

SCRIPPS CARDIOVASCULAR INSTITUTE

# A LIFETIME RELATIONSHIP WITH THE HEART



EXPERTISE, TECHNOLOGY & INNOVATION



## THE PROMISE

Heart disease is the number one killer in the United States, surpassing all forms of cancer and, in fact, the next five killers combined. It strikes down one person every 37 seconds. Truly, heart disease is our greatest health challenge.

One in three Americans has one or more types of cardiovascular disease. At age 40, the lifetime risk for cardiovascular disease is two in three for men and one in two for women. In California alone, the annual cost for heart disease and stroke exceeds \$48 billion; nationally, it exceeds \$400 billion.

### THE PROMISE OF SCRIPPS CARDIOVASCULAR INSTITUTE

With statistics this daunting, it's hard to imagine we can reverse this trend. But we can. That is the promise of Scripps Cardiovascular Institute.

Cardiovascular disease is about more than the heart. Stroke is the number three killer in the United States, and nearly 800,000 people suffer strokes each year. During a stroke, 1.9 million nerve cells die each minute. Diabetes and cardiovascular disease also are inextricably linked. About 65 percent of people with diabetes die from heart disease or stroke, and among diabetic women mortality from heart disease has been increasing. Advancing cardiometabolic medicine to manage risk factors and existing conditions is one more promise of Scripps Cardiovascular Institute.

If all major forms of cardiovascular disease were eliminated, life expectancy would rise by seven years. But perhaps the greatest promise is that advances in cardiovascular medicine will not only add more years to life, but also offer a more vigorous life to those additional years.

*"Our vision is to build the world's finest cardiovascular institute right here in San Diego – a destination hospital for patients worldwide.*

*Scripps Cardiovascular Institute will bring together the clinical expertise of world-renowned physicians, the most advanced technology and ground-breaking clinical research. Scripps Health will continue to be at the forefront of innovations in cardiovascular care and a new era in medicine."*

Chris Van Gorder, President and CEO, Scripps Health

## THE CONVERGENCE

*What will set Scripps Cardiovascular Institute apart is the broad range of disciplines whose clinical research and patient care methodologies will intersect, creating a nexus, a convergence from all directions pointing to the center – the human heart ... thus accelerating the advancement of cardiovascular medicine.*

A powerful convergence  
Of leading medical practitioners and scientists  
Of disciplines  
Of avenues of inquiry  
Of knowledge and, ultimately,  
Of therapies  
All to improve  
cardiovascular health.

### RESEARCH

Translational Science  
& Genomic Medicine  
Clinical Research

### PATIENT CARE

Prevention & Risk Assessment  
Advanced Diagnostic Imaging & Technology  
Medical & Surgical Innovations  
Disease Management  
Integrative Medicine

### EDUCATION

Graduate Medical Education  
Continuing Medical Education  
Residency Programs

SCRIPPS CARDIOVASCULAR  
INSTITUTE



# A COMPREHENSIVE CARDIOVASCULAR CENTER FOR THE 21ST CENTURY

*Scripps Cardiovascular Institute will be a comprehensive program encompassing a constellation of nationally recognized health care facilities and leading physicians, revolving around the most significant center on the West Coast and perhaps the nation.*

## EXPERTISE

Scripps is California's leader in the number of cardiovascular procedures. Studies show that in health care, those who do the most do the best. Last year, more than 45,000 patients received cardiovascular care from Scripps. The Scripps Cardiovascular Institute will use this expertise to continually improve patient outcomes.

In addition to expertise earned through experience, Scripps also has some of the nation's most brilliant physicians and scientists – including those who have introduced and refined new therapies, built heart centers, pioneered genomic medicine, explored new areas such as healing touch, and redefined the links between endocrinologic-metabolic disease and other illnesses. Their presence and their interaction as part of Scripps Cardiovascular Institute will attract even more of the best and the brightest, who will together embark on a relentless march into the future of medicine.

## INNOVATION

Scripps has pioneered several areas of cardiovascular medicine. A Scripps physician invented one of the first cardiac stents, today a standard treatment in repairing blocked arteries. Scripps also was the first hospital in the United States to use a dual chamber implantable defibrillator to apply this lifesaving technology in the prevention of sudden death. In addition, Scripps was the first hospital in the nation to use minimally invasive tools to remove plaque from coronary arteries. And today, Scripps is one of the first institutions replacing aortic valves via a catheter through the femoral artery. Building on this rich history, Scripps Cardiovascular Institute will inspire the next generation of cardiovascular innovation through collaboration with programs such as

Scripps Translational Science Institute and Scripps Genomic Medicine, Scripps Center for Integrative Medicine, Scripps Whittier Diabetes Institute and the myriad biotechnology and medical research institutions in the San Diego region.

