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Foundation CONNECTION
Newsletter of the University of Ottawa Heart Institute Foundation

> ISSUE NO. 12 | SPRING 2017
After years of planning and construction, we’re now very close to the completion of our new 145,000 square-foot facility and we are excited to show you what we have been working on! The new building - and the renovations to the existing building that will follow - is the largest expansion in our more than 40 year history! It means that we will be able to treat more patients on an ongoing basis, with an increased focus on specialized cardiac needs.

As we look forward to the opening the doors to the new building in March of next year, we have shifted our focus to purchasing the highly specialized equipment it will require. We do not receive financial assistance from any level of government for the purchase or maintenance of medical equipment and so, we rely on the generosity of our community.

As you enjoy this edition of Foundation Connection - full of stories about patients, updates about events like Heart Month and the upcoming Hearts in Motion, and Heart Health tips - we hope also you will consider supporting the Heart Institute Foundation in our mission to deliver world-class cardiac care, research, and education, right here in your community.

Jim Orban
President and Chief Executive Officer,
University of Ottawa Heart Institute Foundation

WAYS TO GIVE

DONATE
Make a donation online, in person or by texting HEART to 45678.

VOLUNTEER
Support events or activities at the Heart Institute as a volunteer.

SPONSOR
Associate your organization & brand with one of the most respected & prestigious institutions in Canada.

HEART OF GOLD
Recognize people at the Heart Institute who have provided exceptional care.

LEGACY GIVING
Leave a powerful legacy with a gift in your Will that will ensure a secure future for the Heart Institute.

CORPORATE MATCHING
Your employer may have a matching gifts program that could help you double your donation to the Heart Institute.

VISIT FOUNDATION.OTTAWAHEART.CA FOR MORE INFORMATION
The Heart Institute’s new building – our largest expansion in our 40 year history – is nearing completion. We’ve come a long way since the ground breaking in January of 2015 and are now looking forward to opening the doors in March 2018 – less than a year from now!

It is fitting that Donna Connolly hails from Newfoundland, because her strength is like a rock. But even a feisty, determined woman like Donna needed the Heart Institute — and she and her husband Greg urge others across Canada to seek out its services, and to give generously.

On a typical Saturday night, Greg and Donna Connolly sat down to watch Greg’s favourite show, “Mantracker”. After a playful back and forth where Greg mentioned that if he had to watch Donna’s soap operas, she could watch “Mantracker”, the couple laughed, and he turned his head back to the television. Suddenly he heard a loud gasp, “it was like a seal”, Greg said. He looked over at Donna. “When I looked, she was dead. I was sure.”

“I could feel my heart stop and everything slowly stopped down through my body, and I remember falling back, and I don’t remember anything after that, until I was on the ambulance stretcher”, said Donna. “Then I heard Greg’s voice.” Donna had a defibrillator and a pacemaker, both of which were inserted 12 years ago as a precaution while she was in St. John’s. “If I didn’t have [the pacemaker/defibrillator] that night I would be in heaven now”, she said.

Donna and her husband Greg came to the Heart Institute a few months ago, so that Donna could benefit from a heart transplant. Having suffered for years from heart failure, broken bones due to blackouts, shortness of breath, and heavy coughing, Donna’s heart was at 18% capacity when a doctor in her home province of Newfoundland broke the news to her. “My darling, you’re a lot lower than that”, Donna recalled the doctor saying. “I have to tell you something, and it’s not very nice to tell you, but I don’t give you a year to live.” He told her she needed a heart transplant.

Within three weeks, Greg and Donna had found a temporary home in Ottawa, and meeting with Dr. Davies and Dr. Yip for a full workup. By the time they arrived, Donna’s heart capacity had dropped to 9%, and she was added to the transplant list. During this time, Greg couldn’t help but think, “I came up here, and I figured I was going home alone.”

