

Life Support

WINTER / SPRING 2019

Making tomorrow better than today

Cancer is a disease that has touched all of us. Sadly, not everyone has a positive outcome when faced with a diagnosis of this devastating disease. My former colleague and friend, Annie, shares one such story about her beloved husband, Hernan.

Knowing that there are new treatments, such as immunotherapy, which is successfully putting some patients with melanoma into remission for years, gives us hope. Hope that through research, more therapies will be developed that will have the same long-term effects with all types of cancers. We are confident that one day cancer will not be a death sentence. Research at The Ottawa Hospital is striving to offer this kind of hope to thousands of patients, like Hernan.

Annie's commitment to The Ottawa Hospital, first as a wonderful former dedicated staff member, and

then after seeing firsthand the remarkable care her husband Hernan received, is inspiring. Her kind consideration of a gift in her Will is a reminder that we are all touched by the hospital. And we all have a hand in shaping its future.

Funding innovative research and helping build a new hospital are great opportunities that will help the next generations. I thank you for making tomorrow better than today. Your generosity is perhaps the most powerful tool in shaping health care in our community for the future.

Gratefully,



Tim Kluge, President and CEO,
The Ottawa Hospital Foundation

New Rose Ages Breast Health Centre

Since the Breast Health Centre opened at The Ottawa Hospital in 1997, the number of patients has increased by 40 percent while breast imaging and breast procedures, have increased by 175 percent. The needs of thousands of women in the region were greater than the centre could provide. In the last 21 years, many new technologies have been introduced.

Thanks to your incredible generosity, the \$14 million Rose Ages Breast Health Centre – five times bigger than the original centre – opened in September at the General Campus. This means we now have all of the state-of-the-art technology and comprehensive expertise in one location.



Legacy gift inspired by compassionate care

Annie and Hernan's wish to help future patients

After university, Annie Grenon went to spend a year in Peru where her father was a diplomat. At a house party, she met the love of her life, Hernan Matute.

They married in 1981, and in 1982 had a son Diego. Considering the difficult political and economic situation in Peru, Annie and Hernan decided to move to Ottawa. They arrived with two suitcases, a toddler, and \$500 in their pockets. But they soon landed on their feet. Annie got a job as an accountant, and Hernan got a job as a manager at Bell Canada.

In 2005, Annie began working as Director of Finance and Administration at The Ottawa Hospital Foundation, responsible for accurate accounting, and making sure donations to the hospital went to the medical care donors wished. She witnessed firsthand how their money supports clinical research, the purchase of medical equipment, and helps improve patient care.

Ten years ago, Annie picked up a rare virus that damaged her kidneys. She ended up on dialysis and worried that she'd be on dialysis machines for the rest of her life.

"But the doctors and nurses at The Ottawa Hospital

managed to do the impossible – they got me cured and back to normal," said Annie.

Their lives changed forever in the fall of 2015, when Hernan, who'd been having stomach trouble, received the results of his medical tests. He had cancer. And so their journey at the Cancer Centre began. Annie left her job at The Ottawa Hospital Foundation to be beside Hernan as he bravely battled this devastating disease. In the end, the cancer won.

Annie and Hernan had talked about leaving a gift in their Wills to The Ottawa Hospital. Annie said this gave them a sense of deep satisfaction, knowing that in the future people, perhaps even their granddaughter, will receive the best possible health care when they need it most.

"My dear husband was gone. He was the light of my life, my everything," said Annie.

Annie said that Hernan still lights up her life daily through their children. Camille, a chartered accountant in Toronto, "is always present", visiting often and calling several times a week. Diego and his wife live close by in Kanata with their three-year-old daughter, Sofia, who entertains Annie with her adorable antics and fills their lives with love.



Helping people support health care



"I love what I do because I love getting to know people like you and I cherish the relationships I have built with people who have a passion for improving health care in our community and around the world."

Contact Andrea at 613-798-5555 ext. 14677 or apeonoulas@toh.ca

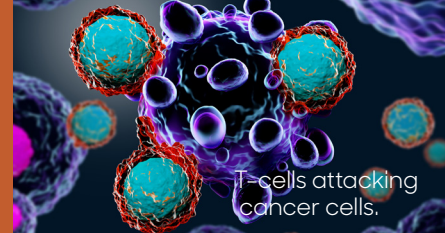


"It has been my pleasure working with donors, volunteers and colleagues at The Ottawa Hospital over the past 16 years. I know donor support is making a difference in health care because I have seen it firsthand when my friends and family have needed our hospital."

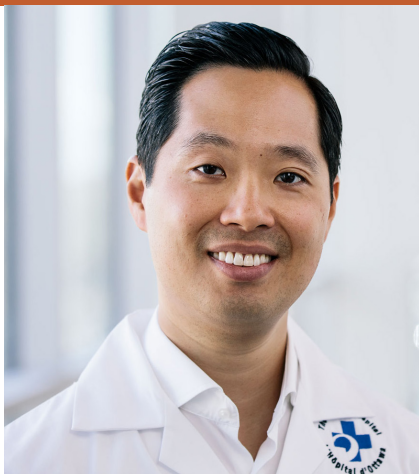
Contact Heather at 613-798-5555 ext. 13034 or hmclean@toh.ca

If you'd like to chat about making a one-time gift or a monthly gift, or are considering a gift in your Will in support of The Ottawa Hospital, please don't hesitate to contact us. We are happy to discuss how your generous support can help provide quality care and innovative research to patients at The Ottawa Hospital.

Immunotherapy boosts the immune system to fight cancer



T-cells attacking cancer cells.



Dr. Michael Ong is seeing huge successes with immunotherapy for melanoma.

