A COMMUNITY COMMITTED TO
EXCEPTIONAL CARDIAC CARE
From the Heart.

A message from Barbara Farber, Chair, University of Ottawa Heart Institute Foundation Board of Directors

This past year has been a combination of exceptional success and poignant loss.

On April 7, 2019, we said goodbye to our greatest cheerleader and steadfast supporter, Dr. Wilbert Keon. He was the visionary founder of our world-renowned Heart Institute, a skilled surgeon, a beloved healer and a superb Canadian with a gigantic community spirit!

Dr. Keon would join me in celebrating with great pride, the Foundation’s 2018-2019 outstanding fundraising achievements, which are the result of dedicated teamwork and the caring generosity of this community. Guided by the dedicated voluntarism of the Foundation Board of Directors, our special events committees and administrative volunteers, the real “heavy lifting” is done by our committed Foundation staff – an integral part of the Heart Institute’s family of devoted employees. As Foundation Board Chair, it is my privilege to express my utmost admiration to our team members and my deep appreciation to our wonderful donors who are unfailing in their commitment to the Heart Institute. It is they who provide the financial support to its world class cardiac initiatives.

I offer you all, my heartfelt thanks for your inspiration.

Barbara Farber

A message from Jim Orban, President and CEO, University of Ottawa Heart Institute Foundation

In 2013, we launched the Bringing the Future Closer fundraising campaign. As we enter the last year of the campaign, and final phase of construction, we can take immense pride in what has been achieved together.

The generous support of our donor community helped the Ottawa Heart Institute pay its share of construction of the Critical Care Tower (opened April 2018) and purchase $49M in highly specialized cardiac equipment, including a Cardiac MRI and da Vinci surgical robot.

We now have the capacity to reduce wait times for cardiac procedures and retain and recruit the best and brightest medical teams and research scientists. This expansion will allow the Heart Institute to address patient care for the long term, treating more patients with an increased focus on specialized cardiac needs.

During the campaign, our community donated $4M to launch the Canadian Women’s Heart Health Center, which is now recognized internationally as an advocate and leader in women’s heart health. Another $4M was raised for groundbreaking research.

We asked you to help, and you did, bringing the future of exceptional cardiac care to this community and ensuring that the Heart Institute will remain true to the legacy of its founder, Dr. Wilbert Keon.

Jim Orban
This is how your donation improved patient care around our region last year.

Last year the Heart Institute had **3496 MORE CARDIAC CARE VISITS**, a **3.4%** increase over the same time period in 2017. Here is a glimpse of how your donation has helped to increase patient care around the region:

- **9%** increase in Diagnostic Testing for patients from Prescott Russell
- **16%** increase in Major Surgeries for patients from Renfrew County
- **7%** increase in Diagnostic Testing for patients from Stormont Dundas & Glengarry
- **5%** increase in Cardiac Care visits from patients in Rideau Lakes

* January 1 - December 31, 2018

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**Dr. Wilbert Keon**
Visionary. Pioneer. Leader.

Dr. Keon dreamed of an institute that would provide the highest standard of cardiac care to the Ottawa community and beyond. His vision resulted in the world class Ottawa Heart Institute, which is recognized internationally as a centre of excellence combining cutting edge cardiac care, research, and education.

Living up to his legacy is a colossal task. He has touched so many of our lives as a surgeon, as a mentor, as a community leader, and as a friend. He will be deeply missed by all. He was true to his dream, and we will remain true to his legacy and spirit.

**1935 - 2019**
We Asked You...

...to bring the future of cardiac care to Ottawa.

There is something special at the Heart Institute that doesn’t exist in other places – a passion that we are using to build a great future. Together, hand in hand with donors to the Foundation, we have achieved a cardiac care centre that is both world-class and world-renowned, a place in Ottawa that shines beyond our borders.

The expansion has already improved capacity and reduced wait times. The purchase of specialized equipment and the recruitment of skilled clinicians and researchers is creating momentum to take on the battle against heart disease, and win.

Looking forward, we will be at the forefront of assessing trends and preparing to provide the best in patient care and treatment. Valve disease, cardiac arrhythmias and heart failure will all increase exponentially within the next 30 years. Together we will find solutions. Thank you for being with us on this journey.

Dr. Thierry Mesana, President and CEO, University of Ottawa Heart Institute

...to make patient recovery a priority.

The new infrastructure means more patients and allows us to implement new procedures, requiring more specialists.