While waiting for a donor heart that was the proper size and matched her blood type, Donna continued to experience the blackouts she had suffered from for years. One night she fell. “My leg went underneath me, and I broke the tib and the fib (tibia and fibula) — both at the ankle”, Donna said. After being rushed to the emergency room, Donna was told that they wouldn’t be able to operate because her heart was too weak. They cast her leg and her recovery (cont’d on Page 3)
lasted over two months, during which time she couldn’t sit or bear weight. Due to the cast on her leg, she came off the transplant list. Donna wondered if she would “get through this”, but with constant check-ins from Jackie Grenon and other Heart Institute staff, she began to feel hopeful. Eventually, Donna’s cast changed to a walking boot, and she was placed back on the transplant list.

A week later, the Connollys got the call. “I was sitting there one evening and the phone rang, it was the nurse practitioner and she said, ‘We have a heart for you, can you come?’ I was there in 15 minutes — I washed my hair first — you can’t go out without your hair washed!” Donna’s strength is matched only by her fun-loving nature, and her deep love for her husband, Greg. The Connollys are exactly what you would expect of a couple in love from Newfoundland — friendly, down-to-earth, and humble.

After a long delay, as the donor’s family was not yet ready to let go of their loved one, a team retrieved the heart and it was time for Donna’s surgery. All of her nervousness went away when she met the anaesthesiologist who would prepare her for surgery. Dr. Sohmer’s jokes about Newfoundland relaxed her immediately. Due to this rapport, Donna ended up with the nickname “Madonna the Newfie”, and promised Dr. Sohmer and her surgeon, Dr. Boodhwani that she would gift them each with a bottle of screech after her surgery.

The Connollys were amazed by the compassionate care provided by the staff, and the humanity they were shown. Donna sums it up, “well, if you ever met anybody in your life, that could take you from dead to living, it was Dr. Ben Sohmer.”

When Donna was admitted to surgery, her heart capacity had plunged to 7% and it was estimated that she had two hours to live. “They said it was the worst heart they had ever seen”, said Donna, “they didn’t know how it was beating.”

Before the surgery, her kidneys were starting to fail and she says she could actually smell her own heart rotting from the inside. “My heart was enlarged three times as big as it should have been, because it was beating so hard, it was enlarging itself, and the right side was doing the work for both”, said Donna.

“ It was my faith, my strength, and my better half here - he was with me 100% of the way. I couldn’t have asked for a better partner if I could invent one. ”

– DONNA CONNELLY

Although she had been experiencing signs of heart failure for over 19 years, Donna was not sent to the Heart Institute until the situation was dire. Now she and Greg agree that it should have been sooner. Greg urged, “People have to know that this is available. They have to say to their doctor — what about the Heart Institute? Can you get me up there? Do I need to go up there? The main thing is — ask questions.” Donna agrees, “and you have to complain — it’s something I didn’t do — I was never a complainer.”

The couple may not agree on television shows, but one thing they agree on wholeheartedly is the impact the Heart Institute made on their lives: “The Heart Institute was just fantastic. They were with us every step of the way. It was unreal”, said Greg. (cont’d on Page 4)
“Oh my God, the treatment I got, was like second to none”, added Donna. “It was like from the time I got in the door, till I came out the door — it was unbelievable.”

“I never saw care, or was given care, like I was given here”, Donna professed. “If I won the lottery today, they would get half of what I won. Because they deserve it.” Greg added that they truly felt seen and heard by all of the staff, and not treated like a number. When Donna’s surgeon, Dr. Boodhwani called Greg after her surgery, Greg was impressed: “when he called me after surgery, he didn’t just say, she made it, and that’s it — he took the time to talk to me. He had time for me.”

The excellent care did not stop with the doctors. “The nurses have compassion for you — they feel. They’re not just there to do a job”, said Greg. “They’re angels.” echoed Donna. “I can’t get over how kind they were to me.” Greg added: “they also looked after me — not only did they look after her, but they never forgot about me.”

