



Life Support

Building a Better Hospital

Stem Cells – A Revolution in the Making

Before scientists fully understood stem cells, cancer patients were receiving bone marrow transplants to re-grow healthy immune systems. Doctors now know that these transplants, or stem cell replacements, were among the first steps in a journey that could potentially revolutionize medicine. People like Jean Church are benefiting from this procedure, which has helped move stem cell research forward.

In January 2004, at the age of 68, Jean Church was running out of options. Rounds of chemotherapy to wipe out the non-Hodgkin's lymphoma spreading throughout her body weren't working. But her mental and physical strength convinced Ottawa Hospital doctors that she was a candidate for a bone marrow transplant, even though the age cut-off is usually 50.

"I knew there was a chance I could die, but I also knew this was the most incredible opportunity of my life. I thought 'Wow, I've got a chance,'" says Jean.



First, doctors removed a sample of her bone marrow. She then underwent four days of strong chemotherapy to wipe the lymphoma from her body. As this procedure also kills the body's stem cells, these cells had to be replaced using the bone marrow harvested earlier. But Jean's bone marrow contained both lymphoma cells and stem cells. Doctors used advanced techniques to separate out and purify the healthy stem cells, which were then transplanted into

Jean's bloodstream to begin regenerating healthy platelets, white and red blood cells.

Now cancer-free, Jean feels incredibly lucky: "We're so blessed to have this care in our backyard. I would do it again in a heartbeat, it gave me back my life—and more."

Cancer survivor
Jean Church (right)
with her daughter,
Sharon Thompson

The \$2-million challenge

Our community needs to raise \$2 million by November 2006 to help build the new Centre for Stem Cell and Gene Therapy at The Ottawa Hospital's General Campus. If we meet this goal, the Kresge Foundation, a prestigious philanthropic organization, will contribute an additional

\$800,000. This new Centre will put Ottawa at the leading edge of a medical revolution. And residents of Ottawa will be among the first to benefit. Please call Jennifer Van Noort at 798-5555, ext. 19498, or visit us online at www.ohfoundation.ca

What are stem cells?

Stem cells are the building blocks for every organ, tissue and cell in the human body. They are blank cells that have yet to adopt a specific function.



Riverside Transformed

In January 2005, extensive renovations were completed to transform The Ottawa Hospital's Riverside Campus into a leading ambulatory care facility in Eastern Ontario. The new campus—including specialty centres for women's health, kidney care and arthritis among others—brings patient care, research and education under one roof to offer advanced care to our community.

"This change could not have happened without the generous support of our staff, our volunteers and the community," says Dr. Jack Kitts, President and CEO of the Hospital.

Among these community supporters is Peter Foustanelas, owner of Argos Carpets and Olympia Homes.

He and his wife, Eva, are incredibly committed to health care in our community.

In October 2005, Peter donated \$1 million to The Ottawa Hospital toward the new diabetes clinic at the Riverside Campus. Although it was renamed the Foustanelas Endocrine and Diabetes Centre in his honour, this doesn't begin to express our gratitude at such an act of generosity. Thank you, Peter and Eva!



Peter Foustanelas

Thank You!

Thank you to all our volunteers, sponsors and generous donors who helped raise \$440,000 at this year's President's Breakfast. We're looking for table captains for our 2006 Breakfast. For more information, contact Sharon Martin, Manager of Development, Annual Fund, at 798-5555, ext. 19084, or shmartin@ottawahospital.on.ca

Business Leaders Tee Up for Hospital

This year, members of the Royal Ottawa Golf Club (ROGC) again chose The Ottawa Hospital Foundation for their ROGC Charity Classic Golf Tournament. Over the past two years, members have raised more than \$400,000 for improvements to the Hospital. This year's funds go toward state-of-the-art retinal scanning equipment for the University of Ottawa Eye Institute.



Thank you to Graham Macmillan, Tournament Chair and Managing Director, RBC Capital Markets, ROGC members, and the many volunteers and sponsors for your generous support!

“We all use The Ottawa Hospital”

Physicians at The Ottawa Hospital are throwing their support behind the Foundation’s Legacy Campaign, pledging \$2.5 million so far for improvements at the Hospital. Physicians like Dr. Ron Gerridzen, Chief, Division of Urologic Surgery, who rallied his team to pledge \$100,000 over five years.

