BEAT BIT

SNOW SHOVELLING SAFETY
> pg. 3

ALUMNI CORNER

PROJECT RISE-UP: HELPING WOMEN RECOVER FROM CARDIAC SURGERY
> pg. 6

FEBRUARY IS HEART MONTH
> pg. 7

HEALTHY LIVING TIPS AND RESOURCES

10 TIPS FOR HEALTHY SLEEP
> pg. 13

Foundation CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation

> ISSUE NO. 14 | WINTER 2018
Happy new year! I don’t know about you but I like to take a moment as each new year dawns to reflect on the blessings and challenges of the year we are putting behind us. This year, perhaps more than any other, that reflection was a pleasure.

Thank you for taking the time over the last year to so graciously show your support to the Heart Institute. Please know that your generosity and gifts from the heart are appreciated, plus many of you even shared greetings and good wishes for patients and clinical staff through cards and notes during the holidays (we’re pleased to share some of these on the next page).

In this winter edition of the Foundation Connection newsletter, you will find tips (Shovelling Safety and Top Ten Tips for Better Sleep), a story of volunteerism (Giving from the Heart), and a couple of opportunities to challenge yourself and your heart health (Race Weekend and Team Heart), among other items we hope will be of interest.

February is Heart Month and kicks off at the end of January. Heart Month provides many opportunities to connect with donors and for donors and community partners to support the Heart Institute in a variety of fun and creative ways. Money raised during Heart Month through events, paper heart purchases, and donations (which are matched throughout the month by corporate sponsors) will go a long way to support the Heart Institute and the world-class patient care, research, and education offered here each day. Check www.FebruaryIsHeartMonth.ca for a list of Heart Month opportunities and be sure to say hello if you see me or any of our staff out at one of the exciting Heart Month events.

As we get closer to the opening of our new Clinical Tower on April 2, the Foundation will be focused on raising the funds required for the purchase of thousands of pieces of highly-specialized equipment needed to outfit the new facility and allow our world class medical teams to continue to provide the best in cardiac care, right here in Ottawa...and we hope you’ll be able to join us during Heart Month for a little fun!

We are ever grateful for your support,

Jim Orban, President and CEO
The University of Ottawa Heart Institute Foundation
Holiday Messages

When it comes to the Heart Institute, our community is always generous. This holiday season, it was with words of encouragement to the patients and gratitude to the staff through a Holiday Messages mail program the Foundation promoted in November.

Here is a selection of some of the greetings we received for the patients and staff and we invite you to visit foundation.ottawaheart.ca to see even more cards.

**EQUIPMENT WISHLIST**

**Blood Autotransfusion Unit:**
- $55,000 each
- 2 needed: $110,000

Blood lost from a patient during cardiac surgery is collected, cleaned, and processed so it can be rein infused into the originating patient either during or after surgery, and can be beneficial to patients who have rare blood groups, are at risk of infectious disease transmission, or are expected to severely lose blood during the procedure.
SNOW SHOVELLING SAFETY

One of the pleasures of living in a climate such as ours is the ever-changing seasons. At times, however, we may not feel quite so appreciative of Mother Nature, particularly when faced with a driveway full of snow.

Snow shovelling is hard work and can be harmful to your heart for a number of reasons.

The Workload
There are many factors to consider when assessing your shovelling workload, such as:

• The type of snow: dry and light vs. wet and heavy
• The size of the shovel
• The weight of the snow
• The rate at which you work—moderate to very heavy energy levels are required.
• Shovelling can also place higher demands on your heart because your blood pressure may climb to dangerous heights to maintain blood flow to your heart muscle.

MET (metabolic equivalent of a task) is a measure of physical exertion. At rest, you exert 1 MET. The effort needed for different levels of shovelling are:

Comparable Workloads
Moderate snow shovelling (5–7 METS) is comparable to climbing stairs at a fairly fast pace of 4.5–5 mph or to digging in the garden.

Heavy snow shovelling (7–9 METS) is comparable to jogging 8km/h or to sawing wood.