“I take my hat off to them, I really do. I can’t thank them enough, even down to the lady who came into the room to clean up”, said Greg. Both Donna and Greg struggle to find the words to truly thank The Heart Institute. “I can’t give back enough to say thank you — for what they gave us”, said Donna.

“They gave me life.”

“They gave us life”, Greg added.

In addition to the doctors, nurses, and staff at The Heart Institute, it goes without saying that Donna’s heart transplant would not have been possible without her donor. “Whoever gave me the chance at a second life — God bless them, because I pray for their soul every night”, she said. Donna credits her faith, strength, and relationship with her husband for helping her through this experience. “I thank God for my faith — next is my strength”, she said. “Even though I went through all that, I never once thought I wasn’t going to make it.”

Donna’s message for others who may be facing what she went through is to think positively: “Don’t ever give up because if you give up — you’re finished. Fight to the bitter end.” She adds, “It was my faith, my strength, and my better half here - he was with me 100% of the way. I couldn’t have asked for a better partner if I could invent one.”

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**EQUIPMENT WISHLIST**

**Echocardiography:** $150,000

Echocardiography, or echo, is a painless diagnostic method that uses sound waves to create moving pictures of a heart. The pictures and videos show how well the heart chambers and valves are functioning. Echo can also pinpoint areas of heart muscle that aren’t contracting very well because of poor blood flow or injury from a previous heart attack. It can also detect possible blood clots inside the heart, fluid build-up in the pericardium (the sac around the heart), and problems with the aorta.
A NEW UNDERSTANDING OF HOW STRESS CAN LEAD TO HEART DISEASE

We know that stress can contribute to heart attacks and stroke, but exactly how remains an open question. Now for the first time in humans, researchers have tied that relationship to a specific part of the brain. In a study published in The Lancet, a team at Harvard Medical School found that increased activity in the amygdala is associated with higher risk of heart attack and stroke.

It was already known that people with post-traumatic stress disorder, anxiety and depression show increased function in the amygdala, a brain structure that plays a key role in generating sympathetic nervous system responses to emotional stressors. The Harvard researchers took a closer look at the relationship between stimulation of the amygdala and the development of cardiovascular events. Among the nearly 300 individuals observed for about 3.5 years, those with heightened amygdala activity experienced more events such as stroke and heart attack than those with lower levels of activity.

They found that these individuals also experienced elevated bone marrow activity and blood vessel inflammation, suggesting a possible explanation for the observed cardiovascular events. When bone marrow is overactive, this results in the increased production of white blood cells, an inflammatory response which can spur the development of plaques that clog blood vessels. The resting activity levels in the amygdala predicted cardiovascular disease independently of other known risk factors. The new findings point to avenues for future research to understand the impact of stress through both the sympathetic nervous system and inflammation.

Reprinted with permission from The Beat (www.ottawaheart.ca/the-beat).

EQUIPMENT WISHLIST

Hypo/Hyperthermia Unit: $45,000

The heater-cooler facilitates the regulation of the patient’s blood and body temperature which is vital during cardiac surgery.
THANK YOU!

