



Life Support

SUMMER/FALL 2017



Dr. Derek Jonker, Medical Oncologist, The Ottawa Hospital

Donors are helping find cures

I am constantly amazed to learn of new treatments that are helping patients at The Ottawa Hospital. Treatments that are the direct result of research that moves from the lab to clinical trials to become standard treatment available for all patients. This research is only possible because of your generosity.

In the 2016-2017 fiscal year, thanks to donors like you, we transferred \$4.2 million to the hospital for cancer research and clinical trials. Your tremendous support helped new drugs and treatments reach patients right here in eastern Ontario. In this edition, you'll read about two cancer drugs that are now part of the therapy regime given to patients as a result of innovative clinical trials here in Ottawa.

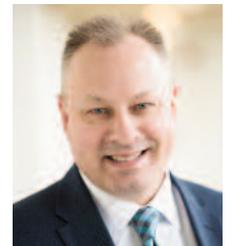
I was touched to hear about Dana Mohr who is thriving after emergency brain surgery ten years ago thanks to the expertise of her surgeon, Dr. John Sinclair. Although Dana lives in Winnipeg, she is so grateful for Dr. Sinclair's lifesaving surgery that she is a loyal donor to our hospital in Ottawa.

Dr. Sinclair is one of our expert surgeons that have built the reputation of The Ottawa Hospital for innovative research driving quality of care. This is attracting doctors and researchers, – experts in their field – from around the world to work here at the hospital.

Having vibrant research is the hallmark of a strong health and research centre like The Ottawa Hospital. Your tremendous support speaks volumes about how important this is to you. We thank you for being part of extraordinary health care now and for making a difference for generations to come. We can't be extraordinary without you.

Gratefully,

Tim Kluge
President and CEO,
The Ottawa Hospital Foundation



Dr. Roanne Segal and Arthur Murray Dance Studio's Darryl Cappadocia wowed the crowd with a tango and won the coveted Medicine Ball trophy.

It takes two to tango for research

After months of rigorous training, eight physicians abandoned their lab coats to show off their ballroom skills and raise money for The Ottawa Hospital.

The third annual Dancing with the Docs fundraiser was an unforgettable evening at the Hilton Lac Leamy on Saturday, April 8. More than 700 guests cheered on each dance performance, while the panel of three judges thoughtfully critiqued each competitor. Their scores were then combined with the audience's votes, which were purchased to support their favourite doctor. Each doctor danced for an area of the hospital that was meaningful to them, such as the new Breast Health Centre, cancer care or cancer research, and vision research.

After the final tally, Dr. Roanne Segal walked away with the Medicine Ball trophy. The true winner of the evening, though, was The Ottawa Hospital and its patients. More than \$200,000 was raised to support care and research.

Supporting the hospital from afar

Although Dana Mohr lives in Winnipeg, for the past decade, she has donated to The Ottawa Hospital. In fact, she is a proud member of our President's Council – a generous group of donors who give \$1,000 or more per year.

"I do it because I feel indebted. Just because I'm from out of town doesn't mean someone in Ottawa isn't going to have the same incident, and they require the most advanced treatment possible," said Dana.



Dana Mohr and her dog Pitou celebrating Christmas almost a decade after suffering an aneurysm

The 'incident' happened in February 2007 when Dana was on a business trip to Ottawa. The then 44-year-old was attending a conference. She was extremely tired and just wanted to go have a nap in her room, but the key note speaker was her boss. She said the last thing she remembers was getting up after his speech to clap. She collapsed as he walked off the podium.

The next thing Dana remembers was waking up in the Intensive Care Unit (ICU) of The Ottawa Hospital. She'd had a brain aneurysm and had undergone her first surgery. Her brother flew in from Winnipeg to be with her while she had a second eight-hour surgery.

She doesn't remember much about that time, but Dana said, "I do know the doctor who cared for me, Dr. John Sinclair, is known as one of the best in Canada. There is no doubt that it is his skill and all the care I received at The Ottawa Hospital that made it possible for me to be alive today."

