



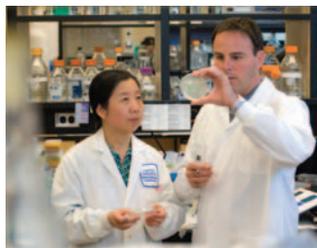
The Ottawa Hospital Foundation | La Fondation de l'Hôpital d'Ottawa

2000-2010

Life Support

SUMMER-FALL 2010

Building a Better Hospital



*Inspirational stories,
donor news and
research
breakthroughs*

Thank You for 10 Years of Loyal Support

I want to express my heartfelt thanks for your loyal and generous support of The Ottawa Hospital. Looking back on the first decade of existence of The Ottawa Hospital Foundation, we have had the privilege of working with incredible individuals and groups from all walks of life. They share our goal of improving health care in our community.

We want to thank you, whether you have been supporting us for years or have just joined The Ottawa Hospital Foundation family, for your extraordinary generosity. Your belief in The Ottawa Hospital constantly re-energizes our efforts at the Foundation to improve patient care. We couldn't do it without you!

On the front lines, we have the staff, physicians and researchers of The Ottawa Hospital and the Ottawa Hospital Research Institute whose dedication to our collective health and well-being is truly inspiring.

I would also like to recognize the vision and commitment to excellence of our President and CEO, Dr. Jack Kitts. Under his leadership we have built new facilities, created better environments for patients and attracted and retained some of the best medical talent in the country.

You are an integral part of all we have achieved, and I hope you will continue with us on the journey to building a better hospital where everyone in our community will have access to the best possible care now and in the future.



*Susan M. Doyle, President and CEO
The Ottawa Hospital Foundation*

Iron Will, Iron Woman!

Krista Shipman has done what many consider impossible: she swam 4km, biked 180km and ran a full 42km marathon all in one day! What could be sweeter for this Ottawa paramedic than successfully completing the Ironman competition? For her, it's being alive to try. Krista Shipman is a cancer survivor.

At the age of 27, Krista underwent a radical hysterectomy, chemotherapy and radiation therapy. Today, at age 32, she is embracing life and loving every minute. Krista knows how lucky she is to have been treated at The Ottawa Hospital Cancer Centre, and she also knows the importance of furthering research.

"Every day I am thankful to be alive," Krista says. "My hope is that one day research will advance to a place where anyone facing a cancer diagnosis has the same opportunity to fight it, survive it and live their life to the fullest."



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Inspiration by Example



Charlene (centre) with her sister Pauline Lahey (right) and her mother Marie Massia (left) – also a breast cancer survivor.

Charlene Massia is eager to embrace 50! This proud breast cancer survivor is hoping her milestone will inspire others to participate in her 50/50 Birthday Campaign to have 50 people sign on as monthly donors to support The Ottawa Hospital Cancer Centre by the time she turns 50 in October. Charlene registered herself as a monthly donor and wrote a letter appealing to friends, family and neighbours to do the same. Then she waited.

“I’m on a fixed income and can only manage \$5 a month,” Charlene says, “But if everyone matches my \$5 a month, then we’re all doing something – which is better than nothing!”

With nearly three months still remaining until her birthday, she has exceeded her goal with 53 monthly donors already committed to the cause.

Charlene is also passionate about supporting cancer research at The Ottawa Hospital. “The drug that saved my life had not been available in Canada two years earlier,” she points out. “Without research and clinical trials to approve that drug, I wouldn’t be here. And thanks to being able to participate in ongoing research, I’m still here.”

“I am doing this because I realize as a cancer patient, every birthday you get is a gift in itself.”

– Charlene Massia

Upcoming Events

September 11, 2010

Ride the Rideau

Join us to Bike the Good Fight. Ride the Rideau is a 100 km bike tour to support cancer research at The Ottawa Hospital.

To register, donate or volunteer visit: www.RidetheRideau.ca

September 29, 2010

On Track

Calabogie Motorsports Park
Seize the chance to live life in the fast lane and help support The Ottawa Hospital.

For more information or to register contact Dorice Thibeault at 613-798-5555 ext. 19821 or dothibeault@toh.on.ca

October 24, 2010

Rattle Me Bones

This event features a 10k, 5k and 1k course to raise funds to support improvements at The Ottawa Hospital, patient care, arthritis and orthopedic research.

Sign up today at www.ohfoundation.ca and get set for the run of your life!

December 4, 2010

The Ottawa Hospital Gala

The Westin Ottawa
Enjoy one of Ottawa’s must-attend black-tie events of the year to salute the ground breaking work being performed at the Ottawa Hospital Research Institute and raise funds in support of research at The Ottawa Hospital.

