,283
Investments	28,477,553
Contributions Receivable	481,713
Pledges Receivable (net)	9,785,286
Other Receivables (net)	2,359,265
Other Assets	179,085
Fixed Assets (net)	1,990,985
<b>Total Assets</b>	<b>\$51,520,170</b>

## LIABILITIES

Accounts Payable	\$407,854
Accrued Payroll	514,237
Accrued Pension	444,218
Other Accrued Expenses	492,086
Deferred Rent	1,044,675
Deferred Revenues	314,026
Line of Credit	1,000,000
<b>Total Liabilities</b>	<b>\$4,217,096</b>

## NET ASSETS

Without Donor Restrictions	\$8,726,938
With Donor Restrictions	38,576,136
<b>Total Net Assets</b>	<b>47,303,074</b>
<b>Total Liabilities and Net Assets</b>	<b>\$51,520,170</b>

The Minneapolis Heart Institute Foundation is a proud member of Community Health Charities Minnesota, an alliance of leading nonprofit health research and service organizations working to improve lives affected by chronic illness by investing in health research, services and education.



# Patients are at the heart of our mission



[mplsheart.org/stories](https://mplsheart.org/stories)