Very heavy snow shovelling (10 METS) is comparable to running more than 9km/h or carrying loads up stairs.

Cold Exposure
Cold air causes the skin’s blood vessels to constrict to prevent heat loss. This increases your blood pressure and hence the work your heart must do.

When we exercise in the cold we usually breathe through our mouth. The nerves in the air passages may tighten and cause a reflex spasm or tightening of the coronary vessels.

Circumstances
For most heart patients, snow shovelling is not recommended. If you are going to shovel snow, consider the following guidelines to make the activity safer:

• Warm up before the activity
• Allow plenty of time to avoid rushing and stress
• Wait one hour after a meal before snow shovelling
• Use a small size shovel
• Don’t lift the shovel too high
• Use lower body muscles to assist in the activity
• Arrange someone else to do the snow shoveling

For more information about seasonal safety considerations, please visit https://www.ottawaheart.ca/cardiac-rehabilitation-physical-activity-guide/seasonal-considerations

Courtesy of The University of Ottawa Heart Institute.
Canadian Pacific Railway, through its CP Has Heart community initiative, has shown tremendous support for cardiac care across the country. This year, funds raised through the CP Has Heart Touchdowns for Heart campaign (in partnership with the CFL) and the Beautiful Hearts campaign have helped to raise more than $265,000 for the University of Ottawa Heart Institute.

Beginning in early 2017 with February is Heart Month and continuing through events like the Fuller Keon Golf Tournament, Hearts in Motion, the Jeanne Fuller Red Dress Charity Golf Tournament, Capital Oktoberfest and culminating at the 105th Grey Cup Festival and game, CP Has Heart’s support has raised awareness and much-needed funds for the Heart Institute’s expansion.

CP donated $1,000 for each home-game touchdown made by the Ottawa REDBLACKS during the CFL regular season, $2,500 for each touchdown made by the home team during the divisional semi-finals, and $5,000 for home-team touchdowns during the finals. An incredible $10,000 for each touchdown scored by the Toronto Argonauts and the Calgary Stampeders during the 105th Grey Cup game, resulted in an additional $60,000 donation. This was added to more than $205,500 generated through fundraising initiatives, including a social media initiative with a $.50 per tweet/share donation as part of the Beautiful Hearts campaign throughout the year.

If you happened to be down at the 105th Grey Cup Festival, you may have noticed the Heart Institute Monument and had a chance to participate in some of the activities produced by CP Has Heart, in partnership with the Heart Institute Foundation.

The Heart Institute is grateful to CP for their corporate leadership and community impact through the CP Has Heart initiative. This support will go a long way towards helping the Heart Institute serve hearts in our community for many years to come.
Researchers and clinicians at the University of Ottawa Heart Institute work in tandem, in collaboration with our patients, to facilitate “bench to bedside” and “bedside to bench” research within the same facility. Their work advances research and treatments that will have a global impact on cardiovascular care, now and in the future.

Led by Dr. Peter Liu, the Heart Institute’s Chief Scientific Officer, and Dr. Thierry Mesana, President and CEO, our research efforts are directed by the Ottawa Region for Advanced Cardiovascular Research Excellence (ORACLE) strategy (2013-2017) and funded in part by the Heart Institute Foundation, through the generosity of our donors.

UNDERSTANDING THE ROLE OF EXERCISE IN THE PREVENTION OF HEART DISEASE

Dr. Jennifer Reed is a Scientist, and Director of the Exercise Physiology and Cardiovascular Health Lab at the Heart Institute. Part of the Institute’s world class research enterprise, Dr. Reed’s program is focused on understanding the role of exercise in the prevention of heart disease and during the rehabilitation following a cardiac event. She is particularly interested in the role of exercise in the management and treatment of heart rhythm disorders; developing novel exercise training strategies for patients with heart disease; and developing workplace interventions to improve heart health. Dr. Reed’s work spans from basic science to clinical practice and population health, with a focus on women’s heart health.