The idea of using a person's own immune system to fight cancer has been around for a century. But it's only in the last five years that new treatment has so successfully boosted some patients' immune systems that their cancer has disappeared.

Even if the immune system recognizes the cancer, that doesn't mean it can attack it," said oncologist Dr. Michael Ong, a specialist in skin and urological cancers at The Ottawa Hospital. "The cancer can cloak itself in something called PDL 1, and what that does is shut down the immune system; shuts down the T-cells. What researchers did was figure out how to block that cloaking system, so the patient's immune system can freely attack the cancer."

Drugs that block this 'cloaking system' and boost the immune system are called immunotherapy. Dr. Ong describes immunotherapy as a "remarkable game-changer" in the treatment of melanoma, one of the most lethal skin cancers. Unlike chemotherapy, which aims to poison the cancer, immunotherapy does not directly affect the cancer itself. Instead, it unmask the cancer to a person's immune system, and the body's own immune system does the rest.

Until recently, there were very few treatment options for melanoma. Historically, only about one quarter of people with this cancer survived a year. However, with the introduction of immunotherapy that number has increased the one-year survival rate to 85 percent.

"In fact, at The Ottawa Hospital, some patients who have only had a few immunotherapy treatments have gone on to have a sustained response," said Dr. Ong who is also an assistant professor at the University of Ottawa.

Internationally, immunotherapy is one of the biggest areas of cancer research. The Ottawa hospital has one of the largest clinical trial centres in the country. With the clinical

and research facilities and expertise, The Ottawa Hospital has become a leader in cancer immunotherapy research, developing new therapies and offering experimental treatments to patients. Currently, there are 69 active cancer immunotherapy clinical trials being conducted at the hospital, but almost every one of the 200 cancer clinical trials has an immunotherapy element to it, with hundreds of patients on these clinical trials.

Our researchers are now trying to understand how we can bring the immunotherapy success we've had in melanoma to treat other cancers. The Ottawa Hospital is conducting studies to see if two immunotherapy drugs are better than one to reduce the chance of cancer returning. As well, researchers are investigating the potential of combining other types of therapies, such as chemotherapy, radiation, experimental virus therapies, or other targeted therapies to increase the number of successful treatments.

To read more about our many clinical trials, please visit www.TOHLifeSupport.ca

From a grateful patient...

"I am happy and healthy. Dr. Ong still follows me every three months," said Daniel Collins who had melanoma. "He says everything looks good – no more cancer. It's a fantastic story. I never could've imagined it."



Our hospital for the next generation



I look at my three-year-old grandson and know that in less than a decade, we will walk through the doors of the new campus of The Ottawa Hospital together.

I imagine that will be where he will receive treatment

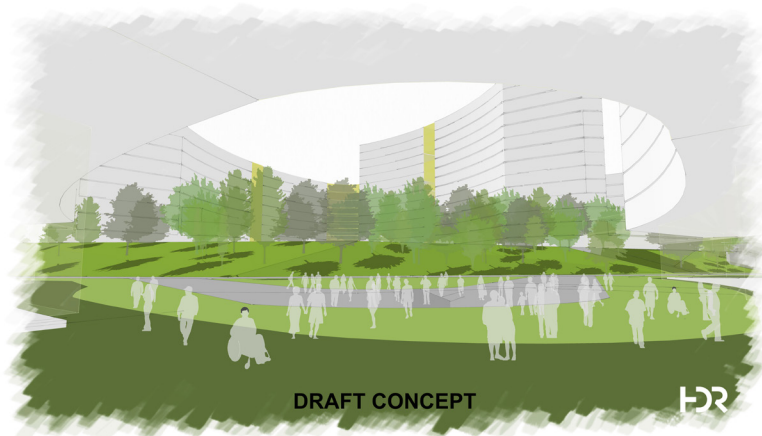
when he's older. I hope it will be for something minor like stitches or to mend a broken bone. But I am fully aware that he may go there for treatment for an unforeseen debilitating disease, perhaps Parkinson's, cancer, or heart surgery. I am fully confident that he will receive the best, most advanced care available at that point in the future when he needs it. It might even be a groundbreaking therapy developed by our expert researchers and clinicians.

It is my grandson I have in mind when I think of this new campus. That is his hospital of the future. It is your hospital too, our community's hospital that we are building together.

However, although we've signed the lease with the government for the land, we haven't broken ground yet. That won't be for another four years. We are just embarking on the initial planning stage. And because we are building a hospital for our community, it is important that we get feedback from the people who are going to use it. We realize that a hospital needs to be integrated into the community, and The Ottawa Hospital is fortunate to be part of a passionate community with leaders who want to be involved.

We have created the Campus Engagement Group to recommend solutions to issues that were identified as important to our community like access and transportation, greenspace, parking

and design. The engagement group is made up of 18 members, which include community leaders from local neighbourhood associations and groups that advocate for seniors, greenspace, heritage, the Central Experimental Farm, patients, and people with disabilities. The group met for the first time in May, and has met every month since. Their work will be critical in making sure we build the best possible health-care facility.



So, the day I walk through the doors with my teenage grandson, I'll know that The Ottawa Hospital has done everything it could to ensure that this new research health centre will provide him, and all patients in the region, with exceptional care. I also imagine that one day, his grandson will be born there. I thank you for helping to build a hospital for all our future generations.

Gratefully,

Dr. Jack Kitts
President and CEO, The Ottawa Hospital



Please support The Ottawa Hospital

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

The Ottawa Hospital Foundation

737 Parkdale Avenue, 1st Floor, Box 610, Ottawa, ON K1Y 1J8 613-761-4295 foundation@toh.ca
Charitable Registration Number: 8690 42747 RR0001