



Jesse Stoakes Research Award

**2007 Stoakes Student Research
Award Recipients Announced**

Midwest Cardiovascular Research Foundation in Davenport, announces the recipients of the Stoakes Student Research Awards for its 8-week summer session beginning in June.

Darren Bryan, Davenport, is a sophomore pre-med major at the University of Iowa. He has studied biomedical research at the university and has participated in medical mission trips to Panama.

Alex Hahn, Bettendorf, is a sophomore biology major at Illinois Wesleyan University, Bloomington. Alex has participated in mission trips to West Virginia and Costa Rica.

Jason Rauba, Moline, is a junior biology major at Taylor University, Upland, Indiana. He has worked for Cardiovascular Medicine, PC, Moline, and has participated in medical mission trips to Ecuador.

Matthew Winter, Bettendorf, is a sophomore pre-med major at Elmhurst College, Elmhurst, Illinois. Matt spent a semester at the University of Essex, England, studying basic research in cloning.

The Stoakes Student Research Award was established in 2006 in memory of Jesses 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.

Midwest Cardiovascular Research Foundation was established in 2002 by Nicolas W. Shammass, MD, MS, as a 501(c)(3) non-profit, tax-exempt scientific and educational foundation dedicated to heart health, education and awareness through quality research and professional and community education programs and projects.



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Clinical Trials

The following clinical trials are on-going at MCRF:

- ♥ **ATLAS:** A Randomized, Double-Blind, Placebo-Controlled, Multicenter, Dose-Escalation and Dose-Confirmation Study to Evaluate the Safety and Efficacy of Rivaroxaban in Combination with Aspirin Alone or with Aspirin and a Thienopyridine in Subjects with Acute Coronary Syndromes: The ATLAS ACS TIMI 46 Trial **THIS IS A HYPERTENSION STUDY**Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Laura Gayton, RN, Contact Phone Number: 563-324-4384, Sponsor: Bayer Pharmaceuticals Corporation with study conduct and management from Johnson & Johnson Pharmaceutical Research & Development hereafter referred to as "J&JPRD"
- ♥ **CELLO:** (Closed to enrollment) CLiRpath® Excimer Laser System to Enlarge Lumen Openings....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Spectranetics
- ♥ **COSTAR:** (CLOSED) Cobalt chromium STent with Antiproliferative for Restenosis II Trial....CLOSED, Direct Stenting will start in February 2007. Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Conor Medsystems
- ♥ **CRESCENDO:** Comprehensive Rimonabant Evaluation Study of Cardiovascular ENDpoints and Outcomes (CRESCENDO).... Principal Investigator: Brian Anseeuw, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Sanofi-Aventis
- ♥ **DETHROMBOSIS:** Dethrombosis of the lower extremities using the Power-Pulse Spray technique: Validation of a prospective algorithm....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Laura Gayton, RN, Contact Phone Number: 563-324-4384, Sponsor: Midwest Cardiovascular Research Foundation
- ♥ **DORADO:** Fixed Doses of Dapresentan as Compared to Placebo in Resistant Hypertension....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Nicolas W. Shammass, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Myogen, Inc.
- ♥ **EXACT:** (Closed to Enrollment) 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:** (Closed to Enrollment) Follow-up serial infusions of Natrecor® (nesiritide) for the management of patients with heart failure.... CLOSED To ENROLLMENT. Principal Investigator: Nicolas Shammass, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Scios
- ♥ **MEND-CABG II:** A Phase III, randomized, double blind, placebo controlled, multi-center study to evaluate the cardioprotective effects of MC-1 in patients undergoing high-risk coronary artery bypass graft (CABG) surgery...Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Laura Gayton, RN, Contact Phone Number: 563-324-4384, Sponsor: Medicare International Inc.
- ♥ **OASIS:** (Closed to enrollment) A clinical study of the Orbital Atherectomy System for the treatment of peripheral vascular stenosis.....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Cardiovascular Systems, Inc.
- ♥ **PRECISION:** A Randomized, Double Blind, Parallel-Group Study of Cardiovascular Safety In Osteoarthritis or Rheumatoid Arthritis Patients With or at High Risk for Cardiovascular Disease Comparing Celecoxib With Naproxen and Ibuprofen **THIS IS AN ARTHRITIS STUDY**....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Laura Gayton, RN, Contact Phone Number: 563-324-4384, Sponsor: Pfizer
- ♥ **PTA vs. ATHRECTOMY:** A Randomized Trial of Percutaneous Transluminal Angioplasty versus Atherectomy Using the Silverhawk FOXhollow Catheter....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Midwest Cardiovascular Research Foundation
- ♥ **SAPPHIRE:** SAPPHIRE WW Stenting And Angioplasty With Protection in Patients at High-Risk For Endarterectomy....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Cordis
- ♥ **TRITON:** (Closed to Enrollment) A comparison of CS-747 and Clopidogrel in Acute Coronary Syndrome Subjects who are to Undergo Percutaneous Coronary Intervention/TIMI 38....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Eli Lilly and Company.

