

Midwest Cardiovascular Research Foundation

Spring 2012

Our Mission

Midwest Cardiovascular Research Foundation (MCRF) is engaged in the continuous active conduct of medical research, including investigations, experiments, and studies to discover, develop or verify knowledge relating to the causes, diagnosis, treatment, prevention or control of cardiovascular disease. By conducting these clinical trials, Midwest Cardiovascular Research Foundation will generate data leading to a higher quality of life, increased longevity of life and prevention of cardiac illness in both cardiovascular patients and the general public.

Our Vision

MCRF's vision is a consortium of Investigators capable of:

- ♥ developing and/or conducting innovative and cutting-edge cardiovascular clinical trials and
- ♥ performing regional educational activities for health care personnel and the general public, educating persons on the recognition, treatment and prevention of cardiovascular disease.

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We're On The Web!
www.mcrfmd.com

**Midwest Cardiovascular
Research Foundation**

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**Phone: 563.324.2828
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Clinical Trials

Over 25 clinical trials are currently conducted at MCRF. These include peripheral vascular disease, carotid disease, coronary artery disease, congestive heart failure, hypertension, anticoagulants, NSAIDs and others. Our contact phone number for information on any of our trials is 563-324-4384. The following clinical trials are on-going at MCRF:

- ♥ **ADAPTIVE CRT (aCRT):** Randomized Control Clinical Trial for patients who meet guidelines for Bi-Ventricular ICD placement.....Principal Investigator: Blair Foreman, MD, Clinical Coordinator: Lisa Decker BSN, RN, Sponsor: Medtronic, Inc.
- ♥ **ALECARDIO:** Cardiovascular outcomes study to evaluate the potential of aleglitazar to reduce cardiovascular risk in patients with a recent acute coronary syndrome (ACS) event and type 2 diabetes mellitus (T2D)....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Desyree Weakley, RN, Sponsor: F. Hoffman-LaRoche Ltd.
- ♥ **BLOCK hf:** Implantable Bi-Ventricular Cardiac Defibrillator and Implantable Bi-Ventricular Pacemaker...Principal Investigator: Blair Foreman, MD, Clinical Coordinator: Lisa Decker, RN, BSN, Sponsor: Medtronic
- ♥ **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, Sponsor: Abbott Vascular
- ♥ **EASE:** Endovascular Atherectomy Safety and Effectiveness (EASE) study.....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes RN, Sponsor: AtheroMed, Inc.
- ♥ **EXCITE:** Excimer laser randomized controlled study for treatment of femoropopliteal in-stent restenosis.....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Sponsor: Spectranectics
- ♥ **INTENSE:** Iliac artery treatment with the inVatec Scuba cobalt chromium stent....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Sponsor: Medtronic
- ♥ **OPEN:** Safety and Efficacy of the FlexStent® Femoropopliteal Self-Expanding Stent System.....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Desyree Weakley, RN, Sponsor: Flexible Stenting Solutions, Inc.
- ♥ **RANEXA:** Ranexa in Cardiomyopathy patients with persistent chest pain despite conventional therapy. This is a cross-over study so the patient receives Ranexa and a matching Placebo....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Lori Christensen, RN, Sponsor: MCRF
- ♥ **PacTap:** Local Delivery of PAClitaxel via the TAPAS Catheter to Prevent Restenosis from Percutaneous Femoropopliteal Intervention.....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Desyree Weakley, RN, Sponsor: MCRF and Spectranectics
- ♥ **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, Sponsor: Cordis
- ♥ **ST DETECT:** ST Segment Detection Study....Principal Investigator: Blair Foreman, MD, Clinical Coordinator: Lisa Decker, RN, BSN, Sponsor: Medtronic
- ♥ **TERUMO:** Occlusive/Stenotic Peripheral Artery Revascularization Study....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Lori Christensen, RN, Sponsor: Terumo Medical Corporation
- ♥ **TRANSLATE ACS:** Treatment with ADP receptor inhibitors: Longitudinal Assessment of Treatment Patterns and Events after Acute Coronary Syndrome.....Principal Investigator: Nicolas W. Shammass, MD, Clinical Coordinator: Lori Christensen, RN, Sponsor: Eli-Lilly
- ♥ **ZEN STUDY:** The Medtronic Zotarolimus-Eluting Peripheral Stent System for the Treatment of Erectile Dysfunction in Males with Sub-optimal Response to PDE5 Inhibitors.....Principal Investigator: Eric Dippel, MD, Clinical Coordinator: Penny Stoakes, RN, Sponsor: Medtronic



