



Life Support

SUMMER/FALL 2014

Technology: changing the way we deliver care

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leader in this. That's why we're excited about the fundraising for technology that we'll be doing over the next five years.

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Tim Kluge
President and CEO,
The Ottawa Hospital Foundation



Governor General's Caring Canadian Awards

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Karen Toop Reconstructing her life

"Against all odds, I'm alive," says Karen Toop. Considering the injuries Karen sustained, this is remarkable.

It was a snowy January evening in 2012. Karen was walking home, huddled in her winter coat to keep warm, when she was struck and run over by a snowplow. Karen lost both her legs. As she was rushed by ambulance to The Ottawa Hospital, she told the paramedics to tell her son that she loved him. But she didn't die as she thought at the time. The trauma team of 20 people in Emergency worked tirelessly to repair her broken body.

After her first life-saving surgery, surgeons rebuilt her lower body, using new medical procedures and state-of-the-art treatments. Karen's recovery took months, as she endured blood clots and infections, and had over 100 blood transfusions. She spent 10 months in rehabilitation, learning to adapt to her new life.

"Every day I'm getting stronger, and it's getting easier. And that's possible because of The Ottawa Hospital," says Karen.

In many ways, Karen's relationship with her husband, Harvey, has also gotten stronger through this ordeal. They are building a customized house that will accommodate her wheelchair. Karen is currently living in an adapted apartment. She says the doctors and nurses have given her back her life and her family. Karen looks forward to the day when she will be home again, and tucking her seven-year-old son, Ryan, into bed every night.

Karen has become a strong advocate for the Hospital, giving a testimonial at our President's Breakfast for the Public Service in May. She is also a valued donor.

If you would like to learn more about Karen's journey, please watch her short video at www.ohfoundation.ca/karen-toop.



Grateful quotes

"The Hospital saved my life. That's the way I look at it. If I can give back, it's something."

— *Alain Maurice,*
heart transplant recipient

"I can't stress enough how you not only provided me with excellent care, but you also made me feel that my recovery was very important to all of you. When my radiation treatments were finished, many of your staff took the time from their lunch hour to join me and applaud me as I rang the bell indicating my treatments were over. My sincere gratitude to The Ottawa Hospital."

— *George Milton, cancer survivor*

"I have had excellent care at the cancer unit. My husband was also a patient at the Hospital and received the best of care."

— *Pierrette Ethier, cancer survivor*

Monthly Giving Making your support go even further

What is it? Why give monthly?

Our monthly giving program, Partners in Care, is an easy way to spread your donations over the entire year by making convenient monthly gifts. By joining, you will consistently help The Ottawa Hospital provide quality patient care and innovative research.

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

A win-win situation: You receive fewer mailings and our fundraising costs are reduced; lower costs on our end means your donation dollars go farther.

Budget friendly: You can choose the monthly amount to ensure it easily fits into your budget.

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

Dependable income: Your regular donation allows the Hospital to plan for improvements more effectively and efficiently.



Andrea Peponoulas

For more information about our Partners in Care plan, please contact Andrea Peponoulas, Development Officer, at 613-798-5555, ext. 14677, or email apeponoulas@ottawahospital.on.ca You can also sign up for monthly donations on our secure website at www.ohfoundation.ca.

Leading edge technology improves health care

Medical Innovation

Technology is helping solidify The Ottawa Hospital as a leader in health care.

Some of the biggest technological innovations can be found in the operating rooms. Not only has surgical equipment improved with new technological advancements over the last 30 years, but the way doctors operate has also changed drastically. These changes have greatly improved patient care.

Not so long ago, a surgeon operated through large incisions. Now, surgery is done through keyhole incisions, 3mm in size. Using modern imaging techniques, including high definition cameras and monitors, surgeons can now remove tumours, remove or repair damaged organs and blood vessels, and treat disease all through tiny incisions. This minimally invasive surgery has been described as the single most important advancement in the surgical treatment of injury and disease.

“In the future, minimally invasive surgery will be the standard of care,” says colorectal surgeon Dr. Hussein Moloo.

At The Ottawa Hospital, minimally invasive surgery is performed in all surgical fields, including general, bariatric, colorectal, acute care or emergency, thoracic and vascular surgery. With this high tech surgery, patients experience less trauma, fewer complications, quicker recoveries, and overall better outcomes. People who would traditionally



Upgraded operating room for minimally invasive surgery

be in hospital for over a week after surgery will now be going home within a day or two.

