



REPORT on Your Support

Toronto General & Western Hospital Foundation News

Diabetes: The epidemic of the 21st century

More than two million Canadians have diabetes. As baby boomers age, this number could rise to three million. As yet, there is no cure.



“Research and lifestyle changes can make the difference.”

– Dr. Gary Lewis

Diabetes is a very serious health threat and its complications are devastating – heart disease, stroke, blindness, kidney failure and amputation are common examples. The economic costs and burden of diabetes to society are staggering.

Over 160 people who attended Toronto General & Western Hospital Foundation’s Annual General Meeting heard a thought-provoking presentation from Dr. Gary Lewis – one of Canada’s leading diabetes experts from Toronto General Hospital.

“Lifestyles have changed dramatically over the past 20 years with the reduction of physical activity. Every form of labour-saving device – whether it be cars, escalators, T.V. remotes or automatic garage door openers – all these devices that are designed to make our lives more comfortable cause us to use less energy,” explains Dr. Lewis.


“At the same time, there has been an increase in calorie-dense foods available. These foods are easy to consume, fairly inexpensive and highly delicious. It’s this combination that is fueling the epidemic of obesity and diabetes.”

Dr. Lewis also points out that diabetes has a strong genetic component. Even people who are fit and eat well may still be predisposed to the disease.

A life-changing condition

For TG&WHF Board Member and former CEO of Sun Microsystems, Canada Everett Anstey, the diagnosis of Type II diabetes 20 years ago was a shock.

“I was terrified. I thought it meant my life would soon be over. But I learned that with proper management, I could live a long and full life,” he said. (See page 2 for more about Everett Anstey’s experience with diabetes.)

For Dr. Lewis, it is difficult for him to see the devastating complications of diabetes in his patients. He and his colleagues are determined to find an answer. University Health Network continues to lead in finding ways to treat and prevent diabetes through devices such as insulin pumps, stem cell research and islet transplantation. “We are confident that we will make breakthroughs that will be translated into improved treatments, reduce complications and make lives easier.” 



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– Everett Anstey

We treasure your support. *Thank you!*

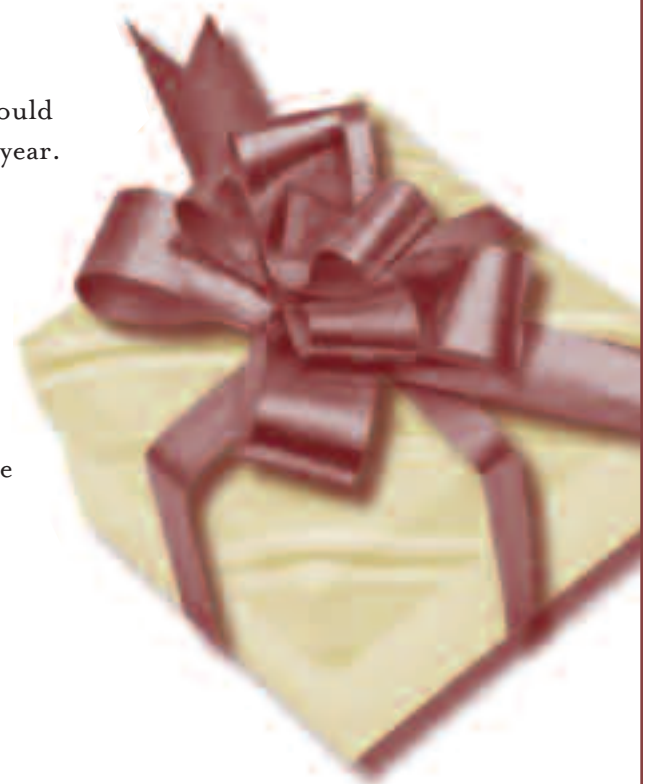
As we approach the end of 2006 and reflect upon the tremendous generosity of our community, I would like to extend Season’s Greetings and our heartfelt thanks for your meaningful support over the past year.

I cannot overemphasize the importance of every dollar that we receive from donors like you, who enable us to remain on the leading edge of care in treating highly complex conditions such as diabetes (featured in this issue). Our doctors, nurses, scientists and clinicians value your support, which funds much of the pioneering research and state-of-the-art equipment making their work possible.

We often look for ways to express our appreciation of others at this time of year. Our *Gift To Be Treasured* program enables you to pay tribute to someone you treasure while supporting initiatives that restore hope and health to the hundreds of thousands of patients every year. To give a *Gift To Be Treasured* this holiday season, please visit www.tgwhf-uhn.ca/holiday or call 416-603-5958.

From all of us, I wish you peace, health and happiness throughout the coming year.

Anita Nielsen, CFRE
Director, Annual Giving & Donor Relations



Raising funds and awareness for diabetes research

Diabetes Campaign Chair and Toronto General & Western Hospital Foundation Board member Everett Anstey is leading efforts to raise funds for research that will one day lead to a cure for diabetes.