Jesse Stoakes Research Program

Midwest Cardiovascular Research Foundation, Davenport, announces the 2012 recipients of the Jesse Stoakes Student Research Awards for its 4-week summer session.

- ♥ **Alexander Hafez** has completed his sophomore year at the University of New Mexico following a pre-medicine curriculum and studying to receive a Bachelors of Science in Biology with a double minor in Chemistry and Psychology.
- ♥ **Ryan Kelly** has completed his freshman year at Washington University in St. Louis, Missouri majoring in biology and mathematics.
- ♥ **Emily Reynolds** has completed her junior year at Valparaiso University, Valparaiso, Indiana studying biological sciences.

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.



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

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



Cardiovascular Interventions and Practice Guidelines 2012 Conference

Cardiovascular Interventions and Practice Guidelines (CIPG 2012) 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 provided attendees with practical tips useful in daily practice.



This year's conference will be held at the Adler Health Education Center, Genesis Heart Institute, Davenport, Iowa, on Friday, September 28, 2012. All registrants will attend the session on Friday, September 28th, with an open buffet lunch for physicians and for allied health care professionals. The session will conclude by 4:00p.m. Log onto our website www.mcrfmd.com for more information.

MCRF Book "Thank You"

November 3, 2011

Dear Dr. Shammass and MCRF,

I am writing to thank you for the *Saving Legs: Saving Lives* books. The nearly 100 copies you donated were a tremendously welcome addition at two conferences held recently.

Like many health care professionals, I firmly believe in patient empowerment and education is a vital part of that concept. Since I am involved with chronic kidney disease and patients on dialysis, your books were especially important. As you are aware, Peripheral Vascular Disease has been identified as one of the five leading predictors of mortality in this population.

In late September, Renal Support Network sponsored a regional Patient Lifestyle Meeting in Mason City, Iowa. Patients and their families were treated to lunch and a day of educational sessions about kidney disease—and a copy of your book. Several speakers from the University of Iowa also requested additional copies for their respective clinics.

Later, in mid October, The NxStageUsers meeting was held in New Orleans, LA. Both patients and leading renal professionals from around the country attended the two day event to share their knowledge and experiences. The rest of the *Saving Legs, Saving Lives* books were distributed at that conference. In addition, exhibitors from as far away as Sweden eagerly packed up copies of the book to take back to their patients.

Today, when many health care providers are giving only lip service to the idea of patient centered care and patient empowerment, your willingness to freely share your expertise through your book is all the more admirable.

Thank you again from Renal Support Network and NxStageUsers.

Sincerely,
Denise Eilers, RN, BSN (& former HHD care partner)

Renal Support Network (www.rsnhope.org)
NxStageUsers (www.nxstageusers.org)

Recent Publications Carrying MCRF Name

The following abstracts were presented the first week of February at CRT 2012 by research students affiliated with MCRF. These abstracts are:

- ♥ Shamma NW, Shamma GA, Helou TJ, Voelliger CM, Mrad L, Jerin M. Safety and One-Year Revascularization Outcome of SilverHawk Atherectomy in Treating In-Stent Restenosis of Femoropopliteal Arteries: A Retrospective Review from a Single Center. Presented at CRT 2012, Washington DC (presenter Research student Cara Volliger)
- ♥ Shamma NW, Shamma GA, Nader E, Jerin M, Mrad L, Marogil P, HennC, Dvorak A, Chintalapani A, Meriner S. Outcomes of Patients Treated with the Everolimus-eluting stent versus the Zotarolimus –eluting stent in a Consecutive Cohort of Patients at a Tertiary Medical Center. Vascular Health and Risk Management 2012; (In print)
- ♥ Sharis PJ, Voelliger CM, Mrad L, Ahuja A, Vigliotti D, Jerin M, Robken J, Shamma NW. Left Main Stenting using Drug Eluting Stents: Long Term Outcome in an Unselected Cohort of Patients from a Tertiary Medical Center Stratified by Syntax Scoring. Presented at CRT 2012, Washington DC (presenter Research Student Cara Volliger)

