



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

# Life Support

WINTER/SPRING 2015



## Today's research is changing tomorrow's health care

Thousands of patients are receiving world-class care at The Ottawa Hospital because of research. This is research that will change lives, and it's because of you that this is happening.

Thanks to your loyal and generous support, researchers, scientists and doctors at the Hospital are discovering new and improved ways to treat blood clots, cancer, Alzheimer's, Parkinson's, heart disease, spinal cord and brain injuries. They are working to find the causes and the cures. And their work is having an impact here in Ottawa and around the world.

You may have heard that in October we embarked on an exciting new \$50 million research campaign that we've called Tender Loving Research. This theme is testament to the passion and compassion that our researchers and clinicians have for their work.

In this issue of *Life Support*, you'll discover how, with generous community philanthropy, research is shaping patient care. You'll meet researchers who are making a difference in the lives of patients, and you'll meet patients whose lives have been profoundly affected by research conducted at The Ottawa Hospital.

We think you'll enjoy finding out how research is changing health care in 2015 and into the future. And we thank you for being part of this change.

Tim Kluge  
President and CEO,  
The Ottawa Hospital Foundation



## Holiday tree brightens patients' hospital stay

Generous Ottawa Hospital Foundation donors wrote messages of hope on paper ornaments that they sent with their holiday donations. The ornaments, with their encouraging words, were hung on a tree at the Civic campus to warm hearts and brighten the lives of those undergoing care during the holidays at The Ottawa Hospital.



# Diagnosis **inspires** generous support of BHC

Penny Thompson was getting ready for a Halloween party in October 2012, when she found a lump in her breast.

Penny was immediately referred to The Ottawa Hospital Breast Health Centre after a mammogram came back abnormal. She said the moment she walked in the door, she felt immediately looked after.

“Everybody in the whole space had a positive aura. Even though we got the worst news from Dr. Bruce Gay, his attitude was ‘We’re taking care of you,’” she says.

Penny was diagnosed with breast cancer. She was 47. Six weeks after her surgery in January 2013, Penny found another lump. By the time she was operated on three weeks later, four tumours had grown. Penny’s subsequent genetic testing revealed she had the BRCA2 gene, an inability to suppress tumours. In September, Penny underwent a double mastectomy, then a laparoscopic hysterectomy in March 2014 to eliminate the possibility of any spread of cancer. After a complete scan on April 15, 2014, Penny got the news that she was cancer free.

Throughout her ordeal, Penny had a wonderful support group who rallied around and organized a number of fundraising events. People collected “pennies for Penny” and she ended up with 200,000 pennies (\$2,000). ZaZaZa Pizza introduced “Pizzas for Penny,” donating two dollars from every pizza sold in June 2013. And a “Penny Palooza” family friendly music festival was organized in Manor Park, which raised \$10,500.

“Every cent of the money raised has gone to the BHC,” says Thompson.

The Breast Health Centre is raising \$14 million to build an expanded breast health centre and outfit it with the latest state-of-the-art diagnostic equipment, such as an MRI machine dedicated to breast imaging.



## Grateful quotes

Our doctors recognize the generosity of our donors and have nothing but grateful things to say about you.

“Any donor who contributes to ovarian cancer research is a hero to us – someone who can help us move our ideas into something useful for patients.”

— Dr. Barbara Vanderhyden, Senior Scientist, Ottawa Hospital Research Institute, specializing in Ovarian Cancer Research

“In life, we can choose to observe or to share. We’ll be better off if we choose to share, because it is through the generosity of those in the community that we actually improve health care.”

— Dr. Marc Clemons, Oncologist, Cancer Therapeutics Program

## Monthly Giving Making your support go even further

### What is it?

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.

### Why give monthly?

**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).

# Transforming health care with tender loving research

Medical Innovation

Our exciting new Tender Loving Research Campaign is focussing on three key research areas - cancer, regenerative medicine, and improving patient care. We thought we'd give you a sample of some of the groundbreaking research being done at The Ottawa Hospital from the point of view of a scientist, a patient, and a doctor.



**Barbara Vanderhyden,  
Senior Scientist**

Dr. Barbara Vanderhyden is dedicated to research that betters women's lives. She researches one of the most difficult types of cancer - ovarian cancer.

The statistics for ovarian cancer are grim. Every year, 2,700 women are diagnosed with it; 1,750 will die from it. Research is the only way to increase the survival rate for women with this disease. Dr. Vanderhyden is focussed on reducing the incidence of ovarian cancer, and finding better treatments for women that will extend and improve their quality of life. Her team of researchers is collaborating with other cancer researchers, like Dr. John Bell, who develop oncolytic viruses that destroy cancer cells while leaving normal tissue unharmed.