## RESEARCH

On any given day, Scripps conducts 300 to 500 clinical trials. Scripps is conducting clinical research into drug-coated stents, gene therapy to rebuild damaged coronary arteries, newer and safer blood thinners, stents to open carotid arteries and revolutionary electrical devices that may eliminate the need for some heart failure medications. Scripps Translational Science Institute is leading an international study to test personalized therapy for angioplasty patients using tailored-dose, drug-coated stents to challenge the one-size-fits-all approach to drug therapy.

## LEADERSHIP

The model for Scripps Cardiovascular Institute is similar to the nation's other top cardiovascular treatment centers – Cleveland Clinic, Mayo Clinic, Johns Hopkins Hospital and Texas Heart Institute – all of which have integrated programs and dedicated facilities. But this Institute will be created and designed to spur its professionals to look far over the horizon and constantly enhance prevention, detection, intervention and care.

## EDUCATION

Scripps Cardiovascular Institute will provide graduate medical education, as well as continuing education for all health care professionals. The Institute will build on our nationally respected residency and fellowship programs. The mission will be broad – to educate tomorrow's physicians, educate patients and their families on

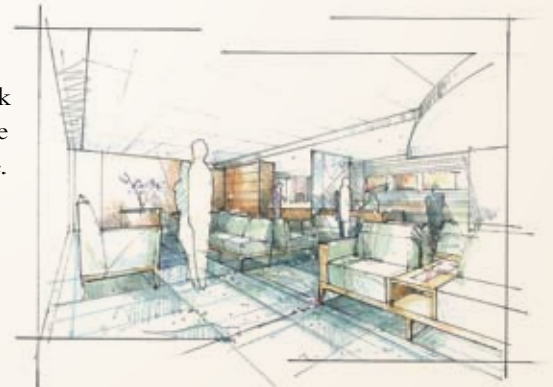
healthy lifestyles, and educate the community to realize a higher state of wellness.

## SYNERGY

Scripps Cardiovascular Institute will support and be supported by the entire Scripps system, and collaborate with other health providers and health care organizations. Beyond that, the Institute will serve as an incubator by reaching out to the leading companies and institutions that make San Diego a national life sciences and high-technology research hotbed. Here, medical and information technologies that improve physician and patient relationships, such as remote monitoring, electronic medical records and as yet unforeseen advances, will constantly improve health care.

## TRADITION

The Scripps legacy is built on more than 80 years of high quality, innovative, compassionate patient care. It is a reputation that means Scripps is recognized as an international leader in medicine.



**Scripps Cardiovascular Institute will refine and even redefine cardiovascular disease prediction and prevention, diagnosis and detection, treatment and care, intervention and management.**

# SCRIPPS HEART CARE: OUR EXPERTISE AND CARING

*Scripps has a long-established dedication to providing the best possible cardiovascular medicine with centers that offer a full array of clinical programs and services. These centers comprise the foundation of what will become Scripps Cardiovascular Institute:*

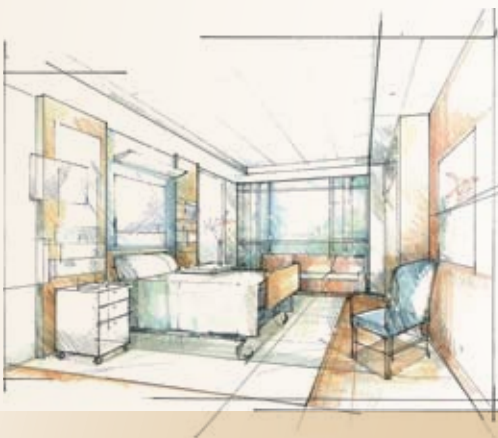
**The Heart, Lung & Vascular Center at Scripps Green Hospital** offers leading-edge, minimally invasive heart valve repairs and replacements, performing more than 1,200 heart catheterizations, 700 electrophysiology procedures and 200 open heart surgeries annually. In September 2008, the first transcatheter heart valve replacement was performed here. This is one of just 15 sites in the United States performing this procedure and conducting this research.

**The Congestive Heart Failure Clinic** pioneered the HeartPOD, a dime-sized sensor that transmits vital information to a wireless, hand-held computer to allow patients to adjust their medication.

**The Heart Center at Scripps Memorial Hospital La Jolla** performs more than 6,000 heart catheterizations, 1,000 electrophysiology procedures and 700 open-heart surgeries every year. From diagnosis and treatment to rehabilitation, the Center provides a comprehensive spectrum of cardiac care, seamlessly integrated under one roof.

