

REPORT ON **Your Support**

Spring 2004

TORONTO GENERAL & WESTERN HOSPITAL FOUNDATION NEWS



Barb Forrestall presents Dr. Michael Fehlings with a cheque for \$80,000

The Little Gala that Grew – Supporting Syringomyelia

Barb Forrestall suffers from a neurological condition called syringomyelia. The chronic pain accompanying it has devastated Barb's life – disabling her, ending her career – and is heartbreaking for her family to witness. After her diagnosis, Barb was treated at Toronto Western Hospital in 1991 by renowned neurosurgeon Dr. Charles Tator. "I am one of the incredibly lucky people to have met Dr. Tator – he treated me *and* inspired me to help others fighting the same thing," says Barb.

Syringomyelia (SM), is characterized by a cyst in the spine that gradually expands, forcing its fluid into the spinal cord. The results are debilitating – from severe pain and motor impairment to numbness in the extremities and paralysis. SM is rare, progressive and has no known cure.

"Barb's coping mechanism is an incredibly strong fighting spirit," says Dr. Michael Fehlings, Medical Director of the Krembil Neuroscience Program and Head of the Spinal Cord Injury Program at Toronto Western Hospital's Krembil Neuroscience

Centre. "We're fortunate that she understands the value of research and that she's on our side."

In 1993 Barb founded the Canadian Syringomyelia Network, the first national support group to offer resources to patients and families struggling with SM (www.csn.ca). She has also been the driving force behind the Network's annual gala in support of spinal cord injury research. "The passion TWH scientists bring to their work is clear," says Barb. "We're fundraising because we believe there's a cure – and we've got to find it."

Helpful to the search will be a new Nikon confocal lens microscope, essential for viewing injured spinal cord tissue. The \$80,000 raised at the gala last November will help purchase this state-of-the-art instrument. "This is our eighth year," says Barb, adding with a smile, "It's really grown – we're planning for 500 guests next year." The Foundation thanks the Canadian Syringomyelia Network for their generosity – and we are deeply grateful to Barb for her vision and courage.

Gamma Knife is a Multi-million Dollar Miracle

A Gamma Knife isn't a knife at all, but a machine designed to deliver radiation with pinpoint accuracy – a method referred to as radiosurgery. The price tag for this 21st-century technology is \$7 million (\$5 million for the machine itself and \$2 million for the site preparation and supplementary equipment). "Every year, the province spends over \$1 million sending patients to the United States for Gamma Knife treatment," says Bryce Douglas, Chair, Toronto General & Western Hospital Foundation Board of Directors. "Securing our own will be a gift to Ontario."

"Gamma Knife radiosurgery is simply the most advanced treatment available, especially for areas deep in the brain that make conventional surgery risky," says Dr. Karel terBrugge, Head of Interventional Neuroradiology at UHN. With amazing precision, the Gamma Knife measures the size, shape and location of abnormal tissue then calculates the exact radiation dose. Patients suffering blood vessel malformations, Parkinson's, acoustic neuromas, epilepsy and tumours all stand to benefit – and recover faster – from this non-invasive, painless treatment.

Toronto Western Hospital's Krembil Neuroscience Centre, where many of Canada's top neurosurgeons treat the most complex conditions, is an ideal setting for this state-of-the-art technology. With only one Gamma Knife in Canada (Winnipeg) UHN appealed to the Ministry of Health and has been promised \$1.1 million towards operating costs – the rest is up to the Hospital. We are committed to making this multi-million dollar miracle a reality, because thousands with neurological conditions are counting on it.

Did you know...

Studies show that effective patient education improves understanding of and compliance with medical directions. Learn more about how your hospitals are offering quality patient education - see story inside.



Empowering Our Patients

Through the Patient Education Network



Patients today are more medically literate than they were even 10 years ago. Through the Internet and self-help medical literature, patients have many diverse sources of information. TGH and TWH are committed to providing our patients with authoritative, exact information – in fact, our hospitals, along with Princess Margaret Hospital, are on the vanguard of a trend that is growing worldwide.

How patient education helps

- Supports patients in making informed decisions about their health by providing education about their illnesses and treatments;
- Helps patients and their families to manage their diseases and conditions by teaching them how to participate in their own treatments;
- Prepares patients and families for surgical and diagnostic procedures. Knowledge is power – it can reduce the fear and anxiety that often accompanies illness;
- Teaches skills for managing long-term and chronic conditions.

