

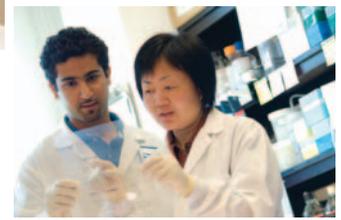


The Ottawa Hospital Foundation | La Fondation de l'Hôpital d'Ottawa

Life Support

SUMMER/FALL 2013

Building a Better Hospital



*Inspirational stories,
donor news and
research
breakthroughs*

Your Generosity Changes Lives

Talent. Technology. Discovery. The pages of your newsletter are brimming with examples of how your generosity supports these three vital pillars of health care.

Take, for example, the exceptionally talented Dr. Ilias Cagiannos, who spoke at the Conversations about Cancer event. Dr. Cagiannos explained to the audience the benefits of robotic-assisted surgery – technology that saves lives. Robotic surgery means his prostate cancer patients have benefitted from less trauma and faster recoveries. Inspired by the discoveries of research, The Ottawa Hospital continues to improve patient care, with your support.

You are central to delivering on these three pillars of health care and providing world-class care in our community. They would not be possible without the support of our community. Dr. Cagiannos is able to offer his patients this option because the community stepped in and donated the \$5 million needed to purchase the da Vinci

surgical system. As Dr. Kitts says, “Each of us individually, and together as a community, has the power to define what health care will look like in Ottawa in the coming decades.”

In the coming months, you will hear more from the Foundation about the power of your dedicated support. Your philanthropy changes lives and transforms our community. Just ask Dr. Cagiannos and his patients.

I am so grateful that you have placed The Ottawa Hospital among your philanthropic priorities, and I look forward to sharing with you the variety of ways your support is improving health care now and into the future.

Tim Kluge
President and CEO
The Ottawa Hospital Foundation



Donors Share Conversations about Cancer

More than 100 donors gathered April 25 to learn more about how physicians and researchers at The Ottawa Hospital are changing the future of cancer care – from diagnosis and treatment to research and clinical trials.

Conversations about Cancer was designed to create an open forum in which donors like you could hear about the latest developments from the research and practice of cancer experts at The Ottawa Hospital.

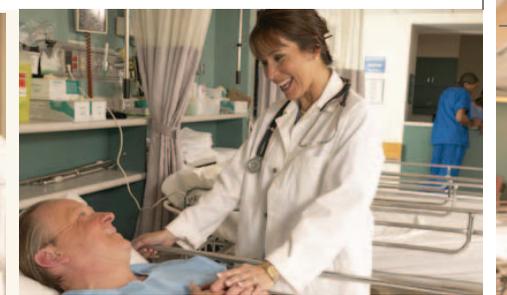
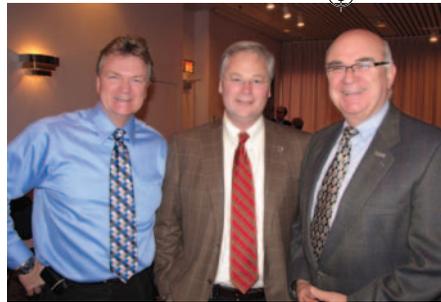
Dr. Ilias Cagiannos, a Surgical Oncologist in the Division of Urology, explained how he is using robotic-assisted surgery to treat prostate cancer. Dr. David Stewart, Head of the Division of Medical Oncology, is leading a new approach to cancer care using molecular medicine, which helps physicians customize cancer treatments for individual patients. Dr. John Bell, a Senior Scientist at the Ottawa Hospital Research Institute, updated the audience about his research into oncolytic (cancer-fighting) viruses.

Moderated by Kimothy Walker, the weekend news

anchor for CTV Ottawa, the audience was then invited to ask questions about cancer. Questions and comments ranged from the cancer care of loved ones to cancer research and upcoming clinical trials.



Dr. Ilias Cagiannos listens to a question from the audience along with colleagues Dr. David Stewart and Dr. John Bell (far right) and moderator Kimothy Walker.



Inspiration by Example



One Patient's Journey

Andrew Griffith shares his cancer journey at the President's Breakfast for the Public Service.

