



Life Support

Building a Better Hospital

Ottawa Hospital Sets Future Goals

Patient Care Number One Priority

Specialized care for the critically ill. New therapies and treatments that cut pain and recovery times in half. Advanced care and treatment for patients suffering from chronic disease.

These are the three key patient care priorities recently set out by Ottawa Hospital President and CEO Dr. Jack Kitts. Thanks in part to community donations, the Hospital is already on its way to meeting these goals.

For example, your donations are helping build 17 state-of-the-art operating rooms at the Hospital's General Campus. Six will be equipped for minimally invasive surgery, which dramatically reduces pain and recovery times. These suites, in turn, are attracting top surgeons to the Hospital, which will benefit you and your loved ones.

"The connection between your generosity and our ability to attract top health care professionals and build modern facilities is clear," says Dr. Kitts. "Thank you for your support."

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—Dr. Jack Kitts



Minimal pain, major benefits

Claudette Carson suffered from Crohn's disease (chronic inflammation of the digestive tract) for 25 years. In 2005, she underwent minimally invasive surgery (MIS) to remove damaged tissue from her small intestine—16 inches in total.

"It's absolutely amazing," she says. "I was walking that day and went home a few days later." Today, the only signs of surgery are a one-inch scar above her bellybutton and two tiny scars on her abdomen. Traditional surgery would have meant a six- to 10-inch scar and a three-month recovery period.

Claudette's story illustrates the incredible benefits of MIS. Support from donors like you is making this possible at our Hospital.

Claudette Carson post-surgery: Living life to the fullest



New Cancer Centres Promise Great Benefits for Community

Imagine suspecting today that you have prostate cancer. You will wait four to 12 weeks to see a specialist; three to four weeks to go for a biopsy; and another two to four weeks to learn the results. In total, as long as five months—just for a diagnosis.

This wait time is unacceptable, according to Ottawa Hospital cancer surgeon Dr. Ilias Cagiannos: "Delaying somebody for five months just to get to the point of 'you have cancer' is a terrible price to pay."

That's about to change dramatically with the opening of the Regional Assessment Centres for Lung, Colorectal, Prostate and Breast Cancer this fall at the Hospital's General Campus. The first of their kind in Canada, the centres will offer rapid diagnosis and better care for people in our community. Dr. Cagiannos expects the new prostate cancer centre to cut diagnosis times for prostate cancer from five months to one.

Treatment at the centres will also be more patient focused. One designated nurse will work with each patient through all the phases of their care. And patients and families will have access to support and counselling services.

To date, community support has raised \$2 million to help build and equip the new centres. But, says Dr. Cagiannos, the public's continued help is vital: "If we want to have more than a good health care system—if we want an excellent health care system—we have to take some responsibility ourselves."

Did you know?

The designated nurse system at the new cancer centres is modelled after the highly successful Women's Breast Health Centre.



Dr. Ilias Cagiannos expects the new prostate cancer centre to cut diagnosis times for prostate cancer from five months to one.

Say it with stock!

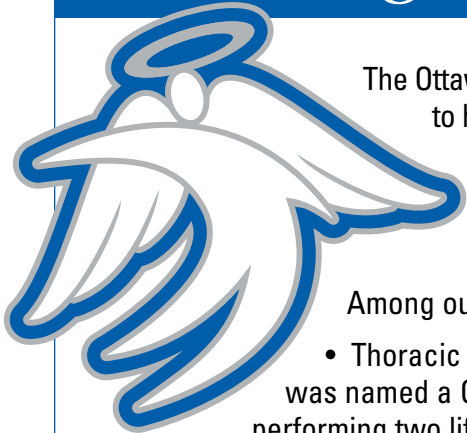
Now you can easily donate stock to The Ottawa Hospital and save on your tax return. On May 2, 2006, the federal government eliminated the capital gains tax on donations of publicly listed securities to public charities, including The Ottawa Hospital Foundation.

For more information on donating stock, visit www.ohfoundation.ca, click on "Ways to Give" and then "Planning Your Gift". Or call the Foundation office at 613-761-4295.

\$1.60

The amount committed by the government for every dollar raised from the community for the \$100-million Legacy Campaign.

New Program Gives Angels Their Wings



The Ottawa Hospital Foundation's Guardian Angel Program was launched in May 2006 to help the community thank staff and physicians at The Ottawa Hospital for their exceptional work. Grateful patients can honour a special caregiver or other Hospital staff member while making a donation to support improvements in patient care and research in our community.