Everett Anstey lives a full life while managing his diabetes.

“The whole concept of funding a reasonably large diabetes research centre that is world-renowned is appealing,” says the retired CEO of Sun Microsystems, Canada. “Also, Banting and Best discovered insulin here in Toronto, so what better place to have a centre that discovers a cure for diabetes?”

Everett has been living with Type II diabetes for 20 years and is a patient of Dr. Gary Lewis, Director of University Health Network’s Endocrinology and Metabolism program. He credits Dr. Lewis with making him more aware of how to manage the disease and reduce its risk factors such as heart disease, kidney failure, vision loss and amputations.


Everett is committed to sharing his experience to help others, especially those who may be at risk of developing diabetes later in life.

“Part of the problem with aging is that if you continue to eat the way you did when you were young, you start to gain weight,” he observes. “There are large numbers of baby boomers getting into their late 50s and early 60s gaining weight and we’re seeing a huge increase in the diagnosis of diabetes.”

In addition to his volunteer efforts, Everett Anstey has made several generous financial contributions to the Diabetes Campaign, including a gift of a bequest. For him, a bequest is the perfect option, allowing him to manage his long-term finances, while fulfilling his philanthropic goals.

“When you’re working your way through life, it’s hard to tell how much money you are going to need later on,” he explains. “The whole idea of making my most significant donation through a bequest is such an easy thing to do.”

Through his bequest, Everett will be supporting leading-edge research initiatives at UHN, including stem cell research and islet cell transplantation.

“What’s important to me is that I feel like I’ve given back something,” he says. “If we can raise enough money to create a diabetes research centre at UHN where all the major advances in diabetes research are made – that to me would mean a lot.” 

Leaving a bequest in your will is the simplest way to make a long-lasting legacy to support the research and education that result in excellent patient care at Toronto General Hospital and Toronto Western Hospital. To receive sample bequest wording, please contact Krista O’Donnell at 416-340-4009.

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Catching up with Dr. Tony Lang

Setting the pace at Canada’s largest Parkinson’s clinic.

There is no time to ease into the working day for Dr. Tony Lang. The day begins early, at 8:00 am, and like everyone else at Toronto Western Hospital’s Morton and Gloria Shulman Movement Disorders Centre, Dr. Lang has to hit the ground running.

From executive committee meetings, to journal clubs, to neuroscience rounds, the mornings are hectic. And it doesn’t get any easier for the Centre’s Director. Research projects, administrative tasks, teaching duties and, of course, seeing patients fill the rest of the busy working day.


Dr. Lang is recognized as one of Canada’s leading experts in Parkinson’s disease and is equally renowned on the international stage for his research into the condition. A graduate of the University of Toronto, he first became interested in Parkinson’s disease during his training. In the 1980s, he became intimately involved in the development of a state-of-the-art movement disorders clinic at TWH. When the Morton and Gloria Shulman Movement Disorders Centre was named in 1993, Dr. Lang was the natural choice for director. Since then, he has established one

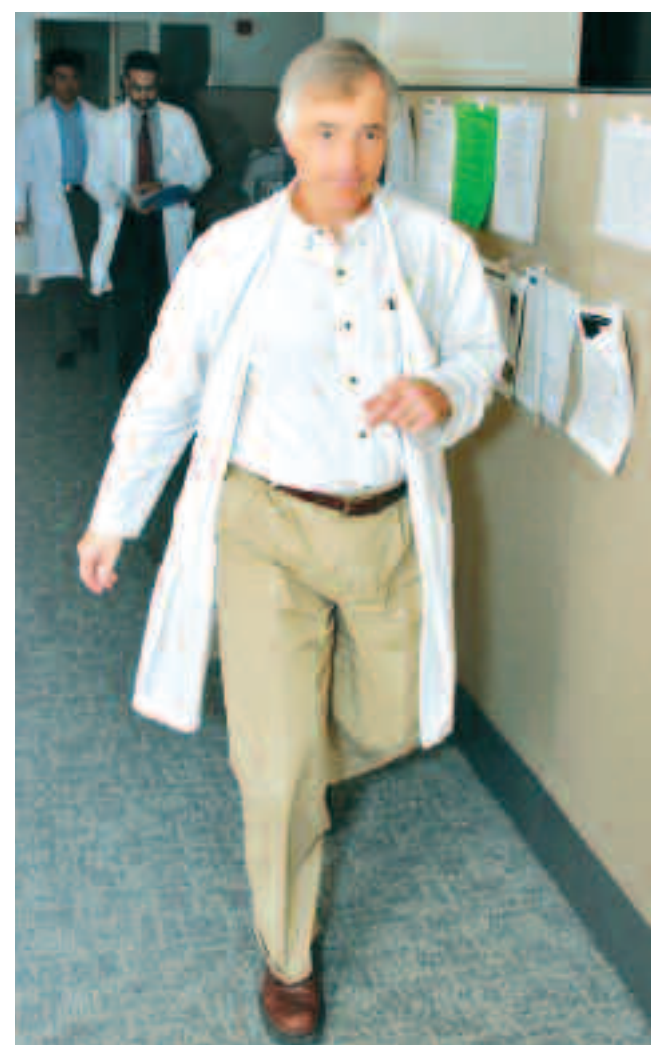
of the leading centres for the treatment of movement disorders in North America.