In only a few short years since establishing her independent research program in late 2013, Dr. Reed has quickly earned national and international recognition. She was recently awarded a Canadian Institutes of Health Research Clinician Scientist Award, a very prestigious grant to recognize research excellence by an early career researcher.

Funding received from the Heart Institute Foundation is enhanced by national research grants from the Canadian Institutes of Health Research; the Heart and Stroke Foundation; and the Canadian National Transplant Research Program which Dr. Reed has been successful in securing. Most recently, Dr. Reed received a grant from Servier, a research-intensive pharmaceutical group, in support of her work looking at the role of exercise in managing and treating heart rhythm disorders. Dr. Reed is regularly invited to present her work at national and international scientific meetings.

These recognitions are testaments to Dr. Reed’s hard work and dedication; they are also testaments to the support that Dr. Reed receives for her research program through our donors’ generosity. Dr. Reed received the Jan and Ian Craig Fellowship in 2013-14 and the Heart Institute “ORACLE” seed grants in 2014, 2015, and 2017.

For more insights into her research program, we sat down with Dr. Reed for a brief Q&A. Please visit https://uohiblog.ottawaheart.ca/en/ to read more about Dr. Reed’s work.
One thing we know about women’s hearts is that they are different. Gender differences have been identified in the recognition, treatment and recovery from heart disease related illness, but there are anatomical differences that can affect a woman’s recovery from cardiac surgery. One post-surgical issue women face is finding an appropriate bra to wear. Breast tissue can be heavy and this can put strain on an already tender chest incision. To decrease pain and promote healing, wearing a properly fitted bra reduces the weight of breasts pulling on the chest.

As an Advanced Practice Nurse (APN) for cardiac surgery, Anne Stolarik has witnessed countless female patients struggling with finding the right undergarment to wear after recovering from their operations. Anne tested many different post-operative bra styles with her patients, but settled on the Heart Hugger bra. “This garment is especially important in pain management and overall comfort for our female patients after surgery. It helps to relieve strain on the chest wall and hopefully promote healing,” said Anne.

The Heart Hugger Bra is a latex-free, all cotton support system for women to wear after cardiac surgery. Women are measured before their surgery and the appropriately sized bra accompanies the patient’s chart to surgery, so that it is readily available when needed. It can be worn in the operating room once the surgery is complete, or within the first hour of arrival to the cardiac intensive care unit.

With the assistance of the Heart Institute’s Patient Alumni, 200 Heart Huggers have been purchased for project Rise-Up. Each unit costs $70, and offering these to patients when they need it the most is a welcomed gift. Anne admits that although some women are reluctant to try it, the majority are relieved once they’ve been properly fitted. To date, more than 100 women have benefited from this garment. This is a perfect example of one of the numerous initiatives with the mandate and raison d’être of the Alumni, which is, provide comfort and support to the UOHI patients.

The Heart Institute is committed to excellence in patient care. Part of this commitment is providing our patients the right treatment by the right team at the right time. Thanks to Anne Stolarik’s tireless dedication to her patients and the Alumni’s participation in project Rise-Up, women recovering from heart surgery at the Heart Institute can find a little comfort in knowing that a personalized approach was at the heart of their recovery from cardiac surgery.

Story courtesy of The University of Ottawa Heart Institute.
February is Heart Month, an opportunity for individuals, groups, and businesses to take the lead in raising funds and awareness for the University of Ottawa Heart Institute.

It’s giving that goes straight to the heart of care in your community.

Throughout the month, you can support lifesaving care at the Heart Institute in a number of ways:

• participate in an event – a full list of Heart Month events is available at www.FebruaryIsHeartMonth.ca and foundation.ottawaheart.ca
• organize an event – contact lfirestone@ottawaheart.ca for more information
• buy and display a paper heart at participating locations (a list will be available at www.FebruaryIsHeartMonth.ca)
• Take control of your heart health with the Heart Health Challenge – visit www.FebruaryIsHeartMonth.ca for more information

PLUS throughout the month, our Corporate Community Match Champions will match some of the donations we receive which could mean that your Heart Month donation will be doubled! Make your Heart Month donation online at www.FebruaryIsHeartMonth.ca or by calling 613-696-7030.

