



# Your HealthMatters

## Free Fall

Aldergrove man nearly loses life after losing balance on ladder

It's amazing how quickly life can fall apart. It can happen to anyone – an accident at work, a car crash, or something as simple as a misplaced step.

Last December, 39-year-old Trevor James fell five feet from a ladder, hit the concrete and fractured his skull. He was rushed by air ambulance from his Chilliwack worksite to RCH.

RCH Neurosurgeon Dr. Michael Nikolakis performed a craniotomy on Trevor to remove a blood clot that had formed in his brain. A few days later, fellow Neurosurgeon Dr. Richard Chan had to remove half of Trevor's skull, as Trevor was suffering from very high brain swelling and pressure.

Trevor spent Christmas in a coma in RCH's Intensive Care Unit, surrounded by his wife, Marnie and their two children, Courtney, 16, and Colby, 12. They didn't know if he would make it through, or what his condition would be when he woke up.

"Will he even remember me? The kids? Will he be



"RCH kept my husband from becoming a statistic," says Marnie James of her 39-year-old husband Trevor, with son, Colby and daughter, Courtney.

able to speak again? Those were some of the things that passed through my mind during those dark days," recalls Marnie. "Everyone told me how lucky we were that he was at Royal Columbian, and that gave me hope."

Trevor woke up on New Year's Day. Since then, he has put his hard work ethic to work on himself, redeveloping his ability to read, spell, drive and most importantly, tell his family he loves them.

**Trauma Central**

- RCH is one of two major trauma centres in B.C. and receives more trauma patients by air ambulance than any other hospital in the province
- Last year, RCH treated more than 10,000 trauma patients from across B.C.
- Falls and motor vehicle collisions are the two highest causes of traumatic injury in B.C.
- Trauma is the #1 cause of death for 15-45 year-old males

## Inside



**RCH FUNDRAISING**

The best birthday present ever

PG 2



**FREAK KNEE INJURY**

RCH rewrites BC Lions' player's future

PG 3



**THIRD EYE VIEW**

Technology helps stroke patients

PG 5

# Best Gift

RCH needs significant investment from government and community to continue as centre of excellence



Fundraising for healthcare takes a lot more than bake sales! Keeping the first hospital in B.C. stocked with necessary equipment and resources for clinical research and education is an ongoing task that involves many ways

to give: large-scale donations, gifts through the mail and rchfoundation.com, wills, gifts of securities, and events. Since 1862, support from individuals, organizations and businesses has built upon government funding to help our medical teams make RCH the centre of excellence that it is today. However, RCH continues to run at overcapacity and we cannot stand by and watch the hospital's infrastructure continue to erode. In 2012, we celebrate 150 years of health care. It's Royal Columbian's turn for government to make a major investment, and partner with RCH Foundation donors. Wouldn't that be the best birthday present ever for the 1.6 million British Columbians who depend on RCH?

