

Research Issue

FOR EVERY MEDICAL BREAKTHROUGH, THERE IS A CLINICAL TRIAL

Every drug approved by the FDA — Advil or Tylenol, for example — can represent years of research and clinical trials involving hundreds, or even thousands, of people. Few might know that Northern Michigan Regional Hospital plays a significant role in the practice of clinical trials and research studies, and shares the position with some of the finest hospitals in the nation. “We are so grateful for the willingness of northern Michigan residents to participate in Hospital trials,” says Maureen Ronquist, RN, MS, at Northern Michigan Regional Hospital. “Their participation is vital to making new and better treatments available to the public.”

Warning Signs

Research Study Targets Heart Treatments

When Tawas resident David Baldwin went ice fishing with his son-in-law, he had no idea that he would become a key participant in a major medical trial. Baldwin was pulling a sled to his ice shanty when he was literally brought to his knees by shortness of breath. He recovered inside the warm shanty, but, once he got home, his family strongly urged him to seek medical treatment.

An EKG showed a serious heart problem, so Baldwin’s primary care physician, Joseph Vanderveen, DO, gave him the choice of treatment at a downstate hospital or at Northern Michigan Regional Hospital in Petoskey.

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PICTURED: Mr. Baldwin enjoys riding his touring bike and golfing throughout the summer.

Northern
Michigan
REGIONAL HOSPITAL

The Competitive Edge That Only Technology, Treatments, Clinical Studies

Heart disease is the single leading cause of death in the United States.

Coronary heart disease, a chronic condition that develops slowly, deprives the heart of nutrient-rich blood and weakens the arteries of the heart.

Atherosclerosis is a hardening of the arteries as cholesterol, fat, and other substances build up in artery walls. The resulting blockage can result in heart attack.

“Many choices are available for heart disease patients at Northern Michigan Regional Hospital,” says Cardiovascular Specialist, Louis Cannon, MD, FACC, FACP. “Treatment includes medical therapy, a variety of new stents, and artery bypass surgery.” Not surprisingly, these treatments represent the most advanced procedures now available to the medical community. “It is very significant that we are able to offer state-of-the-art heart and vascular medicine in this region; our patients benefit from having the world’s best treatments and specialists right here at home,” says Dr. Cannon.

This is possible because Northern Michigan Regional Hospital goes beyond the daily practice of medicine by embracing research and clinical trials. The Hospital knows that participating in

clinical trials of drugs, medical devices, and new protocols not only increases medical expertise, but also connects the Hospital and staff to an ever-widening circle of the best hospitals, universities, doctors, clinicians, and researchers around the world. In fact, the Northern Michigan Regional Hospital Heart and Vascular Center is increasingly recognized as a leader in the field alongside Stanford University Medical Center, Harvard University, Columbia University Medical Center, and Cleveland Clinic. This pro-active approach means that Hospital patients can get the newest recognized treatments in their own region, including those in research trials. Mark Ginkel, MD, a cardiologist who recently joined the Michigan Heart & Vascular Specialists team based in Petoskey, concurs. “Research and clinical trials are unheard of in a town of 6,000,” he says. “For example, I worked in a metro area in Ventura, California, with a population of around 300,000, and we had two types of coronary stents. Here I have eight. The research center at the Hospital gives physicians access to the latest and most advanced therapies anywhere.”

HEART HEALTH

FACT Fifty percent of men will develop heart disease.

Coronary heart disease is the single leading cause of death in the United States.

SYMPTOMS There are different symptoms for heart attack, angina, and congestive heart failure.

Visit americanheart.org for complete details, or contact your physician if you have concerns.

PREVENTION Heart disease can be prevented by following a healthy lifestyle.

- Ask your doctor about taking 81mg of aspirin daily
- Limit alcohol to two drinks per day or less
- Have regular physicals
- Lose weight
- Limit caffeine to two cups per day
- Exercise regularly
- Practice good dental hygiene
- Reduce stress
- Quit smoking
- Eat a low-salt, low-fat diet

Research Provides

A WORLD-CLASS ENDEAVOR FOR HEART HEALTH

Cardiologists at Northern Michigan Regional Hospital are currently conducting over thirty heart-related research and clinical trials in various stages of completion. This significant work centers on the treatment of cardiovascular diseases and conditions. Much of the research focuses on the use of stents, which serve two purposes: that of an internal delivery system for medications, and that of a device used to open blockages. Technological advances in materials have allowed stents to become increasingly smaller, much more pliable, and easily targeted for optimal drug delivery. Some stents are biodegradable, eliminating the need for more surgical procedures. Among the trials conducted at Northern Michigan Regional Hospital, several have resulted in FDA approval of cardiovascular devices based on Hospital research.

Hospital Research: Coumadin Alternative on the Horizon

Onsite studies in collaboration with physicians, pharmaceutical makers, government sponsors, and research subjects enable the Northern Michigan Regional Hospital research department to access new therapies and diagnostics for the betterment of patients. For example, a Coumadin alternative trial is currently underway at the Hospital. Coumadin (or Warfarin) is currently the most effective medicine available for stroke prevention for those with atrial fibrillation, a chronic heart rhythm disorder (arrhythmia) affecting over 10% of those over age 80.

Northern Michigan Regional Hospital is offering qualifying patients with atrial fibrillation the opportunity to participate in a clinical trial of a new investigational blood thinner. This trial is expected to enroll 15,000 subjects worldwide and will hopefully provide a long-awaited alternative to Coumadin, pending FDA approval. For information about this trial, please call 231.487.3157.



