

15 January 2016

Dear Forty Under 40 Reviewers,

I am honored to nominate my husband, Dr. Luke Groben, for the Business Record Forty Under 40 award. In his primary role, Luke serves our community as an Interventional Cardiologist for The Iowa Clinic. However, Luke wears many other hats, sitting on various medical boards and committees in Greater Des Moines and Iowa, volunteering his time to support local non-profit organizations, and engaging with two family businesses.

Luke is a native of Iowa and completed his medical education at Des Moines University. Following graduation from medical school, Luke spend the next seven years completing an internal medicine residency, cardiology fellowship, and interventional cardiology fellowship in Michigan and New Jersey. Luke then returned to his roots and began a position as Interventional Cardiologist with the Iowa Clinic, where he was recently made partner. Luke is dedicated to providing his patients with top-notch care and keeps current on the most innovative procedures available to help patients with life-threatening cardiac conditions. However, it is his care and demeanor that I admire most. Despite literally holding people's lives in his hands (most of his interventional procedures involve moving tiny pieces of equipment very intricately inside of patients' hearts), Luke maintains a sense of calm and purpose in stressful situations that would rattle most people. I have had nurses, physicians, and even patients I have never met approach me to tell me how impressed they are with Luke's medical skill and calm composure and express deep gratitude for his lifesaving work.

Although Luke spends most of his time practicing medicine, he is also quite interested in the administrative aspects of The Iowa Clinic. Luke serves on The Iowa Clinic Finance Committee and is currently completing the clinic's year-long Physician Leadership Institute. He also represents The Iowa Clinic on numerous local and state committees, including the Des Moines ST Elevated Myocardial Infarction (STEMI) Task Force, Iowa's "American Heart Association Mission: Lifeline" Interventional Cardiology Steering Committee, and the Quality Co-Management and Cardiovascular Co-Management Committees for UnityPoint Health.

Over the years, Luke has taken an increasing interest in two of his family's businesses. Luke has been involved in Jasper Winery since its inception. In the early days of the business, he could be found working long, hot hours in the sun to plant and prune grape vines and harvest grapes while mulling over potential winery names. These days, he is known to jump to work at the winery when sangria needs to be made or tables need to be cleared during busy events. In 2015, Luke and I purchased shares to become primary shareholders in another family-run business, Madhouse Brewing Company. Luke is now turning his attention to helping his brother develop this business, and once again, Luke moves seamlessly between administrative and hands-on tasks. Luke is excited to see where this business goes in the coming years, and I am excited to see the role he will play in its development.

Despite working ridiculously long days and many, many nights as a physician, Luke still finds time to give back to the community he was so eager to return to after his training. Luke has participated in a program to provide free cardiac medical care for our poorest local residents. Luke also cares deeply about the environment and enjoys working outside, which has led him to serve as chair of the Outdoor Committee at our son's preschool. In that role, Luke organizes volunteers to assist with outdoor projects, including raking, planting, and pruning. At home, too, Luke thrives in spending time outdoors to make our home and our world a more beautiful, healthy, and sustaining place. Finally, Luke is generous with his financial resources, supporting a diverse array of non-profit organizations in our local and global communities, with the Greater Des Moines Botanical Garden, Blank Park Zoo, Science Center of Iowa, Iowa Public Radio, and Des Moines University being particularly dear to him.

In summary, Dr. Luke Groben provides compassionate, cutting-edge medical care for cardiac patients in our community. He serves on numerous committees to ensure that central Iowans have access to the best medical care available. He is also generous with his time and other resources to support local businesses, non-profit organizations, and schools. I am pleased to nominate Luke Groben for the Business Record Forty Under 40 award. Thank you for your consideration of his materials.

Sincerely yours,

Heather Priess Groben

## Forty Under 40 Materials: Luke Groben

I am an Interventional Cardiologist with The Iowa Clinic. I have had the great fortune of ending up in Des Moines in a career that allows me ample opportunities for professional and community involvement.

I began my training at Des Moines University. My education here gave me the foundation to pursue my professional goals. During my medical school years, I completed rotations throughout the Midwest, and while I was in the Quad Cities I was awarded the Quad City Osteopathic Foundation – Excellence in Clinical Care Award. Following graduation, I completed an Internal Medicine residency and a Cardiology fellowship at a hospital near Detroit, Michigan, serving as Chief Cardiology Fellow during my final year of training. Upon completion of this program, I moved to Deborah Heart and Lung Hospital in New Jersey, where I finished my training in Interventional Cardiology and had the privilege of participating in the newest interventions in invasive cardiology. During my extensive medical training, I collaborated with leading medical scholars on numerous research papers and conference presentations.