*Adrienne*

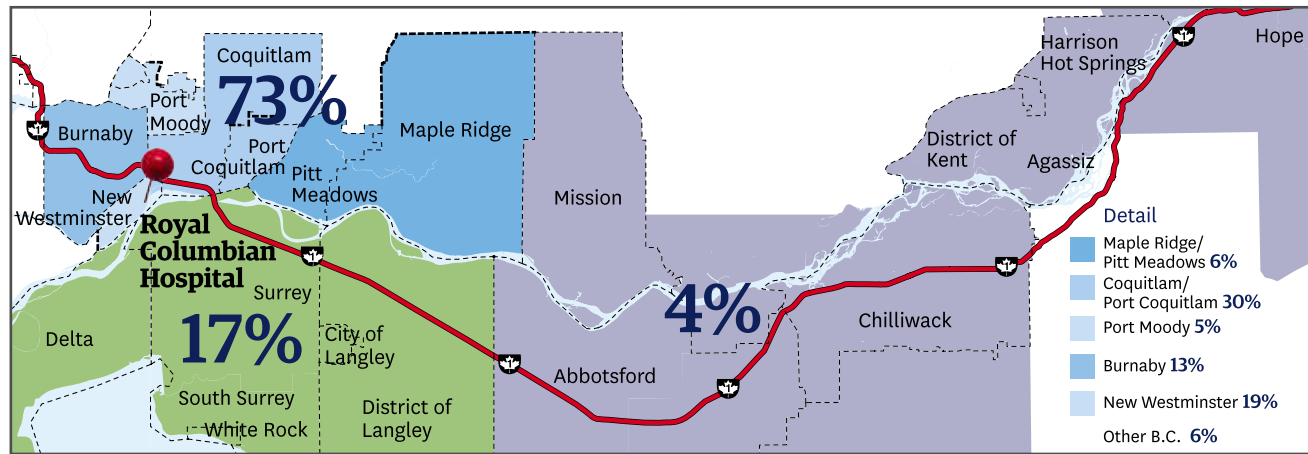
**Adrienne Bakker**  
President and CEO

*Belle*

**Belle Puri,**  
Chair, Board of Directors

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## Where RCH Patients come from in the Fraser Health Region



## Happy Birthday RCH

Oldest hospital in B.C. celebrates 150 years



RCH as it looked in 1866, situated along the Fraser River.

Royal Columbian Hospital is celebrating its 150th birthday in 2012. As British Columbia's oldest hospital, it has cared for generations of patients from birth through to passing, and continues to deliver the best in health care today. Be sure to join us in 2012 for events and activities celebrating this monumental milestone in B.C.'s history. Do you have an RCH story you would like to share with us? If so, please contact RCH Foundation at 604.520.4438 or [rchfoundation.com](http://rchfoundation.com).

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# When the stars align

RCH medical teams save BC Lions' Stanley Franks's leg and possibly future playing career

BC Lions Defensive Back Stanley Franks nearly lost not only his playing career but his entire leg as a result of a severe hyper-extended knee injury during a game against the Calgary Stampeders this season. Running at top speed, Franks stepped on top of a receiver's foot. The impact dislocated Franks's left knee and forced it backwards and to the side.



Stanley Franks was in his third season with the BC Lions when he was injured. Photo by Kyle Clapham.

"I just knew my season was over... I had no feeling where my shin should be," recalls 25-year-old Franks.

While BC Lions' Team Physician and RCH Orthopaedic Surgeon Dr. Dory Boyer was able



RCH Orthopaedic Surgeon Dr. Darius Viskontas consults with BC Lions Defensive Back Stanley Franks prior to his second knee operation.

to pop Franks's knee back into place on the field, he could find no pulse in the major knee artery. Without immediate restoration of blood flow, Franks would surely lose his leg. Franks was rushed from the field to RCH where Vascular Surgeon Dr. Kamyar Kazemi spent nearly four hours meticulously repairing Franks's artery, which had been torn in half.

Franks's hospital ordeal was far from over, though. Four weeks later, RCH Orthopaedic Surgeons Dr. Darius Viskontas and Dr. Trevor Stone took on the highly complex and uncommon task of reconstructing Franks's Anterior Cruciate Ligament (ACL) and posterolateral (outside) corner knee ligament. Dr. Vis-

kontas and Dr. Stone are two of only three orthopaedic surgeons in B.C. who conduct this type of complex surgery.

"Certainly here at Royal Columbian, we are used to seeing significant trauma [patients]," says Dr. Viskontas, "so we get really good at treating complex injuries."

Franks is now embarking on a nine-month rehabilitation program. While he remains hopeful about returning to the field next season, Franks is most grateful to have his leg so he can lead a normal life.

"I'm going to give it all I've got and see how far it takes me," says Franks. "I owe it to both my teams - BC Lions and RCH - to give it my best shot."

# The Voice of the Canucks speaks out for RCH

John Ashbridge, long-time radio personality and public address announcer for the Vancouver Canucks since 1987, recently returned to RCH to thank his cardiac care team by hanging a heart tile in their honour in the cardiac unit.

