Foundation
CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation

> ISSUE NO. 19 | WINTER 2019
As we close out 2019, I reflect on what a significant year it has been for the Heart Institute Foundation, and because of the amazing support from donors like you, the entire Heart Institute family. The Foundation turned 25 this year and I marvel at what our community has achieved together. It is outstanding.

The staff at the Heart Institute is without a doubt, the very essence of the Institute. They relentlessly strive to offer the best care to our patients while maintaining an extraordinary team spirit. Your support has helped to ensure this world-renowned team has a world-class facility and the tools to deliver the care patients and their families have come to expect.

In 2013, the Heart Institute launched its largest fundraising initiative ever with the Bringing the Future Closer campaign. Now on track to successfully conclude in 2020, the campaign has provided funding for the construction of the state-of-the-art Critical Care Tower, renovations to the original building on Ruskin Street, the purchase of thousands of pieces of specialized life-saving equipment, launch of the Canadian Women’s Heart Health Centre and support for innovative cardiac research making major breakthroughs and finding the answers to change the way we prevent and treat heart disease.

BRAVO! How did you do it? Each year, close to 15,000 individuals and corporations made gifts of $5 to $1,000,000 in order to bring the future of cardiac care to Ottawa, and every donation brought the Heart Institute closer to achieving its vision.
as a centre of excellence. The community came together and together we are stronger.

In this winter issue of *Foundation Connections* we share a few “behind the scenes” stories. First up is some history on the Vered Tree of Life that will soon reappear in its new home on “S” Level outside the Cardiac Imaging Centre. A focal point in the old lobby, this remarkable painting has been safely stored since 2015 and we look forward to bringing it home.

Many of you are familiar with CTV reporter Joel Haslam. Joel has been covering the Heart Institute for about four years now and has brought stories of patients, donors and important Heart Institute milestones to CTV viewers across the region. I hope you enjoy reading his insights, and what he has learned while spending time with the Heart Institute family. In the spring of 2019, Joel featured patient Peter Lewis who was waiting for a heart transplant while fundraising as a member of Team Heart and participating in the 10KM event at Tamarack Ottawa Race Weekend. Shortly afterwards, in early June, Peter received his heart. His son Liam composed *A Leap of Faith* in tribute to his father, while his dad was in surgery. With his permission, we have reprinted it in this issue.

Research is a critical component of the Heart Institute’s reputation and its success. We know that today’s research is tomorrow’s treatment and we are tipping our hat to volunteers who participate in the Clinical Research Studies or the Patient Partner Program. Dr. Bob Reid, deputy chief of prevention, rehabilitation and wellness, introduces you to the importance placed on participation by patients and the families and we share the experiences of a few of the participants.

As we look forward to 2020 and February is Heart Month activities (we have an extra day this year to celebrate!), and on behalf of the staff and volunteers at the Heart Institute Foundation, I wish you and your loved ones all the best of the season and good health and happiness for the year ahead.

Jim Orban, President and CEO,
University of Ottawa Heart Institute Foundation
The Vered Tree of Life

One of the most striking features of the Heart Institute lobby for over a decade was the Vered Tree of Life painting that covered most of the east wall. When renovations began in 2015, the painting was removed and placed into storage until it could be reinstalled.

The Vered Tree of Life, by artist Simon Brascoupé, was commissioned in grateful appreciation to Mr. Zeev Vered and family for their overwhelming support.

Mr. Vered led, and inspired, a group of passionate community leaders in the development of the Research Centre at the University of Ottawa Heart Institute. Four levels of financial contribution by donors to the research campaign are recognized by the symbols of the tree itself, the bear, the elk and the hummingbird.

The tree of life is a universal symbol that often signifies the emergence of human beings from the spiritual world to the world of understanding and remains a symbol of truth.