The Network's purpose is to empower patients to actively participate in their own care.

The Patient Education Network provides the tools and resources to achieve the highest possible standard. The Network maintains a Patient Education section on the UHN Internet site, giving patients and families access to our directories, health information, and valuable Internet resources.

As well, the Network maintains an internal site for our healthcare professionals – by definition, they are all patient educators, teaching patients every day in their practice. A first milestone was the recent posting of 'e-brochures' – online versions of the printed patient education materials that all staff can now quickly access. In future, these will be available on the public site too, bringing the flow of information full circle – on paper, online in our hospitals, and into the patients' homes.

Patient education can help improve the quality of patient care. Studies also show that effective patient education enhances a patient's healthcare experience and *that* leads to patient satisfaction.

Patient education helps patients make informed decisions about their own health.

"Patient education helps patients to make informed decisions. Research shows that it also improves health outcomes and self-care skills. More and more, our patients are looking for reliable, accurate health information. It's up to us to provide it, make it easy to access and make it easy to understand."

Dr. Dimitri Anastakis, Associate Director Surgical Services and Chair, Patient Education Task Force, University Health Network

Our patient education team at UHN – the *Patient Education Network* – implements and coordinates a consistent approach to patient education.

The need for funding

Approximately 90% of patient care activities at Toronto General Hospital and Toronto Western Hospital have written materials prepared specifically for patients. Foremost, funding is needed to develop (i.e., write, edit and illustrate), produce and print these materials – and then to translate them into various languages, the highest in demand being Portuguese, Chinese, Spanish and Italian. The need for online brochures is growing exponentially. Producing quality interactive items incurs costs (e.g. editing, translation, subscriptions to medical photographic libraries, paper, printing).



"We invite the community to consider supporting patient education needs at TWH and TGH," says Dr. Anastakis. "For thousands of patients, these materials are the most effective means of reducing feelings of fear and anxiety and enhancing the ability to manage one's own health and illness."

For more information on how you can help, please contact Carole Chabot at (416)-340-3914.



The Frederick Banting Society

Continuing a tradition of excellence

MEMBERS' CORNER

When you renew your financial commitment each year to Toronto General and Toronto Western Hospitals, you make a valuable contribution to medical science and health care. As annual donors, you provide the backbone of the funding that Toronto General & Western Hospital Foundation directs to research, education and equipment – leading to enhanced patient care.

Behind the Scenes Tour

Frederick Banting Society members are invited to a special tour at Toronto General Hospital on June 10. Scientists Dr. Laurie Baggio, Dr. Mansoor Husain, Dr. Shaf Keshavjee, and Dr. Ren-Ke Li will share their most recent research discoveries in

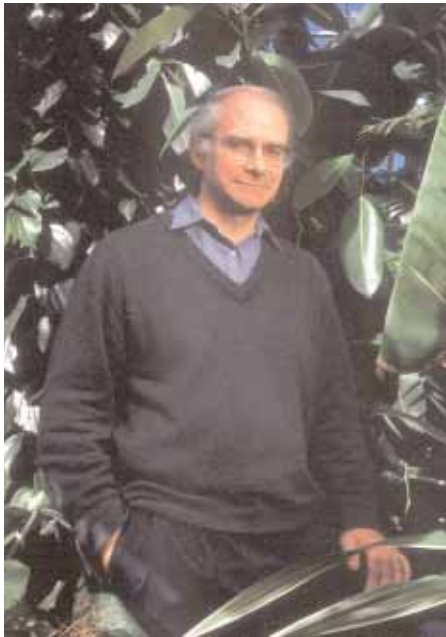
diabetes, heart failure, lung transplantation and regenerative medicine techniques. To all of our members who plan to attend – we look forward to seeing you!

How do I become a member?

The Frederick Banting Society recognizes donors who contribute \$100 to \$24,999 in a calendar year. Over 5,700 members support research and education that has a profound impact on patient care in Canada and around the world.

If you would like more information about joining the Frederick Banting Society, please call 416-340-4800, ext. 6884 or email nicole.graham@uhn.on.ca. We welcome your support!

