



Midwest Cardiovascular Research Foundation

A Quarterly News Publication

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From the MCRF President *Dr. Nicolas Shammass, MS, MD FACC, FSCAI*

Welcome to the first issue of the quarterly publication of the Midwest Cardiovascular Research Foundation (MCRF), Davenport, Iowa. We hope you find this information compelling and helpful, and we look forward to your response. On page 5 of this publication we've indicated ways in which you can interact with us – through phone, e-mail, or Web site. We look forward to hearing from you.

About MCRF

The Midwest Cardiovascular Research Foundation (MCRF) is a non-profit, public, charitable organization that seeks to improve and prolong the quality of life in the communities we serve by conducting and disseminating findings of high-quality cardiovascular clinical research.

Founded in 2002 by Dr. Nicolas W. Shammass, MD, the Foundation is a consortium of affiliate medical research sites, located in the Midwestern US, conducting large-scale clinical cardiovascular trials that no single site would be able to conduct alone and performing regional educational activities for health care personnel and the general public on the recognition and prevention of heart disease.

For details on how to contact MCRF, submit manuscripts or articles, request a speaker, or contribute funds, see page 5. For an updated calendar of events sponsored by MCRF, see page 6.

MCRF – History in the Making

The Midwest Cardiovascular Research Foundation (MCRF) was envisioned by Dr. Nicolas W. Shammass in December 2001. The rationale to have such a foundation was simple: despite a tremendous growth

in technology in the cardiovascular field, heart disease remains the #1 killer in the United States. There are now more unanswered questions than ever, and as more knowledge accumulates, the questions continue to multiply.

In order to improve and prolong people's lives, we are in need of more definitive answers to rapidly emerging questions that can come only from well-designed and well-conducted clinical research.

Despite the fact that centers of excellence for clinical research such as C5, DCRI, the TIMI group and others have created a wonderful, sophisticated machinery to achieve these goals, nonetheless the feasibility of one center successfully conducting an outcome trial is virtually impossible.

Addressing Needs in the Midwest – In the central Midwest, we have lacked this ability, despite the presence of very sophisticated clinical research sites in our community. Thus, the idea of MCRF was developed with the higher mission of improving and prolonging the lives of people in the communities we serve by developing a consortium of research sites from across the Midwest with a central coordinating and business center that can initiate, conduct, analyze, publish and disseminate clinical trials.

(See MCRF – History in the Making, p.4)

In This Issue

President's Letter.....	1
MCRF History.....	1
Heart Book: A Gift to Our Communities.....	2
Publications.....	2
Upcoming Research.....	3
Professional Development Opportunities.....	3
Calendar of Events.....	6

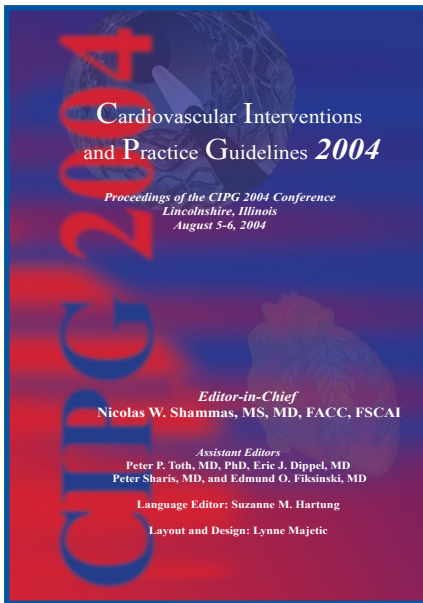
MCRF Publications

Manuscripts

Several manuscripts recently have been published by the Foundation investigators of the Genesis Heart Institute affiliate. We soon will have an ongoing list of these manuscripts on our Web site.

CIPG/2004 Proceedings Handbook

MCRF will release its first book – *Cardiovascular*



Interventions and Practice Guidelines 2004 – in August 2004 in association with the Cardiovascular Interventions and Practice Guidelines conference, August 5-6, in Lincolnshire, IL. This publication contains 20 chapters that cover major issues in cardiovascular disease and original abstracts from the CIPG 2004

conference. It was edited by Dr. Nicolas W. Shammas, Editor-in-Chief, and Assistant Editors Drs. Eric Dippel, Peter Sharis, Peter Toth and Edmund Fiksinski. This book is available for \$5.75 + shipping and handling; for details, contact Ms. Maureen Koepke at koepkem@mcrfmd.com (563.324.2828).

