

LIVE CME IN HOUSTON



A Vulnerable Plaque Summit

A Focus on Molecular Imaging and Intervention

Saturday, September 15, 2007

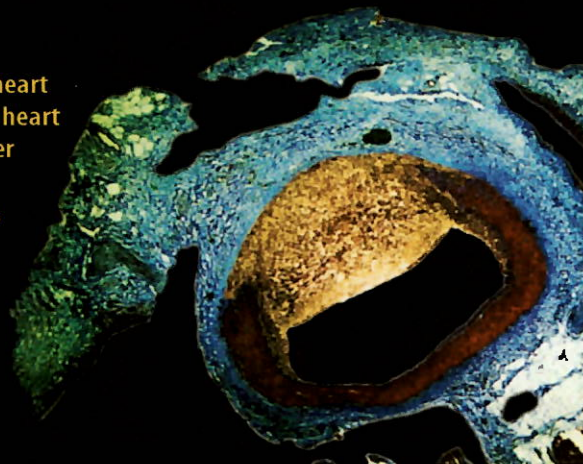
The Houstonian Hotel and Spa • Houston, TX

Program Directors: Juan F. Granada, M.D. and Albert E. Raizner, M.D.

Vulnerable Plaque is believed to be the major cause of heart attacks. In the United States alone there are 1.4 million heart attacks every year affecting one in every 100 people over the age of 35. Experts agree that the majority of these events are caused by the rupture of vulnerable plaques.

The characterization, identification and pre-emptive treatment of vulnerable plaque may save countless lives, and is the subject of ViP 2007.

For more information call *The Methodist Hospital Office of Continuing Medical Education* at 713.441.4971.



Advanced Vascular Imaging and Endovascular Techniques

Saturday, October 6, 2007

The Methodist Hospital, Dunn-Rio Grande Conference Room, Houston, TX

Course Director: Alan Lumsden, MD, FACS

Professor of Surgery, Methodist DeBakey Heart Center

Target Audience: Vascular surgeons, cardiologists, radiologists, interventional radiologists, vascular sonographers, RVTs, residents and fellows

VASCULAR ULTRASOUND is an important diagnostic tool in the diagnosis and treatment of atherosclerosis, peripheral arterial disease, aneurysms, renal failure, and deep vein thrombosis. Ultrasound contrast and 3D ultrasound have provided additional advancements.

At the **Methodist DeBakey Heart Center**, these advancements as well as advanced endovascular techniques are providing our patients with the highest quality of care available.

This activity is presented to demonstrate the importance of close collaboration between the professionals who perform the vascular imaging and the physicians who perform the endovascular techniques.

For more information call
*The Methodist Hospital
Office of Continuing Medical
Education* at 713.441.4971 or
online at methodistcme.com.

CME AT THE AMERICAN HEART ASSOCIATION

Join us at the American Heart Association 2007 Pre-Session Symposia

Anti-Platelet Drug Resistance Phoenix Rising...or Dead Duck?

This symposium will focus on aspirin and/or clopidogrel resistance in patients with CAD, the mechanisms of therapeutic failure, the need for rapid and accurate assessment of anti-platelet drug resistance, and establishing anti-platelet drug resistance as a meaningful clinical entity.

Saturday, November 3, 2007

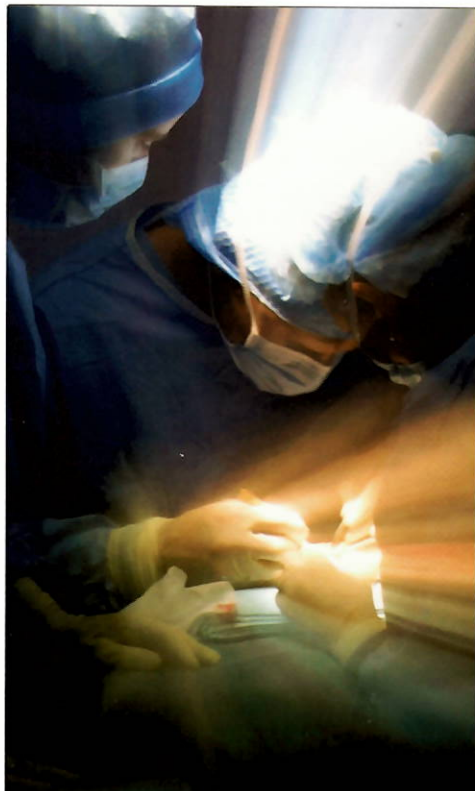
6:30 - 8:30 p.m. • The Peabody Hotel, Orlando, Florida

Symposium Director: Neal S. Kleiman, MD

For more information, call The Methodist Hospital System Office of Continuing Medical Education at 713.441.4971 or online at methodistcme.com.