Toronto Western Research Institute Welcomes New Director



*Dr. Peter St. George-Hyslop,
Director, Toronto Western Research
Institute and Senior Scientist, Division
of Genomic Medicine*

Dr. Christopher Paige is pleased to announce the appointment of Dr. Peter St. George-Hyslop as the new Director of Toronto Western Research Institute. Dr. St. George-Hyslop is an outstanding clinician-scientist working in neurodegenerative disease. His research on the genetics of Alzheimer's disease has established him as a leading international authority and one of the most cited in the field.

Dr. St. George-Hyslop received his medical degree from the University of Ottawa in 1976. He took his post-doctoral training at Harvard Medical School and had his first staff

appointment at Massachusetts General Hospital. Dr. St. George-Hyslop joined the University of Toronto in 1991, has been a neurologist at Toronto Western Hospital for over 10 years and is currently Director of the Memory Disorders Clinic. He is Director of the Centre for Research in Neurodegenerative Diseases, a partnership between the Alzheimer Association of Ontario and U of T. Dr. St. George-Hyslop has recently received two Howard Hughes International Scholar Awards and a Distinguished Scientist Award of the Canadian Institutes of Health Research.

His pioneering work in the identification of genes causing inherited forms of Alzheimer's disease has had a profound influence in this field. Using groundbreaking genetic techniques to understand Alzheimer's has had an even greater impact on clinical research studies that now routinely use genetics as a co-factor in investigating outcomes.

In addition to his work on Alzheimer's disease, Dr. St. George-Hyslop has made major contributions to the understanding of several other genetic diseases including Parkinson's disease, polycystic kidney disease, Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease), progressive palsy, Creutzfeldt-Jakob disease and inflammatory bowel disease.

We invite you to become a partner in medical discoveries at our hospital-based research institutes. When you support our scientists, you help speed the development of life-saving treatments. To find out more about how you can Support a Scientist of your choice, please contact Andrea Blackler at (416) 340-4800 ext. 7379.



Cards for Every Occasion

A generous way to say you care

Toronto General & Western Hospital Foundation offers cards to help you express your special messages all year round.

NEW! Holiday Card Service – Donating in honour of a friend or relative makes an especially thoughtful gift at holiday time. Order your seasonal cards in advance and we'll do the rest! Send us your mailing list and we can personalize the cards, address each envelope and mail. Cards are available with a pre-printed, multilingual greeting or blank on the inside for your own message.

Tribute Cards – A perfect way to express your feelings of thanks or to honour a loved one, friend or hospital staff. Instead of a traditional gift – or wedding favour, for example – you can

make a donation to the Foundation to celebrate an upcoming birthday, anniversary or any special occasion. Tribute cards notify the individual(s) being honoured of your thoughtfulness.

In Memoriam Cards – A meaningful way to express your regard for a loved one who has passed away. You can make a donation to the Foundation in that individual's memory and an In Memoriam card will be sent to the family to let them know that they are in your thoughts.

To make a gift in tribute or in memory or to order holiday cards, please call 416-340-4800 ext. 6884, email nicole.graham@uhn.on.ca.

We're Online for You

For those of you with home computers and access to the Internet, we have good news! Now you can reach the Foundation by going directly to

www.tgwhf-uhn.ca

We invite you to visit us online, where you can find out about upcoming events and read about how your donations are supporting research and health education that lead to superior patient care.

Online Services

Because we value our relationship with you, we're working hard to enhance our ability to respond quickly. One of the fastest and most cost-effective ways for us to communicate with you is by email. It's also more environmentally friendly!

Now we can accept gifts online and provide electronic receipting. Donors will receive an emailed receipt shortly after each donation.* These can be printed for your records at your convenience.

We understand that not everyone wishes to share their Internet address for gift transactions, but may appreciate receiving Foundation communications, appeals and special bulletins via email. If you would like to give us permission to use your email for present and future online services, please contact nicole.graham@uhn.on.ca.

*Except monthly donors, who receive one, cumulative tax receipt at the end of the calendar year.