EQUIPMENT WISHLIST

Hypo/Hyperthermia Unit for Cardiac Bypass
$45,000

Used to warm and cool patients during cardiac bypass procedures, which is an integral part of the procedure.

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 contact Lindsay Firestone at 613-696-7261 or lfirestone@ottawaheart.ca
The generosity of the business community in our region is unmatched. Throughout the month, our Community Match Champions* will match some of the donations we receive in person, by mail, and online. That could mean that your Heart Month donation will be doubled and will go that much further in supporting cardiac care in our community.

COMMUNITY MATCH PARTNERS

and an anonymous corporate donor

*Community Match Partners as of time of printing.
Have you ever wanted to take on the challenge of training for and completing an Ironman 70.3 triathlon? Are you a seasoned triathlete looking for a new challenge? Do you want to take on the sold-out Ironman 70.3 Mont-Tremblant course? Are you passionate about heart health and about finding unique ways to support a world class cardiac centre?

Join us for the first annual Team Heart, part of the Subaru Ironman 70.3 Mont-Tremblant presented by Sportium June 22-24, 2018!

Ironman 70.3 Mont-Tremblant offers challenging swim, bike, and run courses through the picturesque Mont-Tremblant landscape and it is completely sold out EXCEPT when you register now for Team Heart*! A limited number of Team Heart spots are available for each event.

Team Heart is an opportunity to push your limits by training for and completing an Ironman event at Subaru Ironman 70.3 Mont-Tremblant while also supporting world-class cardiac care, right here in our community.

As a member of Team Heart, you will train with professional triathlon coach Rick Hellard and Ironman Athlete Tony O’Keeffe. You will prepare for the ultimate physical challenge with the support of a team that understands and shares your personal and physical goals with guidance from professionals Rick and Tony who also happen to be Heart Institute patients.

While you are training for your Ironman experience, you will also be encouraging your friends and family to support your journey by making a donation to the University of Ottawa Heart Institute on your behalf. The doors of the Heart Institute’s new clinical tower will open in April 2018. All the funds you raise through Team Heart 2018 will help the Heart Institute Foundation to support the purchase of the highly specialized equipment required for the new facility - equipment that may save a life.

Subaru Ironman 70.3 Mont-Tremblant is SOLD OUT to the public. Team Heart bibs are limited! Register today*!

Visit www.teamheartottawa.com or contact Lindsay Firestone at 613-696-7261 or lfirestone@ottawaheart.ca.

*Note: A deposit is required to secure your registration. Your deposit will be refunded once you have reached the minimum fundraising goal.
Ever thought about taking part in Ottawa Race Weekend, Canada’s largest race weekend? Make 2018 your year to accomplish this goal and support the Heart Institute while you are at it.

It’s easy:
Register for any Race Weekend event by visiting www.runottawa.ca and completing the Scotiabank Charity Challenge component. Here you can choose to support the Heart Institute with your registration and, if you choose to, you can create a personal fundraising page to encourage your friends and family to do the same.

Once you have chosen to support the Heart Institute, you will have access to race-related perks including:

• A Team Heart t-shirt
• Plus: To encourage and support those who may be intimidated and as a special incentive, the Heart Institute’s Heart Wise exercise group invites you to be part of a team of participants who want a little extra support or company during training and at the event. As a member of the Heart Institute Heart Wise team, you will choose between a 5 or 10KM run or walk and you will be supported along the way with training tips, a group warm up, and company during the race if you choose.

If you run or walk at Ottawa Race Weekend this year, we encourage our friends, staff, patients and their loved ones, donors, supporters, and alumni members to join our team and/or to do so in support of the Heart Institute through the Scotiabank Charity Challenge!

Contact Lindsay Firestone at 613-696-7261 or lfirestone@ottawaheart.ca to receive more information about Race Weekend, the Heart Wise team, and much more!