The Regional Manager of French Language Services with the Winnipeg Health Region said she had absolutely no indication that

anything was wrong. She had no headache beforehand and only felt exhausted. She said, "If I hadn't gone to hear my boss's speech, if I'd gone up to the hotel room, no question, I would've died."

Dana spent six weeks recovering in ICU and was released a week later. Once home in Winnipeg, she researched survival rates after an aneurysm. She learned the odds were against her. She attributes her surviving and thriving to the care she received at The Ottawa Hospital.

"It wasn't just the clinical care; it was everyone, the staff around me went above and beyond," said Dana. "No question, I couldn't have had better medical care or a better experience."

Dana was so grateful for the care she received ten years ago that she has been a loyal donor to The Ottawa Hospital ever since. She is not only an esteemed member of the President's Council, she has also made a future gift in her Will. Dana's commitment to The Ottawa Hospital is helping power better neurosurgery techniques for patients today and in the future.

Grateful patient quotes

"I received the best health care of my life. The doctors, nurses and staff are all so good and caring."

– *Manuelina C. Dormitorio*
Monthly donor

"When I had part of my lung removed due to cancer, I got the best care possible. Everyone that I dealt with was very kind and caring."

– *Patricia Ward*

"I am most grateful to The Ottawa Hospital for the care I received in 2010, following my breast cancer diagnosis. I had signed up for three clinical trials, one of which involved training at the hospital gym with the goal of participating in a 5km race. Thanks to my awesome medical team, I crossed that finish line upright and smiling and have since participated in several half-marathons."

– *Marina Moraitis*

Partners in Care

Making your support go even further

Monthly giving is...

A wise investment, supporting a valuable and critical community asset so it will be ready when you and your loved ones need it most.

A win-win situation with fewer mailings, which reduces our fundraising costs so that your donation dollars go farther.

Budget friendly, ensuring your donation easily fits into your budget.

A timesaver, so you won't have to write a cheque or search for a stamp every time you make a donation.

Dependable income, allowing the hospital to plan for improvements more effectively and efficiently.

Thanks to our monthly giving program, Partners in Care, you are helping The Ottawa Hospital provide quality patient care and innovative research all year long.

For more information about our Partners in Care, please contact Andrea Peponoulas, Development Officer, at 613-798-5555, ext. 14677, or email apeponoulas@toh.ca

You can also sign up for monthly donations on our secure website at ohfoundation.ca.



Andrea Peponoulas

World-leading clinical cancer trials

In 2012, Doris Kelly was diagnosed with incurable breast cancer that had spread to her bones and liver. Her disease was so advanced, and her body so compromised, that she ended up in the intensive care unit with liver failure and pneumonia. With no current treatment options available, the 59-year-old teacher was told she only had weeks to live.



Dr. Susan Dent

Medical Oncologist Dr. Susan Dent, however, identified Doris as a candidate for a chemotherapy drug that was only available to patients in a clinical trial that The Ottawa Hospital was part of. The unique therapy targeted the cancer in her breast and her liver at the same time. The drug worked for Doris. The treatment shrank and stabilized her tumours with few side effects. It gave Doris three extra years. Sadly, she passed away in 2016. But the positive outcome that Doris and other women in the trial experienced subsequently led to the drug's approval by Health Canada and is now offered to patients as part of their treatment.

"We want to provide treatment that will give the best quality of life with the best chance of controlling the disease, if we can't cure it," said Dr. Dent. "That's why we conduct clinical trials to see if we can improve on the treatments we currently offer."

Oncologist Dr. Shawn Malone is also involved in clinical cancer trials. One of those was a world-wide trial with 800 patients to test the efficacy of radium 223 to treat advanced stages of prostate cancer where other treatments no longer worked.

Dr. Malone said, "The treatment did improve quality of life. It was well tolerated with the biggest benefit of reducing pain, and it had minimal side effects. The drug had a modest survival rate, extending the patient's life for three months. However, the quality of life was better for patients in those end stages of the disease."

The improved outcomes for patients on these two trials led to the approval of both drugs, which are now standard of care.

