



Midwest Cardiovascular Research Foundation

Summer 2006

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Jesse Stoakes Research Award

Midwest Cardiovascular Research Foundation would like to congratulate the recipients of the 2006 Stoakes Student Research awards for the 8-week summer session.

Stephanie Brosius of Moline, Ill., is a freshman at Washington University, St. Louis, Mo., studying biochemistry and art and Leslie Farland is a 2006 graduate of Davenport Central High School. Stephanie and Leslie worked on: A Randomized Trial of Percutaneous Transluminal Angioplasty versus Atherectomy Using the Silverhawk Foxhollow Catheter. The Principal Investigator is Dr. Nicolas W. Shammass, MS, MD the Co-Investigator is Dr. Eric Dippel, MD. The study coordination is through Midwest Cardiovascular Research Foundation.

Lauren Gehbauer is a junior at Grinnell College, majoring in anthropology and pre-med and Amber Wisdom, Geneseo, Ill., is a senior at Southern Illinois University majoring in biology medical science. Lauren and Amber worked on: 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.

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

Ghassan worked along with Matt Winter (volunteer) on: 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.

Mythri Reddy (volunteer) worked on: Preprodecural 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.

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.

Pictured back row left to right: Stephanie Brosius, Lauren Gehbauer, Amber Wisdom, and Leslie Farland.
Front row left to right: Ghassan Harb, Dr. Nicolas W. Shammass, and Matthew Winter.



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Clinical Trials

The following clinical trials are on-going at MCRF:

- ♥ **CELLO:** (Tentative) 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:** Cobalt chromium STent with Antiproliferative for Restenosis II Trial....CLOSED, Direct Stenting will start in February 2007. Principal Investigator: Nicolas W. Shammam, 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. Shammam, MD, Clinical Coordinator: Laura Gayton, RN, Contact Phone Number: 563-324-4384, Sponsor: Midwest Cardiovascular Research Foundation
- ♥ **DORADO:** Fixed Doses of Darusentan as Compared to Placebo in Resistant Hypertension....Principal Investigator: Nicolas W. Shammam, MD, Clinical Coordinator: Nicolas W. Shammam, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Myogen, Inc.
- ♥ **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.... CLOSED To ENROLLMENT. Principal Investigator: Nicolas Shammam, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Scios
- ♥ **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 International.....
 - ♥ Improve It Continued....Principal Investigator: Nicolas W. Shammam, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Schering-Plough
 - ♥ **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. Shammam, MD, Clinical Coordinator: Laura Gayton, RN, Contact Phone Number: 563-324-4384, Sponsor: Medicure International Inc.
 - ♥ **RESIST:** A prospective, randomized, multi-center study comparing the safety and efficacy of Renal Artery Stenting with and without the use of a Distal Protection Device (AngioGuard) and with and without the use of a Platelet Aggregator Inhibitor (Abciximab)....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Cordis
 - ♥ **TRITON:** 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. Shammam, MD, Clinical Coordinator: Penny Stoakes, RN, Contact Phone Number: 563-324-4384, Sponsor: Eli Lilly and Company.
 - ♥ **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:** 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. Shammam, MD, Clinical Coordinator: Denise Coiner, RTR, Contact Phone Number: 563-324-4384, Sponsor: Abbott Vascular Devices



Upcoming Trials

Trials coming soon to MCRF:

- ♥ SFA (Superficial Femoral Artery)...Principal Investigator: Eric Dippel, MD, Sponsor: Cordis
- ♥ STEALTH II...Principal Investigator: Eric Dippel, MD, Sponsor: Biosensors International USA
- ♥ LEAP...Principal Investigator: Eric Dippel, MD, Sponsor: Fox Hollow — ON HOLD
- ♥ TRA PCI...Principal Investigator: Peter Sharis, MD, Contact Phone Number: 563-324-4384, Sponsor: Schering-Plough



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

Investigator Initiated Protocols

- ♥ A Randomized Trial of Percutaneous Transluminal Angioplasty versus Atherectomy Using the Silverhawk Foxhollow Catheter. The Principal Investigator is Dr. Nicolas W. Shammass, MS, MD the Co-Investigators are Eric Dippel, MD. The study coordination is through Midwest Cardiovascular Research Foundation.
- ♥ 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.