For tickets and information contact Doris Amo at 613-798-5555 ext. 13327 or damo@toh.on.ca



Research Update **Ovarian Cancer**

Dr. Barbara Vanderhyden and her research group are performing studies that increase our understanding of what ovarian cancer is, how it starts, how it progresses and how best to stop this deadly disease. This includes the active testing of new treatments such as oncolytic viruses and their potential to treat ovarian cancer. Oncolytic viruses have been shown to target and kill cancer cells - but leave healthy cells unharmed. Clinical trials in patients with various types of cancer are already showing great promise. Dr. Vanderhyden is also leading studies on the role of stem cells in the development of ovarian cancer. All of these projects are aimed at developing strategies for prevention, early detection and effective treatment of ovarian cancer.

Over the past 15 years, Dr. Vanderhyden and her colleagues in Cancer Therapeutics have expanded the program to more than 12 scientists and clinician scientists and more than 120 staff and trainees. Their latest challenge is the lack of space available to offer these innovative treatments to patients.

“Not a week goes by without a new plea from a patient, their partner or a parent begging for the opportunity to be considered for the clinical trials that are being planned,” Dr. Vanderhyden explains.

That’s why a campaign to build the Centre for Innovative Cancer Research, an in-house, state-of-the art research facility at The Ottawa Hospital General Campus is underway. The Centre will enable researchers like Dr. Vanderhyden to create new cancer treatments and allow doctors, patients and the scientists to work together to customize treatment protocols and save lives.



“With our help, better and more effective cancer treatments will be developed. With your help, there will be no delays in delivering these treatments to the patients who need it.”

Dr. Barbara Vanderhyden, Senior Scientist, OHRI Centre for Cancer Therapeutics

Know the Signs

Six Symptoms of Ovarian Cancer

In Canada, more than 2,600 women are diagnosed with ovarian cancer each year. Unfortunately there is no reliable method to screen women for the disease for early detection. Consequently, the majority of cases are diagnosed when the disease is somewhat advanced and more difficult to treat effectively. The harsh reality is that almost 70% of the women diagnosed with ovarian cancer will die from it within 3 or 4 years. And 96% of women asked could not identify the symptoms associated with ovarian cancer. These include:

- ◆ Abdominal bloating or discomfort
- ◆ Changes in bowel function
- ◆ More frequent urination
- ◆ Unexplained weight gain
- ◆ Nausea
- ◆ Changes in menstrual patterns

If any of these symptoms persists for more than three weeks, see your physician and ask about testing for ovarian cancer.

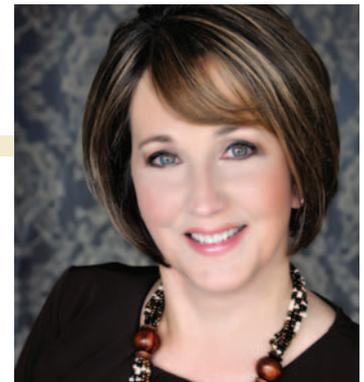


An Enduring Gift: Monique and Walter Riese

Monique and Walter Riese are remembered as a warm and devoted couple. Walter’s easy laugh complemented Monique’s quick wit; they shared passions for travel, art, and music – which friends recall was always playing in their home. They were also quiet, long time supporters of The Ottawa Hospital. It wasn’t until both Walter and Monique were in their 80’s that they needed the hospital themselves. Walter suffered complications after a fall and passed away in 2007. Monique bravely fought breast cancer before her death in 2008. Each had created a bequest gift in their Will to benefit The Ottawa Hospital.



During her own cancer journey, Monique was excited about the plans for a spacious new Cancer Centre with a soothing environment, saying there should be comfort and beauty surrounding patients to take them away from what they were going through. We think she would have been proud of the expansion and improvements to The Ottawa Hospital Cancer Centre. Monique and Walter left a lasting impression on everyone they knew in life and, through their generous gift, continue to impact lives of those who did not have the pleasure of knowing them.



Meet Sue McIntosh, Planned Giving Officer

Planned Giving

By planning your gift to The Ottawa Hospital Foundation, you can leave a legacy of support to The Ottawa Hospital that will have real impact on health care in our region. Your foresight will contribute to better patient care, modern facilities and equipment, and scientific breakthroughs.

If you are considering a planned gift to the Foundation, we encourage you to consult your own financial and legal advisors to ensure your gift is tailored to your personal circumstances and maximizes any available tax advantages.

Sue has been with The Ottawa Hospital Foundation since 2007 after 15 years with a large financial institution where she provided Will planning, estate settlement and trust services to her clients.

For more information about including a gift to the Foundation in your Will, please contact Sue McIntosh at (613) 798-5555 ext. 19819.

We Support



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