Clinical Trials - Continued

- ♥ **VIVA I XCELL:** VIVA I: XCELL Trial XPERT™ NITINOL STENTING FOR CRITICALLY ISCHEMIC LOWER LIMBS....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: VIVA Physicians, Inc.
- ♥ **ZoMAXX:** (Closed to Enrollment) A Randomized, Controlled Trial to Evaluate the Safety and Efficacy of the ZoMaxx™ Drug Eluting Coronary Stent System as Compared to TAXUS™ Express²™ Paclitaxel-Eluting Stent in *de novo* Coronary Artery Lesions....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Abbott Vascular Devices
- ♥ **MOXIE:** An Exploratory Double-Blind, Placebo Controlled, Randomized, 12-Week Oral Dose Study to Evaluate the Effects of MK-0736 on Atherosclerotic Disease Biomarkers in Lower Extremity Plaque Excised From Patients With Peripheral Arterial Disease...Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Merck & Co., Inc./FoxHollow
- ♥ **PERSEUS:** A Prospective Evaluation in a Randomized Trial of the Safety and Efficacy of the Use of the TAXUS® Element™ Paclitaxel-Eluting Coronary Stent System for the Treatment of De Novo Coronary Artery Lesions...Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Denise Coiner, RT, MS, Contact Phone Number: 563-324-4384, Sponsor: Boston Scientific Corporation
- ♥ **EPIC:** Evaluating the Use of the FiberNet® Embolic Protection System in carotid Artery Stenting....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Lumen Biomedical
- ♥ **CHOICE:** Carotid Stenting For High Surgical Risk Patients; Evaluating Outcomes Through The CollectIon of Clinical Evidence (“CHOICE”)....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Abbott Vascular



Investigator Initiated Protocols

- ♥ In-hospital complications and 9 months follow-up of patients receiving bifurcating taxus drug eluting stents: a real life experience from a busy single center interventional laboratory. The Principal Investigator is Dr. Nicolas W. Shammass, MS, MD. The study coordination is through Midwest Cardiovascular Research Foundation.
- ♥ Interatrial Septal Defect Closure For Cerebrovascular Accidents: Impact on Recurrence and Frequency of Migraine Headaches. The principal Investigator is Dr. Nicolas W. Shammass, MS, MD. The study coordination is through Midwest Cardiovascular Research Foundation.
- ♥ Preprocedural C-Reactive Protein, Lp(a), homocysteine and fibrinogen levels predict death, myocardial infarction and graft disease after coronary artery bypass surgery. The principal Investigator is Dr. Nicolas W. Shammass, MS, MD. The study coordination is through Midwest Cardiovascular Research Foundation.
- ♥ Embolic Protection Device in Preventing Embolization and Slow Flow in Patients Undergoing Lower Extremity Interventions: A pilot study....Principal Investigator: Nicolas W. Shammass, MD and Co-Investigator: Eric J. Dippel, MD

Upcoming Trials

Trials coming soon to MCRF:

- ♥ ROCKET AF
- ♥ STEALTH
- ♥ ABRAXIS
- ♥ STUDENT PROTOCOLS



Pictured Below: Eric J. Dippel, MD
Associate Research Director
Midwest Cardiovascular Research Foundation

Pictured Above: Nicolas W. Shammass, MD
President and Research Director
Midwest Cardiovascular Research Foundation





Cardiovascular Interventions and Practice Guidelines 2007 Conference

The Cardiovascular Interventions and Practice Guidelines (CIPG) 2007 Annual Scientific Sessions will be held at the Adler Health Education Center Genesis Heart Institute, Davenport, Iowa, October 19-20, 2006.