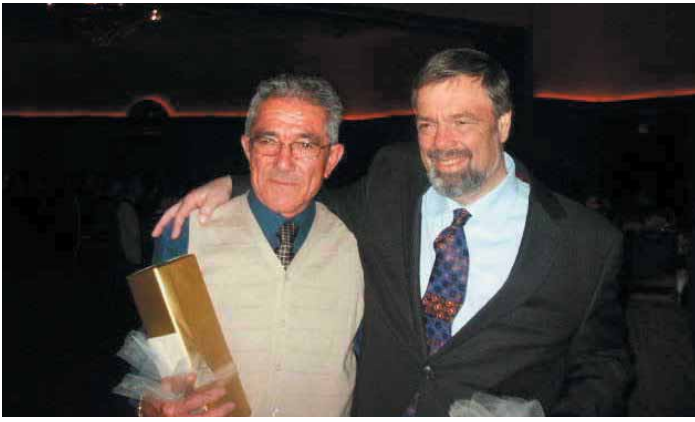
The Easy Way to Stay in Touch

The Foundation is pleased to provide a very convenient, private and free web page service for patients at Toronto General Hospital and Toronto Western Hospital called 'CarePages'.

Patients can set up their own 'CarePage' to keep loved ones updated and also to receive messages of support. Visitors to a 'CarePage' have the opportunity to make an online donation to the Foundation.

To find out more about this free online service or to create a 'CarePage' for a patient you know, simply visit www.tlcontact.com/uhn or call 1-888-852-5521.

Celebrating the Spirit of Community



Remo Lisi (left) and Dr. Richard Reznick share a special camaraderie through a mutual commitment

Five years ago the Lisi family faced a crisis. Remo Lisi's colon cancer returned and his wife, Santina, was diagnosed with a brain tumour that shortly claimed her life. Inspired by their parents' courage, daughters Adriana Savo, Luisa Masucci and Silvana Greco resolved to pay tribute by doing something for the greater good.

They founded 'A Night to Celebrate' to support colon cancer research and education at Toronto General Hospital. Now at the fifth anniversary mark, the event has surpassed their original goal – and the sisters intend to keep it going. "I am honoured to represent UHN at this annual event," said Dr. Richard

Reznick, Vice President, Education, University Health Network. "It's an extraordinary gesture of generosity on the part of the Lisi family and one that is growing exponentially."

Events like "A Night to Celebrate" go to the heart of what community support for your hospitals is all about. The Lisi family recognized the potential for enhanced patient care through education. Their vision sparked the commitment of their Italian community – and support for the event has doubled.

Well over \$100,000 has been raised and used to purchase much-needed technology. A Luminometer aids research in gene expression during organ failure and carcinogenesis. Video equipment has improved visualization during surgery and enhanced training capabilities. At the March event, Dr. Reznick expressed his deep gratitude to the family – for the equipment that impacts many lives and for the education being fostered. The 6th annual 'A Night to Celebrate' will be held at the Terrace Banquet Centre in Vaughan on February 26, 2005.

Play a Raffle – Change a Life!

Helping our Organ Transplant Patients

From June to November 2004

Toronto General & Western Hospital Foundation

is holding a raffle in support of the Multi-organ Transplant Program at UHN.

Grand Prize: A beautiful quilt made by Patricia Wood
valued at \$2,500.

2nd Prize: Deluxe executive black leather chair from Harkel Office Furniture Ltd.
valued at \$850.

3rd Prize: A 'Beauty & The Body' Gift Certificate from Civello Salon & Spa
valued at \$290.

Tickets only \$5 each



For more information or if you are interested in helping us sell these tickets, please call 416-340-4800, ext.6884 or e-mail nicole.graham@uhn.on.ca

Thank you for your support!

Raffle license number pending

upcoming events

June 13, 2004

2nd Annual Rick Hansen Wheels in Motion, New Woodbine Park
Proceeds to benefit spinal cord injury research at TWH. *Register today!*
Visit www.rickhansen-toronto.com

June 28, 2004

7th Annual Legacy Golf Tournament
Devil's Pulpit Golf Club, Caledon
Proceeds to benefit cardiac research at the Peter Munk Cardiac Centre, TGH

August 16, 2004

The 5th Annual Lew Dunn Memorial Golf Tournament, Diamond Back Golf Club, Richmond Hill
Proceeds to benefit the R. Lewis Dunn Scholarship Fund, TGH

August 2004

13th Annual Greenfield Charity Golf Tournament
St. Andrew's Golf Club, Aurora
Proceeds to benefit Renal Transplant Research under Dr. C. Cardella

October 15, 2004

Hope Ball
Proceeds to benefit the Krembil Neuroscience Centre, TWH
Please visit www.hopeball.ca

November 3, 2004

Transplant Gala
The Liberty Grand, Exhibition Place
Proceeds to benefit the Transplant Centre, TGH

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