

# Life Support

SUMMER/FALL 2015



Venus Chirip, Senior Technologist, Molecular Oncology Diagnostics Laboratory

## What it means to fund access to clinical trials

Last fall, we launched our Tender Loving Research campaign because we firmly believe that research leads to improvements in medicine and patient care. But discoveries in the lab need to undergo testing before they can be proven safe and effective, and then made available to patients. That's where clinical trials come in.

The Ottawa Hospital values the importance of clinical trials, which is evidenced by the number we are conducting (approximately 625). The Hospital is gaining a reputation for pushing the boundaries of treatment for a vast number of illnesses and diseases in the hopes of improving outcomes or better yet, finding cures.

We are proud of the groundbreaking work the researchers and clinicians are doing, and thanks to our donors, we are able to provide support to every single clinical trial underway at The Ottawa Hospital. Scientist-clinician Dr. Mark Freedman (see page 3 story) says he is grateful for the generosity of the

community because none of the multiple sclerosis trials he has conducted would have been possible without donor support. It is because of you that the Foundation helps make clinical trials possible.

We hope you'll be inspired by this issue with our feature story on clinical trials and the stories of a patient who responded to new drugs that helped him live years beyond his prognosis. It is through philanthropy that we are making a difference in patient care.

Thank you.

Tim Kluge  
President and CEO  
The Ottawa Hospital Foundation



**DO THE RIDE**  
POWERED BY MATTAMY HOMES

RAISE SERIOUS CASH FOR CANCER RESEARCH.

**DO.THERIDE.CA** **13 SEPT 2015**

## THE RIDE

The Ottawa Hospital Foundation's cycling fundraiser, formerly *Ride the Rideau*, now has a new route and a new name – but the cause remains the same: eradicating cancer.

On Sunday, September 13, a 50 km closed route will do loops of the Sir John A. Macdonald Parkway, while the 108 km open route will head west from Tunney's Pasture to the Dunrobin area. As riders will no longer be following the Rideau River, the event was rebranded THE RIDE.

In five years, the event has raised over \$8.8 million for cancer research, making it the most successful cancer fundraiser in Eastern Ontario.

## Delivering good news about cancer



In 2008, retired Principal Duncan Ferguson, was sitting in a Barrhaven classroom when a sudden and unrelenting pain in his back sent him to the hospital. He was diagnosed with stage four non-Hodgkins lymphoma, and given two to three weeks to live.

However, Duncan was offered a new experimental chemotherapy treatment. It worked. Seven years later, the father of four children and grandfather of seven was given an official clear bill of health by his oncologist in February 2015.

Three years ago, Duncan began an EMC Stittsville News newspaper route to 102 homes in his neighbourhood. Since then, Duncan has generously donated the money he makes from the paper route to Dr. John Bell's cancer research at The Ottawa Hospital. But he also uses the opportunity to tell the newspaper readers about Dr. Bell's research. Duncan photocopies the information he receives from the Hospital about Dr. Bell's progress and includes copies of this info as a flyer with the newspapers.

"It allows the community to be introduced to Dr. Bell and what he's doing," says Duncan. "At Christmas time, I got over \$400 in donations in my mailbox that I sent in to the Foundation to be directed to Dr. Bell's research lab."

Duncan's friends, family and neighbours have been so supportive of his work that they took over his paper route while he recovered this spring from shoulder surgery.

Duncan is a fundraiser extraordinaire. He not only has a newspaper route, but he does a bottle drive, participates in Run for a Reason, and a run in Stittsville – all to raise money for Dr. Bell's cancer research. He is so passionate about this cause that on a flight home from Calgary, he talked about it with a couple he was sitting beside, and they sent a donation for the research when they got home.

"The big thing is that people are aware of the importance of cancer research," says Duncan.

Thanks to Duncan's innovative marketing techniques, this cancer survivor is spreading the word. More people now know about research at The Ottawa Hospital, and are showing their support.

## Grateful quotes

*I give monthly because...*

"I received the very best of care while being a patient in The Ottawa Hospital for surgery, chemotherapy, as well as radiation. I want to thank all the doctor's and nursing staff who treated me on these numerous occasions, so very, very much."

— Eleanor M. Clarke

"I am a patient of the Eye Clinic. I have macular degeneration. The injections I receive have saved my vision, and I feel I am very fortunate to have this treatment."

— Ronald J. Easton

"I am a breast cancer survivor. I stayed at Grimes Lodge during my radiation. I was ever so grateful for the calibre of care."

— Sharon D. Halliday

## 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 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:** The plan is affordable and donations are easy to fit 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 on our Partners in Care plan, please contact Andrea Peponoulas, Development Officer, at 613-798-5555 ext. 14677, or email [apeponoulas@toh.on.ca](mailto:apeponoulas@toh.on.ca).

# Clinical Trials in Multiple Sclerosis

When Dr. Mark Freedman joined The Ottawa Hospital in 1993, there wasn't much research being done on multiple sclerosis (MS). Doctors would simply tell patients, "There is nothing we can do for you." Dr. Freedman refused to believe that, and has spent the last 25 years researching better treatments for MS.



