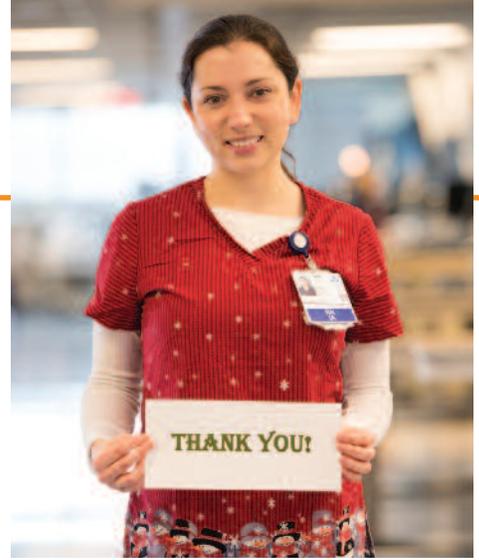


Life Support

The Ottawa Hospital | L'Hôpital d'Ottawa

WINTER/SPRING 2017



Julie Mainville, Registered Nurse

Forward-looking donors improve patient care

There is always a feeling of anticipation heading into a new year. We had some amazing health-care and innovation successes in 2016, thanks to your support.

We know that when you made The Ottawa Hospital one of your charitable priorities, you were thinking ahead. You knew your donation would help patients today and in the future. And it has. Two years ago, we launched our \$50 million Tender Loving Research campaign. I am proud to report that since then donors have invested \$33.9 million in groundbreaking research. This is evidence of how important research at The Ottawa Hospital is to our community. Your donations have boosted our ability to conduct groundbreaking research and improve patient care with new technologies and procedures.

In June, results were released of Drs. Harold Atkins and Mark Freedman's world-first clinical trial for an aggressive form of Multiple Sclerosis (MS). Their innovative stem cell treatment helped re-establish the immune system in 35 patients, and eliminated their MS completely. These 35 now live normal, healthy lives.

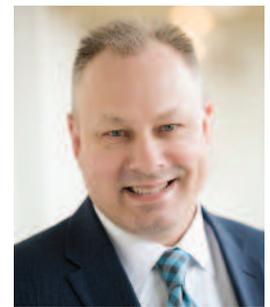
You'll read on page three, about the first nerve transfer operation in Canada. This incredible new procedure is

helping quadriplegic Tim Raglin move his fingers again, giving him more independence. And we're establishing a centre of excellence for neuromuscular disease, so that we can make a substantial difference to people, like Karen Lawrence, who carry the ALS gene.

These are just three examples of how research has made a difference and will make a difference to patients in the future, thanks to you. Because of forward-thinking people like you, The Ottawa Hospital is able to conduct world-first clinical trials, Canadian-first surgeries, and innovative groundbreaking research. We are providing exceptional care from bench to bedside thanks to your generosity.

Gratefully,

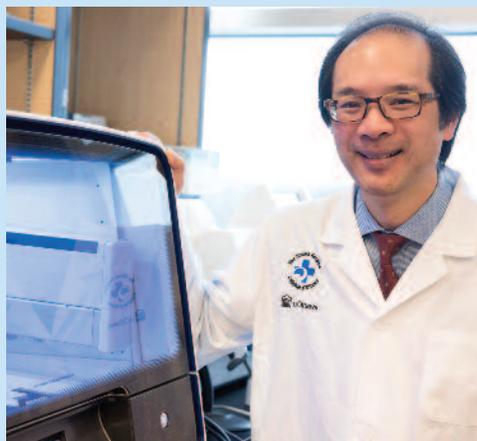
Tim Kluge
President and CEO,
The Ottawa Hospital Foundation



Molecular Lab

A year ago, thanks to your incredible generosity, our small, temporary Molecular Oncology Diagnostics Laboratory acquired a Next Generation Sequencer to begin genetic profiling samples of colon, melanoma, lung and breast cancer tumours. In August 2016, the lab began sequencing panels of cells, instead of just single genes. This means more tests can be conducted and more patients' tumours analyzed.