To aboriginal cultures, animal beings are practical metaphors. The bear is seen in Mohawk culture as healer and teacher. The hummingbird, to an Algonquin, signifies mood: “I feel like a small bird flying high in a tree.” The return of the summer birds in spring brings warm weather to the North representing rebirth. The elk, with its life line, typifies the relationship between aboriginal culture and Mother Earth. The hands are those of the Heart Institute staff, volunteers and patients and represent the helping hands which support the Heart Institute’s mission to provide excellence in the cardiovascular field.

In early 2020, following the completion of the renovations to the main Heart Institute building on Ruskin Street, the Vered Tree of Life will be re-installed and beautifully displayed just outside the all new Cardiac Imaging Centre.

The Heart Institute family is looking forward to the return of this compelling work of art that honours the beauty of world outside our doors, the healing hands of those inside and the ongoing commitment of donors in our community who ensure that the Heart Institute remains a place of healing, learning and caring.
Joel Haslam. Your hearts, your stories.

For Joel Haslam, the story is always about the people. The veteran CTV reporter figures if his viewers don’t identify with his story, what’s the point?

So when Haslam’s bosses told him he was being given the Heart Institute beat, his knee-jerk response was to push back.

“I told them, I’m not a science guy, I’m not a medical reporter — that’s not my gig,” Haslam says.

But the more he talked to his editors, the more he realized the stories he’d be telling are about how people — heart patients — find meaning in dark situations. He jumped at the chance and now, he considers these stories among his most meaningful assignments.

He’s also learned that heart disease impacts a far greater segment of the population than he thought. He’s interviewed 18-year-olds and 96-year-olds, women and men, and he’s been inspired by their stories.

“I want the stories I tell make people feel something and they have to have some sort of ultimate impact,” says Haslam, who’s been covering the Heart Institute for four years. “It’s astounding how wide a swath of people heart issues, heart disease, heart attacks affect.”

One of his most memorable stories is Adrianna Foster’s. She had her first heart transplant at two years old and 17 years later at the age of 19, began a battle for her life as she waited another two years before she got a much-needed second heart transplant.

“She used every beautiful ounce of the first heart she received until it was worn out,” Haslam says. “Then, for two years, she went through this agonizing wait, wondering if she’d get another heart so she could continue living past the age of 21.” She did, in the end.

Haslam says he’s continually astounded by the emotional generosity of Heart Institute patients.

“When I walk through the door of someone’s home, they’re virtually strangers and they’ve gone through these profoundly life-altering, horrific health scenarios and, in a matter of minutes, the cameraman and I are sitting with them and hearing about the most intimate, scary moments.”

He’s also honoured they trust him to share their stories in a meaningful and representative way.

“I have to treat their story and their experience like a fragile treasure,” he says. “And when I leave, I have to know they trust me — that in my whopping three minutes on TV — I’m going to tell their story accurately, truthfully and poignantly, so that it gives meaning to their experience.”
Haslam is convinced they share their stories because they want other people to benefit from their experience.

“They want to let people know about the warning signs and make the community aware of how widespread this issue is or how they can mobilize to raise money. They’re messengers of hope and perseverance. They prove that despite their experience, despite their illness, they’ve been resilient and now they want to help others on their journey.”

The reporter has even found his hard-worn reporter self crying with some of these patients.

“In Adrianna’s case, I can’t remember how many times we had to stop because she and I and her mom and the cameraman were all in tears,” he says. “When I hear the marathon this little girl has gone through, your heart breaks a little. When I heard that she was getting her second transplant, I remember having to sit down. I fell apart.” And, he was compelled to do another story.

“They haven’t all had happy endings, however. He remembers a teenager named Ryley Beach, a passionate young filmmaker, wasn’t interested in pity — “the heart disease was just part of his script, like a movie,” Haslam says.

“During our interviews, he spoke about the films he wanted to make, needed to make” Haslam says. “He’d look right into the camera and you could see the passion and commitment in his eyes.”

Sadly, Ryley died at the age of 23 after undergoing several surgeries and later having a stroke. Haslam and his cameraman went to his celebration of life.

