



UPDATE 2018-2019

## Unveiling a new era in breast health at The Ottawa Hospital

In front of a buzzing crowd of more than 200 of our generous contributors and tireless allies, the new Rose Ages Breast Health Centre at The Ottawa Hospital officially opened its doors on September 20, 2018. The event marked a thrilling close to an ambitious \$14 million fundraising campaign.

Built and equipped through the unfailing generosity of our community, the Centre now houses an impressive suite of technologies that is among the latest and most comprehensive in Canada – many of which enable more accurate and much less invasive diagnoses and treatments.

But more than just technology, the new centre was designed as an inviting space to enhance wellness and connection to family

and friends. It also allows closer proximity to all the specialists involved in a patient's care, from before diagnosis to after treatment and beyond. This means, thanks to your donations, we can see more patients, more quickly by employing an efficient and effective team approach, all while providing more precisely tailored therapies to enhance survival.



Dr. Jean Seely addresses guests at the opening of the Rose Ages Breast Health Centre.

In the coming months, the Centre will welcome the installation of a \$4 million state-of-the-art 3 Tesla magnetic resonance imaging scanner. Funded exclusively by our community, this MRI will be the only one in Canada dedicated to breast health and is twice as powerful as a standard model. It will reduce wait times between diagnosis and treatment, improve tumour identification in high-risk patients, and support research into best practices for breast imaging – all while increasing access for patients on other MRI equipment by about 3,300 scans per year.



Our new Rose Ages Breast Health Centre will be the first-in-Canada with a dedicated 3 Tesla magnetic resonance imaging scanner like this one.



"Your generosity has improved the largest breast centre in Canada," said Dr. Seely. "We are now poised to build more research from this new Breast Health Centre, and to lead the way for excellence in breast health care."

Five years ago, Tanya O'Brien received the very news she had been afraid of all her life. Like her six family members before her, she was diagnosed with breast cancer. Aware of the hereditary implications since she was a child, Tanya had grown up dreading her annual check-ups. Now, at 41, she was taking on the faceless spectre that had haunted her all her life. And she was winning.

Today, Tanya has been cancer free for more than five years. When she thinks back to the 16 months of treatment she received at the Breast Cancer Centre, Tanya credits her dedicated and skilled care team for guiding her through and out of the darkest time in her life.

"We have come so far as a community in changing the narrative of breast cancer. We have given women like me, like us, so much hope," said Tanya. "You, as donors, have built something life-changing where our worst fears are quickly met with compassion and kindness in every hallway and through every interaction."



Tanya O'Brien with her aunt, Elizabeth. Tanya became the seventh member of her family diagnosed with breast cancer, Elizabeth was the first.



## The Rose Ages Breast Health Centre

is a comprehensive breast centre that offers expertise in breast imaging, diagnosis, risk assessment, surgical planning, and psychosocial support. Since the original centre opened in 1997, the number of patients has increased by 40% while breast imaging and breast procedures, including biopsies, have increased by 175%. This

year alone, another 1,000 women in our region will be diagnosed with breast cancer. Thanks to our generous donor community here in Ottawa, we are already tackling this growing challenge as we work hard to improve every aspect of breast cancer care with innovative research and the very best treatments and techniques.

**49,288**

diagnostic breast examinations and procedures



**5,129**

breast clinic patient visits

**2,397**



breast biopsies

**1,929**

referrals to the breast clinic



**889**

diagnosed breast cancer patients



## International research to find breast cancer sooner

The Ottawa Hospital is one of only three sites in Canada participating in the Tomosynthesis Mammographic Imaging Screening Trial (TMIST), a randomized breast cancer screening trial that will help researchers determine the best ways to find breast cancer in women who have no symptoms, and if a newer 3D imaging technique decreases the rate of advanced breast cancers.

The trial compares standard digital mammography (2-D) with a newer technology called tomosynthesis

## Study shows radioactive seeds improve patient experience

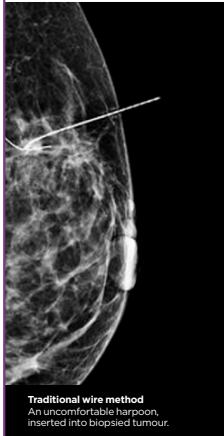
Our radioactive seeds program was recently featured in a special section devoted to Women's Health in Chatelaine magazine. Their readership discovered we have enhanced patient care for women with cancerous tissue in tumours too small to feel or see in surgery.