Among our honorees to date:

- Thoracic surgeon Dr. Farid Shamji was named a Guardian Angel twice after performing two lifesaving lung surgeries on the same patient.
- Thao Phan, an RN on 6 NE at the General Campus, was honoured for her care, compassion and dedication.
- Hospital clerk Laura Stewart was honoured for being "an angel who truly makes a difference."

You can honour your special Hospital angel today by visiting www.ohfoundation.ca or by calling Barb Younghusband at 613-798-5555, ext. 19830.



Thao Phan (left), RN, accepts her Guardian Angel pin along with Jackie Mace, Clinical Manager of Orthopedics.

A Monthly Show of Gratitude

Jon Jennekens and his wife, Norah, believe in sharing their lives with others. They volunteer and take part in local fundraisers. They also donate to community causes—like The Ottawa Hospital—that touch the lives of people they love.

fazed by the diagnosis—he knew he was in good hands with Dr. Stuart Oake, Site Chief of Surgery and Urology at the Riverside Campus.

"Dr. Oake and his staff are extremely dedicated and hard working," recalls Jon. A successful operation removed Jon's prostate and left him cancer-free. His excellent care reinforced why he supports the Hospital:

"We donate monthly because we are grateful to the amazing people who work at the Hospital."

For more information about monthly giving, contact Laurie Buske at 613-798-5555, ext. 14677, or by e-mail at lbuske@ottawahospital.on.ca.

Jon Jennekens is grateful for every day.

Over the years, both Jon and Norah have received lifesaving care at the Hospital. Norah has survived breast cancer and received a new hip and knee. Most recently, Jon was treated for prostate cancer. This 73-year-old retiree wasn't

Striking a Blow Against Stroke

OHRI leads the way in stroke research

Close to 300,000 Canadians live with the debilitating effects of a stroke—and that figure is rising. Researchers at the Ottawa Health Research Institute (OHRI) are advancing the world's knowledge of how brain cells die following stroke, how to prevent it and how to stimulate their recovery. OHRI scientists are leading the following key projects:

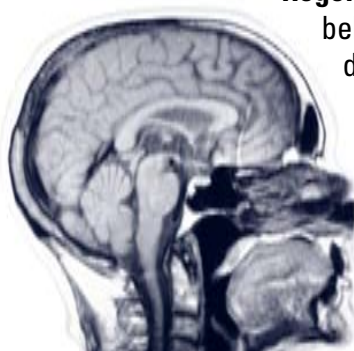
Busting clots: Clot-busting drugs, which can reduce damage caused by stroke, must be administered within three hours of an attack. The OHRI is testing an alternative drug that would open this window to nine hours. This would vastly improve the odds of recovering from stroke, and people in our community will be among the first to benefit.

Preventing cell death: Scientists at the OHRI are leading an intense effort to determine which proteins and genes control brain cell death. This discovery would be the first step in developing new treatments to help stroke victims in our community and beyond.

Regeneration: It's long been believed that once a brain cell dies it can't be replaced. However, mounting evidence has shown that stem cells do exist in the adult brain and can generate new cells. OHRI scientists are conducting a pilot study to determine if a natural protein may be able to

stimulate recovery of function in stroke patients.

These projects, among others, hold great hope for the diagnosis and treatment of future stroke patients.



Rapid Stroke Care Saves Lives

Every 10 minutes, someone in Canada suffers a stroke. Fortunately, if you live in Ottawa, you have the best chance in the province of receiving clot-busting drugs that can prevent disability... or even save your life.

It's all because of The Ottawa Hospital's innovative, rapid-response stroke program, headed by neurologist Dr. Michael Sharma.

The Hospital's Stroke Code ensures fast diagnosis and treatment of acute stroke patients.

"We sleep with our boots on," says Dr. Sharma of his team. This state of readiness means that more people in our community (about 20 per cent of ischemic stroke victims in Ottawa) are getting vital clot-busting drugs within the narrow three-hour window following a stroke. This is the highest percentage anywhere in Ontario.

The Ottawa Hospital was designated as a regional stroke centre in 2003, which means our community has access to the very best people and resources in the fight against stroke.



Dr. Michael Sharma:
"We sleep with our boots on."

Top five stroke symptoms

- Weakness or numbness in face or limbs
- Vision problems
- Headache
- Trouble speaking or confusion
- Dizziness



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