“It’s a gift to know those people and if you can’t garner a little perspective about how important it is to feel humbled every day by the fact that you have good health... As cliché as it sounds, there’s nothing more important.”

In addition to learning that for Heart Institute patients, it’s not just heart attacks and transplants — they can have everything from SCAD (spontaneous coronary artery dissection) and sarcoidosis to pulmonary hypertension and broken heart syndrome — Haslam has learned a lot about the Heart Institute.

“The Heart Institute is a community; I don’t think of it in the same way I used to,” he says. “I get a sense of incredible genius that’s paralleled only by the humanity of the surgeons.”

He remembers being invited to tape the surgery of a man he’d featured.

“We thought we’d be in the corner, staying out of the way,” he recalls. “We were in there for 10 minutes when the surgeon says ‘Come on over,’ and they pulled up a stool. The next thing we know, we’re hovering over this open chest, and there’s this beating heart and Dr. [Vincent] Chan...
starts telling us what he’s doing and asking if we were getting the shots we needed because he really wanted viewers to understand what he was doing. Then the anesthesiologist rips a piece of paper from one of the machines and starts drawing a diagram explaining what the procedure looks like. All I can think is that the CTV mic flash is going to fall into this guy’s chest.”

He knows they were calm about him being there with a camera because they’re so good at their jobs, and he calls the staff at the Heart Institute “incredibly calm and gracious and giving” — from the surgeons and nurses to the housekeeping and kitchen staff.

“It really is a culture of loving.”

Another man he featured is local contractor, John Bassi, who had the financial resources to get a second opinion from a doctor at a highly specialized U.S. hospital. But when the U.S. doctor looked at his file and saw that he lived in Ottawa and could have Dr. Thierry Mesana (cardiac surgeon and President and CEO of the Heart Institute,) he closed the file and sent him home, knowing he couldn’t do better than that.

In some ways, Haslam approaches journalism as a service.

“If my two-hour time investment at someone’s home and three minutes on TV results in someone seeing the Ottawa Heart Institute differently or deciding to give it their precious dollars, that’s a valuable contribution.

“And I get to call it work. I’m just really lucky.”

Joel Haslam’s Heart Institute stories appear periodically on CTV News at 6 and 11:30 p.m. You can watch archived footage at https://ottawa.ctvnews.ca/yourhealth and click on the Heart Institute logo.

Would you like to make a donation to the Heart Institute before the end of the taxation year?

You can make a secure online donation by credit card until midnight December 31, 2019 at donate.ottawaheart.ca. If you prefer to send a cheque or money order, please use the envelope attached to this issue of Foundation Connections. Be sure to include your full name, address and telephone number with your donation.

All donations $10 or more mailed to the Foundation and postmarked December 31, 2019 or earlier will receive a charitable tax receipt eligible for your 2019 income tax filing.

Call us at 613.696.7030.
A Leap of Faith
Reprint of an original blog post by Liam Lewis

Earlier this year, one of the stories that Joel Haslam brought to life for our community was the story of Peter Lewis. Peter, a gifted painter from Newfoundland was in Ottawa waiting for a heart transplant.

This was not Peter’s first visit to Ottawa. As an elite runner, Peter had competed in, and completed the marathon at Ottawa Race Weekend many years ago.

Things were different in the spring of 2019. Peter made a decision while he was here to give back to the Heart Institute and signed up to be part of Team Heart. Once again he would be participating in Ottawa Race Weekend, this time, walking in the 10KM with his son Liam. Not only did Peter complete the 10 KM, he was the number one fundraiser for Team Heart. That was May 25, 2019.

Peter’s son Liam shares the next chapter in his father’s life;

He breathes slowly during the night, eyes wide open, staring blankly out the window. His thoughts swirl and twirl while he breathes slowly. His faulty heart thumps and thumps against his chest.

Runners’s feet pound the hot pavement like boulders falling from the sky. Dense hordes of fans holler and cheer as the two leaders- Peter Lewis and Willy Van Klooster- approach the finishing line. Klooster gasps and wheezes against his competitor’s shoulder inspiring Lewis to bolt free.