A recent study at The Ottawa Hospital showed the program has improved the patient experience, operating room efficiency and saved the hospital close to \$180,000 since it was adopted in 2015. Today, as one of only three sites in Canada to have a radioactive seed program, other health centres across the country are looking to The Ottawa Hospital for guidance in successfully implementing their own programs.

mammography (3-D). Conventional 2-D mammography creates a flat image from pictures taken from two sides of the breast. With 3-D mammography a 3-D image is created from images taken at different angles around the breast.

Worldwide, the study is expected to enroll around 165,000 patients over five years. With the new, increased mammography capacity at our breast health centre we expect to enroll at least 1,500 patients from our region.

PERSONALHEALTHNEWS.CA A SPECIAL INTEREST SECTION BY MEDIAPLANET



**Traditional wire method**  
An uncomfortable harpoon, inserted into biopsied tumour.

### Radioactive Seeds Offer Benefits to Breast Cancer Patients



**Dr. Carolyn Nessim**  
Surgical Oncologist,  
The Ottawa Hospital

Dr. Nessim and a team of breast surgeons, pathologists, radiologists, and specialists in nuclear medicine and radiation safety attended an intensive training course at the Mays Clinic. "We're very proud to be among the leaders," she says. The Ottawa Hospital is the third in Canada to use seed technology.

To encourage other hospitals to adopt seed technology, the team has presented the results of the new approach at multiple conferences, including the Canadian Society of Surgical Oncology and the Canadian Surgical Forum, as well as The American Society of Breast Surgeons' Annual Meeting, where their presentation won Best Scientific Impact Award. They also were awarded Top Oral Presentation at the Canadian Surgery Forum of the Canadian Association of General Surgeons, and their work has been published in *Annals of Surgical Oncology*.

**Good news for patients**  
Rita Nattkemper had the radioactive seed implant prior to her lumpectomy surgery last fall. "The procedure was very comfortable," she says. "The radiologist had the screen turned, so I could see where she put in the needle and left the seed. It was very easy, very quick, and very painless."

Erin Cordeiro) at the hospital.

**Early adoption, early success**  
As early adopters of this new approach, the Ottawa Hospital has improved the patient experience and improved both cost and operating efficiency. "Our studies show that we saved the hospital close to \$180,000 and improved operating room efficiency, because the seed is inserted several days before surgery. Patients aren't waiting for the wires to be inserted the day of, which usually causes delays," says Dr. Nessim.

Prior to setting up the program at the hos-

More and more hospitals are looking to The Ottawa Hospital to implement their own seed programs, which serves as one more example of how it has established itself as a leader in Canadian health care.

"I think we're making an impact," says Dr. Nessim, "because many of my colleagues have reached out to us to help them set up a program at their hospital, and many other hospitals are starting to adopt this technique, which is good for patients with breast cancer."

Anne Papmehl

“  
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For the full story and to read about breast cancer patient Rita Nattkemper's experience with radioactive seeds, please visit: <https://bit.ly/2AIOOY8>.

## Your Impact

The Rose Ages Breast Health Centre at The Ottawa Hospital is committed to providing an exceptional level of care for our patients, approaching each case with medical excellence, practice, and compassion. Our reputation for world-leading research and patient care attracts to Ottawa some of the brightest and most capable health-care professionals in the world who help us deliver extraordinary care to patients in our community.

You continue to be a critical part of our success as we strive to redraw the boundaries of breast health care. On behalf of the thousands of patients and families who need The Ottawa Hospital, we thank you for your tremendous support and for your continued involvement.

For more information, please contact:  
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# GENEROUS DEDICATED VISIONARY

Centre de santé du sein  
**Rose Ages**  
Breast Health Centre

Through your incredible generosity, you donated more than  
**\$14 million** to build and equip the new  
**ROSE AGES BREAST HEALTH CENTRE AT THE OTTAWA HOSPITAL.**  
You have left a powerful legacy for today's patients, and for generations to come.

**THANK YOU** to the Ages family for their gift, and to all individuals and corporations for making our vision a reality.

 The Ottawa Hospital | L'Hôpital d'Ottawa

For more information, or to support our continued efforts in research and patient care visit [ohfoundation.ca](http://ohfoundation.ca)

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