As doctors now view the entire surgical procedure (captured by microscopic cameras), on a television monitor, they operate by viewing a two dimensional image rather than the three dimensional (3-D) view of the patient's insides, as was the case with a traditional large incision operation. This requires not only learning a new operating skill, but also learning how to see the internal operating site differently. To help master these minimally invasive surgical techniques, medical staff train on patient simulators at the University of Ottawa Skills and Simulation Centre at The Ottawa Hospital.

“It's a little bit like becoming a pilot. Our medical residents feel more comfortable performing a real life operation after they've spent hours practicing on a simulator,” says the Centre's medical director, Dr. Viren Naik.

One of the important new pieces of equipment being incorporated in the operating room for minimally invasive vascular surgeries is the Discovery IGS, the most advanced medical imaging in the world. This technology allows vascular surgeons to capture and view detailed 3-D images, which will enable the surgeon to reach almost any area of the vascular system through small incisions. This high tech “smart” equipment means 3-D images from previous tests, such as a CT scan, can be imported into the operating room monitor during surgery, providing greater accuracy for surgeons.

“We will be the only hospital in Canada to offer this advanced technology. In fact, it's so new that only a few hospitals worldwide have this equipment,” says Dr. Sudhir Nagpal, Head, Division of Vascular Surgery.

The Ottawa Hospital is offering better patient care by embracing state-of-the-art innovation. In support of this, the Foundation is raising \$5 million to equip operating rooms for minimally invasive surgeries.



Discovery IGS: the new imaging equipment being purchased for endovascular surgery

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Generous Hospital Neighbours

The old adage of 'good neighbours help other neighbours' is certainly true of Winston and Marion Smillie.

For over 25 years, the Smillies lived near the Civic Hospital (now the Civic Campus of The Ottawa Hospital) on Ruskin Avenue. The Smillie house was always full of art. Winston was the curator of the renowned Canadian Industries Limited corporate art collection, but Marion was the artist. She did sculpture



and loved to paint. Although Marion was an artist all her life, she had her first painting exhibit when she was in her 80s.

Marion and Winston celebrated their 50th anniversary on April 17, 1999. They had no children of their own, but Marion's niece, Deborah Hodgson, always thought of her aunt as a second mother.

"My aunt Marion was the most creative, giving soul. She found no fault in anyone. Always smiled, and was genuine when she asked how you were," says Deborah."

The Smillies had their share of visits to the Hospital over the years.

"My husband and I have first-hand knowledge of the care of the medical staff at the Civic and have admired their skills and dedication to the well-being of the patients. We are glad to be supporters of the Hospital," wrote Marion Smillie in a letter to the Foundation in January 1999.

Many years ago, the Smillies shared with the Foundation that they were leaving a gift in their Will to The Ottawa Hospital. Sadly, Winston passed away in 2002. In January 2014, Marion passed away, at 92 years of age. The Foundation was notified by their lawyer



that their generous bequest would be directed towards research and patient care.

Marion had noted, "Our gifts are really for the future, just as basic research being done now can have benefits many months or years from now. We know that the very best people are working hard to improve the quality of life for all of us, and strongly feel such work should be supported and encouraged."

The gift from the Smillies will do more than help their neighbours, it will help people across the entire Ottawa region for years to come.

Estate Giving

Leaving a legacy to your community is a powerful philanthropic gesture. Estate planning is more than just leaving a gift in your Will, though. Naming a charity as beneficiary for your life insurance, an RRSP, or RRIF, is also a way to have a lasting impact on the health of your community. Your financial and legal advisors can best help tailor your intended gifts to your goals and personal circumstances. We are ever grateful to forward-thinking individuals who include The Ottawa Hospital Foundation in their estate plans.

For more information about leaving a gift to the Foundation through your estate, please contact The Ottawa Hospital Foundation at foundation@ottawahospital.on.ca, 613-761-4295 or visit our website: www.ohfoundation.ca.

Please support The Ottawa Hospital



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

The Ottawa Hospital Foundation

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Email: foundation@ottawahospital.on.ca

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You can also donate online and receive your tax receipt instantly at ohfoundation.ca.



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