

WHAT'S HAPPENING

A newsletter for the Maine Medical Center family

MMCRI awarded \$2.1M by the National Institutes of Health

The Maine Medical Center Research Institute (MMCRI) has been awarded a four-year, \$2.1 million grant from the National Heart, Lung and Blood Institute (NHLBI) of the National Institutes of Health. The funding will support the study of a gene known as Collagen Triple Helix Repeat Containing 1 (CTHRC1), which may play a significant role in heart health, particularly after a heart attack.

Previous studies have suggested that a protein derived from CTHRC1, a gene discovered in the

MMCRI lab of Principal Investigator Volkhard Lindner, M.D., Ph.D., helps cells use nutrients more efficiently. Dr. Lindner and fellow Principal Investigator Sergey Ryzhov, M.D., Ph.D., believe the gene could help bodies minimize damage from a heart attack by allowing the heart to survive on fewer nutrients while it's healing. People with high levels of CTHRC1 in their cardiovascular system have been found to have far higher survival rates after cardiac arrest.

“This study will test whether CTHRC1 provides cardiovascular protection after a heart attack and perhaps prevent heart failure,” Dr. Lindner said. “The research could lead to new therapeutic approaches to improving heart health.”

Currently, about 30 percent of healthy adults have detectable levels of CTHRC1 circulating in their blood. Champion athletes have the highest levels of the gene, lending more credence to the theory that the gene plays a role in helping cells repair efficiently.



Volkhard Lindner, M.D., Ph.D., is a Principal Investigator at the MMCRI lab studying the CTHRC1 gene.



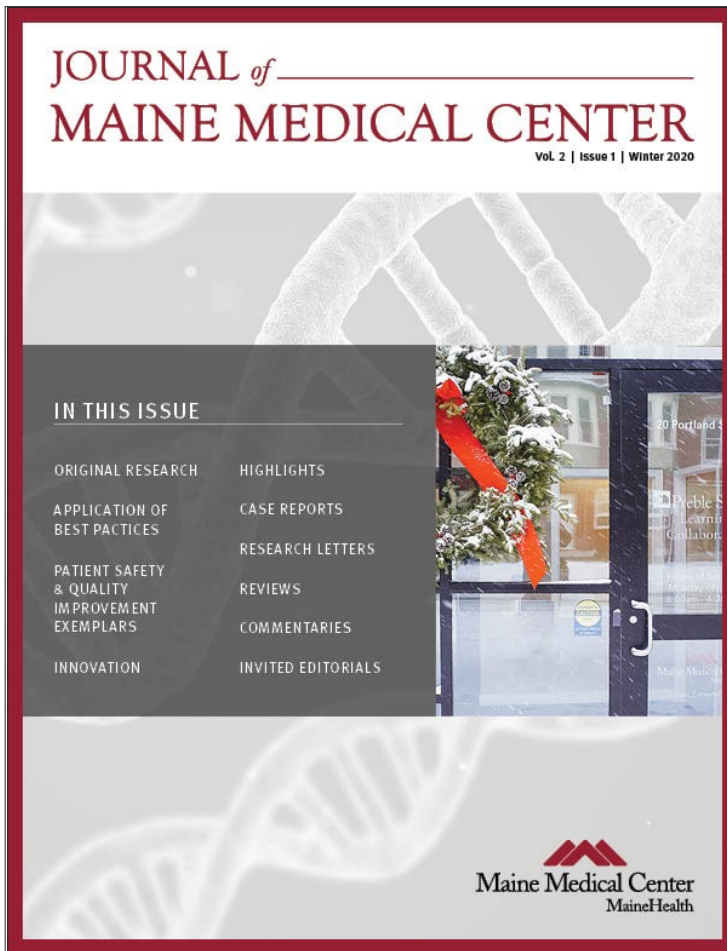
A snowy view of Portland from the 7th floor of the new Coulombe Family Tower. (Thursday, Jan. 16)

Ice and Snow - Take it Slow

As the winter months continue to bring snow and ice, please remember to take safety precautions during inclement weather. The annual Storm Prep issue of What's Happening, which was distributed in November, outlines tips and policies surrounding snow storms. The Storm Prep issue can be obtained by contacting the MMC Communications and Public Affairs team at mmcnews@mmc.org.

Maine Medical Center is always open, and we are very appreciative of all colleagues who come to work to care for patients during snow storms.

Thank you and stay safe!



Journal of Maine Medical Center Publishes Winter Edition

The second issue of the Journal of Maine Medical Center (JMMC) is now available online at mmc.org/jmmc. The issue includes articles about the relationship between fibromyalgia and diet, a look at a health collaborative efforts to serve Portland's homeless population, adult ADHD and collaborative care and more.

The JMMC is the state's only peer-reviewed medical journal dedicated to original research in the health sciences.

Bob Bing-You, MD, JMMC

editor-in-chief and MMC VP of Medical Education, explores the idea of bringing a sense of curiosity to the practice of medicine in his letter from the editor.

"At its core, being curious about our patients and our practice of medicine may drive us to learn more," Dr. Bing-You said. "Such learning can improve clinical competence, and better yet, expertise. My hope is that the Journal of Maine Medical Center will foster a statewide community of curious learners."

MMCRI's Center for Psychiatric Research Recruiting Study Participants

Healthy volunteers are needed to participate in an ongoing study being conducted by the Maine Medical Center Research Institute (MMCRI) in partnership with Beth Israel Deaconess. The Daily Life Study will investigate how emotions, thoughts and experiences change over time for young adults.

The study is seeking healthy young adults aged 15 - 25 to participate. Participants will be asked to download an app that will send six short surveys throughout the day over the course of three weeks. Participants can earn up to \$290 for their time.

For more information contact Kate Powers at kpowers@mmc.org.

Coming up: Maine Children's Cancer Program Moonlight Challenge

WHO: Teams of four skiers or snowboarders

WHEN: Friday, Jan. 31, from 5 - 10 p.m.

WHERE: Shawnee Peak Ski Resort, Bridgton

WHAT: Hit the slopes for a great cause this weekend. Recruit a team of four skiers or snowboarders for an evening on the mountain in support of the Maine Children's Cancer Program (MCCP). Competitions will include fastest time on the giant slalom and most funds raised for MCCP.

To register, please visit moonlightchallenge.org.



WHAT'S HAPPENING IS PUBLISHED WEEKLY BY THE COMMUNICATIONS AND MARKETING DEPARTMENT

Comments, questions, and story ideas:
Caroline Cornish, Communications Manager
mmcnews@mmc.org