Dr. Lang oversees a staff of specialists, including doctors, nurses, researchers and technicians. Together, they handle over 7,000 patient visits each year. The team of renowned researchers includes neurosurgeon Dr. Andres Lozano and scientist Dr. Jonathan Brotchie.

“We have a high volume of patients, Most are from southern Ontario but many are referred from other parts of Canada and the U.S.,” says Dr. Lang. “There are many patients and family members who I have been seeing for so long that we are almost like friends.”

“We chat about all sorts of things during our consultations. This socialization is an important part of the treatment,” he explains.

Simply keeping the whole Centre running smoothly – with its large staff, multiple research projects and thousands of patients – would be a full-time job for most. For Dr. Tony Lang, it’s just one of the many roles he fulfills in addition to those of researcher, medical educator and, above all, physician. 



Dr. Lang has transformed the Morton and Gloria Shulman Movement Disorders Centre into a world leader in Parkinson’s disease research.

Legacy Golf Classic raises \$200,000



Warming up for the challenge.

Golf enthusiasts took to the green in support of heart at the 9th Annual Legacy Golf Classic.

This year's Legacy Golf Classic raised \$200,000 in support of research at the Peter Munk Cardiac Centre. In particular, funds raised at this year's event will support research into a new technique to repair or replace heart valves without open-heart surgery. This technique promises to help patients for whom traditional surgery would be very high risk or impossible.

The 9th Annual tournament was held at Eagles Nest Golf Club in Maple on September 12, 2006 with 128 golfers participating.

A special thank-you is extended to the tournament committee and to Event Chair John Ross,

Chairman of Corporate Planning Associates. "John has provided outstanding leadership of the tournament for the past two years. We welcome Neil Morrison, tournament committee member and CEO of Hunter Keilty Muntz & Beatty Limited, to this leadership role for next year's event, which will be our 10th anniversary," says Legacy Founding Chair Linda Goldsack.

TG&WHF appreciates the support of Presenting Sponsor RAND Engineering Corporation; Eagle Sponsors Aviva Canada, Baxter, CI Investments, Gluskin Sheff and Associates and Telus Mobility; and Cart Sponsor JC Clark. 🌀

More donors giving securities due to tax changes

Making a donation of appreciated securities has become a tax-advantageous way of giving to Toronto General & Western Hospital Foundation. The federal budget, announced on May 2, 2006, included the elimination of capital gains taxes on donations of publicly listed securities, making it an even more attractive option for those who wish to support our hospitals.

Bob Reynolds and his wife Angie are among the growing number of donors who are choosing to support the Foundation through a gift of securities.



Bob and Angie Reynolds

The Reynolds originally lived in Toronto but moved to Elora, Ontario several years ago. Bob retired from his 38-year career with the Crown Life Insurance Company, his latter years as Senior Vice-President, Marketing and Sales for Canada. He and Angie have since started a marketing consulting partnership, Reynolds and Associates.

In 1997, Bob required emergency surgery for an abdominal aortic aneurysm, which was performed at Toronto General Hospital by Dr. Peter Kalman. During his hospital stay, he discovered that he needed additional treatment. Dr. John Ross, his consulting cardiologist, referred him to Dr. Anthony Ralph-Edwards who performed quadruple bypass surgery in 1998. Several years later, in 2005, Bob received a pacemaker/defibrillator device. He continues to visit Dr. Ross and the Pacemaker Clinic twice a year.

In recognition of the excellent care he received, Bob and Angie have supported the work of this team of healthcare professionals at TGH for several years. The recent elimination of the capital gains tax on gifts of securities now provides them with an additional option for making a generous contribution to research, patient care and education programs. 🌀

For more information on the tax advantages of making a gift of securities, please contact Krista O'Donnell at 416-340-4009.



R. FRASER ELLIOTT SOCIETY

Royal visit launches new giving society



R. Fraser Elliott

This new society will give donors access to special events and unique opportunities to get to know our hospitals and healthcare professionals better.

The R. Fraser Elliott Society has been created to recognize and involve donors making gifts of \$1,000 to \$24,999 annually. The Society is named in tribute to TG&WHF's inaugural chair, generous donor and valued friend, R. Fraser Elliott, who presided over the merging of Toronto General Hospital Foundation with Toronto Western Hospital Foundation in 1986. He remained a committed volunteer and benefactor until his passing in 2005.