Knock...Knock...Knock. “Peter, we are ready for you,” states Dr. Boodhwani, the head cardiac surgeon. Peter awakens from his reverie and realizes the moment has arrived. He lies upon the gurney dressed in a blue gown hanging below his knees. In a hurry, the nurses wheel him to the operating room.

Fat salmon breach from the roaring river.

Grandpa sits upon a grassy bank by the 12-mile pool. His hands and chin rest upon his wooden walking stick as he watches his son, Peter, cast his line into the foaming river. He gracefully keeps the Blue Charm fly above the surface of the water, dragging it against the current. Minutes turn into hours, yet he persists on casting his fly into the

Peter Lewis with his artwork in his Newfoundland gallery.

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torrent. A bite! The rod violently bends, the line tightens, and the reel squeaks. Underneath the midday sun, he hauls the hefty salmon from the depths and onto the shore.

Beige ceiling tiles pass before his eyes as the nurses push the gurney around corners and towards the operating room. The white surgical lights shine on his sun-kissed face, blinding him momentarily. Dr. Boodwhani, clothed in his operating attire, peers down at Peter and offers calming words that seep through his mind. They connect him to the ventilation machine and proceed with the anesthesia process. He inhales and exhales.

The howling Newfoundland wind nearly uproots Peter’s hobbled easel. He swears and grimaces, yet he persists in painting. Blobs of colourful oil paint stick to his palette as he gazes at his scene. Through his artistic perspective, he witnesses the frigid Atlantic teeming with nautical creatures, the vibrancy of the decaying fishing sheds and the crab trap piles. He splashes thick paint onto the canvas and works relentlessly with his brush and palette knife, ignoring the skin piercing wind. Locals gather around when the torrential rain and the wailing wind die down.

The ventilation machine beeps relentlessly, as doctors and nurses huddle around the operating table. Sharp knives delve into his skin. Blood ruptures from his chest. His malfunctioning heart lays vulnerable to the naked eye.

From the corner of his eye, a young Peter spots freshly picked mangos glistening under the Ugandan sunlight. They rest upon Nona’s kitchen table, cut up into fine slices. He crouches low and silently crawls toward the wooden table. In her dismay, Nona notices a hand snatch several of her precious mangos slices. She bellows: “Peter, you drawers of misery! Get back here!” With a slice already in his mouth, he sprints toward his climbing tree. Red soil adheres to the soles of his bare feet as he escapes Nona’s wrath. In haste, he reaches the highest bough and looks up at the glowing orange sky.

The stoic surgeon reaches in, removes Peter’s faulty heart, and drops it in the bin. He reconnects his arteries and veins to the new heart. It begins to beat. Blood circulates throughout his body; his once purple toes and fingers turn pinkish. On June 10, 2019, a miracle took place at the Ottawa Heart Institute because an individual signed a donor card. Peter Lewis, a son, a brother, a father, a husband, an artist, a teacher and a friend, received the gift of a better life.

No matter where Peter has gone, his kind disposition has touched many. His journey of coping with uncertainty and hardship should inspire us.

**God Bless you Dad**

Peter and his wife Tracey returned home to Newfoundland on October 1, 2019. They are living a grand adventure traveling through the scenic landscapes of Newfoundland and posting its history on the facebook page for Peter Lewis Gallery. We thank them for sharing their story with Ottawa and for giving back so graciously to the community while they were here.
The Wilbert J. Keon Legacy Society was created to recognize and thank the generous individuals that took the action to support the future of the Heart Institute by including a planned gift for the Heart Institute in their will. To all we say thank you!

Here are just a few highlights of what you have achieved together.

Thank you for contributing to the development of the STEMI Protocol.

STEMI (ST segment elevated myocardial infarction) is the deadliest form of heart attack. In 2004, after four years in development, the Heart Institute launched the STEMI Protocol. Today, the protocol has cut STEMI deaths by 50%, serving as the model for similar programs across Canada and influencing care around the world. Gifts from our community yesterday contributed to the development of the STEMI protocol of today.