The lab aids physicians in identifying the most effective treatment for their



Dr. Bryan Lo, Director of the Molecular Oncology Diagnostics Laboratory, with the Next Generation Sequencer.

patients. This means offering patients personalized medicine, designed to match their own genetic profile. The Ottawa Hospital is delighted that, with the help of donors, the Molecular Oncology Diagnostics Laboratory provides a state-of-the-art addition to the care provided to cancer patients.

A second Next Generation Sequencer will be required for the permanent, larger molecular lab that we are establishing. This will give the laboratory the capability to process more samples of DNA, test more kinds of cancers, and enable physicians to prescribe personalized medicine for more patients.

Nursing student is true guardian angel

Lee O'Connor was a nursing student in the neurosurgery department when Kimberly Mountain asked her to stay with her during her brain surgery.

"Lee was very attentive, funny, personable, and would spend extra time hanging out with my family in the waiting area. She wore pink scrubs and bright colours, which we loved. And her smile made the hospital seem less depressing," says Kimberly who was diagnosed with a brain tumour in March 2011 when she was 28.

Kimberly and her family formed a friendship with Lee. When it came time to have an awake craniotomy, Kimberly was delighted that the surgical team allowed Lee to accompany her into the surgery to make her feel more comfortable.

"No one else was allowed down to the surgical floor with me, so having Lee there, holding my hand and talking to me was a massive relief. She came into the surgery with me, and it made me feel safe, and I had someone I could talk to while they operated."

The two shared a love for anything Disney. So it seemed fitting that in May 2012 when Kimberly was going to Disney



Kimberly Mountain (left) jumps for joy with Lee O'Connor in Disney World after her last cancer treatment.

World after her last cancer treatment, she invited Lee along to celebrate with her. The two wore matching outfits, light up shoes, tutus and Mickey ears, and skipped through the park like carefree kids.

In recognition of Lee's exceptional care during her hospital stay, Kimberly made a donation to the Guardian Angel Program. And Lee received a special guardian angel lapel pin in thanks.

The Guardian Angel Program was established by the foundation in 2006 as a way for grateful patients to recognize exceptional staff at The Ottawa Hospital. Since then, the foundation has given out over 9,150 pins. Donations to this program, honouring hospital staff, have

raised more than \$1 million for hospital priority needs.

Kimberly is one such grateful patient who says about her guardian angel, "We remain friends to this day and stay in touch for every important life moment." Lee O'Connor is now a registered nurse on the Neurosurgery floor. "And," says Kimberly, "you can still see the love she has for her job every day."

Partners in Care

Making your support go even further

Thanks to our monthly giving program, Partners in Care, you are helping The Ottawa Hospital provide quality patient care and innovative research all year long.



Dr. Morash and his team perform an operation with the da Vinci Surgical System that was purchased entirely by community donors.

Monthly giving is...

- A wise investment**, 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** with fewer mailings, which reduces our fundraising costs so that your donation dollars go farther.
- Budget friendly**, ensuring your donation easily fits into your budget.
- A timesaver**, so you won't have to write a cheque or search for a stamp every time you make a donation.
- Dependable income**, allowing the hospital to plan for improvements more effectively and efficiently.

For more information about our Partners in Care, please contact Andrea Peponoulas, Development Officer, at 613-798-5555, ext. 14677, or email apeponoulas@toh.ca



Andrea Peponoulas

You can also sign up for monthly donations on our secure website at ohfoundation.ca.

Turning to research for hope and cures



Karen Lawrence, Clinical Manager of Oncology at The Ottawa Hospital, has the familial form of ALS

'Inspired by research' is The Ottawa Hospital's motto because the future of health care – the improvements in treatment and the discovery of cures for diseases and injuries – are results of research.

Amyotrophic lateral sclerosis (ALS) is a debilitating neuromuscular disease that we are investigating. Over 10,000 people in our region are affected by neuromuscular disorders, which impair the functioning of the muscles, causing them to weaken and waste away. The Ottawa Hospital has 53 researchers who are excelling at neuromuscular lab-based research, but we need a clinic to test their discoveries. That is why we are establishing a Neuromuscular Clinical Research Centre at the Civic Campus.

For Karen Lawrence, such a research centre can't come too soon. She has lost 14 members of her family to ALS, including her father. She also carries the gene of this devastating disease.

