

# The Rhythm

WINTER 2007 ISSUE #4  
www.theheartfoundation.net

NEWSMAGAZINE FOR THE HEART FOUNDATION

THE HEART FOUNDATION



## **Dr. P.K. Shah Honored with Prestigious Pioneer in Medicine Award**

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Update from Dr. Prediman K. Shah



# 2007 Galpin Motors Golf Classic Breaks Record Once Again

The 2007 Galpin Motors Golf Classic to benefit The Heart Foundation not only sold out two months before its September 17th date, but it also beat the fundraising record set by the 2006 tournament, making it the most successful golf tournament in The Heart Foundation's history and raising significant funds to support the research of Dr. P.K. Shah and his team at Cedars-Sinai Medical Center. Played at Trump National Golf Club in beautiful Rancho Palos Verdes, this spectacular venue was the background for a fun, memorable event for all in attendance. The evening concluded with the captivating and exhilarating Grand Prize Contest which included

not only the Aston Martin V8 Vantage but also a "Galpinized" (completely customized) Lincoln Navigator and a two-year lease on a "Galpinized" Ford Mustang GT.

The Heart Foundation is deeply grateful to Bert and Jane Boeckmann and Galpin Motors for their outstanding generosity year after year. They have been so giving, and words cannot adequately express our appreciation for all they have done.

We also want to thank our sponsors, donors and volunteers for their participation in this event. The significant strides we have made against heart disease are a direct result of your support.



## Galpin Motors Golf Classic

SEPTEMBER 17, 2007

PHOTOGRAPHY BY CURTIS DAHL & TOM NEERKEN



Bert & Jane Boeckmann



Doug McCombs, David Waco & Beau Boeckmann



Jerry Cohen, Vickey Moseid, Marty Fishman & Marissa Fishman



Brad Creel, Frank Visco, Jimmy Raya, Ron Flury & Thomas Shepos.



BACK: Dr. Bahman Guyuron, Marc Friedman, Monte Ahuja, Glenn Cobarr, Jackie Rosenberg, Gregg Cobarr, Tom Zenty, FRONT: Wendy Feintech, Kimberly Shah, Dr. P.K. Shah, Irving Feintech



Aston Martin V8 Vantage Courtesy of Galpin Motors

# Galpin Motors Golf Classic



Dana Kates, Steve Hartunian, Bert & Jane Boeckmann, Randy Ortiz, Dr. P.K. Shah, Jeff Levy & Mark Litman



Mike Leff, Joe Guglielmo, Steve Hartunian, Garen Hartunian, Gary Hartunian, Danielle Bisutti & Bob Levey



Teena & Brad Boeckmann



Dean Cain & Tom Eisenstadt



Kevin Skidd, Lisa Brickhandler, Janet Polevoi, Jeff Levy, Jack Polevoi & Terry Miller



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Stan Steinberg & Mike Stone



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Gary & Garen Hartunian



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Kraig Baron, Tony Litman, Steve Belinfante & David Purkey



THF Advisory Board Member Albert Nassi

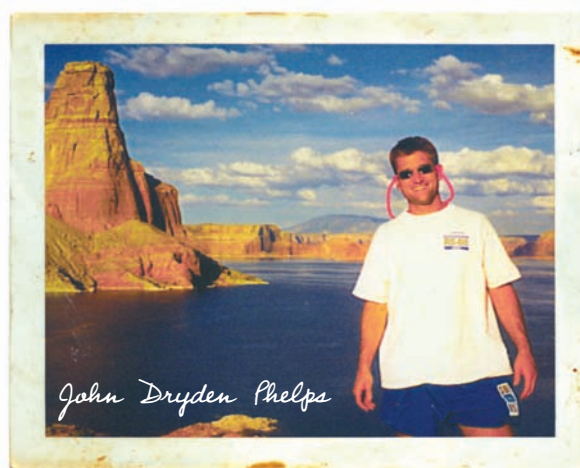
# The Legacy of John Dryden Phelps

Heart disease claims approximately 1 million lives each year in the United States. In future editions of *The Rhythm*, we will introduce you to someone who has been touched by heart disease. We hope the stories of these individuals will reinforce the importance of choosing a heart-healthy lifestyle and obtaining the proper screening. If you have a story you would like to share, you may e-mail it to The Heart Foundation at [info@theheartfoundation.net](mailto:info@theheartfoundation.net). Perhaps your story may help save another's life.