HEARTS OF GOLD: Judith and Robin from the Heart Institute’s French Language Services and Communications teams were recognized for their incredible support of the Alumni Association.

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.
Marion Martell is passionate about health, or more specifically, women’s heart health. There is no doubt that it has been a driving force in her leadership and volunteer work with the Canadian Women’s Heart Health Centre at the University of Ottawa Heart Institute.

It is her passion for women’s heart health and for the work being done at the Heart Institute through the Canadian Women’s Heart Health Centre that inspired her to leave a legacy gift in her will.

As a former nurse, Marion understands the impact that health can have on someone’s life. “I always knew I would be doing something related to health in my retirement,” Marion shared.

Marion is committed to helping women better understand their own heart health and to championing the opportunity to provide education, awareness, and support for women in our community.

Heart health has touched Marion’s life in more ways than one. Her father had valve surgery at the Heart Institute in the 1990s and then in 2008, she herself became a patient at the Heart Institute. Marion had developed sudden onset complete heart block. She required surgery and received a permanent pacemaker. Her firsthand experience as a patient gave her a deeper understanding of the importance of heart health.

As the years passed, Marion became more and more involved in programs connected to women’s heart health. She became a member of the Women’s Heart Champion Advisory Committee, and contributed to the creation of the Women @ Heart Peer Support Program (a program launched for women with heart disease, run by women with heart disease to provide information, education, and support) and became one of its leaders and continues as both leader and Program Ambassador.

Marion is also involved in fundraising for the University of Ottawa Heart Institute. From 2009-2016 she co-chaired the Jeanne Fuller Red Dress Golf Classic which supports the Canadian Women’s Heart Health Centre and raises awareness about heart disease in women.

Marion’s desire to help women through her volunteer and advocacy work led to her decision to not only volunteer but to also give what she could financially.

Heart disease used to be considered a “man’s disease,” but no longer. Heart disease is a leading cause of death among Canadian women. Although more research is being conducted than ever before around women’s heart health, there is still work to be done in order to better understand how heart disease presents in women.
“There is a gap in education and awareness around women’s heart health,” said Marion. “When I decided to give a legacy gift in my will, I did so in order to help sustain the many valuable and essential programs at the Heart Institute, including those provided by Canadian Women’s Heart Health Centre.”

Marion’s legacy gift gives her the opportunity to make a lasting impact on an area that is important to her. “I am simply glad to be playing a small part,” she said. “And doing what I can to remind women that I sincerely take their health to heart.”

A legacy gift through your will can affect the development of new programs to further the research that will become tomorrow’s treatments.

To learn more about the Canadian Women’s Heart Health Centre, please visit https://cwhhc.ottawaheart.ca.

To learn more about leaving a legacy, please contact the Legacy Gifts team at 613-696-7251 or wjklegacy@ottawaheart.ca.

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 wjklegacy@ottawaheart.ca.

Visit foundation.ottawaheart.ca/ways-give/legacy-giving for more information!

Charitable registration number 14081 3452 RR00001.
Healthy Living

TIPS AND RESOURCES

Ten Tips For Healthy Sleep:

Getting enough sleep improves your overall health. These tips can help you sleep better.

1. GET UP AT THE SAME TIME EVERY DAY...
...and get up early. Doing this every day, even on weekends, sets your biological clock. It’s the most important change you can make to improve your sleep!

2. EXERCISE!
But not right before bed. Exercise stimulates us, which can make it hard to sleep afterwards. Avoid exercise 2 to 3 hours before bed.

3. AVOID LATE NAPS
Napping late in the day can disrupt your nighttime sleep. If you do nap, do so before 2:00 p.m.

4. ONLY GO TO BED WHEN YOU ARE SLEEPY
Going to bed before you are drowsy is a common mistake. Only go to bed when you’re tired enough to fall asleep within 15 minutes.

5. CREATE A BEDTIME ROUTINE
Create a routine that lets you get everything done an hour before bed and then wind down gradually.