"If we find viruses that are particularly effective against ovarian cancer, we can move to clinical trials and test the viruses on patients," says Dr. Vanderhyden. She is confident that her team will be able to test this effectiveness within two to three years. The potential of this research and the hope it will bring to women and families here in Ottawa and across the country is truly exciting.



**Tina Ceroni, Patient**

While training for an Ironman triathlon, Tina Ceroni started experiencing severe muscle cramps and spasms in her legs. Initially attributed to her strenuous training regime, her symptoms worsened as muscles began contracting in her whole body, including the muscles in her respiratory system so that she couldn't breathe. In one year, she was hospitalized 47 times.

Tina was diagnosed with stiff person syndrome, a rare autoimmune disease that affects one in a million people, and for which there is no effective treatment or cure.

She was a perfect candidate for Dr. Harry Atkins' experimental autologous stem cell transplant. In May 2011, after an aggressive chemotherapy regime, the Blood and Marrow Transplant team rebooted Tina's immune system by transplanting her purified stem cells back into her body.

Now, over three years later, Tina is symptom free and in remission.

Tina is one of three people who have successfully received a stem cell transplant for stiff person syndrome at The Ottawa Hospital. This groundbreaking treatment would not have been possible without extensive research and successful clinical trials previously done on patients with other autoimmune diseases.



**Dr. Marc Rodger,  
Chair of Hematology**

Dr. Marc Rodger is passionate about blood clots and preventing the damage they can do. Often, they are deadly.

Dr. Rodger developed diagnostic tools to aid in the detection of blood clots, and is investigating how to dissolve them safely and prevent them from reforming. His decision rule, or method of predicting when patients can safely stop blood clot treatment, is being validated in a multi-national study.

Dr. Marc Rodger led a 12-year randomized clinical trial that involved 292 pregnant women at 36 centres in five countries. His study showed conclusively that the commonly prescribed anticoagulant in high-risk pregnant women has no positive benefits for the mother or child. In fact, Dr. Rodger's study shows that the drug could actually cause pregnant women some minor harm by increasing bleeding, increasing their rates of induced labour, and reducing their access to anesthesia during childbirth.

Dr. Rodger's findings will benefit many women in many countries who will be spared from hundreds of unnecessary and painful injections.

**TLR**

*Everyone needs a little Tender Loving Research (TLR)!*

*We invite you to watch our new TLR video at [www.tenderlovingresearch.ca](http://www.tenderlovingresearch.ca).*

Life Support

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



# Patient inspired to support research

Donor Margaret Craig is a snowbird who flies to Arizona every winter. In December, she began having difficulties with her breathing. Just before Christmas, it worsened and thinking she was having a heart attack, Margaret went to a walk-in clinic in Tucson, which sent her to emergency. She was diagnosed that day, but it wasn't her heart. Margaret had ovarian cancer.

The retired adult educator and translator hadn't been feeling well for a couple of months, but couldn't describe what was wrong, other than a failure to lose the couple of pounds she had gained, despite trying, and a slight swelling and firmness in her abdomen.

Margaret was reeling from the news. "Part of that was because I had to get back to Ottawa and it was Christmas," she said. "But I got here. I caught a flight in a snowstorm on the busiest travel day of the year, December 22."

She immediately went to emergency at The Ottawa Hospital's Civic campus and kept overnight, then transferred to the General campus, where gynecological oncology experts are. Doctors confirmed the tests she had in Tucson, and she began treatment immediately. Her first three rounds of chemotherapy started in January. Margaret then underwent surgery, followed by three more rounds of chemo, which ended the middle of June.

"I have been told over and over again by the professionals that it is rare to catch ovarian cancer early. Mine was caught early enough that they could surgically remove everything that was over a centimetre," said Margaret.

Margaret knows there are often no obvious symptoms until the disease is advanced. In fact, 50 percent of ovarian cancer patients die within 12 to 18 months, but her prognosis is promising and she's beating that statistic. Her biggest mes-



sage out of this experience is to "hang on to the positive." The potential to improve survival rate depends on research, and Dr. Barbara Vanderhyden's research into ovarian cancer is groundbreaking with extremely positive results.

Margaret was so grateful for the compassionate treatment she received that she was inspired to give back by investing in ovarian cancer research at The Ottawa Hospital. She made a generous gift, as well as a gift in her Will to the Hospital to support Dr. Vanderhyden's research. We are grateful for forward-thinking donors like Margaret.

## 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



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