"The race is on to raise money to fund research to find a cure for this disease, or a way to prevent its onset before my three beautiful boys are faced with the same agonizing decision that I had to make about whether or not I wanted to know if I would test positive," said Karen.

Karen is part of a research study in Miami, but once the Neuromuscular Clinical Research Centre opens, she can have the required tests done here instead.

Our research and ability to provide the latest techniques and technologies is also helping patients today.

A diving accident in 2007 left Tim Raglin a quadriplegic. However, in February 2015, he underwent a Canadian-first nerve transfer surgery at The Ottawa Hospital to give him movement in the fingers of his right hand. Plastic surgeon Dr. Kirsty Boyd took nerves in Tim's upper arm muscles and transplanted them to muscles in his lower arm that close and open his fingers and thumb. So, by moving his bicep, Tim could open and close his fingers to grasp things.



Plastic surgeon Dr. Kirsty Boyd performing the nerve transfer surgery on Tim Raglin, under the guidance of Dr. Susan Mackinnon, the Canadian-born surgeon who pioneered the technique in the United States.

Results of this operation weren't instant, though. Nerves regrow at a pace of approximately one millimetre a day. With more than 30 centimetres of nerve to regrow to their new location on different muscles, it would take over a year for his fingers to function as intended.

Eighteen months later, Tim has seen great success with movement in his fingers. He can now hold his own toothbrush and shaver. "People still have to place these devices in my hand but it's my fingers that are holding them," he says. "I anticipate the day will come when I will be able to open the refrigerator and grab a drink for myself."

Tim's nerve transfer surgery would not have been possible without research that was funded by our generous community. "It really is with donors help that I am regaining my independence and my life," Tim said.



Tim Raglin with his physiotherapist, Tina Kuznik and wife Nathalie at the President's Breakfast in September.

Inspired by research to give

There's no disputing that Ottawa Hospital donor Alexander Beaton has led a life of adventure.

Born and raised on a farm on rural Cape Breton Island, Nova Scotia, Alex studied math and physics at St. Francis Xavier University, graduating in 1948. He entered the world of meteorology in 1954, joining the Department of Transport's Meteorological Branch.

During his career, he provided weather and ice information support to military and civilian operations in most of Canada's Arctic and navigable coastal waters, including the St. Lawrence Seaway and the Great Lakes.

Alex spent several summers in Canada's Arctic, along with engagements in Greenland and Iceland, and worked with the International Ice Patrol. He has called Ottawa home since the 1970s, but has worked, travelled or vacationed in every province and territory of Canada. He retired in 1987, as Chief of Environment Canada's Ice Centre.

Alex had been a patient at The Ottawa Hospital a few times over the years – he underwent a double hernia operation and was treated for gout – and wanted to give back. He has been donating regularly for the last 33 years, finding that stock donations are a convenient way to give. Alex's loyal support over the past three decades has helped make incredible improvements in patient care and advancements in research.

"The new and exciting research taking place at the hospital today is an inspiration to keep giving," he said of the groundbreaking research happening in Ottawa. "The pioneering



work enthused me as a scientist in a different part of the scientific world."

"My first donation was in 1983, and I've given every year since," said Alex. "Once I started, I never stopped. You never know when you're going to need the hospital, so you think ahead."

At 88, his health is still good, but thinking of future health care for others, Alex decided to include The Ottawa Hospital in his Will. For generations to come, patients at The Ottawa Hospital will be grateful to Alex for his generosity and ability to think ahead.

Estate Giving

Standard of care is sutures and x-rays. World-class care is using stem cells to halt devastating diseases, personalizing chemotherapy, conducting surgery through keyhole incisions, repairing hearts after heart attacks, and destroying cancer cells with viruses. This is the kind of care we offer at The Ottawa Hospital.

Imagine what your legacy gift can do tomorrow.

We owe a debt of gratitude to all the forward-thinking individuals who included the hospital in their estate plans. The \$2 million in estate gifts The Ottawa Hospital receives every year allows us to conduct leading-edge research and save lives with the latest technology and treatments.

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



The Ottawa Hospital | L'Hôpital d'Ottawa

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