The recovery experience is unique to each patient and the resources for recovery must align with the patient, not the process. The investment of donations in Heart Institute infrastructure, equipment and research will allow patients to recover more quickly than in past years, with less pain and go home to their family sooner. Thank you.

Dr. Stéphane Lambert, Division Head, Cardiac Anesthesiology

...to help us build one of the most comprehensive imaging facilities for cardiac care in Canada.

Thanks to your donations, all of our imaging equipment will be in our new Cardiac Imaging Centre scheduled to open in June 2019. This facility will enable cardiologists, imaging specialists, surgeons, anesthesiologists, nurses and technologists to interact and share knowledge as a team. It will have the most up-to-date tools to guide us to select the right test for the right patient at the right time. Thank you.

Dr. Rob Beanlands, Chief, Cardiology
…to start a conversation, sparking the social change needed to close the gaps and ensure women are as well-informed and well-cared for as men when it comes to cardiovascular disease.

With your donation, the Canadian Women’s Heart Health Centre was launched in 2013, and in only a few short years, has achieved a successful peer support program, health coaching, access to online (virtual) care programs and is the driving force behind the Canadian Women’s Heart Health Alliance, a network of professionals dedicated to transform clinical practice. Thank you.

*Dr. Thais Coutinho*, Chief, Division of Prevention and Rehabilitation Chair, Canadian Women’s Heart Health Centre

…to provide surgeons with the tools and infrastructure to take cardiac surgery beyond procedure based treatments to diseased based treatment.

The hybrid operating rooms in the new tower, and equipment like the da Vinci surgical robot, all purchased with your donations, are providing us with the ability to treat cardiovascular diseases that were not treatable a few years ago.

Surgeons, cardiologists, anesthesiologists and researchers are working together side by side, developing innovative approaches to treatment and improving outcomes for patients today and tomorrow. Thank you.

*Dr. Marc Ruel*, Division Head, Cardiac Surgery

…to support our world-leading scientists making major breakthroughs and finding the answers to change the way we prevent and treat heart disease.

Your donations are helping the Institute to recruit new talent studying heart failure, valvular disease, atherosclerosis, arrhythmias, and more; and to acquire and use state-of-the-art research infrastructure such as imaging systems. Donations were also leveraged 7 times, with early stage research, funded by your donations, going on to secure national grant funding to conduct larger studies. Thanks to your generosity, we are making discoveries that will change the life of future heart patients. Thank you.

*Dr. Peter Liu*, Chief Scientific Officer
When your heart misbehaves.

Cynthia Stewart and her Wonder Woman Power Pack

Cynthia Stewart was only 43 years old when her heart problems started. What she calls her “racing heart”, was something she could brush off because it only happened for about 15 minutes at a time.

But when it started happening more often, it was harder to ignore. She spoke to her doctor, who told her to call an ambulance the next time it happened because they carry an electrocardiograph (ECG) that would help doctors figure out what was going on. It wasn’t until one of these episodes went on for two hours that she finally made that call.

Cynthia was taken by ambulance to the Montfort Hospital and doctors were discussing “paddling” her just as her heart started beating normally again.

“That was the start of trying to figure out what part of my heart was misbehaving,” she says.

In 2012, specialists figured out she had ventricular tachycardia — a condition characterized by a racing heart — and recommended surgery to modify the electrical abnormality. Cynthia was five hours into the surgery when they discovered there were three other abnormalities. Doctors decided to install a pacemaker and defibrillator — a combo that Cynthia fondly refers to as her Wonder Woman Power Pack.

The Heart Institute’s Dr. Martin Green suggested genetic testing. Cynthia’s sister had died of an asthma attack at the age of 24 and her mother died of a heart attack at 64. That was enough to make Dr. Green wonder if her condition was genetic.

“I learned that everyone has two copies of the LMNA gene,” she says. “Just one of mine is abnormal causing my heart to produce abnormalities. Dr. Green feels my sister may have had the same thing. My father doesn’t, so it seems to have come through my mother.”

For the next couple of years, life was normal, but in 2016, her heart started racing again. Doctors put in a bigger defibrillator and pacemaker.

Now that she knows what she has, Cynthia doesn’t let the condition define her. She lives life to the fullest taking it one day at a time and even jokes about it. “I’m a very positive person and I can’t go to the negative side because if I did, I’m not sure I’d come back,” she says.