Methodist The Methodist
Hospital System

Methodist
DeBakey Heart Center



Meet us in Orlando November 4 – 6, 2007

The Methodist DeBakey Heart Center will be exhibiting at the American Heart Association Scientific Sessions in Orlando, Florida. We will be at **booth 607** joined with The Methodist Hospital Research Institute.

Stop by for a Meet-N-Greet with Dr. Christie Ballantyne and Dr. Neal Kleiman. Times to be determined.

Dr. Ballantyne is the Director for Cardiovascular Disease Prevention at the Methodist DeBakey Heart Center. He is leading a novel study that examines the role of obesity and diabetes in heart disease. This study was recently awarded \$2.2 million grant from the National Institutes of Health (NIH).

Dr. Neal Kleiman is the Director of the Catheterization Laboratory at the Methodist DeBakey Heart Center and nationally recognized for his research on stents. Dr. Kleiman's work created the national registry that tracks "real-world" use of stents and provided the foundation for the article in the May 2007 issue of the Journal of the American Medical Association (JAMA).

Check **www.debakeyheartcenter.com** for updates on dates and times.

NEWS

METHODIST HEART AND TRANSPLANT SURGEON SPEAKS AT NATIONAL SCIENCE FOUNDATION LECTURE SERIES

Dr. George Noon, cardiac and transplant surgeon at The Methodist Hospital and member of the Methodist DeBakey Heart Center, spoke at the National Science Foundation (NSF) in Washington, DC in May as part of the Engineering Distinguished Lecture series.



The lecture series was established by the NSF to initiate cross-fertilization of ideas among NSF staff and top research communities around the world, specifically highlighting important engineering concepts and accomplishments.

Previous distinguished lecturers have included nobel laureates and international leaders in engineering, aeronautics, technology and medicine.

Noon's presentation was titled, "Development of an axial flow left ventricular assist device from inception to clinical application." Noon and famed heart surgeon, Dr. Michael E. DeBakey, invented the MicroMed DeBakey Noon VAD in 1996 after treating NASA engineer David Saucier, who contributed extensively to the design of the axial flow device.

This VAD differs from all other VADs on the market primarily because of its small size that is enabled by the axial flow design. It's size — approximately 1/10th the size of other VADs on the market — makes it more accommodating for smaller patients, including children, and enables it to be fully implanted, providing greater quality of life for patients needing mechanical assistance for advanced heart failure.

As of December 2006, over 400 people have been implanted with the device.

THE METHODIST HOSPITAL RANKED IN 14 SPECIALTIES FIVE SPECIALTIES RANKED IN THE TOP 20, MORE THAN ANY HOSPITAL IN TEXAS

The Methodist Hospital ranked among the country's top centers in 14 specialties in *U.S. News & World Report's* 2007 — America's Best Hospitals issue. Methodist is ranked in more specialties than any hospital in Texas.



The Methodist Hospital also has more specialties ranked in the top 20 than any hospital in the state.

Of the 5,462 hospitals nationwide eligible to be ranked this year, only 173 — 3 percent — were ranked in one or more of the 16 specialties. Methodist has ranked consistently in a variety of clinical areas since the rankings began in 1990, and improved its previous rankings in two specialties this year. Methodist was ranked in eight more specialties than last year.

"Ranking in 14 of the 16 specialties is unprecedented for us, and shows our dedication and commitment to our patients," said Ron Girotto, CEO and president of The Methodist Hospital System. "This tremendous achievement is a tribute to our physicians and employees whose talents, commitment and compassion make Methodist one of the best hospitals in the country."

Methodist ranked No. 9 in the field of neurology and neurosurgery, up one spot from last year. Methodist has ranked in the top 20 for neurology for the past 10 years.

In urology, which includes treatment for prostate cancer, Methodist ranked No. 10, up six spots and ranking in the top 20 for the 10th year in a row.

Other top rankings include heart/heart surgery; ear, nose and throat; psychiatry; ophthalmology; orthopedics; kidney disease; rheumatology; and geriatrics. Methodist was ranked for the first time in cancer, endocrinology, digestive disorders and respiratory disorders.