"Royal Columbian Hospital has saved my life as it has many others from throughout this province," says Ashbridge, Vice-chair, RCH Foundation Board of Directors. "This hospital is B.C.'s hospital and it needs your support."

Ashbridge suffered a heart blockage in early April 2011 and was admitted to RCH where he had a pacemaker inserted. Thanks to RCH's cardiac team, he was able to be back behind the microphone in time for the Stanley Cup Playoffs.

Proceeds from the sale of each heart tile benefits the cardiac program at RCH. To purchase a heart tile or for more information, please call RCH Foundation at **604.520.4438** or [rchfoundation.com](http://rchfoundation.com).



John Ashbridge hangs his 'heart' in RCH's cardiac unit in honour of the care he received from RN Marie-Eve Cournoyer and the rest of his cardiac care team

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# A Miracle

Shannon Gaudette and family grateful for expert care received by Dr. Richard Chan and RCH medical teams

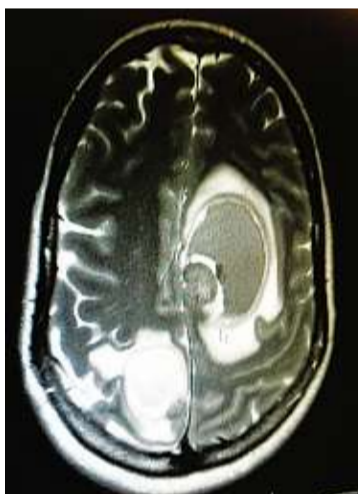
"I shouldn't be alive...my baby girl shouldn't be alive... but we're both here thanks to Dr. Chan."

Those words are being spoken by Shannon Gaudette, 39, a woman who had two malignant tumours – one the size of an orange, the other the size of a lemon -- removed from her brain in June.

She was six-and-a-half months pregnant at the time.

Shannon started her battle with cancer back in 2005 when she had a mole removed that tested positive for melanoma. The cancer returned in January 2010 in her lymph nodes on her right side, which were subsequently removed. Not focused on anything else but beating cancer, Shannon and her husband Brad were surprised when they found out they were pregnant in December 2010.

Shannon enjoyed a healthy pregnancy until May 21, 2011 – the day her foot went numb. Assuming it was a normal symptom of pregnancy, she didn't think much



The two white oval-shaped areas in this MRI scan are the malignant tumours.

of it until her condition grew worse.

"I started feeling weak...not well, and my handwriting was going wonky," recalls Shannon.

An emergency MRI scan at a local hospital showed two large masses in Shannon's brain.

"We were astounded," recalls Brad, who was told that there wasn't anything that could



Shannon Gaudette had two brain tumours removed when she was six-and-a-half-months pregnant with Madeline, being held here by husband Brad. Read Shannon's full story at [rchfoundation.com](http://rchfoundation.com).

be done for Shannon except ease some of the pressure being caused by the tumours. There was a chance that they could keep Shannon alive long enough to deliver the baby, but she would need to be transferred to RCH, which has a team of neurosurgeons, high-risk maternity and neonatal intensive care specialists all under one roof.

"Those were the two worst nights of my life," recalls Brad.

RCH Neurosurgeon Dr. Richard Chan was on-call when they arrived at RCH on the night of Saturday, June 11. Upon meeting Brad, Dr. Chan, referring to the two malignant tumours in Shannon's brain, simply said: "They've gotta come out."

Brad tearfully kissed his wife goodbye as she was wheeled into the OR, not knowing if Shannon or their

baby would survive.

After six hours in surgery, Dr. Chan emerged saying, "I got it all and the baby is fine."

"I can't express what a relief it was," says Brad.

During the next few weeks at RCH, Shannon slowly regained her ability to walk, talk and function normally again.

"When I say it's a miracle, I truly believe it is," said Shannon's Dad, Langley Township Mayor Rick Green, in a media interview.