$476,000

GOLD COMMUNITY CHAMPIONS

Valecraft
GIANT TIGER
KARSON
Merkley

CORPORATE COMMUNITY MATCH

OGILVIE MERCEDES-BENZ
CP
TELUS

SILVER COMMUNITY CHAMPIONS

DONELLY AUTOMOTIVE GROUP
Norton Rose Fulbright
SUTTON

HEART MONTH PARTNERS AND PARTICIPANTS

Scotiabank
Sobeys
Heart Choon
revera

• 2017 Heart Month Ambassador Dr. Thierry Mesana
• Blue Cactus Bar and Grill
• Chris Kennaway Day (East Side Mario’s Hunt Club)
• Civitan Club of Almonte Inc.
• Club Lions de Clarence Creek
• Eganville Legion Dance
• Fifty Strategy & Creative
• From the Heart, For the Heart
• Hasty Market, Rideau Street
• Heart and Crown Irish Pubs
• Humans of Ottawa
• James Street Pub
• John’s Family Diner
• Keon 500 Club
• Kiwanis Club of Sage of Ottawa Inc.
• Knights of Columbus Bishop L.Z. Lorrain No. 1531
• Knights of Columbus St Patricks Council 11271
• LaRoma Restaurant
• Lions Club of Pembroke Petawawa
• Lions Club of Perth
• Mint Hair Studio
• Music for the Heart
• New Edinburgh Pharmacy
• Ottawa Bagel Shop
• Ottawa Women’s Canadian Club
• Perth Civitan Club
• RAW Pulp + Grind
• Ron McMunn Carleton Place Heart Jam
• Royal Canadian Legion, Bells Corners Branch 593
• Sacred Heart High School
• Shawville Curling Bonspiel
• Shawville Lions Club
• Shepherd’s Fashions
• Solefit
• Stillwater Creek Retirement Community
• Stittsville District Lions Club Inc.
• Stonefence Theatre
• The Brooke Barber Shop
• The Exchange
• The Royal Oak
• The Smith Falls Civitan Club Inc.
• The University of Ottawa Patient Alumni
• Vankleek Hill Curling Bonspiel
• Viens Avec Moi
• Vincent
• Vital Hearts
February is Heart Month and this year it provided an amazing opportunity to bring people together to raise awareness - and essential funds - for the University of Ottawa Heart Institute. Our sincere thanks to our sponsors, community champions, partners, event organizers and participants, volunteers, and donors.

Thank you for supporting the University of Ottawa Heart Institute Foundation. Your generosity goes straight to the heart of care in your community because we simply couldn’t do what we do, without you!
Healthy Living
TIPS AND RESOURCES

These tips and resources can make it easier:

**EXERCISE**
- Some physical activity is always better than nothing
- Aim for 30-60 minutes of exercise per day
- Heart Wise Exercise is for people who want to improve their heart health.

*Learn more and find a location near you: heartwise.ottawaheart.ca*

**NUTRITION**
- Eat regular meals that include vegetables or fruit
- Choose whole grains
- Eat fish at least twice each week

*Learn more about heart-healthy eating: pwc.ottawaheart.ca/nutrition and/or attend a free Heart Institute nutrition workshop: www.ottawaheart.ca/events-calendar*

**STRESS, ANXIETY AND DEPRESSION**
- All of these are bad for your heart.

*Learn to recognize and manage them: pwc.ottawaheart.ca/stress*

**SMOKING**
- Quitting smoking is the single most important thing you can do for your health.

*Get help to quit at: 613-696-7065 or pwc.ottawaheart.ca/care/quit-smoking*

**CARDIO-PREVENT**
- A program to help you lower your risk of heart disease if you’re at moderate or high risk.

*Learn more at pwc.ottawaheart.ca/cardioprevent*

Printed with permission from the Prevention and Wellness Centre at The University of Ottawa Heart Institute.
UPCOMING EVENTS

JUNE 2017: HEARTS IN MOTION

Hearts in Motion is a Virtual 5K event that allows you to support the University of Ottawa Heart Institute by engaging in heart healthy activity, on YOUR time, at YOUR pace, and in the location(s) of YOUR choice - sometime during the month of June.

Simply register at www.heart5k.ca and complete a 5 km walk, jog, run, or cycle, or 30 minutes of physical activity including swimming, yoga, crossfit, zumba, or whatever gets you moving, and then let us know about it!

Best of all, your medal will be shipped directly to you AND you could win some great prizes!

Register now at Heart5k.ca!

ORGANIZE EVENTS

Revenue generated by our generous community and third-party special events organizers like you help the Heart Institute maintain an outstanding level of excellence in patient care, education, and research. When you have a fundraising event idea, please be sure to contact us so we can help!