Thank you for supporting the creation and growth of the Canadian Women’s Heart Health Center.

Heart disease is the leading cause of death for women. Women are under-diagnosed, under-treated and under-studied when it comes to cardiovascular disease. In 2014, with donor support, the Heart Institute launched the Canadian Women’s Heart Health Centre. Today, the centre is leading a number of transformative initiatives aimed at raising awareness, developing programs, encouraging peer to peer support groups, improving care, and advancing research and treatment. Legacy gifts funded the
Thank you for inspiring world renowned, groundbreaking research.

The Heart Institute has flourished into one of Canada’s most distinguished heart health centres for the unparalleled care it provides to its patients, a world-renowned Research Institute that brings science from bench to bedside, and the country’s main influencer when it comes to preventing heart disease. Its promise remains the very pillar on which it was built: Always putting patients first.

Research is at the core of the Heart Institute’s success. It’s research that translates to treatments and drives the education that molds the future of cardiac medicine. Research challenges the standard of care - inspiring personalized medicine, like the bed-side genetics test that identifies a tailored drug treatment and improves the outcomes for patients recovering from stent procedures. Legacy gifts have long supported the research we are benefitting from today and the research that will one day discover a cure for heart disease.

By including a gift to the Heart Institute in their will, the donors of yesterday secured the Heart Institute of today. To each of them and their loved ones we say THANK YOU!

You placed your heart in our hands and we placed our future in yours. You made that future a part of your legacy. The Heart Institute is and will forever be a reflection of what you’ve made it – a place of healing, learning, and caring.

If you would like to learn more about the Wilbert J. Keon Legacy Society or receive information on how to include a gift to the Heart Institute in your will, please contact Selva at 613.696.7251 or send us a note at wjklegacysociety@ottawaheart.ca

Charitable registration number 14081 3452 RR0001.

To find out more about leaving a gift to the Heart Institute in your Will, please contact Selva Trebert-Sharman at 613-696-7251 or wjklegacysociety@ottawaheart.ca. All conversations are confidential.

Visit foundation.ottawaheart.ca/ways-give/legacy-giving for more information!
Medical researchers who want to study patient experiences rely on those patients to share what they’ve been through. Getting people on board may be a challenge for some institutions, but at the University of Ottawa Heart Institute, former patients just seem to want to give back.

Bob Reid is the deputy division head, prevention, rehabilitation and wellness at the Heart Institute and he’s a health sciences researcher and a behavioural scientist by training. With Jean Bilodeau, president of the patient alumni, he co-chairs an advisory committee on patient engagement and research.

“So from the research standpoint, our mandate is to understand how patients want to be involved in research, but we also have to engage with our clinician scientists who are doing this research and make sure they’re considering patient-relevant issues when designing their studies.”

To show why patient-involvement early in the process is important, Reid said scientists sometimes become focused on mortality and re-hospitalization in their studies — and both are critically important to the health-care system — but sometimes patients have different priorities.

“Patients are often concerned about the amount of disability that comes from the different treatments,” he says. “Or, if they can avoid disability, that’s very important to them, much more important from their perspective than perhaps simply living longer. Most people want to live longer, but they also want to live well. Just because an intervention allows someone to survive for a few years longer, doesn’t mean it’s best. We need to think of some of the tradeoffs.”

So how does the Heart Institute attract these eager volunteers? A patient advisory committee, the patient alumni and various support groups often send volunteers their way.

“When people have a chronic disease, it creates problems for them and their families. We’re looking to solve problems, so knowing what problems people are experiencing is very helpful.”

Dr. Robert Reid
“There’s also a website that patients can follow,” he says. “Some become subjects in a study, and some have skillsets that are more conducive to being patient investigators who examine how a study is conducted and how patients are recruited and advise on how the researcher can make the study interesting for them.”

Reid says Heart Institute patients have a variety of lived experiences as the institute treats several conditions — coronary artery disease, arrhythmia, congenital heart conditions and heart failure, to name a few.