**The Regional Cardiac Arrhythmia Center** is an international leader in treating heart rhythm disorders. This Center was the second in the world to implant a biventricular defibrillator, which can help patients even after decades of damage.

**Scripps Mercy Hospital's Heart Care Center** is a nationally recognized program that includes the first noninvasive peripheral vascular lab in the nation. Each year, Scripps Mercy performs more than 1,000 heart catheterizations, 500 electrophysiology procedures and 100 heart surgeries. The Center also hosts one of the region's only Chest Pain Centers in its Emergency Department for on-the-spot diagnosis and treatment of heart attack.



---

*“What’s powerful here is beyond a comprehensive cardiac care center, including genomics, integrative medicine and a major diabetic component. There is nothing like this.”*

Cardiologist, Eric J. Topol, M.D.  
Director, Scripps Translational  
Science Institute

---

## COLLABORATION SHAPES SUCCESS

Scripps aims to expand the boundaries of cardiovascular medicine through the creation of the Institute. Tomorrow’s cardiovascular medicine will include breakthrough disciplines with a scope broader than cardiovascular care. Their convergence will elevate scientific inquiry, spur innovation and promote new ways of looking at human health. Three disciplines lead the way:

**Scripps Translational Science Institute (STSI)** is a collaboration of Scripps Health and The Scripps Research Institute dedicated to accelerating the “translation” of basic science to clinical trials and clinical treatment. STSI was

recently awarded a prestigious \$20 million National Institutes of Health grant to fund important pilot studies and train clinician scholars. As part of STSI, the **Scripps Genomic Medicine Program** supports basic research and clinical programs designed to understand an individual’s genetic susceptibility to disease, and forward those findings into drug discovery and clinical trials. This is the frontier of individualized health care, unimaginable until recent years.

**Scripps Center for Integrative Medicine** helps people heal – mind, body and spirit – by blending complementary and traditional medicine. From research

and education to quality patient care and outstanding health outcomes, the Center offers unprecedented medical expertise that leads the national curve on integrative medicine innovation and best practices.

**Scripps Whittier Diabetes Institute** is San Diego’s only comprehensive organization focused on diabetes and metabolic medicine. It is nationally recognized for diabetes patient care, education and research and offers Scripps Cardiovascular Institute a unique opportunity to combine this expertise with a high volume cardiovascular program.





*Scripps Cardiovascular Institute will be built on the campus of Scripps Memorial Hospital La Jolla.*

## BUILDING SCRIPPS CARDIOVASCULAR INSTITUTE

A new building for Scripps Cardiovascular Institute represents an important financial commitment by Scripps' leadership. Scripps will allocate more than \$300 million, and it will reach out to the community for an additional \$200 million in philanthropy for the building that will be the center of the Institute. Once again, in partnership with a giving community, Scripps will step up to a higher level.

The heart of Scripps Cardiovascular Institute's physical home will be a 358,000-square-foot structure with eight floors on the campus of Scripps Memorial Hospital La Jolla. The building will include 168 spacious private rooms, 12 of which can be converted into two-room suites. There will be an interventional floor with operating suites, cardiac catheterization labs and electrophysiology labs, all designed to accommodate today's most advanced technology and tomorrow's anticipated technology.

Consider this a hub, a place for integrating cardiovascular patient care from prevention and health promotion to advanced diagnostics and interventional procedures. It also will be a place for leading research and graduate medical education.

The building will serve as an incubator, fostering collaboration between researchers, practitioners and educators, and bringing together different approaches and disciplines on a daily basis. Supporting our mission by maximizing the amount of time that can be devoted to patient care, there will be quick and easy travel among physician offices, operating suites, outpatient areas, catheterization labs and inpatient facilities.

The building will also embody and offer a new kind of healing environment. It will seamlessly blend the latest thinking in health care environmental design with green technology and new disciplines now moving from the frontier to the mainstream of modern medicine.

Extending far beyond the building, Scripps Cardiovascular Institute will encompass the full array of cardiovascular services from across the Scripps system throughout the San Diego region. The Institute also will collaborate with other health care, medical research and biotechnology companies and organizations, at the very heart of a network dedicated to a lifetime relationship with the heart.

Scripps Cardiovascular Institute's building will be the prototype for the hospital of tomorrow; evolving the 20th century model of patient care into a 21st century healing place focused on cardiovascular disease – the biggest health challenge of our time. What might the Institute's scientists and physicians pioneer in years ahead? The beauty is that it will certainly lead us beyond what we can imagine.