“Doctors must be willing to step up to the plate,” explains Dr. Gerridzen. “We can then encourage community and business leaders to support this critical resource.”

This group of surgeons decided to direct the funds to Campaign priorities, which include many departments and divisions at all three campuses.

“I realized that our patients don’t just come to Urology; they use the clinics, waiting rooms, emergency department; really the entire Hospital.” And, he notes, at one point everyone is touched in some way by the Hospital.

“My girls were born here; my entire family has been treated here at one point in time. We all use The Ottawa Hospital and we all need to support it.”

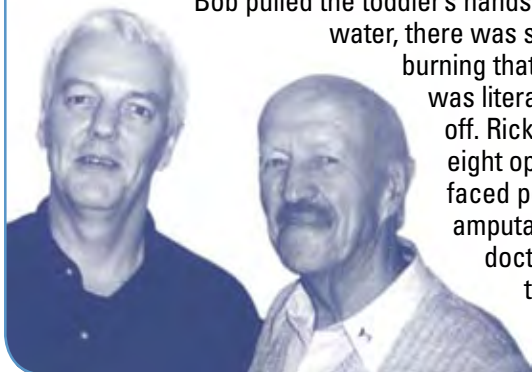


Dr. Ron Gerridzen with wife, Pat, and daughters, Jennifer and Laura

The Will to Make a Difference

It happened 45 years ago but to Bob Arbuckle, it seems like yesterday. He was running hot water in the bathroom to heat up a bottle for his son, Rick, then 15 months old. He turned his back for a minute and...

“I heard him scream,” recalls Bob. Rick had reached into the scalding water to grab his bottle. By the time Bob pulled the toddler’s hands out of the water, there was such severe burning that the skin was literally falling off. Rick underwent eight operations and faced possible double amputation, but doctors at the former



Rick and Bob Arbuckle today

Civic Hospital managed to save his hands. Today, despite some nerve damage and a bit of scarring, this salesman has full use of his hands.

Bob will always be grateful for the care they received. So grateful that, in addition to his regular donations to The Ottawa Hospital, he decided to leave a legacy for his grandchildren and great-grandchildren by remembering the Hospital in his will.

“Although my bequest is modest, I know it was the right decision. I believe that every one of us can make a difference. By leaving a bequest, I am putting my beliefs into action.”

For more information about bequests, contact Andrea Bérubé, Gift Planning Officer, at (613) 798-5555, ext. 19818, or by e-mail at aberube@ottawahospital.on.ca

Matthew's Story

When your child is ill, you want to know that they are receiving the very best treatment and patient care available. Sam Wigston knows that these are found right here at The Ottawa Hospital.

In June 1999, Sam's son, Matthew, developed what seemed like a bad cold that wouldn't go away. After months of testing and doctors' visits, the diagnosis was bleak. Matthew had Hodgkin's lymphoma, a cancer of the lymphatic system.

Sam and his wife, Karen, sought advice from friends and relatives in the health care field, willing to take their son anywhere in the world to find the best care. But, as they discovered, "there was no better place for Matthew than here at The Ottawa Hospital," says Sam. And they never doubted that the medical staff cared deeply for Matthew and for them. Unfortunately, Matthew's cancer was more than medicine and spirit could conquer. In June 2001, he died at home at the age of 26.

From this tragedy came a desire to do something for others. The family set up the Matthew Wigston Memorial Endowment Fund to purchase things like games and movies to keep patients occupied during lengthy treatments and waiting periods.

"This is our way of becoming more involved in making life better and more meaningful for us and for others."

For information about Legacy Endowment Funds, contact Jennifer Van Noort, Major Gifts Officer, at 798-5555, ext. 19498, or by e-mail at jvannoort@ottawahospital.on.ca



Matthew Wigston



Local Builder Honoured

Bill Malhotra, owner and president of Claridge Homes (left), was named 'Doctor for a Day' by Dr. Jack Kitts, President and CEO of The Ottawa Hospital, for his \$500,000 donation toward the new Critical Care Wing in June 2005. We need your help to raise the remaining \$8 million required to build and equip the new wing, which is now under construction at the General Campus. Please call 761-4295 or visit www.ohfoundation.ca today.



Ottawa Health Research Institute



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