The hospitals chosen by the magazine received a score that weighs reputation, mortality, and a group of care-related factors such as nursing and technology. Each specialty's 50 highest-scoring hospitals are listed.

Also this year, The Methodist Hospital System was named No. 9 on *FORTUNE's* "100 Best Companies to Work For" 2007 list.

NEWS

NOVEL STUDY EXAMINES ROLE OF OBESITY AND DIABETES IN HEART DISEASE

A \$2.2 million grant from the National Institutes of Health will help researchers at the Methodist DeBakey Heart Center identify how weight loss and lifestyle changes affect the risk for heart disease in obese and diabetic patients, a rapidly-growing group in America.

Although diet, exercise and weight loss are recommended by many national organizations, no clinical trials have shown a significant reduction in cardiovascular events due specifically to weight loss.



"We are finding that inflammation of the fat tissue causes both diabetes and heart attacks," said Dr. Christie Ballantyne, director of the Center for Cardiovascular Disease Prevention at the Methodist DeBakey Heart Center. "This study will examine how diet, exercise and weight loss affect

inflammation, and how these changes affect the health of the patient's heart."

The Look AHEAD (Action for Health in Diabetes) study is a large multi-center trial designed to examine whether weight loss through intensive lifestyle intervention with diet and exercise will reduce cardiovascular events in obese diabetic individuals compared with a control group that receives diabetes support and education.

As part of the Look AHEAD study, researchers nationwide will follow 5,000 people who are overweight and have diabetes — both conditions that lead to inflammation of fatty tissue. All patients will be educated in how to change certain lifestyle habits, adding diet or exercise to their daily routines.

"We are looking at how each intervention works for each person, how diet or exercise affect the fat tissue," said Ballantyne, who is principal investigator for the study at Methodist. "That will then show us how these interventions affect the heart."

Previous studies showed that as people lost weight and maintained the loss, there was a decrease in inflammation.

"These findings will lead to better ways of treating people at risk of heart attacks and other cardiovascular events," Ballantyne said.

For more information on the Methodist DeBakey Heart Center, see www.debakeyheartcenter.com.

Study details

This research has the following goals:

1. Examine the association between measurements of obesity (weight, body mass index, waist circumference) at baseline and levels of proinflammatory (IL-6, CRP) and anti-inflammatory (adiponectin isoforms) adipocytokines and parameters of impaired coagulant balance (PAI-1, fibrinogen, D-dimer, TAFI) in 50% of patients enrolled in the Look AHEAD trial and how this relationship is influenced by dietary intake, physical activity, fitness, gender, ethnicity and presence of cardiovascular risk factors and disease.
2. Compare the effects of intense lifestyle modification (ILM) versus diabetes support and education (DSE) on changes in inflammatory markers and impaired coagulant balance between baseline and year one, and examine how changes are related to changes in adiposity, dietary intake, fitness and physical activity.

NEWS

THE METHODIST DEBAKEY HEART CENTER RECEIVES AMERICAN HEART ASSOCIATION ACHIEVEMENT AWARD

The Methodist DeBakey Heart Center is the first hospital in Texas to receive the American Heart Association's Get With The Guidelines-Coronary Artery Disease (GWTG-CAD) Sustained Performance Achievement Award, the organization's highest level of GWTG recognition. The award recognizes Methodist's commitment and success in implementing a higher standard of cardiac care that improves treatment of patients hospitalized with coronary artery disease.

To receive the award, Methodist consistently complied for 24 or more months with the requirements in the GWTG-CAD program. Under the GWTG-CAD program, patients are started on aggressive risk reduction therapies such as cholesterol-lowering drugs, aspirin, ACE inhibitors and beta-blockers in the hospital and receive smoking cessation and weight management counseling and referrals for cardiac rehabilitation before they are discharged. Hospitals that receive the award have demonstrated that during 24 or more consecutive months at least 85 percent of its eligible coronary patients (without contraindications) are discharged following the American Heart Association's recommended treatments.

"The American Heart Association applauds the Methodist DeBakey Heart Center for its success in implementing the appropriate standards of care and protocols to reduce the number of recurrent events in coronary patients," said Gray Ellrodt, M.D., the American Heart Association volunteer chairman for the national *Get With The Guidelines*SM. "Methodist is well above the national average in terms of implementing these life-saving treatments."