“All of a sudden this just hit,” she says of the heart disease. She realizes she’s had the gene her whole life, but says it might have been dormant in her younger days.

Cynthia has always been active, particularly in the sports of skiing and tennis. In fact, she met her husband Peter because he was her tennis instructor.
In the past two years, living with her diagnosis wasn’t the only life altering challenge Cynthia has faced. In the fall of 2017, her husband Peter, a respected business advisor and mentor, was diagnosed with esophageal cancer that had metastasized to his bones and liver. He died only a few months later in March 2018.

In the midst of dealing with their diseases, together and separately, Peter and Cynthia wanted to give back, to recognize the care they had received in a way that would have long term impact. To acknowledge the care Peter experienced at the Ottawa Hospital’s General campus, they made a donation to support nursing education on Five East. For Cynthia, a donation to the Heart Institute Foundation was the best way to show her appreciation for the care she had received over the years.

“What always impressed me was that once you were admitted to the Heart Institute, you became part of a team,” she says. “They’re looking at you as a whole in every way.”

She remembers being taken to surgery for her problematic abnormalities and Dr. Girish Nair stopped the pre-surgery prep. “He asked me to sit up,” she recalls. “Then he said ‘We’re having the privilege to work on your heart and I want you to be part of the conversation.’” He’s the same doctor who phoned her four days before the surgery just to introduce himself to her.

“I remember looking at the phone and thinking ‘Really?’ Because you don’t often get that kind of care,” she says.

Another cardiologist — Dr. Ellamae Stadnick — calls directly with results from any tests.

Cynthia’s donation to the Heart Institute targets two programs — Women’s Heart Health, a peer-to-peer program for which she has also volunteered, and the Pacemaker Clinic where she directed the funds to go to nursing education.

“I was really impressed with the Women’s Heart Health program and decided that the money should go towards raising community awareness about women’s heart health.” She plans to return to the Heart Institute to volunteer in their peer support program.

_Cynthia and Peter chose to show their appreciation with a donation. They also chose to direct their gift to education for nurses and the community. Their donations will make a difference in the lives of patients they may never meet, a truly amazing gift._
Trust and Accountability.

You can be confident every donation is used wisely and for the benefit of heart patients today, and for generations to come.

The Foundation is accountable to donors to ensure every donation is used as directed to meet the funding priorities of the University of Ottawa Heart Institute.

The purchase of specialized equipment, new construction and renovations, research and patient programs such as the Canadian Women’s Heart Health Centre and the Patient Alumni Association initiatives are currently the primary focus for allocations.

Thank you for your continued trust and support.
## Financial Information

### Summary of Operations

Complete Audited Financial Statements available at www.foundation.ottawaheart.ca after June 30, 2019

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<th>YEAR ENDING MARCH 31, 2019</th>
<th>YEAR ENDING MARCH 31, 2018</th>
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*Includes $8,151,035 (2018:$22,625,674) from Capital Campaign Restricted Fund for construction and equipment purchases.
We are grateful to the countless individuals, service clubs, businesses and groups of families and friends who give their time and talent to make their community events the best they can be and raise funds for the Heart Institute.

These events occur all year long, but during February, the generosity of the Heart Institute community is unprecedented.

Thank you to event organizers, sponsors and donors who give with heart during each of the corporate match weeks.

Thank you for giving with heart.

Heart Month Celebration at Bell Media, February 28, 2019. Left to Right Dr. Wilbert Keon, Founder, University of Ottawa Heart Institute, Dr. Thais Coutinho, Chief, Division of Prevention and Rehabilitation, Chair, Canadian Women’s Heart Health Centre, Dr. Rob Beanlands, Chief, Cardiology, Dr. Thierry Mesana, President and CEO, University of Ottawa Heart Institute, Jim Orban, President and CEO, Heart Institute Foundation

Heart Institute Signature Fundraising Events

Thank you to our volunteer committees, sponsors, coaches and participants, these events would not be possible without you!
Every year, our community increases their support of the Heart Institute.

<table>
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<tr>
<th>DONORS</th>
<th>NEW DONORS</th>
<th>DONATIONS IN TRIBUTE</th>
<th>COMMUNITY FUNDRAISING EVENTS</th>
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2018/2019 UNIVERSITY OF OTTAWA HEART INSTITUTE FOUNDATION BOARD OF DIRECTORS

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Glenview Management Ltd.

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