Mark Freedman

The Ottawa Hospital is doing innovative groundbreaking research in MS. Basic research advances our knowledge of disease and treatment; however, there would be no improvements in patient care without clinical trials to test the results. Clinical trials are an essential part of developing new ways to prevent, diagnose and improve patient care. Dr. Freedman's work is evidence of this.

Dr. Freedman, a physician and senior scientist with the Neuroscience Program, and director of the Multiple Sclerosis Research Unit, has been the principal investigator on numerous clinical trials, involving hundreds of patients. The average multi-centre trial for MS, costs about \$150 million, and involves several hundred patients and research organizations. Some of these trials are funded by the MS Society of Canada, others by industry. Donor support is also critical to these trials, as well.

Margo Murchison is convinced that one day Dr. Freedman will tell her that there is a cure. Margo, who has suffered with MS for 33 years, has taken part in two different clinical trials. She sees how much better MS treatment is now compared to when she was first diagnosed, and chalks it up to clinical trials.



Margo Murchison

She says, "Young people diagnosed today have real hope." She is very encouraged by recent advances in MS research in general, but is especially hopeful about the exciting work that is being done right here in Ottawa.

"We are so lucky in Ottawa to have wonderful, dedicated researchers. They are working together to find the answer and find a cure," Margo says.

Although there is no cure yet for MS, Dr. Freedman and his colleague Dr. Harry Atkins have had remarkable success with their investigative clinical trials, using stem cell transplants. As a result, they have furthered the knowledge of



Dr. Marc Freedman and Research Coordinator Catherine Hilliker look at the brain MRI of a multiple sclerosis patient.

and found better treatments for MS.

Jennifer Molson is one patient who has greatly benefited from experimental stem cell transplant treatment for multiple sclerosis. She was wheelchair bound and had run out of treatment options when she first met Dr. Freedman and Dr. Atkins. She underwent a stem cell transplant in 2002, and has been symptom-free for 13 years.



Jennifer Molson

"I still have MS, but I don't. I have no symptoms," Jennifer says. "Thanks to the work being done by incredible doctors in the field of stem cell research, I am standing here today. I am living proof that stem cell research can change lives."

At the moment, researchers at The Ottawa Hospital are involved in over 1,585 active clinical research projects and 625 active clinical trials for a wide variety of illness, disease, and injury. We are grateful to the thousands of individuals who participate in these trials to determine if new treatments will work. Thanks to them, researchers and doctors are improving care for future patients.

"None of this would be possible without the support of the Hospital and the Foundation," says Dr. Freedman. "Our state-of-the-art MS clinic is one of the best in the country and we are leading the world in research."

# A legacy for the next generation



Kathleen Ward will be forever remembered for her dedication to children and her community. It was this dedication that inspired her to leave a gift in her Will to help further the education of nurses interested in neonatal care at The Ottawa Hospital.

Kathleen was born June 12, 1906, in Kemptville, Ontario. She had a keen interest in children, and so in 1924, she attended teachers college in Ottawa at what was then called the Ottawa Normal School. Living in Ottawa, Kathleen had the opportunity to attend the opening of the Ottawa Civic Hospital on November 27, 1924.

Kathleen then taught grades one to eight in one-room schoolhouses in the Ottawa area for three years. In 1927, she enrolled in a two-year household science degree program at the University of Guelph. After graduating, Kathleen taught home economics, before accepting a one year teaching exchange in Reading, England, where she took every advantage to travel throughout Europe. She married in 1942, worked as a dietician at the Hospital for Sick Children in Toronto, and then taught school where she combined her love of children and her home economics skills.

After retiring in 1971, Kathleen was able to fulfill her love of travel, visiting places throughout Canada and Europe with her husband. In 1987, the Wards moved to Ottawa to be closer to their son Neville. When Kathleen broke her hip in 2003, she was treated at the hospital she had attended the ribbon cutting ceremony at nearly 75 years before.

Kathleen passed away on October 30, 2006. She was 100. Her son Neville established the Kathleen Elizabeth Ward and E. Neville Ward Legacy Endowment Fund for Nursing Advancement in her memory. The fund provides financial assistance to registered nurses or registered practical nurses, from The Ottawa Hospital's Maternal and Newborn Care Program. This fund, which Neville has also made a provision for in his Will, will provide for generations of neonatal care.

## 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 Heather McLean, Vice President, Annual Giving Programs, at 613-798-5555 ext. 13034, or [hmclean@toh.on.ca](mailto:hmclean@toh.on.ca).



Heather  
McLean

Please support The Ottawa Hospital



The Ottawa Hospital Foundation

737 Parkdale Avenue, 1st Floor, Ottawa, K1Y 1J8

Telephone: 613-761-4295 Fax: 613-761-5014

Email: [foundation@ottawahospital.on.ca](mailto:foundation@ottawahospital.on.ca)

[www.ohfoundation.ca](http://www.ohfoundation.ca)

*You can also donate online and receive your tax receipt instantly at [ohfoundation.ca](http://ohfoundation.ca).*