All registrants will attend the Peripheral Vascular Session on Friday, October 19th, the Friday session will be preceded with an open buffet lunch followed by a Live Case from the Genesis Medical Center.

On Saturday, October 20th, sessions begin at 8:00a.m., both tracks for physicians and for allied health care professionals. Morning sessions on Saturday will be followed by a Live Case in the afternoon from the Genesis Medical Center. The sessions will conclude by 4:00p.m. Saturday.

Log onto our website www.mcrfmd.com for more information.

Course Overview

Cardiovascular Interventions and Practice Guidelines (CIPG 2007) is a multidisciplinary conference for general cardiologists, endovascular specialists, primary care providers, cardiovascular nurses, technicians and nurse practitioners jointly sponsored by Midwest Cardiovascular Research Foundation and the Genesis Medical Center. This symposium is designed to give a comprehensive update in various aspects of cardiovascular diseases and focuses on adhering to national guidelines. The invited faculty will provide attendees with practical tips useful in daily practice.

John Hanson Limb Ischemia Seminar

MCRF and its John Hanson Council on Limb Ischemia invite You and a Guest to its inaugural Educational Dinner Discussion on LIMB ISCHEMIA being held at The Radisson Quad City Plaza, Friday, June 15, 2007

6:00 p.m. Hors D'Oeuvres and Beverages

6:30 p.m. Welcome: The Magnitude of Limb Ischemia

Nicolas W. Shammass, MD, MS

6:45 p.m. Laser Therapy in Limb Ischemia Management

Presentation of a Case and Outcome

Eric J. Dippel, MD

7:15 p.m. Thrombus in Limb Ischemia

Dethrombosing Vessels; the Thrombus Protocol

Nicolas W. Shammass, MD, MS

7:45 p.m. Wound Management with Focus on VAC Therapy

Debridment Techniques and the Role of the Apligraf

Matthew Wilber, DPM

8:15 p.m. Panel Discussion with All Speakers

There is **no fee** for this educational evening and dinner.

RSVP by 5 p.m., Monday, June 11, 2007

Phone Jan Harper at 563-324-2828

Live Longer, Live Healthier Book Publication

“Growing older is not for wimps,” a patient of mine once told me. Despite her share of health problems, she is always joyful, full of life, with a charming smile. “You simply cannot give up! You have to keep the fight and do your best to stay healthy, independent and feel you are always needed,” she continued. Listening to my patient turning into my mentor and I her student, the idea of this book came to mind. I realized the need to have an easy-to-read, comprehensive book about “growing older” and staying physically and mentally healthy to enjoy life abundantly and to its fullest.

“**Live Longer, Live Healthier: The Secrets for Graceful Aging**” is written for a rapidly-growing aging population that intends to “keep the fight.” Equipped with the basic knowledge presented in this book, seniors (defined as 55 years of age or older) will have the know-how on how to grow older elegantly and gracefully, staying healthy, independent and socially active. Although heart and blood vessel diseases, cancer, lung diseases, infection and diabetes lead the way in the causes of death as we grow older, there are other issues that need to be addressed, including depression, social isolation, financial problems and so forth. As the aging population grows bigger and lives longer, our socioeconomic system will be faced with new challenges and the role of the elderly in society might need to be redefined.

