



Midwest Cardiovascular Research Foundation

Spring 2006

Volume 2, Issue 2

Jesse Stoakes Research Award

2006 Stoakes Student Research Award Winners Announced

Midwest Cardiovascular Research Foundation announces the recipients of the 2006 Stoakes Student Research awards for the 8-week summer session beginning in June.

Stephanie Brosius, Moline, Ill., is a freshman at Washington University, St. Louis, Mo., studying biochemistry and art. She was selected to be an ambassador to Australia through the National Youth Leadership Forum in Medicine.

Leslie Farland, is a 2006 graduate of Davenport Central High School. Leslie was a 2006 representative of the state of Iowa at the National Junior Science and Humanities Symposium in Albuquerque, N.M.

Lauren Gehbauer is a junior at Grinnell College, majoring in anthropology and pre-med.

Ghassan Harb, Bettendorf, Ia., is a freshman at the University of Iowa, majoring in biology in preparation for a medical career.

Amber Wisdom, Geneseo, Ill., is a senior at Southern Illinois University majoring in biology medical science. She will attend the Chicago School of Osteopathic Medicine this fall.

The Stoakes Student Research Award was established by Midwest Cardiovascular Research Foundation in memory of Jesse Stoakes, son of Penny and David Stoakes of Bettendorf, who had an avid interest in cardiovascular medicine. He died at age 16 of injuries suffered in an automobile accident.



Upcoming Events: Log onto our website www.mcrfmd.com for more information on the following events.

Cardiovascular Interventions and Practice Guidelines (CIPG) 2006

The Cardiovascular Interventions and Practice Guidelines (CIPG) 2006 Annual Scientific Sessions will be held at the Adler Health Education Center Genesis Heart Institute, Davenport, Iowa, October 13-14, 2006.

The sessions will begin at 1:00p.m. on Friday, October 13th, with combined educational seminars for both physicians and allied health care professionals.

On Saturday, October 14th, concurrent sessions will be held, beginning at 8:00a.m., one track for physicians and one for allied health care professionals. The sessions will conclude by 4:00p.m. Saturday.



Drug Eluting Stent Conference

The Drug Eluting Stent conference is a point-counterpoint session being held at The FIGGE Art Museum, Davenport, Iowa, June 9, 2006, beginning with beverages and hors d'oeuvres at 5:30 p.m.

This educational session features speakers in point-counterpoint presentations on the features and benefits of the Cypher Stent and Future DES Stents, and the Taxus Stent.

The educational session will begin at 6:20p.m. on Friday, June 9th, with a point presentation on the Cypher stent and Future Drug Eluting Stents" and a counterpoint presentation on the "Late lumen loss and the Taxus stent: Clinically these stents are equivalent". Speakers: **Dr. Kirk Garrett** is Clinical Director, Interventional Cardiovascular Research, Department of Interventional Cardiology, Lenox Hill Hospital, New York, New York. **Dr. Bob Wilson** is Professor of the Cardiovascular Division, Department of Medicine at the University of Minnesota, Minneapolis, Minnesota.

Clinical Trials

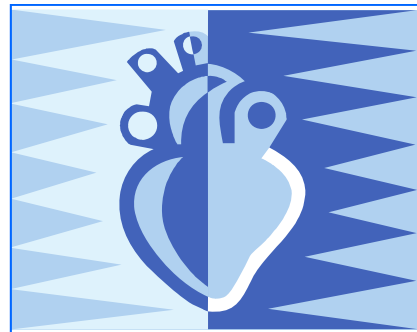
The following clinical trials are on-going at MCRF:

- ♥ **COSTAR:** Cobalt chromium STent with Antiproliferative for Restenosis II Trial....Open for follow-up only. Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Conor Medsystems
- ♥ **EXACT:** Emboshield and Xact Post Approval Carotid Stent Trial using the Emboshield® Bare Wire™ Rapid Exchange Embolic and Xact® Rapid Exchange Carotid Stent System ...Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Abbott Vascular Devices
- ♥ **FUSION II:** Follow-up serial infusions of Natrecor® (nesiritide) for the management of patients with heart failure....Principal Investigator: Nicolas Shammass, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Scios
- ♥ **GENASIS (VEGF):** A multi-center, randomized, double-blind, dose ranging placebo-controlled study evaluating defined doses of percutaneously delivered via boston scientific stiletto™ endocardial direct injection catheter system pvgi.1 (vegf2) (placebo, 20, 200, or 800µg) in patients with class III or IV anginaOpen for followup only. Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Corautus/Boston Scientific
- ♥ **IMPROVE-IT:** A multi-center, double-blind randomized study to establish the clinical benefit and safety of Vytorin (Ezetimibe/Simvastatin Tablet) vs. Simvastatin Monotherapy in high-risk subjects presenting with acute coronary syndrome (IMProved Reduction of Outcomes: Vytorin EffICaCY InternationalPrincipal Investigator: Nicola Shammass, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Schering-Plough
- ♥ **RESISTOR:** Research Evaluation to Study Individuals who Show Thromboxane Or P2Y12 Receptor Resistance....Principal Investigator: Nicolas Shammass, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Schering-Plough

Upcoming Trials

Trials coming soon to MCRF:

- ♥ **ZoMAXX....**Principal Investigator: Nicolas Shammass, MD, Sponsor: Abbott Vascular Devices
- ♥ **CRESCENDO....**Principal Investigator: Brian Anseeuw, MD, Sponsor: Sanofi-Aventis
- ♥ **LEAP....**Principal Investigator: Eric Dippel, MD, Sponsor: Fox Hollow
- ♥ **SFA (Superficial Femoral Artery)....**Principal Investigator: Eric Dippel, MD, Sponsor: Cordis
- ♥ **STEALTH II....**Principal Investigator: Eric Dippel, MD, Sponsor: Biosensors International USA
- ♥ **VIVA I....**Principal Investigator: Eric Dippel, MD, Sponsor: Prairie Education and Research Cooperative
- ♥ **TRA PCI....**Principal Investigator: Peter Sharis, MD, Sponsor: Schering-Plough



Top Ten Abstract Award



“Top Ten Abstract Award” at CRT-2006 received by Dr. Nicolas Shammam, Dr. Eric Dippel and co-authors. Dr. Nicolas Shammam has recently presented two abstracts at Cardiovascular Revascularization Therapies 2006, an interventional meeting held by the Washington Hospital Center in Washington D.C. on April 3rd to 6th, 2006 and attended by 1100 endovascular specialists. The following studies conducted by investigators at the Midwest Cardiovascular Research Foundation were presented:

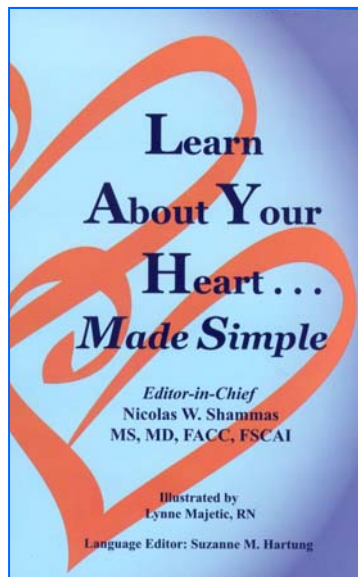


- ♥ *In-hospital Complications in Treating Chronic Limb Ischemia: A Comparative Analysis of Anticoagulation Regimens...* Authors are Dr. Nicolas W. Shammam, Dr. Eric Dippel, Christina Amidon, Dr. Pragnesh Patel and Glen Ancheta.
- ♥ *Is Thrombin Suppression Adequate With Low Dose Heparin (LDH) and Eptifibatid versus High Dose Heparin (HDH) in Patients Undergoing Peripheral Percutaneous Interventions (PPD)?...* Authors are Dr. Nicolas W. Shammam, Dr. Eric Dippel, Dr. Jon Robken, Vickie Takes, Dr. Theresa Palabrica, Dr. Jon Lemke and Dr. Lester Kirchner

Dr. Nicolas W. Shammam, the principal investigator on these studies, and co-authors received the “Top Ten Abstract Award” on Monday, April

Learn about Your Heart....Made Simple: A Personal Story

“While working with MCRF on the “Learn about Your Heart...Made Simple” book in 2004, I had a “conversion experience” and realized that I HAD to take charge of my health, lose weight and become as active as my health challenges would permit. The idea of losing a lot of weight was inconceivable, so I decided to take small steps and live each day as healthfully as possible. So, I became more focused, conscious and intentional, making small changes – eating a more substantial, balanced breakfast, avoiding “fast” foods and refined carbohydrates, drinking more water, increasing movement and exercise, and eating nothing after 7 p.m. To date I have lost 61 pounds in 21 months...I am careful to remain focused but not obsessed. I do not allow myself to be or feel deprived”. If I really want to eat something not in my plan, I first drink water, and often I find I am more thirsty than hungry.



If later I am still hungry, I will eat something but not obsess about it, and just exercise a little more and make an adjustment in the next day’s meal plan. I continue to set annual goals for weight loss, and then plan to continue to live healthfully from that point forward. Bottom line, I think we almost always can make our situation a least a little better, even in the face of significant challenges.

That is a life-changing, life-affirming philosophy and reality that can transform lives. Ultimately, the evidence in the book (Learn about Your Heart...Made Simple) was just too overwhelming for me to ignore! Thank you for sharing important healthcare information with our community.”

Suzy Hartung
Retired Seniors Volunteer Program

Birdies For Charity

“Fore” MCRF: Birdies for Charity

When the golf pros at the John Deere Golf Classic tee off this year, Midwest Cardiovascular Research Foundation will join hundreds of local charities who will benefit from each “birdie” made during the tournament. Donors guess the number of birdies made during the event, either on contribution forms available from MCRF or on the official pledge card at www.birdiesforcharity.com, noting MCRF’s contribution number: 1288. “Even a penny a “bird” results in a wonderful donation to MCRF” noted Dr. Shammass. (2,124 birdies were made in 2006) With your pledge, you are entered to win a 2006 Buick Lucerne, a John Deere riding mower, 2 roundtrip tickets on AirTran, a John Deere walk-behind mower, or a number of other prizes. The Birdies for Charity program supports charitable organizations, services, operations and programs. Funds received by each participating 501 (c)(3) charity may not be used for endowments or bricks-and-mortar campaigns. “100% of the donations received come back to MCRF to stay right here to support MCRF’s cardiovascular research to benefit our relatives, neighbors and friends in our community,” continued Dr. Shammass. “And with the 10% “bonus bucks” traditionally provided by the tournament to each charity, MCRF benefits even more.”

To Contact MCRF.....

Feel free to contact us regarding submitting manuscripts or articles, obtaining publications, booking a speaker, contributing funds or other matters.

To submit manuscripts, discuss research possibilities, etc., contact:

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We're On The Web!
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