On June 28, 2006, John Dryden Phelps and his wife Kari ran 4 miles together in the early morning. They were two vital young adults reveling in life, youth and love. So energized was John that he beat Kari, who is a seasoned sprinter. After their run, John went off to work at the Boeing Corporation where he was Chief

Program Engineer of the RS-68 rocket engine's development. At the end of the day, John played in Boeing's Softball League Program. After the 7th inning, he collapsed on the field. His friends thought he was playing a joke. He wasn't. The seemingly-fit, athletic John Phelps died on the softball field from a massive heart attack. He was 43 years old.

John's widow Kari Phelps was stunned with the news, as were his parents Richard and Linnie, son Dryden and sister Louisa. Kari says, "John wasn't a man who was going to die. We were unaware that heart disease and high cholesterol ran in his family. If we had equipped ourselves with that knowledge and done the necessary check-ups, a vibrant young life such as John's could have been saved. He never smoked, he exercised all the



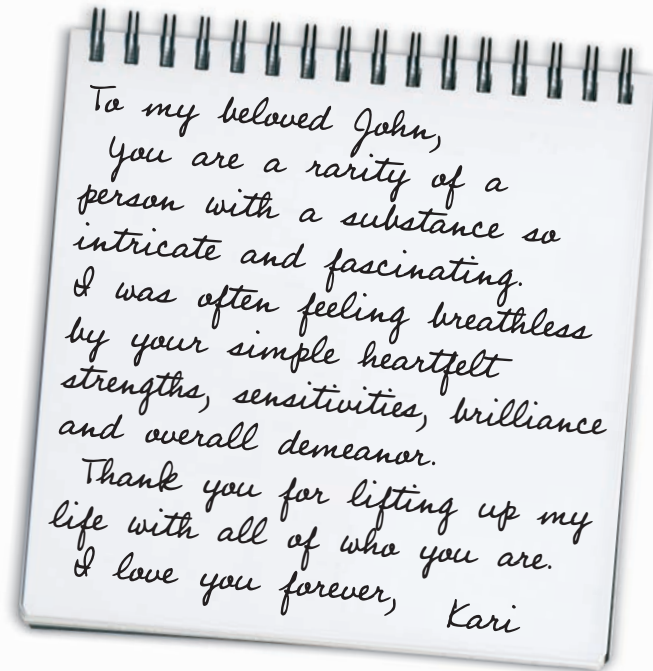
time, and we never saw any signs of anything wrong." The real tragedy lies in the fact that John was due to have a full physical examination five days after he died where doctors would have detected the fragile state of his heart. It turned out that he did have high cholesterol levels and an enlarged heart.

Kari says that John's death was so shocking that his friends and colleagues at Boeing immediately went to have their hearts checked. It often takes a wake-up call like the death of John Phelps for the rest of us to take preventative measures and recognize that we're not invincible. Heart disease does not discriminate, and Kari is determined to get the message out that it's unquestionably necessary to have a thorough physical – whether the signs of a problem are there or not. "Stress tests are not for retirees," she says emphatically. "It's also so important to keep up on CPR and for young people to be proficient on the latest techniques when saving a life. When John collapsed, his friends were faced with the responsibility of administering CPR. It's a terrifying prospect which we all may face one day,

so we better know what we're doing!"

The void that John Phelps has left in this world is, as Kari recognizes, huge; yet she says, "My heart is so full, and I am so grateful that I had him in my life." That's the measure of eternal love. Nevertheless, the Phelps Family has still lost a wonderful, dedicated husband, father, son and brother. The Heart Foundation is more motivated than ever to prevent the loss of another significantly vital life. And, just as Steven S. Cohen's legacy will live on through all the good that is being done to prevent tragedies like this, so too will John Phelps' legacy live on when we learn to act before it's too late.

Kari's letter to John – written in a book she gave him before his death:



## Dr. P.K. Shah Receives Pioneer in Medicine Award

On October 15, 2007, Dr. P.K. Shah received the prestigious Pioneer in Medicine Award from his colleagues at Cedars-Sinai Medical Center. This is one of the highest honors a member of the medical staff can receive from his or her peers at Cedars-Sinai.

This esteemed award is given to a member of the medical staff who has made clinical and research contributions recognized at Cedars-Sinai and in the national or international medical communities. The recipient must also have made a major contribution to the Medical Center, be or have been involved in research, have been published in national or international peer-reviewed journals, be a teacher and a positive role model, be an innovator or have changed the medical world around him or her, have made clinical contributions recognized



nationally, and have been a physician at the Medical Center during a major part of his or her career. Dr. Shah not only meets, but clearly exceeds, all of these requirements.

"Thank you to each and every one of my colleagues, including attending staff, who have helped me grow and mature during my 30 years at Cedars-Sinai," said Dr. Shah upon receiving the award. "I would not be here without you."