Projections have shown that implementation of cardiovascular disease secondary prevention guidelines nationwide, as promoted in the GWTG-CAD program, could result in saving more than 80,000 lives each year.

"Methodist is dedicated to making our cardiac unit among the best in the country, and the American Heart Association's *Get With The Guidelines*SM program is helping us accomplish that by making it easier for our professionals to improve the long-term outcomes of our cardiac patients," said Dr. Al Raizner, interventional

cardiologist at Methodist. "We are pleased to be recognized for our dedication and achievements in cardiac care."

According to the American Heart Association, more than 450,000 people suffer recurrent heart attacks each year. Statistics also show that within one year of an attack, 25 percent of men and 38 percent of women will die. Within six years after a heart attack, about 22 percent of men and 46 percent of women will be disabled with heart failure.

NEWS

FIRST ADVANCED VALVE REPAIR USING A SURGICAL ROBOT PERFORMED AT METHODIST

Dr. Gerald Lawrie, a cardiothoracic surgeon with the Methodist DeBakey Heart Center, is the first to use a surgical robot to successfully repair a mitral valve using an advanced technique of repair called the "American Correction."

On Aug. 14 at The Methodist Hospital in Houston, Lawrie used the FDA-approved daVinci robot to repair the mitral valve of a 62-year-old man. Standard surgeries for this repair involve opening the chest and a subsequent long recovery for patients. With the minimally invasive technique, patients suffer fewer complications and return to their normal lives much quicker, Lawrie said.

"We have performed the American Correction for over 15 years in 1,000 patients with a great deal of success, and now we adapted the robot to our technique," he said. "It took seven months of intense training and a major team effort to be able to perform this advanced, well documented surgery with the robot."

Instead of opening up the chest, Lawrie made four small incisions along the right side of the chest to insert small surgical instruments attached to adjustable robotic arms. Attached to one is a camera which sends images



back to a console where he operated the other surgical instruments attached to the arms. The daVinci System's ergonomic design allows the surgeon to operate from a comfortable, seated position at the console with eyes and hands positioned in line with the instruments. To move the instruments or to reposition the camera, the surgeon simply moves his/her hands.

Also, the robot is ideal for the highly technical mitral valve repair surgery because it gives the surgeon a 3D, 10 times magnified view of the operating field, which provides an excellent view of delicate tissue and organs.

The surgery takes longer than the traditional procedure but there are more benefits for the patient.

"Because we are not opening the chest, there is less scarring, fewer wound complications, and a much quicker recovery time," Lawrie said. "Most patients who have an open repair would not be able to drive or do things like hit a golf ball for three weeks to a month, but with this procedure they should be able to do those things a week after surgery."

The mitral valve is the inflow valve for the left ventricle, the main pumping chamber of the heart. Blood flows from the lungs, where it picks up oxygen, across the mitral valve and into the left ventricle. A repair is conducted to treat leakage or narrowing of the mitral valve. In some cases, the mitral valve is replaced with an artificial valve. A repair is better than a replacement because it is more durable, Lawrie said. It has been proven the long-term survival rates are better, there is reduced risk of strokes, infection, and the patient is free from long-term treatment with blood thinners.

The original technique for mitral valve repair, the "French Correction" developed in the 1960's is widely used but has only a 60 percent success rate. The American Correction, developed at The Methodist Hospital, has close to 100 percent success rate and is recognized as a true breakthrough in mitral valve repair.

NEWS

HOUSTON TEXANS GIVE METHODIST DEBAKEY HEART CENTER \$30,000 GRANT FOR HEART DISEASE RESEARCH

The Houston Texans this week gave the Methodist DeBakey Heart Center a \$30,000 research grant, the third annual gift the NFL team has made to Methodist in support of heart disease research, bringing total donations from the Texans to \$135,000.

"Methodist is an outstanding community partner," said Texans owner Bob McNair at the check presentation ceremony held in front of the Methodist Training Center at Reliant Park. "We are honored to team with them by supporting such a high standard of research." McNair presented the check with Texans Pro Bowl wide receiver Andre Johnson.