# SUPPORT A LIFETIME RELATIONSHIP WITH THE HEART

Originating in 1924 as side-by-side, collaborating institutions – a hospital and a metabolic research clinic – Scripps has always been dedicated to providing the very best clinical care first and foremost, and advancing that care through clinical research and training. This mission is different from that of a university medical center where the primary focus is training and research, and clinical care supports that mission. Scripps is about caring for patients – conducting research and training practitioners is always done with a focus on making the care we deliver even better.

Leadership in the area of cardiovascular medicine is nothing new to Scripps. Rather, Scripps has a long tradition of developing programs, adding the latest technology, recruiting physicians who are leaders in their fields, conducting breakthrough clinical research and aligning resources, all to target cardiovascular illness because of its devastating, ubiquitous and far-reaching effects.

Scripps has an international reputation for overall quality care. In *U.S. News and World Report's* heart and heart surgery category, Scripps Memorial Hospital La Jolla is regularly ranked among the

nation's top 50 hospitals. Scripps Green Hospital is where Mother Teresa received her cardiovascular care. Scripps Health is where many heart-care *firsts* have been introduced, benefitting patients from an increasingly broad national and even international arena.

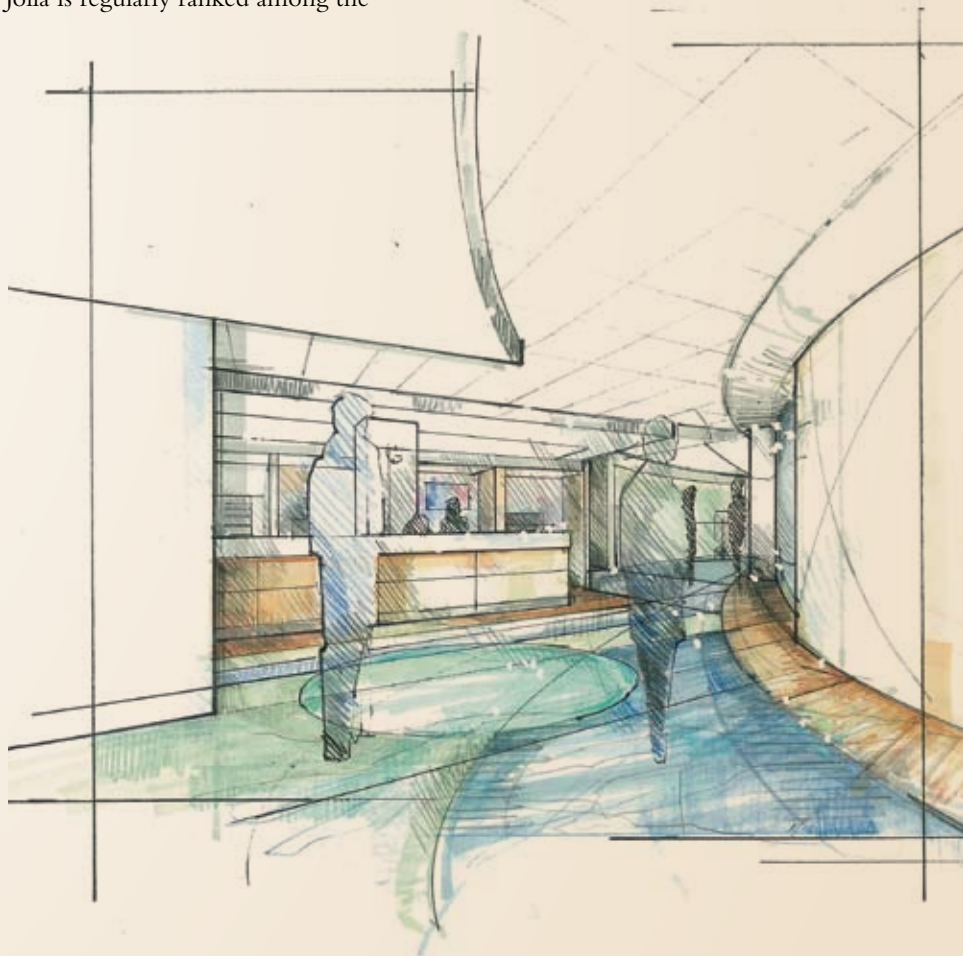
**Imagine how much more it will become, how much greater its international stature, how many more patients will benefit as a result of creating the systemwide Scripps Cardiovascular Institute for the 21st century.**

---

*“In years ahead,  
we could pre-empt  
cardiovascular disease  
from ever happening.”*

Cardiologist, Eric J. Topol, M.D.  
Director, Scripps Translational  
Science Institute

---



## WAYS TO GIVE

For more information on ways to support Scripps Cardiovascular Institute, please contact Scripps Health Foundation at 858-678-7482, or visit [www.scrippshealthfoundation.org](http://www.scrippshealthfoundation.org).