A husband, father of two adult children and former senior civil servant, Andrew Griffith was healthy and active prior to his cancer diagnosis in his early 50s. Then in June 2009, Andrew's life turned upside down. He was diagnosed with mantle cell lymphoma, an aggressive and incurable form of lymphoma.

He went through treatment at The Ottawa Hospital, recovery, relapse and further treatment over a three-year period and faced numerous physical, emotional and relationship challenges.

He chronicled his experiences, reactions and reflections on how he came to terms with his fate on his blog, My Lymphoma Journey (<http://lymphomajourney.wordpress.com/>). Through the experience of blogging, he realized that his disease, while about him, is also about how we all react and support one another during times of need. His record of his cancer journey has now been turned into an e-book, *Living with Cancer: A Journey*.

"This is a story of appreciation for the bigger and smaller things in life; of reflection, and on how not to take life for granted," says Andrew, who shared his experience as one of the testimonial speakers at the President's Breakfast for the Public Service on April 30.

He says his book is intended for anyone living with cancer and the people who love them, as well as health professionals wishing to gain a better understanding of the patient experience.

In gratitude for his treatment by the Blood and Marrow Transplant Team at The Ottawa Hospital, Andrew became a monthly supporter of the Hospital. He will also be donating 50 per cent of the proceeds from his book, *Living with Cancer: A Journey*, to The Ottawa Hospital Foundation. You can purchase your copy of Andrew's book for \$3.99 at Amazon, iBookstore and Kobo. If you would like more information about becoming a monthly donor, please contact Claire Lewis at 613-798-5555, ext. 14677.

Life Support

www.ohfoundation.ca

Upcoming Events

September 7, 2013

Ride the Rideau – You can join our cancer-fighting heroes for the fourth annual Ride the Rideau, fuelled by Nordion. In the past three years, riders have raised more than \$4.4 million in support of groundbreaking cancer research! This year's event will include a new 50 km option in addition to the flagship 100 km event. You can be a part of the ride of a lifetime; this year's promises to be bigger and better than ever.

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



October 27, 2013

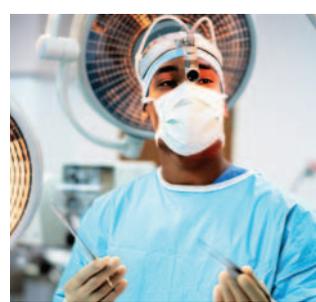
Rattle Me Bones – This Halloween-themed road race and fundraiser supports bone cancer research. Experience the thrill of running while being chased by zombies! This new 5 km event – in addition to the 10 km, 5 km, 2 km and 1 km – will have you running faster than ever! Rattle Me Bones has raised more than \$1 million in the past 19 years; join us for the 20th edition!

For more information, contact Sarah Landry at 613-798-5555, ext. 19820, or events@toh.on.ca.

November 9, 2013

The Ottawa Hospital Gala – This annual event at The Westin Ottawa is one of the year's must-attend black-tie affairs. More than 500 community and business leaders gather to salute the groundbreaking research taking place at the Ottawa Hospital Research Institute.

For tickets, sponsorship or information, contact Patricia Baratta at 613-798-5555, ext. 13327, or events@toh.on.ca.



RESEARCH UPDATE

World-Class Patient Care Begins with You

Safer drugs. Better diagnoses. Faster and more accurate assessments of life-threatening injuries. These are just some of the ways researchers at the Ottawa Hospital Research Institute are improving patient care and safety, with gifts from donors such as you.

“Research is as important as having the best doctors, best equipment and state-of-the-art facilities,” says Dr. Phil Wells, Chief of the Department of Medicine at The Ottawa Hospital and a Senior Scientist at the Ottawa Hospital Research Institute. “We want patients at The Ottawa Hospital to have access to the best practices, best care protocols, new medications and most up-to-date diagnostic rules. We use clinical research to make that happen.”

Most of the research done at the Ottawa Hospital Research Institute is focused directly on patient care by changing and improving medical protocols and practices. For example, patients now receive safer anti-bleeding drugs during heart surgery, thanks to a clinical trial led by Drs. Dean Fergusson and Paul Hébert. This trial has likely saved thousands of lives and millions of dollars for hospitals; the safer anti-bleeding drugs now used are much less expensive.