“When people have a chronic disease, it creates problems for them and their families,” he says. “We’re looking to solve problems, so knowing what problems people are experiencing is very helpful.”

Volunteering is one way to gain that measure of control.

Asked for examples of the kinds of research being done, he mentioned a study on different approaches to smoking cessation, such as natural health products and nicotine patches.

Reid himself is working on a randomized controlled study of the Women@Heart program. Patient advisors helped him design a training program for the peer leaders and helped with the recruitment of patients to it. Other studies have compared high-intensity interval training to other types of exercise for heart rehabilitation.

“In prevention and wellness and rehabilitation, we’re all about quality of life and more patient-focused interventions,” he says. “Many patients want more control over their disease experience.”

THANK ONE. HELP MANY.

If you would like to acknowledge a health care professional, a volunteer or an entire unit who made a memorable difference in the care you received at the Heart Institute, consider making a donation to the Heart of Gold program. Your honouree(s) will receive a Heart of Gold pin accompanied by a card with your personal message. Heart of Gold pins are proudly worn as a reminder how important exceptional patient care is to everyone who comes to the Heart Institute.

All Heart of Gold donations will be matched by dedicated Heart Institute volunteers, Elva and Bill Holland. The matched donation means your gift will go twice as far supporting vital programs and saving lives.

You can make a Heart of Gold donation online at Foundation.ottawaheart.ca/gold or call us at 613.696.7030.

Physiotherapist Leny Van Ryn

HEART OF GOLD: As a physiotherapist with Cardiac Prevention and Rehabilitation, Leny Van Ryn is a familiar face of encouragement to many heart institute patients. Recently, Leny received three Heart of Gold pins and one of her patients shared this note of thanks to Leny;

“Thank you Leny! You got me over the hump and back to the gym. I won’t let you or me down.”

Congratulations and thank you, Leny!
A Patients Role in Research

When you think of a volunteer at the University of Ottawa Heart Institute, you might think of the pleasant men and women in red vests who greet you when you visit the institute or maybe someone in our community who raises money by organizing a run or a bake sale.

Unlikely you’d think of a research participant — someone who’s willing to give up their time to help advance heart-disease research. But those volunteers exist, and willingly offer their time and expertise to help researchers further understand the complex disease.

LET’S GET PHYSICAL

Debra Brown, one such volunteer, was 66 when she had her heart attack, which was a complete surprise to the ostensibly healthy woman. A “nutcase” of a runner since the age of 27, she runs for 40 to 60 minutes at least five and usually six times a week. Even her email address has the word “runner” in it.

“Running is like a meditation for me,” she says. “I’ve been running for 40 years.”

The day she had her heart attack, she was riding her bike to a dentist appointment and admitted she had to get off and walk up the hill on Carling Avenue, from Preston Street to the Civic Hospital area. Nevertheless, she biked the remainder of her trip but after getting home, had “the big heart attack.” As soon as it happened, her husband drove her to the Heart Institute.

“Oh my goodness for them,” Brown says. “They took me in quickly and put in three stents. That was late on a Tuesday and I was out Saturday morning.”

After the heart attack, the Heart Institute approached her to take part in a study. She didn’t hesitate to say yes, as she knew they’d have a harder time finding women to participate, as women tend to refuse participation in exercise programs more often than men (due to time commitments and/or self-consciousness with fitness level or body image.) Those who volunteered were asked to go to the Heart Institute’s fitness area twice a week for 24 weeks to participate in an exercise program, and “we did whatever they told us to do,” Brown says. There were three groups doing three different exercise programs. Brown found herself randomly assigned to the high-intensity interval training group.

“It wasn’t a big deal for me, and I was happy to help them,” she says. “And it was a really good program. They had great advice and great people running it.”

The study was trying to determine how and how quickly patients recover after a heart attack.