The Heart Foundation congratulates Dr. Shah on this much-deserved recognition.

We are honored to support Dr. Shah's revolutionary research, and we are extremely grateful for all he has done and continues to do in the fight to eradicate heart disease. Dr. P.K. Shah truly is the quintessential Pioneer in Medicine.

# Where The Money Goes

PHOTOGRAPHY BY TOM NEERKEN

At the request of The Heart Foundation, Dr. P.K. Shah gave a very educational presentation entitled Where the Money Goes in the Thalians Auditorium at Cedars-Sinai Medical Center on March 6, 2007. Dr. Shah updated those in attendance on the latest research that he and his team are conducting at the Atherosclerosis Research Center (ARC). One of the most exciting pieces of information contained in Dr. Shah's presentation was the announcement that he and his colleagues plan to seek permission from the FDA towards the end of 2008 to begin human phase 1, and eventually phase 2, trials of their heart disease vaccine.

Dr. Shah also stressed the important role The Heart Foundation plays in his work, explaining that if The Heart Foundation were to close tomorrow, approximately one-third of the ARC's private funding would disappear, dramatically impacting the progress of the research. Clearly, your support is integral to the significant advancements being made.

For more information on the specific research projects of Dr. Shah and his colleagues, check out the Update from Dr. Prediman K. Shah later in this issue.



Dr. P.K. Shah & Richard Adray

Eva Weingarten, Florence & Jerry Cohen

Fred & Barbara Miller, Dr. P.K. Shah, Lisa & Mark Sapiro

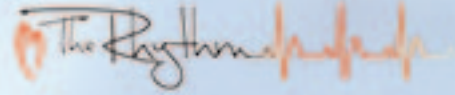
Sandra Krause, Bill Fitzgerald & Dr. P.K. Shah

Morris Angel, Bruce Kates, Dana Kates, David Rudoy & Ron Siegel

Audrey & Joe Silverberg

Dr. Michael Turek, Howard Abrams, Barry Greenberg & Steve Dixon

Derek Layne, Tom Eisenstadt, Brian Weinhart & Dr. Bruce Beard



# Giving to The Heart Foundation

The Heart Foundation depends on your contributions to carry out its work. Following are some ways to support the organization and the fight against heart disease.

**Regular Cash Contributions:** Provided you do not exceed certain limits, each cash contribution is underwritten by the government through the charitable gift deduction. For every dollar you give to charity, you are allowed a corresponding tax deduction. The higher your tax bracket, the more your contribution is offset by the tax savings from the deduction. Also, don't forget to ask your employer if they have a matching gift program as many employers will match your gift up to a certain amount.

**Pledges:** The Heart Foundation allows donors to establish five-year pledges. The donor determines the total amount of the pledge and the frequency of the pledge payments. A pledge of \$25,000 will qualify a donor to have his or her name added to The Heart Foundation's Donor Wall at Cedars-Sinai Medical Center once 20% of the pledge has been paid.

**Highly-Appreciated Property:** Highly-appreciated property makes a marvelous gift. Consider what would happen if highly-appreciated property were sold, and the proceeds were given to charity. Upon sale, the owner would be taxed on the property's capital gains. The charity suffers because the owner would be left with a smaller pool of after-tax money to give to the charity, the owner would receive a reduced charitable deduction because of the smaller gift, and the government would receive both the capital gains tax and greater income tax revenue due to the reduced charitable deduction. On the other hand, if highly-appreciated property is given directly to charity, the entire fair market value of the property goes to charity. The Heart Foundation, as an exempt organization, may sell the property with-

out paying any capital gains taxes. The entire value of the property, not just the after-tax value, goes to support the foundation's mission. In addition, the donor gets a charitable gift deduction for the full value of the property.

**Retirement Accounts (such as IRAs):** Retirement accounts, such as IRAs, are usually funded with pre-tax dollars. If the owner of the account takes any assets out of the account, the owner is taxed. In this sense, retirement plans are like highly-appreciated property; both will be taxed when they are sold or accessed. The difference is that appreciated property is taxed at capital gains rates while retirement plans are taxed at ordinary income rates. The greater potential tax savings of retirement plans make them especially favorable as a charitable gift.

**Charitable Remainder Trust:** This type of trust allows you (or a person of your choosing) to receive annually the income of the trust or a fixed annuity. You may use that income however you wish. At the end of a certain period of time, the trust will cease and the remaining trust property will be distributed to The Heart Foundation. Naturally, the tax deduction is less due to the fact that you have kept the right to income, but the reduced tax deduction is offset by the security of having a steady income stream.