Visit foundation.ottawaheart.ca or call Sarah (613-696-7258) or Lindsay (613-696-7261)
This marks the 25th Annual Anniversary of the Fuller Keon Golf Tournament - a milestone year! Hosted by Mark Fuller and established to demonstrate the Fuller Family’s appreciation for the care Dr. Wilbert Keon provided to the late Thomas Fuller, the Fuller Keon Golf Tournament is recognized as one of Ottawa’s premier charity golf tournaments. Thanks to the community’s generosity, over $2 million has been raised at this tournament over the past 24 years.

For more information contact Sarah MacLaren (smaclaren@ottawaheart.ca / 613-696-7258)

Join us – and honourary Chair Dr. Marc Ruel - for Golf à Grand-Père on June 2, 2017. Registration for a foursome is $500 or join us for dinner only for $40. All proceeds will benefit the University of Ottawa Heart Institute.

For more information contact Dan Shipman, 819-665-3922 or Tecumseh Golf Club: Yan Hebert 819-663-4460 #6 Dan Brunet 819-210-3335

Since its inception, the Red Dress has raised $1,000,000 - most recently raising money for the Canadian Women’s Heart Health Centre, which was launched in November 2014.

Hosted by Mark Fuller and named after Mrs. Jeanne Fuller, the Family’s appreciation for the Heart Institute and the awareness the tournament has made the Jeanne Fuller Red Dress Charity Golf Classic recognized as one of Ottawa’s premier charity golf tournaments for females. Every year the tournament sells out and an extensive waiting list is created. The day of the tournament is filled with valuable information and facts that many women don’t know about Heart disease. We want to encourage everyone to start the conversation about women & heart disease and raise awareness! This tournament allows women to gather together in support of each other, to empower each other and to educate - all while having a “great day” at Loch March Golf & Country Club.

For more information contact Sarah MacLaren (smaclaren@ottawaheart.ca / 613-696-7258).

A unique, one of a kind event in our Nation’s Capital that captures the spirit and authenticity of the Ultimate Oktoberfest Experience. With live entertainment, authentic Bavarian cuisine, German wine and Oktoberfest beer, the Bier Markt on Sparks Street will be tapped into a world of good times and cheer!

For more information contact Lindsay Firestone (lfirestone@ottawaheart.ca / 613-696-7261)
Dr. Hyman (Hy) Kaufman and his wife, Dr. Sylvia Van Straten Kaufman spent their lives committed to making a powerful impact on future generations. A shared passion for philanthropy, research, and education, together with a strong belief in the potential of rapid developments in cardiology, inspired the Kaufmans to leave a legacy with a generous gift to the University of Ottawa Heart Institute.

Often, the choice to leave a legacy gift in your Will stems from each donor’s personal experience - the Kaufmans were no different. In 1980, following Hy’s retirement from McGill University where he was a Professor of Mathematics (and where he and Sylvia met and married in 1959), the Kaufmans moved to Ottawa. In 1988, Hy became a patient of the University of Ottawa Heart Institute as a result of a heart attack. In 1995, he underwent double bypass surgery and an aortic valve replacement - the Kaufman’s Endowment Fund and the beginning of their legacy would begin just 5 years later.

The Drs. Kaufman started the Dr. Hyman and Dr. Sylvia Van Straten Kaufman Endowment Fund at the Heart Institute in 2000 and for over 15 years, the fund supported the Institute’s annual Kaufman Grand Round Lecture, enabling medical professionals to learn, grow, and exchange knowledge and ideas. Many esteemed lecturers have participated in this annual event, including specialists from world-class hospitals such as The Cleveland Clinic, and from as far away as Abu Dhabi, in the United Arab Emirates.

In addition, the Kaufmans’ legacy gift supported the creation of the Dr. Hyman and Dr. Sylvia Van Straten Kaufman and Dr. Kwan-Leung Chan Fellowship in Echocardiography. This fellowship honours the Kaufmans’ wishes to transform their legacy gift so that it would have greater impact on research and education in the field of cardiac medicine.