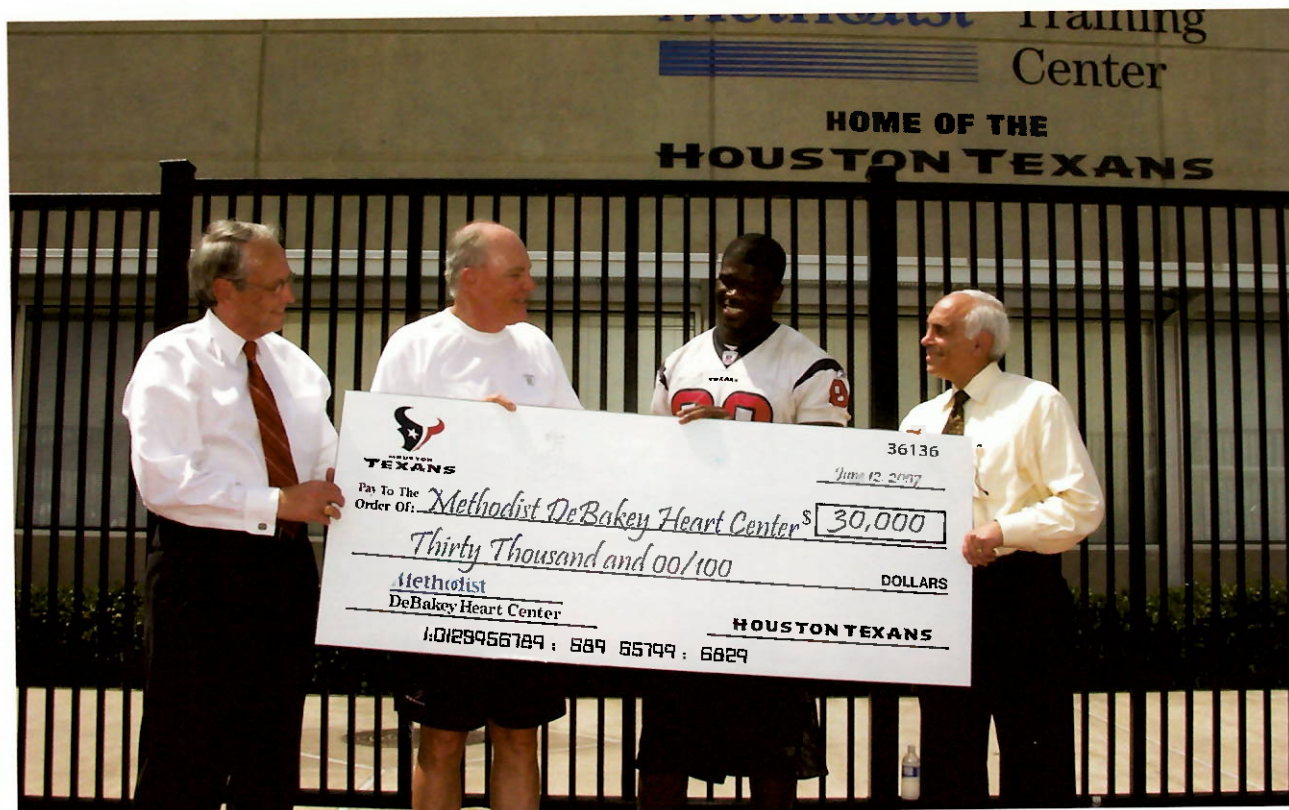
Heart disease is the number one killer of Americans. This year \$50,000 of Texans funding will go towards the study of electrical impulses that control the heartbeat. Miguel Valderrabano, M.D., electrophysiologist at the Methodist

DeBakey Heart Center, and Dirar Khoury, Ph.D., research scientist at The Methodist Hospital Research Institute, will study novel ways to prevent atrial fibrillation, irregular heart beats that can lead to heart failure.

Atrial fibrillation is the most common heart rhythm abnormality. It affects more than two million Americans, is responsible for one-third of all strokes in patients over 65 years old, and annually costs \$9 billion to manage.

"Current medical therapy for managing this disease is often ineffective and, at times, can provoke other rhythm disorders," said Valderrabano. "We will explore an idea that could provide patients with a more effective and more tolerable option for treatment and shift paradigms in the management of atrial fibrillation."

Past research conducted at the Methodist DeBakey Heart Center and funded by Texans' grants has supported the study of vulnerable plaques that can build up in the arteries causing heart attacks or strokes.



Pictured left to right: Ron Giroto, President and Chief Executive Officer of The Methodist Hospital System; Bob McNair, owner of the Houston Texans; Andre Johnson of the Houston Texans; and Dr. Albert Raizner of the Methodist DeBakey Heart Center.