As you can see, there are many ways to support The Heart Foundation. If you wish to explore any of these areas further, please contact The Heart Foundation at 818-865-1100 or [info@theheartfoundation.net](mailto:info@theheartfoundation.net) or your financial advisor.

Thank you to David Coleman, Esq. of Oldman, Cooley, Sallus, Gold, Birnberg & Coleman, LLP for his input on the above segment.



UPDATE FROM

## Dr. Prediman K. Shah

How your financial support benefits the Atherosclerosis Research Center (ARC) at Cedars-Sinai Medical Center



With your financial support, the Atherosclerosis Research Center is currently pursuing the following four main research projects:

- 1) Assessing the function of various genes in arterial blockage
- 2) Use of gene therapy to prevent arterial blockage
- 3) Development of a vaccine to prevent arterial blockage
- 4) Exploring the value of a novel source of embryonic-like stem cells

Following is a more-detailed description of the current projects and the next steps that will be taken:

1) The ARC is seeking to identify new genes that may hold a key to understanding why some arteries become clogged with cholesterol plaque (coronary and carotid arteries) while other arteries (mammary arteries) remain completely resistant. In the laboratory we have already identified 3,000 novel genes. Many of these were not previously known to be active in arteries; some were only active in coronary arteries but not mammary arteries, while others were only active in mammary arteries and not coronary arteries. Additional research is required to determine the role that each of these 3,000 genes plays in either allowing arteries to become clogged with cholesterol plaque or making them completely resistant to it.

The ARC has recently identified a number of new genes that are involved in inflammation. Since inflammation contributes to plaque build-up and bursting of this plaque leads to blood clot formation and sudden heart attack, these findings are likely to open up additional

new targets for novel therapies. Funds from The Heart Foundation will be used to explore possible therapies and targets.

2) The ARC has shown in animal models that giving Apo A-1 Milano protein intravenously shrinks plaques by removing cholesterol and inflammation of the arteries. Apo A-1 Milano protein injection as a therapy is currently undergoing human clinical trials.

The ARC is now also testing gene therapy in which the Apo A-1 Milano gene is hooked up with an innocuous virus and inserted into the body so that the body produces its own supply of this protein. ARC research has shown that this gene therapy approach reduces plaque build-up by 50-75% in animal models. The plan is to bring this concept of gene therapy into human testing in the near future.

3) The ARC is working on a peptide-based vaccine against the so-called bad (LDL) cholesterol for prevention of arterial blockage. Thus far, 2 of the 3 peptide vaccines tested reduce plaque build-up by up to 70% in genetically-engineered

animals fed a high cholesterol diet. The goal is to refine this vaccine so that within 2-3 years it can be brought to clinical testing in humans. The overall goal is to develop a vaccine for the prevention of heart disease that can become a part of the childhood vaccination program.

4) The ARC has recently discovered that a certain part of the body in mice contains a small number of cells that have characteristics similar to embryonic stem cells or progenitor cells. In preliminary experiments, these cells were



able to regenerate the bone marrow of adult animals whose own bone marrow had been destroyed by radiation. If additional experiments confirm that these cells behave functionally like pluripotent embryonic stem cells but are derived from an adult body part, this could potentially revolutionize the field of stem cells and tissue regeneration without adverse ethical implications.

# Art from the Heart

PHOTOGRAPHY BY: GLENN MARZANO

Heart disease is the number one cause of death for women in the United States, yet only 13 percent of women view heart disease as a true health threat. On May 3, 2007, Creatives for Charity and Crush Editorial sponsored Art from the Heart to raise funds for The Heart Foundation and to encourage women to have their hearts checked routinely. For the event, the Crush Editorial offices in Santa Monica were transformed into a hip and trendy art gallery with works of art in all shapes, sizes and mediums hang-

ing throughout both levels the building. Guests in attendance enjoyed mingling with the artists who were on-hand to discuss their pieces.

Although heart disease can be deadly, it is also one of the most preventable and treatable diseases. Thank you to Creatives for Charity, Crush Editorial Executive Producers Steve Weber and Chris Klein, and everyone else who worked to make this fantastic and fun event a reality for helping us in our mission to save lives.



Craig Rocklin, John Maroney, Mark Litman, Dr. P.K. Shah, Scott Litman & Rob Mandell

The Strauss Family

Dr. P.K. Shah & Larry Butler



Mark & Tamara Litman, Lonna & Steve Weber

Katy & Cary Gepner

Darin Davis, Carolyn Zullo & Steve Weber

Vickey Moseid & Catherine Erlinger



# Charitable Hearts

The Heart Foundation will now publish all gifts and tributes in order to publicly acknowledge the generous support of our donors. This issue includes donations received between 1/1/07 & 9/30/07.