The following papers has been accepted for publication:

- ♥ Shamma NW, Shamma GA, Helou TJ, Voelliger CM, Mrad L, Jerin M. Safety and One-Yar Revascularization Outcome of SilverHawk Atherectomy in Treating In-Stent Restenosis of Femoropopliteal Arteries: A Retrospective Review from a Single Center. Cardiovasc Revasc Med. 2012; (In print)
- ♥ Shamma NW, Shamma GA, Jerin M, Mrad L, Marogil P, Dvorak A, Chintalapani A, Meriner S. Outcomes of Patients Treated with the Everolimus- Versus the Zotarolimus –Eluting Stents in a Consecutive Cohort of Patients at a Tertiary Medical Center. Will be presented at CRT 2012, Washington DC
- ♥ Shamma NW. Outcomes in Contemporary Coronary Interventions with Drug Eluting Stents for Acute Myocardial Infarction: The Gender Role. J Invasive Cardiol 2012; March issue
- ♥ Shamma NW, Shamma, GA, Lemke J, Miller S, Meriner S. Gender Differences in Patients Treated with the Zotarolimus-Eluting Stent at a Tertiary Medical Center. J Invasive Cardiol. 2012, (In print)
- ♥ Laham CH, McMahan MJ, Chandra MS, Venzon V, Jerin M, Shamma NW. What is Appropriate Reference Standard in the Quantitation of Plaque Surface Area by Intravascular Coronary Ultrasound? Int J Angiol 2012; 21:041-046



MCRF Board of Directors

Founder and Research Director Nicolas W. Shammass, MD, MS, is an interventional cardiologist with Cardiovascular Medicine, P.C., Davenport, IA, and a Clinical Associate Professor at the University of Iowa in Iowa City. He founded MCRF in 2002 to facilitate cardiovascular clinical research and education. He has been active as principal or co-investigator in over 100 research trials, has been a participating author in over 130 publications, and is a popular presenter at international professional meetings.

President and Associate Research Director Eric J. Dippel, MD, is an interventional cardiologist with Cardiovascular Medicine, P.C., Davenport, IA. As principal or co-investigator, he is active in peripheral and endovascular research. Dr. Dippel presents his findings through speeches at professional meetings both nationally and internationally, and as an author in industry publications.

Director Clark Arons, CLU, FIC, Bettendorf, IA, is a Senior Financial Consultant with Thrivent Financial for Lutherans, specializing in money management, estate planning and charitable giving. He is active in the community, serves on many boards and is a motivational speaker for young people.

Director Nicholas S. Coin, Rock Island, IL, is the manager of the investment department and treasurer at Modern Woodmen of America based in Rock Island, Illinois. He is also responsible for all outside banking relationships and activities and shares his expertise on a variety of other community volunteer organizations.

Director John DeDoncker, Bettendorf, IA, is the President of THE National Bank, Bettendorf, IA. As an attorney and banking executive, he shares his expertise on many community organization boards.

Director Blair Foreman, MD, is a cardiologist and electrophysiologist with Cardiovascular Medicine, P.C., Davenport, IA. He actively participates in cardiovascular research projects focusing on electrophysiology.

Director James Kapalis, Bettendorf, IA, is a retired executive of Deere & Company, Moline, IL, and is currently President of Global Supply Chain Solutions, Inc., Bettendorf, IA. He serves as a member of the American Red Cross Disaster Team, and is an active member on many community organization boards.



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:

Dr. Nicolas W. Shammass, MD
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For other assistance or information, contact:

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Spring 2012

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