Lectures

Penny Stoakes, Lead Clinical Research Coordinator at MCRF, spoke on heart disease and risk factor management to Davenport's PEO-FJ Chapter, a local women's group. MCRF maintains a speaker's bureau of clinical cardiovascular medicine professionals that are available to speak on cardiovascular disease, identification and management of risk factors, as well as the current research activities of the foundation. Contact Jan Harper, Education and Public Relations Coordinator, 563.324.2828 for more information.



Drug Eluting Stent Conference



Midwest Cardiovascular Research Foundation hosted a successful conference on Drug Eluting Stents, June 9th at the FIGGE Art Museum. Dr. Kirk Garratt, Lenox Hill Heart and Vascular Institute of New York, Lenox Hill, Hospital, New

York City, delivered the latest information and statistics in support of the Taxus stent, and Dr. Robert Wilson, of the University of Minnesota's Cardiovascular Division, presented the data in support of the Cypher stent. The lively point-counterpoint presentation generated interaction and questions from the over 40 physicians and allied health care professionals who attended the evening conference hosted and moderated by Dr. Nicolas W. Shammas, MS, MD, President and Research Director of MCRF.

This is the second presentation in MCRF's point-counterpoint series. January 13, 2006, MCRF hosted a Lipid Conference for over 80 attendees. Watch our website for future point-counterpoint topics and scheduled presentations.

Upcoming 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.

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



MCRF's Second Community-Oriented Book Announced

Living Longer...Living Healthier: The Secrets for Graceful Aging is a 300pp.+ book soon to be published by Midwest Cardiovascular Research Foundation. Dr. Nicolas W. Shammas, MCRF's President and Research Director, serves as editor-in-chief for the compendium of over 28 chapters targeting healthcare and other challenges confronting our aging population. Chapter topics include healthcare issues such as cardiovascular diseases, high blood pressure, diabetes, osteoporosis, orthopedic problems, high cholesterol, smoking, nutrition, obesity, cancer, exercise, arthritis, depression, infections, eye diseases, and dermatologic problems, as well as lifestyle issues of transportation and mobility, and financial planning. MCRF was awarded a \$12,500 grant from the Scott County Regional Authority earlier this year, and is currently seeking funding for the remainder of the projected costs.* Consultants Suzanne Hartung (editorial) and Lynne Majetic (illustrations and layout design) are again collaborating with MCRF on this project. Both assisted in these capacities on MCRF's first community-oriented book, *Learn About Your Heart...Made Simple*. As with its first book, MCRF plans to distribute

all published copies free of charge throughout the greater Quad Cities, targeting those 55 years of age and older. "Of course, we would like to target prevention of these diseases first and foremost", stated Dr. Shammas, "but in all cases, the book will be a resource to our seniors. It will present concrete information on disease understanding and prevention to encourage everyone to remain as healthy as possible, and to continue to beat aging by leading an excellent quality of life"

(*MCRF welcomes contributions toward this project. Interested persons should make checks payable to Midwest Cardiovascular Research Foundation, marked for the *Living Longer...Living Healthier* book project.)

Industry Sponsor Appreciation

Midwest Cardiovascular Research Foundation would like to express our sincere gratitude to the following industry sponsors for their generous grant support.