PICTURED:
Mark Ginkel, MD,
Cardiologist with
Michigan Heart &
Vascular Specialists.

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Baldwin chose to be treated in Petoskey, mainly because he would be under the treatment of Cardiovascular Specialist, Louis Cannon, MD, FACC, FACP. He met the doctor when he was caring for Baldwin's mother, and Baldwin was impressed with his bedside manner. "Dr. Cannon was very straightforward," he says. Baldwin's wife was similarly impressed. "Anything that Dr. Cannon thought was good for Dave was okay with me," she says. "He's the best, and I trust him with my husband's and my mother's lives."

Since Baldwin's condition — including nine blockages — met the criteria for the SYNTAX trial, he was enrolled in the clinical trial which examines the effectiveness of drug-eluting stents compared to open heart surgery. "Results of this study will guide the treatment of heart disease for years to come," Cannon explains. Baldwin now has five stents and will have his health monitored through the study until January 2011. He is pleased to be under long-term monitoring and also to be part of a study that might help others with similar issues.

Baldwin's family has a history of heart disease, but he had no idea of his condition. He is thankful that he was able to have a non-invasive procedure instead of bypass surgery, and, he says, "Now, I feel like an 18-year-old!"

The Northern Michigan Regional Hospital forward-thinking and far-reaching commitment to quality and innovation has brought regional heart and vascular health to a position unrivaled in the region, and in some cases the nation. With regional outreach clinics and its state-of-the-art Heart and Vascular Center in Petoskey, the Hospital is uniquely prepared to diagnose and treat a variety of cardiovascular conditions.

Cardiologists affiliated with Northern Michigan Regional Hospital who are currently performing heart and vascular research include:

Louis Cannon, MD

Harry Colfer, MD

Gerald Gadowski, DO

Mark Ginkel, MD

Peter Levanovich, MD

Patrick Maloney, MD

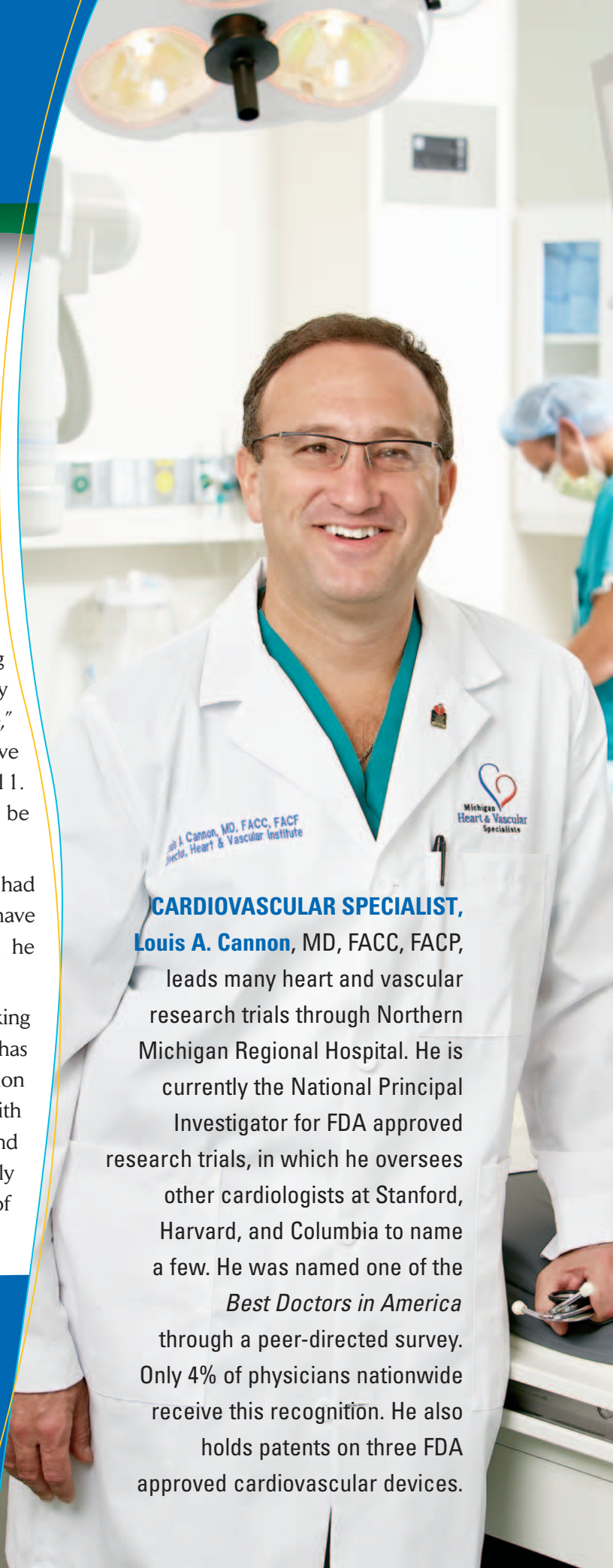
William Meengs, MD

Naomi Overton, MD

Duane Schuil, MD, PhD

Andrew Teklinski, MD

Harold Willens, MD



**CARDIOVASCULAR SPECIALIST,
Louis A. Cannon, MD, FACC, FACP,**

leads many heart and vascular research trials through Northern Michigan Regional Hospital. He is currently the National Principal Investigator for FDA approved research trials, in which he oversees other cardiologists at Stanford, Harvard, and Columbia to name a few. He was named one of the *Best Doctors in America* through a peer-directed survey. Only 4% of physicians nationwide receive this recognition. He also holds patents on three FDA approved cardiovascular devices.