**Arnon Adar**  
In Memory of His Mother

**Guy M. Adenis**

**Richard Adray**

**Ethel M. Ambrose**

**Carolyn Aton**  
In Memory of Nina Devolve

**Back Bay Strummers**  
In Memory of Eddie Balducci

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In Memory of Marsha Singer  
In Memory of Nathan Singer  
In Memory of Lynn Woods

**Laura Cohen**  
In Memory of Lynn Woods

**Denise Coleman**  
In Memory of Rebecca Atterman

**Ellen & Don Creamer**  
In Honor of Norman Brokaw's  
80th Birthday

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In Memory of Bill Adams

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**Susan Gold**  
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**Minnie Gonzalez**  
In Memory of Al Hedstrom

**Grand Charities, Inc.**

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MacLellan

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80th Birthday

**Our Angel Goldyne Hearsh**

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**Jonathan Safren, MD**  
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**Teresa & Ken Sanofsky**  
In Memory of Ruth Gamson

**Amy & Steven Schombs**  
In Memory of Myron Smollen

**Sentry Insurance**  
In Memory of Serephino "Frank"  
Cucchetti

**Dr. & Mrs. Joseph Silverberg**  
In Honor of Mark Litman  
In Honor of Caroline  
Weingarten's Speedy Recovery  
In Honor of Marlene O'Shea's  
Speedy Recovery  
In Honor of Dr. Joanne  
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In Honor of Jack Weingarten

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80th Birthday

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**Frances Swanson**  
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In Honor of Jerry & Florence  
Cohen's Anniversary  
In Honor of Florence Cohen's  
Birthday

In Honor of Florence Cohen's  
Speedy Recovery

**Toni Weingarten**  
In Memory Steve Cohen  
In Honor of Lindsay Cohen  
Weingarten's Bat Mitzvah

**Wellpoint Associate Giving  
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Steve Weber

**OUR INSPIRATION** On December 7, 1995, Steven Cohen came home from work, changed his clothes, kissed his wife and daughters, and walked out the door to play his weekly basketball game with friends. During the game, this athletic and healthy-looking 35-year-old man suffered a massive heart attack that took his life. Too often, the first sign of coronary artery disease is sudden death. In an effort to prevent other families from suffering the tragic loss of a loved one to heart disease, Steve's friends, family and community created The Heart Foundation in 1996.

**OUR MISSION** The Heart Foundation is dedicated to increasing awareness of heart disease, supporting the groundbreaking cardiac research of Dr. P.K. Shah at Cedars-Sinai Medical Center and honoring the memory of an incredible husband, father, son, brother and friend. Our goal is to prevent, cure and eradicate this silent killer.

# Save the Date

## THE HEART FOUNDATION GALA HONORING BERRY GORDY

RECIPIENT OF THE 2008 STEVEN S. COHEN  
HUMANITARIAN AWARD

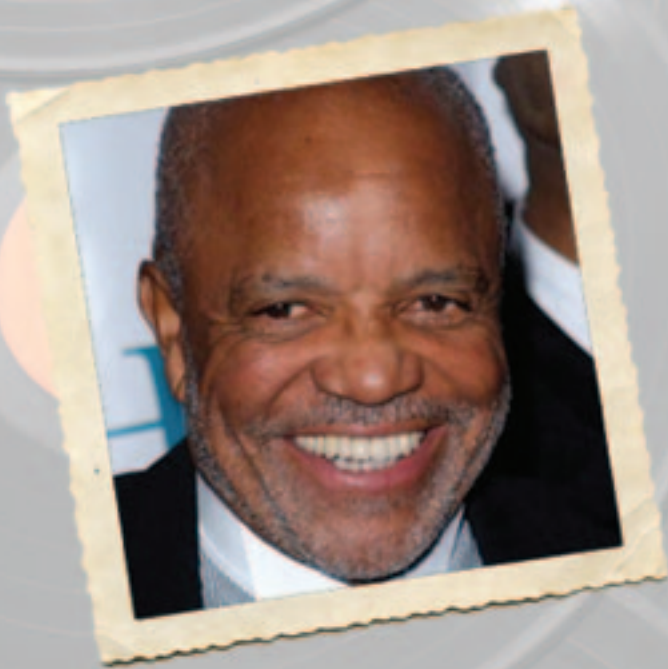
Saturday, June 7, 2008

The Beverly Hilton

Formal invitations to follow.

Call (818) 865-1100 or e-mail

info@theheartfoundation.net for more information.



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THE HEART FOUNDATION

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