When I completed my fellowships, my wife and I were both fortunate to find careers in the Des Moines area, which is where we had hoped to end up. I began my position as an Interventional Cardiologist for The Iowa Clinic in July 2013 and became a partner this past summer. As an Interventional Cardiologist, I participate in many aspects of patient care. Not only can I help people in the office with their cardiac care but also have specialized in intervening in patients to improve their quality of life. For example, one procedure that I perform is placing stents in the heart to fix a patient's blocked artery when they are having a heart attack.

Joining The Iowa Clinic has also allowed me to be involved in the community. I sit on numerous committees for the Greater Des Moines area and the state of Iowa to improve care and outcomes for people having heart attacks. I also sit on a committee with UnityPoint Health to improve the quality of cardiovascular care, and I serve on the board for management of all cardiovascular services provided at UnityPoint Des Moines. I am an assistant professor for Des Moines University, The University of Iowa, and Michigan State University to train the next generation of physicians. Within The Iowa Clinic I am a member of the Finance Committee and am active in the management of the Department of Cardiology. Finally, this year I am participating in The Iowa Clinic's year-long Physician Leadership Institute.

Outside of my professional life, my wife and I enjoy spending time with our 3 year old son, Brody, and being involved in our community. I chair the Outdoors Committee for Brody's school, Montessori Children's House, where I work with other volunteers to improve the school grounds. I also support many other non-profit organizations in Des Moines. Finally, I keep involved in my family's businesses, including Madhouse Brewing Company, in which my wife and I are the primary shareholders and actively participate in the board. In our free time, our family likes to cook, read (even though these days, it is mostly Dr. Suess), and spend time outside.

Thank you for reviewing my materials for the Business Record Forty Under 40 award.

## **Luke P. Groben, D.O.**

## **Curriculum Vitae**

**Address:** 5950 University Ave., Suite 231, West Des Moines, IA 50266

**E-mail:** lgroben@iowaclinic.com

### **EMPLOYMENT**

**Interventional Cardiology**, The Iowa Clinic, West Des Moines, IA, 2013-ongoing

### **MEDICAL TRAINING**

**Fellowship** Deborah Heart and Lung Center, Browns Mills, NJ, Interventional and Endovascular Cardiology, 2012-2013.

**Fellowship** Mount Clemens Regional Medical Center, Mt. Clemens, MI  
Diagnostic Cardiology, 2009-2012.

**Residency** Mount Clemens Regional Medical Center, Mt. Clemens, MI  
Internal Medicine, 2007-2009.

**Internship** Mount Clemens Regional Medical Center, Mt. Clemens, MI  
Internal Medicine emphasis, 2006-2007.

### **EDUCATION**

**D.O.** Des Moines University, Des Moines, IA  
Medicine, 2006.

**B.A.** St. Olaf College, Northfield, MN  
Biology, 2000.

### **CERTIFICATIONS**

Board certified by the American College of Osteopathic Internists, 2009.

Board certified by the American College of Osteopathic Internists - Cardiology, 2012.

Board certified by the American College of Osteopathic Internists - Interventional Cardiology, 2014.

Diplomate of the Board of Nuclear Cardiology, 2011.

Diplomate of the National Board of Echocardiography, 2011.

BLS/ACLS, 2014-2016.

### **COMMITTEES**

Metro STEMI (ST Elevation Myocardial Infarction) Task Force for Des Moines, IA

Mission: Lifeline – Interventional Cardiology Steering Committee for the State of Iowa

Finance Committee for The Iowa Clinic

Quality Committee for Cardiovascular Services at Unity Point Health – Des Moines  
Co-Management Board for Cardiovascular Services at Unity Point Health – Des Moines  
Chair of the Outdoors Beautification Committee for Montessori Children's House, Des Moines

### **ADDITIONAL TRAINING**

Cardiovascular CT Imaging: Intensive Level II Training Course and Introduction to 3D Vascular Angiography. Norfolk, VA – Oct, 2010.

### **APPOINTMENTS**

Assistant Professor of Internal Medicine – Des Moines University, 2011-present.  
Assistant Professor of Internal Medicine – Michigan State University, 2011-present.  
Assistant Professor of Internal Medicine - University of Iowa, 2014-present.

### **ADDITIONAL MEDICAL POSITIONS**

<b>Moonlighting</b>	Internal Medicine, In-Patient Consultants (IPC), 4967 Crooks Road # 130, Troy, MI, 48098. 2010-2012.
<b>Research Assistant</b>	Dept. of Ophthalmology, University of Iowa, Iowa City, IA Collaborative Ocular Melanoma Study (COMS). 2000-2002.