In her case, recovery was fast. “Now I don’t even think about it,” Debra says. “I got through it and now I can help others.”
PATIENT PARTNERS WITH PURPOSE

Berny Latreille and Stephen Stuart have also been deeply impressed with the quality of care at the Heart Institute and that’s compelled both to help on the research side, though not as research participants. Both gents have served as Patient Partners in Research for an internal research funding competition, to bring a patient perspective in evaluating the research proposals.

Stuart is a professor of communications and administration at St. Paul’s University so he has a professional understanding of research proposals. He has had heart disease for 11 years, and 18 months ago, he had surgery to stop from having to go to the Heart Institute every 36 hours to have his heart restarted.

Latreille is interesting in that he isn’t a heart patient, but it’s a cause “near and dear” to him. His mother died of a heart attack at the age of 42, when he was just 13 years old, and his stepmother, who received excellent care at the Heart Institute, also died of a heart attack.

Both gentlemen have served on the board of the patient alumni and Latreille also serves on the Patient Engagement in Research Advisory Council. They are happy to give back to a place they value in their community.

“It seemed to me I had a pretty good deal with the Heart Institute and I thought it would be interesting to give something back,” Stuart says. “But when you’re working full-time, volunteering is kind of difficult, so I looked for some opportunities that would work with my schedule. That’s when I saw the alumni board. I thought I might have a skill set that could be useful to them.”

“I met Berny [Latreille] because we were both part of the patient engagement mission for their internal research-funding program,” Stuart says. “They asked some representatives from the patient alumni to read the proposals that were submitted for the most recent round of funding and then make observations from a patient’s perspective. The goal was to see how to incorporate patient perspectives more thoroughly. Being a researcher myself, it’s interesting for me to see the kinds of research being done at the Heart Institute.”

Donations to the Heart Institute Foundation are used to fund the pilot projects that are indentified through the competition. The goal of pilot projects is to obtain some initial study data so that researchers are equipped to then apply for more significant funding through granting agencies to conduct the full study. For this competition, the research proposals are reviewed by an expert scientific committee, as well as by patient partners such as Mr. Latreille and Mr. Stuart. Both reviews together determine which studies get funded out of a pool of applications. The patient partners evaluate the study to determine if the researcher considered any patient perspectives’ or has engaged a patient to work with them on the study. While some research studies directly involve patients as participants, other studies, such as those that are laboratory based do not, but all types of studies can benefit from a patient perspective.

Patient partners can contribute in many ways beyond reviewing funding applications. They may be directly involved with a study team to provide lived experience knowledge to the design of a study, consideration of patient relevant outcomes, interpretation of results, mentoring other patients, review of patient facing documents or other tasks. They may also help to communicate the research study plans or its results to the general public.

Including patient partners in research fits the Institute’s value that patients come first, where research is undertaken with the benefit to the patient in mind. Latreille says it’s definitely moving in the right direction and the time commitment was minimal on the last round.
A Patients Role in Research continued...

“With the research proposal reviews, I don’t think it took more than a couple of months and all told, I probably spent maybe 15 hours on it,” he says. “The advisory council has been more ongoing. That started 3.5 years ago and there are periodic meetings for that.”

Latreille wants to help because he can and because as he gets older — he’s 64 — he’s realizing he’s been very fortunate.

“I was born in Canada, which makes me one of the luckiest people in the world,” he says. “I’ve had good health and a loving family and a very good life. I think it’s important to give back and this is one of the ways I can.”

For his part, Stuart committed after realizing how important volunteers are to the institute.

“When you engage with an organization on some level, you realize how much work is done by volunteers,” he says. “The health system in any country, no matter how rich, can’t do everything. I feel good about doing it. It’s satisfying and I’m happy to give back to a community that’s helped me tremendously.”

Whether you are putting your body to work in a clinical trial like Debra or putting your mind to work reading and commenting on funding applications like Stephen and Berny, the role of volunteers with the Heart Institute research teams is invaluable.

Thank you to all our volunteers, you are just one of the reasons that the Heart Institute research programs are world renowned.