The Kaufmans’ gift also had significant impact on the Heart Institute’s new building, slated for completion in March of 2018. Their gift contributed to the purchase of highly specialized medical equipment, and to development and outfitting of patient-focused care facilities such as the unique and innovative Hybrid Operating Room.

The Kaufmans were academics - Hy held Ph.D.s in Mathematics and Physics while Sylvia’s Ph.D. was in Chemistry – who also shared a deep love and appreciation for art in all forms: music, poetry, painting and more. Four paintings created by the couple, two each by Hy and Sylvia, now adorn the walls of the Kaufman Training Centre at Hillel Lodge, yet another example of the Kaufman’s commitment to leaving a legacy in and for their community.

Both Hy and Sylvia displayed their humanity by impacting others through (cont’d on Page 12)
education and charitable giving throughout their lives. Hy continued to grow the fund at the Heart Institute in her honour after Sylvia’s passing in 2006 and, following Hy’s passing in 2014, the full extent of their gift was conferred upon the Heart Institute and it is our esteemed honour to continue their legacy.

When you leave a legacy gift to the University of Ottawa Heart Institute Foundation, you become a member of the Wilbert J. Keon Legacy Society and will become part of providing ongoing support that funds patient care, research, The Canadian Women’s Heart Health Centre, the most urgent needs of the Heart Institute, among other initiatives and innovations.

Your gift will not only help save and improve the lives of others, but it will help you to leave a lasting legacy you can be proud of.

To learn more about including the Heart Institute in your Will, please contact the Legacy Gifts team at: 613-696-7251 or wjklegacysoceity@ottawaheart.ca

YOU’VE PLACED YOUR HEART IN OUR HANDS – WE’RE PLACING OUR FUTURE IN YOURS!

Your Legacy Gift to the University of Ottawa Heart Institute goes straight to the heart of care in our community. Every dollar has a lasting impact on the way we do our research, deliver our services and best of all, the way in which we save lives. PLUS: Donors who leave a Legacy Gift become part of the Wilbert J. Keon Legacy Society.

To find out about leaving a gift to the Heart Institute in your Will, please contact the Legacy Gifts team at 613-696-7251 or wjklegacysoceity@ottawaheart.ca. Visit foundation.ottawaheart.ca/ways-give/legacy-giving for more information!
This year, *CP Has Heart*, the Canadian Pacific charity dedicated to enhancing heart health in Canada, has partnered with Children’s Hospital of Eastern Ontario (CHEO) and the University of Ottawa Heart Institute to raise awareness and funds for cardiac care and heart-health initiatives for patients of all ages in the Ottawa area.

While CHEO will benefit from activities surrounding this year’s LPGA, the University of Ottawa Heart Institute will be part of CP Has Heart’s football and Grey Cup initiatives, in addition to partnerships at a number of Heart Institute Foundation events and activities throughout the year!

Former Ottawa Redblacks quarterback (and current CTV Morning Live host) Henry Burris brought THE Grey Cup to visit with some of our patients and *CP Has Heart* will donate a small amount to the Heart Institute for each touchdown scored during the CFL’s regular season and during the playoffs. When the 2017 Grey Cup takes place at TD Place Stadium on Sunday November 26, 2017, *CP Has Heart* will donate $10,000 to Heart Institute for every touchdown during the game!

PLUS funds will be raised during the Grey Cup Festival leading up to the big game and *CP Has Heart* will be supporting the Heart Institute throughout the year in a variety of ways including a tweet to donate campaign (follow us on Twitter to participate: www.twitter.com/heartfdn) and the sale of *CP has Heart* merchandise at www.cflshop.ca.

We look forward to sharing more about the *CP Has Heart* initiative throughout the year.

Visit foundation.ottawaheart.ca for more information.
Patient Alumni volunteer members Jean Bilodeau (President) and Fay Turner (Administrative Assistant) each received their first Heart of Gold pin. The donor said “I would like to honour Fay & Jean for their initiative and work in connecting patients to the Ottawa Heart Institute”.