MCRFMD.COM: Electronic Publication

MCRFMD.COM – the official electronic publication of MCRF – publishes papers on our home page accessible to the general public. We encourage physicians and health care providers to provide us with manuscripts and articles that would be suitable for our readers. All programs of MCRF are advertised on the Web.

In addition, the MCRFMD electronic publication contains a library of educational offerings for health care providers. To access this information requires health care providers to register on our Web page. This will entitle registrants to receive the latest information in cardiovascular medicine on a periodic basis.

Community Heart Book — A Free Gift to Our Communities

MCRF has compiled a public-oriented book entitled *Learn About Your Heart . . . Made Simple* which will be disseminated free of charge in the communities we serve in September 2004. This book covers essential topics in cardiovascular medicine in language directed toward the general public. 50,000 copies will be distributed to the Quad City area in the first printing.

This publication was made possible in part by grants from the Bechtel Foundation and Trusts (Mr. Richard R. Bittner, Trustee); the Riverboat Development Authority (Ms. Mary Ellen Chamberlin, President); the Scott County Regional Authority (Mr. Victor Quinn, President); Cardiovascular Medicine, PC; and the Genesis Foundation.



Pictured left to right is Dr. Nicolas Shammas, President and Research Director, Midwest Cardiovascular Research Foundation and Dr. Edmund O. Fiksinski, Interventional Cardiologist and Clinical Investigator, Dakota Clinic/Innovis System, MCRF's affiliate, during a tour and Cardiology Grand Rounds in Fargo, ND.



Pictured from left to right at the meeting of the International College of Angiology in Lexington, KY in July 2004 are: Dr. Jon Chang, Chairman, Board of Directors of the ICA; Dr. John A. Elefteriades, Chief Cardiovascular Surgery, Yale University School of Medicine, and President-Elect, International College of Angiology; and Dr. Nicolas W. Shammas, President and Research Director of MCRF. At this meeting, Dr. Shammas presented original research by MCRF's investigators.

Professional Development Opportunities

Cardiovascular Interventions and Practice Guidelines 2004, the inaugural conference of MCRF, will be held at the Lincolnshire Resort hotel in Lincolnshire, Illinois, August 5-6, 2004. A distinguished panel of speakers will conduct a day-and-a-half program that includes didactic, up-to-date information on the current status and the future direction of cardiovascular medicine. Also, a total of 15 abstracts and case studies will be presented in poster format. Panel discussion will allow interaction with multiple experts.

Research

MCRF recently launched its MCRF Interventional Registry, focusing on the endovascular treatment of peripheral vascular disease. The purpose of the Registry is to gather effectiveness and safety data for the various peripheral procedures performed at the Genesis Heart Institute (GHI), Davenport, IA. MCRF is planning to expand to a multi-center registry involving affiliates and other participants. The registry will provide a wealth of knowledge of data collected prospectively and will help investigators in the network to obtain answers or formulate hypotheses for many of the questions related to peripheral angioplasty. The registry focus currently is on in-hospital outcomes of peripheral interventions. Currently the registry is supported by the GHI research fund and MCRF.

Recently, Dr. Nicolas W. Shammas was also an invited speaker to the International College of Angiology, where he presented original research conducted by the Foundation's investigators. Dr. Shammas is an officer of the College and on the editorial board of its journal, *The International Journal of Angiology*.



The conference is multidisciplinary and will be of interest to endovascular specialists, general cardiologists, primary care providers, fellows-in-training, cardiovascular nurses and nurse practitioners.

The CIPG 2004 conference is jointly sponsored by the University of Illinois at Chicago, the CME provider of the conference, and MCRF. Co-chairs are Dr. Nicolas W. Shammas, MS, MD, President and Research Director of



Pictured from left to right during a poster presentation session at the ICA Conference, Lexington, KY, July 2004, are: Dr. Nicolas W. Shammas and Mr. Matthew J. Kapalis, BA.

MCRF, and Dr. George T. Kondos, Associate Director of Cardiology at the University of Chicago.

This continuing education activity is approved by CNE-Net, the education division of the North Dakota Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Credit is for 14.2 hours. No partial credit will be awarded.

We gratefully acknowledge the unrestricted educational grants of our commercial sponsors for CIPG 2004: AGA Medical, AstraZeneca, Aventis Pharmaceuticals, Boston Scientific, Bristol-Myers Squibb/Imaging, Cordis, Eli Lilly, Fox Hollow, Genentech, GlaxoSmithKlein, The Medicines Company, Medtronic, Millennium Pharmaceuticals, Merck, Novartis Pharmaceuticals, Novoste, Pfizer, Scios, Velocimed and Wyeth.