- Abbott Laboratory
- AstraZeneca LP
- Boston Scientific Corporation
- Bristol-Myers Squibb Company
- Cordis Corporation
- GE Medical
- Guidant
- KOS Pharmaceutical
- Eli Lilly and Company
- The Medicines Company
- Medtronic
- Sanofi-Aventis
- Schering-Plough Corporation
- Scios, Inc.
- Spectranetics
- St. Jude's Medical
- Wyeth Pharmaceuticals

Welcome To Our Research Associates

Midwest Cardiovascular Research Foundation would like to extend a warm welcome to our two new Research Associates that are joining us:

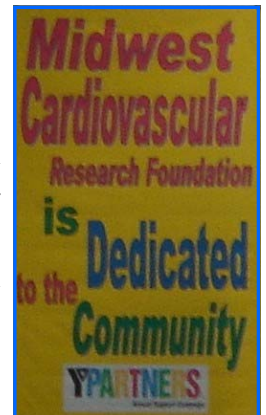
Sarojini Ratnakar and Nader Alabone

Both are resident in the Genesis Family Residency Program who joined MCRF as Research Associates. Sarojini Ratnakar is working with Dr. Nicolas Shammass on identifying the ideal anticoagulant in peripheral vascular interventions and in patients with chronic limb ischemia and with Dr. Nicolas Shammass and Dr. Peter Sharis on left main stenting outcomes. Nader Alabone is working with Dr. Eric Dippel in identifying the influence of infrapopliteal disease on the long term patency of SFA disease post intervention.

Both Research Associates will be spending one day a week with Midwest Cardiovascular Research Foundation during their third year residency.

Bettendorf YMCA

Midwest Cardiovascular Research Foundation (MCRF) is proud to support the YMCA as part of their Y Partner program. MCRF and the YMCA share one common goal: Ensuring excellent health in our community.



Recent Publications Carrying MCRF Name

- ♥ Charisma Trial Investigators: Clopidogrel and Aspirin versus Aspirin Alone for the Prevention of Atherothrombotic Events. (Shammas NW listed as one of the principal investigators in the publication appendix), N Engl J Med 2006;354 (online version publication pre print)
- ♥ Dippel EJ, Shammas NW, Takes VS, Coyne LE, Lemke JH. Twelve-Month Results of Percutaneous Endovascular Reconstruction for Chronically Occluded Superficial Arteries: A Quality of Life Assessment. J Invasive Cardiol, 2006;18 (6): 316-321
- ♥ Shammas NW, Lemke JH, Deckert J, Toth PP, McKinney D, Dippel EJ. Gender Differences in Adhering to National Guidelines in a Community Lipid Clinic. Preventive Cardiology, 2006 (In print)
- ♥ Patel P, Shammas NW, Kapalis MJ, Dippel EJ, Lemke J, Harb C. Routine Visualization of the Left Internal Mammary Artery Before Bypass Surgery: Is it Necessary? J Invasive Cardiology 2005; 15:479-481
- ♥ Al-Shaer MH, Shammas NW, Lemke JH, Kapalis MJ, Dippel EJ, Harb H, Reddy G, McKinney G, Mahadevia AK. CPAP Does Not Reduce HS-CRP in Patients With Coronary Artery Disease and Obstructive Sleep Apnea. International Journal of Angiology, 2005; 14: 129-132
- ♥ Shammas NW. Dethrombosis of the Lower Extremities: Pharmacologic and Mechanical Techniques. Vascular Disease Management, May/June, 2006
- ♥ Shammas NW. Current and Future Perspectives of Endovascular Therapy of Peripheral Vascular Disease. International Review of Thrombosis, 2006; 1 (2): 38-41
- ♥ Shammas NW. Bivalirudin: A Review of Pharmacology and Clinical Applications. Cardiovascular Drug Reviews, 2005; 23 (4): 345-360
- ♥ Shammas NW. Current Clinical Applications of Bivalirudin: An Overview. Vascular Disease Management March/April 2006: 243-246
- ♥ Shammas NW. Congestive Heart Failure: Epidemiology, Pathophysiology, and Current Therapies (in print)
- ♥ Toth PP, Shammas NW, Dippel EJ, Foreman B. Cardiovascular Medicine, In: Rakel Textbook of Family Medicine, Elsevier Science Health Science div, 2006

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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