HELP US IMPROVE PATIENT CARE, GET INVOLVED IN OUR RESEARCH ACTIVITIES.

TODAY’S RESEARCH IS TOMORROW’S TREATMENT!
The medical community has a responsibility not only to provide the best available care, but also to develop new and better methods of care. Imagine what we can accomplish together with scientists, doctors, allied health professionals and volunteers like you working together!

JOIN A CLINICAL RESEARCH STUDY
At any given time, the Heart Institute may have up to 200 active clinical trials, in various stages of the lifecycle of a study. Thousands of patients and, in some cases, healthy volunteers, participate in our studies annually.

The University of Ottawa Heart Institute requires expressed permission before investigators or research staff may contact patients for research purposes. Provide your permission to be contacted for research purposes to a registration clerk or by email to Jennifer Lajeunesse, at JLajeunesse@ottawaheart.ca.

For more information ottawaheart.ca/clinicalresearch
Heart Month encourages individuals, groups and businesses to raise funds and awareness for the Heart Institute. It’s giving that goes straight to the heart of care in your community.

GET INVOLVED

ORGANIZE OR PLAN AN EVENT
- Invite family, friends and co-workers to host an event or an online fundraiser
- Attend a Heart Month community event in the Ottawa region.

BE PART OF OUR PAPER HEART ARMY
- Sell paper hearts in your store front or business and become one of our Paper Heart outlets
- Buy and display a paper heart at one of our outlets

MAKE A DONATION
Make a donation online, through the mail or by phone. That donation could be matched by a Community Matching Partner
THANK YOU FOR YOUR SUPPORT!
RECENT COMMUNITY AND FOUNDATION EVENTS

CAPITAL OKTOBERFEST
On September 25, over 250 supporters gathered at the Bier Markt for the 5th Annual Capital Oktoberfest raising over $104,000 for the Heart Institute. Thank you to the volunteer committee including Tony Rhodes, Steve Gallant and Peter Chase (above L-R).

ANNIVERSARY CELEBRATION
To commemorate the 50th Anniversary of Merkburn Holdings Inc., family, friends and clients gathered at the NAC on September 20 to celebrate this special milestone. In honour of the occasion, Merkburn owners Kevin Rougeau and Peter Dooher generously donated $50,000 to the Heart Institute.

KNIGHTS OF COLUMBUS 485
For 20 years, Knights of Columbus 485 have hosted a golf tournament to raise funds for the Heart Institute. On August 7, they had a record breaking year and raised $12,741 for patient care and research at the Heart Institute. Representatives of Knights of Columbus 485 presented their donation to Jim Orban and Brenda Rothwell from the Foundation.

HELENIC COMMUNITY GOLD PLATE DINNER
Each year, the Hellenic Community Association presents the Annual Gold Plate Dinner raising much needed funds for local charities. Organizers from the 2019 Dinner present Dr. Marc Ruel, Chief, Cardiac Surgery and Jim Orban, Heart Institute Foundation with $40,000.

(L-R) Nick Pantieras, Aik Aliferis, Dr Mark Ruel - UOHI, Jim Orban - UOHIF, Tom Varbaresos, Bill Kontogiannis, Tony Vanikiotis - President, Hellenic Community Council
Ottawa Race Weekend is Canada’s biggest marathon weekend. Don’t miss your chance to make every step count for your community by joining Team Heart and raising funds for the University of Ottawa Heart Institute Foundation. Registration for Race Weekend participation is now open!

Don’t forget to message a member of our events team if you would like to be part of Team Heart 2020!

NEED A BIGGER CHALLENGE?

Team Heart is an opportunity to push your limits by training for and completing an Ironman event at Subaru Ironman 70.3 Mont-Tremblant June 20-21, 2020 while also supporting world-class cardiac care, right here in our community.

If you want to take on the SOLD OUT Ironman 70.3 Mont-Tremblant course, we have bibs for you!

Contact us for more information or to reserve your spot now.

Sprint, 5i50 and 70.3 available - spots are limited!