This book is published by the Midwest Cardiovascular Research Foundation, Davenport, Iowa, established in August of 2002. MCRF is a nonprofit 501 (c) (3) public charitable foundation. After the tremendous success of its first book, “*Learn about Your Heart...Made Simple*” , the Foundation embarked on the ambitious project of publishing “*Live Longer, Live Healthier: The Secrets for Graceful Aging.*” With 26 contributing authors and 28 chapters touching on the physical, psychological and social problems confronting the elderly and offering advice on how to prevent and deal with them, the Foundation offers a simple but comprehensive resource to seniors. The book was written in question-and-answer format with a detailed index to help readers go directly to the questions they have in mind. This book offers general directions and ideas and should not be considered a substitute for medical attention.

The Foundation is indebted to the generous support we have received from the various foundations in our community that allowed this book to be distributed free of charge in the Quad-City area. We are specifically thankful to the Bechtel Trusts and Foundation, Cardiovascular Medicine, P.C., Genesis Medical Center, Rock Island Community Foundation, and the Scott County Regional Authority. We are also indebted to the tireless effort of many individuals who have made this book a reality by providing a high acknowledge Suzanne Hartung and Jan Harper for their tireless editing of the book, Lynne Majetic for the cover design, illustrations and graphic design/layout, and all the MCRF Foundation staff for their efforts and contributions. We also extend special thanks for our Foundation legal and accounting advisers, Mr. Richard Bittner and Mr. Steven Landauer, for their tireless efforts and support to the Foundation.

We sincerely hope that this book will help seniors “keep the fight” and enjoy independence and excellent health.

Nicolas W. Shammass, MD, MS, FACC, FACP
 President and Research Director
 Midwest Cardiovascular Research Foundation



Health Fairs

Midwest Cardiovascular Research Foundation’s Assistant Coordinator, Jeannette Byrd (pictured right) takes an attendee’s blood pressure during the Rock Island Arsenal’s Annual Health Fitness Fair on February 14, 2007. MCRF staff members Penny Stoakes, Senior Research Coordinator; Jan Harper, Education and Public Relations Coordinator and Ms. Byrd informed the more than 1200 Arsenal employees who attended about cardiovascular wellness and disease, and the foundation’s work in cardiovascular research at the foundation’s display during the event.



In May, 2007, MCRF has participated in a number of health fairs, attended by Jan Harper, Education and Public Relations Coordinator and representatives from MCRF’s research team. Beginning with the Muscatine Health Fair May 7th, staff distributed MCRF’s newly released publication, “Live Longer, Live Healthier: the Secrets for Graceful Aging.” Pictured left is Jeannette Byrd, Assistant Coordinator talking to attendees about MCRF’s research studies.



Pictured right Senior Voice’s “Salute to Seniors” packed the Starlite Ballroom at the Mississippi Valley Fairgrounds on May 10th. Many seniors picked up copies of the newly released book.



Pictured right is MCRF’s display at the John Deere Health Fair at the World Headquarters in Moline, Illinois. Pictured left is Jeannette Byrd, Assistant Coordinator, and Laura Gayton, Coordinator, are shown giving blood pressure checks to attendees.



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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MCRF Donation Form

YES, I want to help support Midwest Cardiovascular Research Foundation research projects and education to promote heart health in this community.

First Name

Last Name

Home Phone

E-mail Address

Home Address

City State Zip

- Senior - \$15
- Family - \$25
- Patron - \$100
- Founder - \$500
- Student - \$15
- Sustainer - \$50
- Benefactor - \$250
- Visionary - \$501+
- Individual - \$20
- My employer will match my gift. I enclose the form for the matching gift.

Checks should be payable to Midwest Cardiovascular Research Foundation

GIFTS are a meaningful way to remember someone special. Your gift will be acknowledged by Midwest Cardiovascular Research Foundation to the person/family remembered.

In honor of _____

In memory of _____

Amount enclosed \$ _____

Please send acknowledgement to:

Name

Address

City, State, ZIP



**Midwest Cardiovascular
Research Foundation**

All gifts to MCRF are fully tax deductible under the U.S. Internal Revenue Code.

100% of all gifts are applied to research and education for heart health in this community.

For more information about MCRF visit www.mcrfmd.com or phone 563.324.2828