Shannon continued to recover through her stays in the Intensive Care, High Acuity, Neuro and High-Risk Maternity units.

On August 5, although eight weeks premature, Madeline Gaudette was born a healthy baby girl, at the hands of obstetrician Dr. Melanie Altas and



RCH Neurosurgeon Dr. Richard Chan was able to completely remove both malignant tumours from Shannon's brain.

### Did you know?

- RCH is the only hospital in B.C. that has a neurosciences, high-risk maternity and neonatal intensive care unit (NICU) all on one site.
- RCH's NICU has had the best patient outcomes of any NICU in the country since 1997.
- RCH has five neurosurgeons who perform 1,250 neurosurgeries per year.

neonatologist Dr. Zenon Cieslak.

"We are so grateful for the exceptional care we received on every ward...the doctors, nurses, cleaning staff, porters, social workers...everyone was just amazing," says Shannon.

Two months later, an MRI scan showed there were no residual, recurrent or new tumours in Shannon's brain. "He got everything," says Shannon. Shannon's battle with cancer is not over yet, as she embarks on a four-month drug treatment to combat two small tumours on her liver and one on her lung, but she is feeling strong.

"I'm so thankful that we are here," says Shannon. "I cherish every day that I get to spend with our daughter, because we weren't supposed to be here."

# A GPS system for the brain

State-of-the-art imaging technology will enable quicker and safer procedures

Strokes are the third leading cause of death in Canada.

Knowing the symptoms of stroke and seeking emergency medical care are fundamental in saving the lives of stroke victims. So is access to advanced medical technology.

That's why RCH Foundation is raising funds for a new Multipurpose Suite that will improve treatment of stroke, aneurysm and cardiac patients. The Biplane Angiography Machine with 3D Advanced Mapping is a state-of-the-art equipment system that enables minimally invasive procedures to be performed more quickly and safely. It can also cut the normal procedure length in half.

"With the two 'C' arms and 3D visualization, it's like using a GPS system to steer the course of the patient's blood vessels," says RCH Medical Imaging Manager Karen Bevan-Pritchard.

The system synchs with other technology such as



Biplane Angiography Machine with 3D Advanced Mapping System.

CT and MRI to provide 3D image layering.

"We are essentially sending a wire up through a blood vessel into the brain to destroy clots and open up clogged arteries, so obviously we are working in a very sensitive area," says Lars Huebner, Interventional Radiology Supervisor at RCH. "The less time you spend in a blood vessel, the less risk of complications."

To help fund better stroke care at RCH, please call 604.520.4438 or visit [rchfoundation.com](http://rchfoundation.com).

## Only \$800,000 more to go!

Thanks to our many generous individual, corporate and community organization donors, our Multipurpose Suite campaign is well underway! To date, their generosity has raised \$2,000,000 towards a suite that will help RCH meet the extraordinary and growing demand for specialized cardiac and neurological care in B.C.

Many of those who have chosen to support our cause are patients who have suffered a stroke, aneurysm or serious heart problem, and the family members and friends who love them. They understand that advanced diagnoses and treatment is only as good as the access you have to it.

To donate or find out more about our Multipurpose Suite campaign, please call 604.520.4438 or visit [rchfoundation.com](http://rchfoundation.com).



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# Thank you to our donors

Thank you to all of our corporate and community donors for their donations received to date in 2011, which are helping us support exceptional care at RCH



(Left) CIBC District Vice-president Paulo Brazinha presents a cheque for \$11,000 to Medical Imaging Manager Karen Bevan-Pritchard and RCH Foundation Director, Leadership Giving, Gordon Stewart to help fund a digital breast imaging machine for RCH that will help reduce wait times for breast cancer diagnoses.



(Right) Dorette Jackson, RBC Royal Bank Assistant Manager, Client Services, and Peter Zivanovic, RBC Royal Bank Branch Manager, New Westminster, present a donation of \$20,000 from the RBC Foundation to Laurie Tetarenko, Vice-president, Royal Columbian Hospital Foundation, in support of a new Multipurpose Suite that will expand cardiac, stroke and aneurysm care at RCH.