6. RELAX BEFORE GOING TO BED
Your body needs to be relaxed to fall asleep. Plan an hour of calming activities, like meditation, colouring, or reading before you sleep.

7. TAKE RACING THOUGHTS TO ANOTHER ROOM...
Rather than stay in bed, take your worries to a comfortable place where you can sit and relax.

8. …AND CLEAR YOUR MIND
To help to clear your mind, write down what your worry is, how you will address it, and when you will do it.

9. TALK TO YOUR DOCTOR ABOUT SNORING
Snoring can be a sign of obstructive sleep apnea. If you do snore, talk to your doctor.

10. USE YOUR CPAP DEVICE
If you do have obstructive sleep apnea, make sure you use your CPAP device! Left untreated, obstructive sleep apnea damages your brain and heart.

Courtesy of The University of Ottawa Heart Institute.

Making healthy changes in your life will lower your risk of heart disease and improve your overall health!
EQUIPMENT WISHLIST

Hybrid Operating Room Patient Table:
$230,000
2 needed: $460,000 goal

The Hybrid Operating Room is the centerpiece of the new clinical tower, essential to the Institute’s leadership in minimally-invasive surgery. State-of-the-art Patient Tables, made from carbon fibre, are electrically controlled to accommodate both cardiology and surgical teams simultaneously.
In honour of his outstanding contribution the community, Dr. Keon received the famed Wood Cookie from the Ottawa REDBLACKS during their last regular season home game on October 27th.

University of Ottawa Heart Institute Chief Scientific Officer and Vice President of Research Dr. Peter Liu with Professor Stephane Heymans, Professor of Cardiomyopathies, Laboratory for Heart Failure, Department of Cardiology, Maastricht University Medical Centre (The Netherlands). Professor Heymans delivered his lecture (Nothing is simple in no-ischemic dilated cardiomyopathies! All about gene-environmental interactions!) for the Sheila & Don Bayne Cardiovascular Genetics Endowed Lectureship.

Local musicians Silver Creek put together an amazing tribute to Tom Petty and the Heartbreakers, in support of the Heart Institute, in December. This photo is courtesy of photographer Sandy Sharkey.

Majic 100’s Stuntman Stu and Angie Poirier stopped by with some sweet treats…what a treat!

In honour of his outstanding contribution the community, Dr. Keon received the famed Wood Cookie from the Ottawa REDBLACKS during their last regular season home game on October 27th.

Our thanks to the Emiliana Association (and Dean Martin himself?) for a fabulous evening in support of the Heart Institute.

Jewellery by Shaheena found a creative way to support the Heart Institute through the creation and sale of amazing and unique pieces of jewellery.

CP Has Heart Ambassador and 104th Grey Cup MVP Henry Burris visited the Heart Institute Monument at The 105th Grey Cup Festival at Lansdowne Park.

Majic 100’s Stuntman Stu and Angie Poirier stopped by with some sweet treats…what a treat!

Heart shaped umbrellas wait for the 2017 Jeanne Fuller Red Dress Golf tournament participants to begin a great day of golf.

Local musicians Silver Creek put together an amazing tribute to Tom Petty and the Heartbreakers, in support of the Heart Institute, in December. This photo is courtesy of photographer Sandy Sharkey.

Bier Markt General Manager Peter Chase with event Co-Founders and Co-Chairs Tony Rhodes and Steve Gallant at the 3rd Annual Capital Oktoberfest presented by MacKenzie Investments at Bier Markt Ottawa on October 4th, 2017!

Our thanks to Knights of Columbus Council 485 for another great golf tournament in support of the Heart Institute. The 2017 tournament, held on August 11 raised over $10,000, bringing their total raised to date to more than $135,000!

Jewellery by Shaheena found a creative way to support the Heart Institute through the creation and sale of amazing and unique pieces of jewellery.

Foundation President and CEO Jim Orban and Olivia Hiddema, CP Has Heart ambassador and Heart Institute patient, with the Grey Cup during Grey Cup Festival.

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