

Life Support

WINTER/SPRING 2016



*Henna Hussain, Executive Administrator,
Division of Orthopaedic Surgery*

Your support is changing health care

It's always exciting to embark on a new year and look back on the extraordinary successes of last year.

Thanks to our generous community, we wrapped up our dermatology campaign to build a much-needed Dermatology Centre of Excellence, the construction of which is now underway. We also acquired a critical DNA sequencer for the new Molecular Oncology Diagnostics Laboratory, which brings us that much closer to offering cancer patients personalized medicine and treatment.

We also received tremendous support (and are now close to our \$14 million goal), to build a new, expanded Breast Health Centre. The plans have been drawn up, giving us five times the space, and amalgamating all services in one location. But mainly, this expansion project will offer timely treatment in a modern facility where patient care is of the utmost importance.

Hospital President and CEO Dr. Jack Kitts talks about how change is founded on the belief that things can always

be better. Research is one example of how change makes things better. Our clinical trials demonstrate this. You will read about how results of clinical trial research saved stroke patient Elizabeth Levere's life. We are delighted to also share a fabulous patient story of how the CyberKnife – equipment purchased 100 percent with donations from the community – is saving and improving lives today.

Research and state-of-the-art equipment would not be possible at The Ottawa Hospital without donor support. Thank you for contributing to change that is making the health care we deliver better.

Tim Kluge
President and CEO
The Ottawa Hospital Foundation



The new Breast Health Centre



Every year, over 30,000 women use The Ottawa Hospital's breast health services, which at the moment are spread over our three campuses. Clinic visits to the Breast Health Centre have increased 62 percent over the past five years. It is not an understatement to say that we are cramped for space. This is why we are building an expanded Breast Health Centre at the General Campus to consolidate all services into one location with the latest technology and state-of-the-art equipment, including a new MRI specifically for breast imaging.

But this new Breast Health Centre will cost \$14 million to build and equip. We are thrilled about the fabulous community support we have received, and are proud to say we are nearly at our goal. We all know someone who will use this wonderful facility one day, and we are grateful that your generosity is making it happen.

CyberKnife delivers second chance

In July 2011, Don Davidson was feeling fine, but thought he should see his doctor in Kingston about the lump on his neck. The results stunned him to the core.

Don was diagnosed with stage IV melanoma that had metastasized to his brain. He hadn't shown any signs or symptoms of a serious illness, yet he received a shockingly grim prognosis. The doctors gave him three to five months to live.

Don soon underwent whole-brain radiotherapy (WBRT) to get rid of three tumours. The procedure was unpleasant, and the side effects were horrendous: drastic weight loss, nausea, dizziness, extreme fatigue, and lack of strength and mobility. His September follow up appointment revealed three additional brain tumours. Don was told that WBRT was a one-time only treatment. There was nothing the doctors could do. He was informed to get his affairs in order and enjoy the next few months.

By chance that November, Don learned of a new treatment option: the CyberKnife. This robotic arm delivers high doses of radiation to disintegrate tumours in inoperable places, such as the brain. CyberKnife radiosurgery is so precise that it destroys the tumour with minimal damage to healthy tissues surrounding it. The CyberKnife was available at only two hospitals in Ontario; one was The Ottawa Hospital.

Don got a referral from his physician and was treated with the CyberKnife in Ottawa the next day on November 18, 2011. The procedure took approximately 45 minutes. Afterwards, he walked out of the room and went home. And he experienced no side effects whatsoever.

Follow up imaging showed that the tumours were gone. As his neurologist said, "his head is empty" (no tumours)! CT scan results also showed that no cancer had spread to his body.

However, on May 14, 2015, an MRI revealed that Don had a melanoma spot on his left frontal lobe, and was given a short CyberKnife treatment. Nothing appeared on a subsequent MRI, though. The spot was completely gone. The CyberKnife had done its job again.

Four years after his initial diagnosis, Don is feeling great. He has returned to his usual activities: boating, golfing and traveling to Florida in the winter. Don says he wakes up every morning happy to be alive. He is grateful that the CyberKnife, entirely purchased by donors, gave him back his life.



Grateful quotes

Cancer changes your life. It can often make your life better because we start to realize what is truly important. We remember to be grateful for our friends and family. And of course, we are most grateful to our doctors, our guardian angels at The Ottawa Hospital.

—Laura Davidson,
Don Davidson's daughter

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.ca.

A stroke of luck

Medical Innovation

New treatment helps stroke patients get back to normal



Elizabeth Levere feels fortunate she suffered a stroke at work and not at home.

On February 24, 2015, Elizabeth was writing a speech to be delivered in the House of Commons when the words on the computer suddenly seemed gibberish. She felt the left side of her face droop, she knew she was slurring her words, and then she keeled over.

Elizabeth was having a stroke.

Her colleagues immediately called an ambulance.

Every second counts when someone is having a stroke. When 65-year-old Elizabeth arrived at the Civic Campus of The Ottawa Hospital, she was immediately given tPA, a clot-busting drug, which is effective when administered within 90 minutes of the first stroke symptoms. A delay in treatment means the more likelihood of permanent brain damage and paralysis.