(Centre) Sandra Schmirler Foundation Board Member Robin Wilson presents (left) RCH Foundation Major Gifts Officer Lisa Rosales and RCH Neonatal Intensive Care Unit Manager Queenie Lai with a cheque for \$31,050 for a fetal monitor. The monitor will be used by RCH's Labour and Delivery Services team to monitor a baby's heartbeat while in the uterus, including during labour.



TELUS Community Ambassadors – Fraser Valley Club (from right) Linda Jackson, Olga Harman and Eleanor Campbell present RCH Foundation Vice-president Laurie Tetarenko (left) with a cheque for \$11,240 from the TELUS Employee Charitable Giving program to help fund critical equipment needed throughout RCH.



Having a baby in the NICU can be a very stressful experience.

## Home Away

Northern B.C. family receives expert and compassionate care at RCH

It was the middle of the night when Lisa and Frank Dyck were bundled into a B.C. Air Ambulance and flown to RCH – 1,300 kilometres away from their home in tiny Prespatou, in northeastern B.C.

Lisa's water had broken and she was only 28 weeks pregnant. She was airlifted to RCH, as it is a provincial centre for high-risk maternity and neonatal intensive care (NICU).

Lisa was put on bed rest for three weeks until her baby could be safely delivered. On July 7, 2011, Lisa gave birth to a baby boy whom they named Trevor.

Born premature, Trevor was treated for lung problems in RCH's NICU for five weeks.

With no local family or friend support and having to take time off work, finances were very tight and caused extra stress for Frank and Lisa.

Fortunately, RCH Social Worker Cheri King was able to access funds for their living expenses from RCH Foundation's Maternity Infant Child Youth Emergency Response Fund supported by Variety – The Children's Charity.

"To try and pay for our food and accommodation down here would've been impossible without help," says Lisa. "The fund was a big relief for us."

The fund has helped more than 150 families at RCH from across the province since 2008.



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# Telepsychiatry connects

Innovative technology brings mental health patients to RCH's doorstep without leaving home



Thanks to the StanJean Foundation, RCH's Psychiatric Department now has innovative technology that brings patients from rural and remote areas right through the doors of RCH without the patient having to leave home. Photo by Brent Richter, The Record.

Royal Columbian Hospital (RCH) Psychiatric Department now has innovative technology that brings patients from rural and remote areas right through the doors of RCH without the patient having to leave home.

The purchase of the equipment was made possible by the StanJean Foundation's gift of \$40,000 to RCH Foundation. Telepsychiatry connects the RCH mental health care team with patients throughout the Fraser Health region by live video-conferencing, high-speed telecommunication networks and two-way video cameras in a secured and private environment. The attending psychiatrist can respond with a full report and recommendations.

Dr. Ambrose Cheng, RCH Staff Psychiatrist explains, "Remote and rural areas are underserved. With this new technology, I can consult with patients in Hope, Chilliwack and Mission from New Westminster in a single day."

RCH is a leading UBC teaching hospital with a five-year Psychiatric UBC Residency Program. The hospital sees a variety of patients, with conditions ranging from substance addiction, to depression and psychosis and grief reactions. Patients who have experienced a serious trauma, heart attack, stroke or aneurysm often deal with mental challenges and depression during their ICU recovery time and after their body has healed. "Mental recovery is as important as physical recovery, and our hospital programs recognize and respond to this," says Dr. Cheng.

## Welcome neighbour!

Celebrating their new store opening at 270 E. Columbia Street, New Westminster, Thrifty Foods is passionate about building healthier communities.

For every pumpkin sold October 19 - 31, \$1 will be donated to RCH Foundation to help the hospital provide the best services for stroke, aneurysm and

cardiac patients.

Visit [rchfoundation.com](http://rchfoundation.com) for more details about this and other exciting store-opening activities benefiting RCH.



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