While much of the research looks at diagnosis and treatment, some research focuses on the patient’s perspective. Dr. Dawn Stacey, for example, pioneered the development of strategies that help patients with cancer, lung disease, arthritis and other conditions decide which treatments are the best option for them.

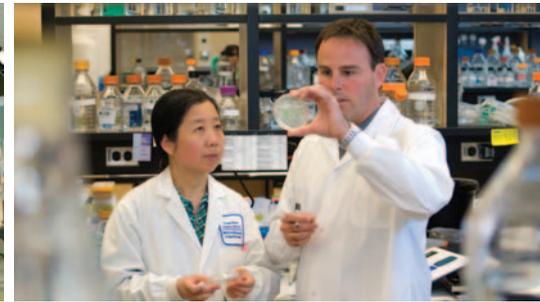
In the next few years, the Ottawa Hospital Research Institute will expand its research to improve medical practices, with an emphasis on clinical trials and translating knowledge into practice. This research will be shared and adopted by the health-care professionals who work directly with patients. This is the kind of research that can only take place in a hospital-based research institute.

Research Saved a Life



Dr. Phil Wells and Dr. Marc Rodger

Thomas d’Aquino, a prominent national business leader, entrepreneur and lawyer, says research helped save his life after he began to experience sharp pain in his back. Thanks to diagnostic rules and outpatient treatment programs developed by Drs. Phil Wells and Marc Rodger at the Ottawa Hospital Research Institute, Thomas was quickly diagnosed and treated for a life-threatening blood clot in his lung. The rapid assessment and treatment programs developed by Drs. Wells and Rodger meant Thomas was placed on life-saving medication immediately. Research means patients at The Ottawa Hospital are the first to benefit from new medical practices. “This is research that saved my life,” says Thomas.



Her Spirit of Generosity Will Live On

Carla Rossanigo



One thing is for certain, Carla Rossanigo carved her own path. While her accomplishments are numerous, she will be most fondly remembered for her quiet dedication to improving the world around her.

“Carla was a courageous and private person, always amazing those around her with her intuitive understanding of such a wide range of life issues that mattered to her and to others,” says Lynn Arnone, a longtime friend of Carla’s and the executor of her Will.

Born in Montreal in 1928, Carla was the only child of Giuseppe and Enrichetta. Fluent in English, French and Italian, Carla was intelligent, articulate and forever determined. This determination was evident when Carla enrolled in Sir George Williams University to pursue her love of science rather than following the more traditional path of her peers.

Carla graduated with a Bachelor of Science from Sir George Williams in June 1952, one of only seven female graduates out of a class of 102. After graduating, Carla began her full-time career at Bell Canada holding a variety of management positions in Montreal and Ottawa/Gatineau. In August 1991, Carla retired from Bell with more than 41 years of distinguished service.

Though the last few years were medically challenging for Carla, she continued to stay informed with news and current events. After watching a news program about stem cell research, Carla set about the task of finding out who was doing such research in Ottawa and soon discovered that the Ottawa Hospital Research Institute is a leader in this area.

Carla included a bequest in her Will to create an endowment fund to provide ongoing support for this exciting research. After she passed away in October, The Ottawa Hospital Foundation was notified of her tremendous gift and is grateful to Carla for her generosity.



**A Legacy
of Care**

**Recognizing
Tomorrow’s
Gift Today**

Several members of the Legacy of Care Society were treated to first-hand knowledge about stem cell research at a special luncheon June 25. The event featured guest speaker Dr. Harry Atkins, Medical Director of Regenerative Medicine at the Ottawa Hospital Research Institute. Now in its second year, the Legacy of Care Society was established to formally thank and recognize donors who have included The Ottawa Hospital Foundation in their estate plans. This luncheon is one of the ways recognition is bestowed upon this special group of forward-thinking donors who are building a true legacy in their community.

If you would like more information about leaving a gift to the Foundation through your estate, please contact Sue McIntosh, Planned Giving Manager, at 613-761-4295.



We Support



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