Jim received a Heart of Gold from Shirley B and her husband who made the donation to the Heart Institute Foundation: “In appreciation to the clever volunteer with the pliers who rescued my credit card from the parking metre. Thank you” Jim’s response: “It give me happiness when I can help others. That is why I’m here.”

“During my recovery, I had a few minor issues with heart palpitations and high heart rate. They were concerning to me, but Cindy Cross was always just a phone call away and willing to answer my questions, change my medications as required and reassure me. She made my recovery much less scary and as comfortable as possible. For that, I’ll be forever thankful.”

THANK ONE. HELP MANY.
Honour a doctor, a nurse, an allied health professional, a volunteer or even an entire unit. The Heart of Gold Program allows you to recognize people at the Heart Institute who have provided exceptional care. All honourees will receive a thank-you card and a prestigious Heart of Gold pin to wear, ensuring that colleagues and patients alike will recognize their special dedication to patient care.

Visit foundation.ottawaheart.ca or contact Mary Sue Evans at: mevans@ottawaheart.ca or 613-696-7262.

Hearts of Gold
1. How and when did you become involved with the Heart Institute Foundation?

The University of Ottawa Heart Institute has always been very important in my family’s life. We supported the telethon and various other fundraising initiatives for as long as I can remember. My direct involvement at the Board level began in 2010, when I was invited to join the Foundation Board. Interestingly at that time, I was the only female board member.

2. What has been your greatest accomplishment/proudest moment/most memorable moment while working with the Heart Institute Foundation?

Paul LaBarge who was chair of the Foundation Board asked me to co-chair the Women’s Health Initiative and I was honoured to do so with Krista Kealey.

I am also proud to say that I have now been joined by many more capable women who have added greatly to our board complement. It was a great honour to have been asked to chair the Foundation Board last year and I am most gratified to see the growth of the Foundation as well as the very positive feelings toward the Institute from the community at large.

3. What are you most looking forward to in the Heart Institute’s future – short term and/or long term?

I am looking forward with great anticipation to seeing the completion of the building structure. The Heart Institute is world-renowned and has accomplished some amazing “firsts”. I look forward to the day when heart disease is totally treatable or fully eradicated. When my late grandmother was being treated for heart problems in the 1960s, her main medication was a tranquillizer! Had she lived 10 more years, there would have been so many more treatments for her. And just look where we are today! I anticipate that The University of Ottawa Heart Institute will continue its stellar performance on the world stage and I am anxious to witness its accomplishments under the outstanding leadership of Dr. Mesana.

4. In your opinion, why is the Heart Institute’s work – research, education, and patient care – so important to the community?

So many families have been stricken with heart disease and have lost loved ones over the decades. The research and education that is being done at the Heart Institute has greatly aided in allowing people to live productive lives for many years. Operations are far less invasive now due to new technologies and improved techniques. Recovery is far quicker, allowing patients to get back to their regular lives; costs are lowered and families are now being educated on proper nutrition, exercise and healthy life styles. All this makes for healthier lives and therefore a much healthier community. Because the Heart Institute is world-renowned, we have been able to attract world-class doctors and research scientists, which in turn also attract businesses and executives to Ottawa because we have such an amazing facility in the Ottawa Heart Institute.
Making healthy food choices doesn’t have to be overwhelming. These tips will get you on your way.

1. Cook at home more often to avoid processed foods.
2. How you eat is as important as what you eat. Enjoy your meals without multitasking.
3. Listen to your body—eat when you’re hungry and stop when you’re satisfied.
4. Eat at regular times.
5. Plan healthy snacks.
6. Eat a variety of vegetables and fruit at every meal.
7. Eat whole grains more often.
8. Eat fish at least twice a week.
9. Include legumes like beans, chickpeas, lentils, nuts and seeds more often.
10. Don’t be afraid of fat. Choose olive oil and canola oil more often.

This equipment, also known as a cellsaver, collects a patient’s blood during a surgery. The blood is cleaned, washed and re-infused back into the patient during a heart surgery.