"The R. Fraser Elliott Society will actively commemorate Fraser's exceptional legacy and the Foundation's history," said Mary Connacher, TG&WHF Board Member and Chair of the Society. Founding members were welcomed by Her Royal Highness, The Countess of Wessex at the Society's official launch on November 21st, 2006 at Toronto Western Hospital.

For more information on the R. Fraser Elliott Society, contact Connie Tsui at 416-340-4944 or connie.tsui@uhn.on.ca.

McEwen dream becomes a reality



Sir Bob Geldof (centre) assists Rob McEwen (left) and Cheryl McEwen (right) with an official ribbon-cutting for the McEwen Centre for Regenerative Medicine, as Dr. Heather Ross and Dr. Ren-Ke Li show their support.

Three years ago, Rob and Cheryl McEwen had a vision to create a world-leading centre in regenerative medicine. October 25th, 2006 marked the public launch of the McEwen Centre for Regenerative Medicine.

Sir Bob Geldof was the guest of honour at the launch held at Toronto Medical Discovery Tower

at MaRS. "It's exciting to hear how these scientists and clinicians are developing new treatments that may, one day, tackle some of the world's debilitating diseases. Their vision is global and inspiring," he said.

To learn more about the McEwen Centre for Regenerative Medicine visit www.mcewencentre.com.

Show someone you care!

This holiday season, show someone you care with a commemorative gift. It's always the right size and we make it easy by mailing a personalized card on your behalf.

By recognizing that special person, you will be supporting research that results in the most precious gift of all – the gift of health.

For more information, call 416-603-5958 or visit www.tgwhf-uhn.ca.

Upcoming Events

February 5 - 10, 2007

CHIN Portuguese Radiothon

Proceeds to benefit patient education at TWH

March 8, 2007

The 8 Ball

Eagles Nest, Maple

Proceeds to benefit Peter Munk Cardiac Centre

March 24, 2007

8th Annual A Night to Celebrate

Le Parc Dining & Banquet Centre, Thornhill

Proceeds to benefit cancer research and surgical innovation, TGH

May 27, 2007

Breath in Life Walk

Proceeds to benefit Team for Transplant, Lung Transplant Program, TGH

June 7, 2007

Transplant Open Golf Tournament

Granite Ridge Golf Club

Proceeds to benefit Team for Transplant, Lung Transplant Program, TGH

Planning an event? Our Special Events Resource Guide will help. **Internet connected?** We'll show you how easy it is to fundraise online in support of your hospitals. Contact linda.ruickbie@uhn.on.ca, call (416)-340-5377 or visit www.tgwhf-uhn.ca

Address

www.tgwhf-uhn.ca

Visit us and watch a selection of videos, including the Rogers series "Finding The Answers" with segments on heart, transplant and cancer, as well as *Diabetes: The Epidemic of the 21st Century* and Dr. Sidney Kennedy's *Behind the Scenes* presentation on Depression and Deep Brain Stimulation.

Our Annual Report is now available online.

Check out our newest commemorative gift card designs.

Read about Stuart and Kristel Petropoulos and their amazing transplant story.

To make a gift *in honour* or *in memory* or to set up your own fundraising web page, please contact Isobel Rivera at (416) 603-5958 or isobel.rivera@uhn.on.ca.

Visit tgwhf-uhn.ca for all this and more.

For Report on Your Support via email, please contact tgwhfcommunications@uhn.on.ca



Show someone they're special with these **In Honour** cards.

Donate. Volunteer. Get Involved.

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President & CEO
416-340-3976
Email: tennys.hanson@uhn.on.ca

Pearl F. Veenema, FAHP
Vice President, Advancement
416-340-3632
Email: pearl.veenema@uhn.on.ca

Anita D. Nielsen, CFRE
Director, Annual Programs & Donor Relations
416-603-6433
Email: anita.nielsen@uhn.on.ca

Our main address at Toronto General Hospital

Toronto General & Western Hospital Foundation

R. Fraser Elliott Building
5th floor, 5S-801
190 Elizabeth St.
Toronto ON M5G 2C4
Tel: (416) 340-3935
Fax: (416) 340-4864

Our home at Toronto Western Hospital

Toronto General & Western Hospital Foundation

Toronto Western Hospital
Ground floor, WW 1-406
399 Bathurst St.
Toronto ON M5T 2S8
Tel: (416) 603-5958
Fax: (416) 603-6224

For more information or to donate online, please visit: www.tgwhf-uhn.ca

Email: foundation@uhn.on.ca

Toll free donation hotline: 1-877-846-4483 (UHN-GIVE)

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Toronto General & Western Hospital Foundation
There's always an answer. *We'll find it.*