### **PUBLICATIONS**

**Groben L**, Rosen E, Sanghvi K. Transradial Alcohol Septal Ablation: A Case Report. J Invasive Cardiol. 2014;26(4):E37-9.

Desai H, **Groben L**, Selvaraj N, George JC. Subclavian stent recoil: endovascular management using a manually crimped high radial strength bare metal stent. Vascular Disease Management. 2013;10(2):23-25.

Rosen E, **Groben L**, George JC. Percutaneous revascularization of the pedal arch of the foot for critical limb ischemia and limb salvage. Vascular Disease Management. 2013;10(1):2-4.

Shaw B, **Groben L**, Sanghvi K. Transradial intervention of a saphenous vein graft. Cath Lab Digest. 2012;20(11):42-44.

Rosen E, **Groben L**, George JC. Rare case of bilateral common iliac vein compression by arterial stents and calcification. Vascular Disease Management. 2012;9(11):186-188.

**Groben LP**, George JC. Managing thrombosis and lower limb ischemia using directional atherectomy and balloon angioplasty. Vascular Disease Management. 2012; 9 (10): 172-174.

## **POSTER PRESENTATIONS**

**Groben LP**, Dickinson CZ, Logan TD. Multimodality imaging of a left ventricular diverticulum in a patient with neurofibromatosis type I. McLaren-Macomb Research Symposium, May 2012.

**Groben LP**, Rothstein L, Zainea M. Needle-to-balloon time for ST-elevated myocardial infarction patients presenting to a community hospital. McLaren-Macomb Research Symposium, May 2012.

Attia N, **Groben LP**, Hassan S. Abortion of multiple episodes of sudden cardiac arrest by a Zoll LifeVest wearable automated defibrillator in a patient with a non-healing enterocutaneous fistula awaiting ICD implantation. McLaren-Macomb Research Symposium, May 2012.

Diamantakos E, **Groben LP**, DeYoung MB. A case of right hand petechiae formation following a radial artery heart catheterization in a 75 year old female. McLaren-Macomb Research Symposium, May 2012.

Ianitelli M, **Groben LP**, Maurice K, Kazmierski J. A case of electrical storm in a 56-year old male with severe ischemic cardiomyopathy. Michigan Osteopathic Association Research Exhibit, Dearborn, MI. May 2012.

Sookdieopersad S, **Groben LP**, Maurice K, Castillo M. An incidental finding of a patent ductus arteriosus in a patient presenting with chest pain. McLaren-Macomb Research Symposium, May 2012.

Doshi PV, Attia N, **Groben LP**, Maurice K, Zainea M. A rare case of hypoxia in a patient with Ebstein's anomaly. McLaren-Macomb Research Symposium, May 2012.

Sookdieopersad S, Hanlon E, **Groben LP**, Provenzano C. A case of lupus nephritis resulting in extensive venous and intracardiac thrombosis. McLaren-Macomb Research Symposium, May 2012.

Doshi PV, Berger MS, **Groben LP**, Kazmierski JF. Subclavian steal syndrome from coronary artery bypass graft. McLaren-Macomb Research Symposium, May 2012.

**Groben LP**, Hanson R, Adams T, Gillette S, Logan T. An incidental left ventricular diverticulum in a patient with neurofibromatosis. Michigan Osteopathic Association Research Exhibit, Dearborn, MI. May 2010.

Adams T, **Groben LP**, DeYoung MB. An unusual cause of embolic CVA. Michigan Osteopathic Association Research Exhibit, Dearborn, MI. May 2010.

Doshi PV, Willoughby MC, Mansicaoul M, **Groben LP**, Zainea M. Eisenmenger syndrome in a patient with Down syndrome who survived into the sixth decade of life. Michigan Osteopathic Association Research Exhibit, Dearborn, MI. May 2010.

**Groben LP**, McMann S. ST-segment elevation on electrocardiogram following epinephrine use during bronchoscopy. American College of Osteopathic Internists National Convention, Marco Island, FL. October 2008. Finalist for Annual Abstract Poster/Case Presentation Contest.

**Groben LP**, McMann S. Hairy cell leukemia presenting as fever of unknown origin. American College of Osteopathic Internists National Convention, Marco Island, FL. October 2008. Finalist for Annual Abstract Poster/Case Presentation Contest.

### **HONORS AND AWARDS**

Chief Cardiology Fellow – July, 2011 to June, 2012.

Quad City Osteopathic Foundation – Excellence in Clinical Care Award, 2006.

### **PROFESSIONAL MEMBERSHIPS**

American Osteopathic Association

American College of Osteopathic Internists

American College of Cardiology

Society of Cardiovascular Angiography and Interventions

American Society of Echocardiography

American Society of Nuclear Cardiology