MCRF – History in the Making (cont'd. from p. 1)

Establishing the Legal Structure – Once the MCRF preliminary By-laws and organizational structure were developed by Dr. Shammas, the concept and initial draft of the By-laws were discussed in February 2002 in a meeting attended by Dr. Jon Lemke, Biostatistics; Mr. Steve Fish; Mr. Peter Benson, JD; Dr. Shauna Roberts and Dr. Eric Dippel. After an enthusiastic response, the Foundation's legal By-laws were drafted, and an application was filed with the State of Iowa to register the Foundation and obtain an

Employment Identification Number (EIN). On August 16, 2002, the Foundation was officially registered with the State of Iowa.

Forming the Board of Directors – As the By-laws called for a Board of Directors composed of representatives from various Midwest affiliate sites, Dr. Shammas met with representatives of various Midwest groups at the Chicago Sheraton in November 2002 to refine the conceptual framework and fine-tune the By-laws accordingly. Additional revision of By-laws occurred in February 2003 and will occur again in August 2004.

Developing Relationships with Affiliates – The Genesis Heart Institute, Davenport, Iowa, was the first site to sign on as an affiliate, in Spring 2003, represented on the Board by Dr. Dippel and Mr. Fish.

In September 2003, the CGH Hospital, Sterling-Rock Falls, Illinois, became an affiliate, represented on the Board by Dr. Peter Toth and Dr. Girish Bhatt.

Establishing Foundation Headquarters – In November 2003, the Foundation hired Ms. Shari Lemke as Executive Research Administrator and moved into headquarters on the 7th floor of US Bank, Davenport, in a 2100-square-foot office.

Introducing the Foundation to Community

Leaders – The launch of the Foundation was made possible through substantial grant support from the Bechtel Foundation and Trusts (trustee Richard R. Bittner).

Third Affiliate Joins MCRF – In November 2003, the Dakota Clinic/Innovis system, ND became an affiliate. Dr. Edmund Fiksinski and Dr. Tim Mahoney represent the Dakota Clinic/Innovis on the MCRF Board.

501 (c) 3 Status Obtained – With the support of legal counsel Mr. Bruce Hopkins, Mr. Richard Bittner and Mr. Peter Benson, MCRF was granted 501 (c) 3 public charitable status in March 2004.

Assistance in Strategic Planning and Fund Development – Ms. Joy Thompson was hired as an interim consultant to assist the Foundation to develop strategic plans, seek and obtain grant funding, and begin plans for its first annual conference.

Additions to Core Foundation Staff – MCRF subsequently hired a professional core staff, as well as subcontractors. Staff include Ms. Monica Youngblut, Manager, Clinical Trial Office; Ms. Jan Harper, Project Assistant; and Ms. Maureen Koepke, Executive Secretary. Subcontractors include 3 Ph.D. biostatisticians, informational technologists, legal counsel, CPA, a medical graphic illustrator and designer, and a publications editor and media relations specialist.

Editorial Board Formed – The Editorial Board, composed of physicians from throughout the Midwest, reviews all publications before they are published.

MCRF Responsive and Successful – The many accomplishments of the Foundation are a testimony to the teamwork of the staff, consultants and affiliates and reflect the Foundation's integrity, balance, fairness and willingness to provide genuine help to health care providers and the public.

The Foundation derives its support from industry, philanthropists and initiation fees from its affiliates. In addition, support from the health care, business and philanthropic sectors of the community reflects well on the Foundation and bolsters its efforts to maintain current funding, diversify its funding base and secure additional funding.

MCRF . . . A Community Partner

MCRF is a valuable community resource and partner. Not only do we conduct and disseminate the results of research, but we also engage in strengthening the health of our communities by sharing information with the general public and encouraging more healthful living practices. To this end, we are happy to be a resource when appropriate and are most open to requests for involvement in community events, etc.

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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Midwest Cardiovascular Research Foundation Calendar of Events

- August 5-6, 2004** **Cardiovascular Interventions and Practice Guidelines 2004 (CIPG 2004) Conference, Lincolnshire, IL**
- October 22, 2004** **Clinical Research Conference Davenport, IA**
- October 2005 (TBA)** **Cardiovascular Interventions and Practice Guidelines (CIPG 2005) Conference Davenport, IA**



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