"One of the really good things is that our patients benefit from these trials well ahead of when Health Canada approves the drug," said Dr. Malone.

Clinical trials are an essential part of developing new ways to prevent, diagnose and improve patient care. At the moment, researchers and clinical investigators at The Ottawa Hospital are involved in over 560 active clinical trials for a wide variety of illness, disease, and



Dr. Shawn Malone



injury, from septic shock to stroke. More than 200 of these clinical trials are for cancer. These trials, which can run from 18 months to 10 years, are not only testing new drugs, but investigating how to boost the immune system, and using viruses to battle cancer cells.

"Ottawa is a major player in terms of clinical trials in Canada. We are one of the top centres for clinical trials accrued to cancer studies specifically," said Dr. Dent who has been involved in over 30 clinical cancer trials since joining the hospital in 2000.

We are grateful to the hundreds of individuals who participate in clinical trials at The Ottawa Hospital every year to determine if new treatments will work. We are establishing a \$1 million fund that will be dedicated to our ongoing clinical trials. Your generous support of this fund will help clinical trials make advancements in treatment and move incrementally closer to cures for devastating diseases. We believe future patients will thank you for helping make a cure for cancer a reality.

A gift to women's health

Dr. Marguerite Ritchie spent her career championing the rights of women. Later in life, she became a champion for women's health.

Born in Edmonton in May 1919, Marguerite was determined to make a difference in women's lives. She decided to study law and was called to the Alberta bar in 1944, then moved to Ottawa and became one of the first women lawyers in the Department of Justice Canada. She took on the files less desirable to men,

such as sexual harassment in the workplace and divorce legislation, as well as Aboriginal women's efforts to secure equal rights. She was involved in changes to the discriminatory aspects of federal laws and regulations in the areas of constitutional and international law. In 1963, she became the first woman to be appointed as Queen's Counsel, which opened the door for other women to be appointed. In 2000, she received the Order of Canada.

In her 80s, Marguerite was diagnosed with breast cancer. She received wonderful care at The Ottawa Hospital, which inspired her support for women's health. She made two generous donations, one to build a new minimally invasive gynecological surgical suite at the Shirley E. Greenberg Women's Health Centre at The Ottawa Hospital.

"It's important to me that this donation be put to work, and I am proud to support The Ottawa Hospital's commitment to women through their initiative, Healthy Women, Healthy Community. I am just as committed to women today as I was when I first set out on this journey more than 70 years ago," said the 94-year-old Marguerite when she made her donation.

Marguerite later made a third gift to The Ottawa Hospital Breast Health Centre. In addition, Marguerite also decided to leave a donation in her Will that would be directed towards cancer care, the area she believed "will touch the most women."

Marguerite passed away in April 2016. We are most grateful that her generous gifts to The Ottawa Hospital mean Marguerite will continue to make a difference in the lives of women for generations.



Estate Giving

Standard of care is sutures and x-rays. World-class care is using stem cells to halt devastating diseases, personalizing chemotherapy, conducting surgery through keyhole incisions, repairing hearts after heart attacks, and destroying cancer cells with viruses. We owe a debt of gratitude to all the forward-thinking individuals who included the hospital in their estate plans years ago. Because of them, this is the kind of care patients have access to at The Ottawa Hospital.

For more information about leaving a gift to the hospital through your estate, please contact Heather McLean, Vice-president, Development and Corporate Philanthropy, at 613-798-5555 ext. 13034, or hmclean@toh.ca or visit our website at ohfoundation.ca/estate-giving.



Heather McLean

Imagine what your legacy gift can do tomorrow.

Please support The Ottawa Hospital *You can also donate online and receive your tax receipt instantly at ohfoundation.ca.*



Inspired by research.
Driven by compassion.

Inspiré par la recherche.
Guidé par la compassion.

The Ottawa Hospital Foundation
737 Parkdale Avenue, 1st Floor, Box 610, Ottawa, K1Y 1J8
Telephone: 613-761-4295 Fax: 613-761-5014
Email: foundation@toh.ca ohfoundation.ca
Charitable registration number: 8690 42747 RR0001