The drug was not enough to dissolve the clot. The MRI scan of Elizabeth's head showed that there was a blockage of a main artery in her neck, and she needed surgery.

"To be honest, I didn't think I would walk anywhere, ever again," says Elizabeth who knew at that time that her entire left side was paralyzed. "I couldn't speak without slurring my words."

Within hours, neurosurgeon Dr. Howard Lesiuk and his team did an endovascular thrombectomy, a minimally-invasive, groundbreaking procedure. A thin catheter was threaded into an artery in her groin and guided to the carotid artery in her neck where Dr. Lesiuk safely removed the blood clot.

When she emerged from her surgery, Elizabeth was able to smile, speak clearly, and had no trace of paralysis. Her recovery was so quick that she was discharged after a couple of days with full use of all her limbs. Elizabeth survived a major stroke with no lasting damage and she has since resumed her life. Had she been home alone, she may not have had such a positive outcome.

"I am so very lucky to live in this time and place," says Elizabeth. "Today, I'm back at work. I can drive, take walks and play with my grandchildren."



In Canada, someone has a stroke every nine minutes. Every year, 50,000 Canadians suffer a stroke. Of those who do survive, many are left with permanent disability. As the population ages, the incidence of stroke is expected to increase by 80 percent. That's why The Ottawa Hospital is focussing on stroke research and new, cutting-edge treatments.

Researchers at The Ottawa Hospital and the University of Ottawa contributed to an international randomized controlled trial that demonstrated that a clot retrieval procedure, known as endovascular treatment, can dramatically improve patient outcomes after an acute ischemic stroke.

"This study represents a major advance in the treatment of acute stroke," said Dr. Cheemun Lum, an interventional neuroradiologist at The Ottawa Hospital who ran the study in Ottawa along with stroke neurologist Dr. Dar Dowlatshahi. "These are patients with the worst stroke symptoms and the biggest clots. With stroke, it is a race against time. We now know that quick imaging and fast removal of the clot using radiological guidance is best for patients with these types of blockages."

Continuing to help others through research

Diana Wood cared about people.

She became a physiotherapist because it was a way she could help others. Her nephew, Greg Wood, says, "Her focus was always to help other people."

Born in 1928, Diana grew up with her sister and brother in Ottawa's Glebe. After graduating from McGill University's School of Physiotherapy, she interned at various Montreal hospitals. When she returned to Ottawa in the late 1950s, she was hired as a physiotherapist at the Civic Hospital, now the Civic Campus of The Ottawa Hospital. Physiotherapy was a relatively new field of medicine at the time and there were only two physiotherapists on staff.

Diana ardently believed in the importance of physiotherapy to help people regain a normal life after injury or illness. She was eventually appointed Director of Physiotherapy and was instrumental in the growth of the Physiotherapy Department.

Diana also loved old barns. She was fascinated with 19th century structural barns that were disappearing with time. She shared her love of these buildings with her sister Lorna, and in 1968 they spent four months touring Europe in a Volkswagen bug, and enjoyed discovering the old European barns.

Diana had hoped to travel to Egypt with Lorna once she retired, but Lorna passed away from kidney failure in 1988. Diana never fully recovered from the loss of her sister and closest friend. Diana decided to support kidney research.



Diana Wood's high school graduation photo, circa 1953



Diana and her nephew Greg Wood in 2011, in front of the Wood family home where Diana lived since 1947.

Diana first approached The Ottawa Hospital Foundation in 1994 with her thoughtful plan to make a difference. The Foundation guided her in her philanthropic endeavours to set up an endowment fund at The Ottawa Hospital for kidney research in Lorna's name. Diana also went on to establish a research chair and an endowment fund in vision research to advance new treatments for eye disease in honour of her parents Clifford and Gladys, and her sister Lorna. Both her parents suffered from eye problems. Her mother had an eye defect, which was not correctable when she was younger. Diana wanted to support research that would "benefit those with potential and real visual disabilities." In addition, she left money in her Will to go towards kidney research. Research that would continue to help people into the future was important to her.

In May 2015, Diana passed away. She was 87.

"She will help others, even people she will never know," says her nephew Greg. "That's who Diana was."

Estate Giving

Today at The Ottawa Hospital, we're using stem cells to halt devastating diseases, personalizing chemotherapy treatment, conducting major surgery through keyhole incisions, repairing hearts after heart attacks, busting deadly stroke-causing blood clots, and destroying cancer cell with viruses.

This is the health care legacy built with gifts made years ago by forward-thinking individuals who included The Ottawa Hospital in their estate plans.

Imagine what your legacy gift can do tomorrow.

For more information about leaving a gift to the Foundation through your estate, please contact Heather McLean, Vice-President, Development and Corporate Philanthropy, at 613-798-5555 ext. 13034, or hmclean@toh.ca.



Heather McLean

Please support The Ottawa Hospital



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