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ROYAL COLUMBIAN HOSPITAL FOUNDATION

Spring 2011



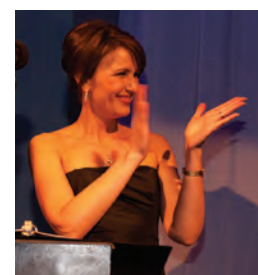
Lucky to be alive

Dairy farmer thanks RCH for amazing care



Saying no to seconds

Tips to avoid a second heart attack



RCH Shines

"Live" from Studio 40 at the CBC Broadcast Centre



Tim and Karen Delesalle relaxing at home in their New Westminster apartment.

Tim's story...

Royal Columbian Hospital Foundation to raise \$2.8 million for cardiac and stroke patients

Tim Delesalle recently reaped a huge return on his family's investment in RCH – his life was saved. Tim and his family played a significant role in the construction of The Delesalle Chapel, a sanctuary within the hospital built to help fulfill the spiritual needs of all patients and staff. It was there, during his recovery, that Tim would come to contemplate the miracle of his life on a daily basis.

Tim, a healthy, active 57 years, had an unexpected acute heart attack in May 2010. He had just returned from a run, when he collapsed at home. "The angels all lined up for me perfectly that day. From my family, to the paramedics, to Dr. Jean-Francois Dorval and the staff at RCH," says Tim.

His wife Karen and her two daughters were at home at the time of the heart attack and they immediately administered CPR. Within minutes the paramedics were on their way.

Karen remembers the scene at home: "The paramedics were very calm, but everything felt as though it was happening in slow motion. So many things were going through my mind. I kept thinking, why don't

they hurry up?"

With the advanced communication technology available in many ambulances, an electrocardiogram was done at the scene and the results immediately transmitted to RCH. This advance notice alerted the catheterization lab to prepare for an emergency cardiac angioplasty, while Tim was being transported in. Despite his rapid transfer to RCH, Tim was in full cardiogenic shock upon arrival, his heart unable to supply enough blood to his organs.

As Karen followed the ambulance to hospital, her own heart beating wildly in her chest, her only thought was, "How will I know where he is when I get to hospital? How will I find him?" On arrival at RCH, to Karen's

great relief, she was met by a staff member who knew exactly who Tim was and what his diagnosis was. The family was taken to a private room and kept informed of Tim's progress and condition.

While the family was anxiously waiting, the catheterization lab team, led by Dr. Dorval, first stabilized the heart with an intra-aortic balloon pump and then performed an angiogram, through which they found that one of the coronary arteries was completely blocked. Dr. Dorval was able to quickly open the artery with a balloon and stents (angioplasty), restoring blood flow to the heart muscle. With the blood flow restored and the heart function stabilized,

continued on page 4

Pressure point

It comes as no surprise to us that the emergency department physicians and nurses at Royal Columbian Hospital (RCH) recently decided to enlist the adjacent Tim Hortons space. In spite of the expertise and resourcefulness of RCH doctors, nurses and Fraser Health administrators, the service demands on this facility have exceeded capacity for years.

More than a year has passed since Fraser Health delivered to the Ministry of Health Services a concept plan and request for funding to begin the first stage of comprehensive clinical planning for an expansion and re-development of the hospital. RCH Foundation has agreed to partner in fundraising for this expansion that will go a long way to alleviate many of the



RCH Foundation Board Chair, Belle Puri and RCH Foundation President and CEO, Adrienne Bakker at the 2011 SHINE Gala.

growing pressures that are felt, not only at RCH, but at the other eleven community acute care hospitals in Fraser Health whose patients are transferred daily to RCH for specialty services.

We need Ministry approval now; our patients and families deserve the very best in health care. If you would like to learn more about the plans for the Royal Columbian Hospital expansion, please contact us at info@rchfoundation.com.

Women helping women

The RCH Auxiliary team recently presented a generous donation of \$100,000 to the RCH and RCH Foundation teams to help fund a second digital breast imaging machine to help reduce wait times for breast cancer diagnoses. "It's about women helping women," says RCH Auxiliary President Barbara Sauve of the team's decision to support the campaign. "We all know people who have had to wait in line (for a diagnostic mammogram) and they're stressed because of it, and if we can help provide some relief, then that is what we must do." If you would like to volunteer as a member of the RCH Auxiliary team, please contact Barbara Sauve at 604.520.4293.



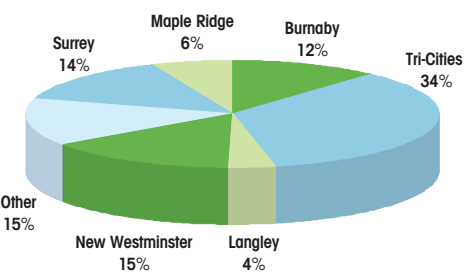
Servier Canada Inc. awards RCH Interdisciplinary Heart Health Program \$70,000

(Left to right): Roman Jankovich, Servier Hospital Representative; Dr. Gerald Simkus, Program Director for Cardiac Services; Deborah Shannon, Servier Regional Director; Mariko Taylor, Servier Hospital Representative; Laurie Tetarenko, RCH Foundation Vice-president; Scott Lambert, Servier Business Unit Director; and Jean Michel Carpentier, Servier National Sales Director.

RCH is BC's Hospital

Many people do not realize that RCH is not just New Westminster's hospital – RCH is B.C.'s hospital. Serving a region of 1.6 million people, RCH treats one in three British Columbians.

Where Our Patients Live



Your Health Matters is published twice annually by RCH Foundation. If you have any questions or story ideas you would like to share with us, please contact our office at 604.520.4438 or e-mail to info@rchfoundation.com Design by Paula Heal. Articles by Shannon Henderson and Julie Coghlan. Photography by Jerald Walliser unless otherwise noted.

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Lucky to be alive

“It was a day just like this,” muses Richard Krahn, as he surveys the big stretch of sky reaching over his family’s property. It is blustery and cold and not at all stable.

On April 28, 2010, Richard Krahn, 42, and his nephew Cody, 22, were getting the equipment ready for spring hay chopping.

had to rush him to the OR to get control of his bleeding.”

“I found out later that by the time I arrived at RCH, they thought I had a 30 per cent chance to live...I was bleeding faster than they could pour blood into me,” said Richard, who describes his RCH caregivers as “nothing

Abbotsford dairy farmer recognizes one-year anniversary of traumatic accident

his care at RCH. Stationed at one of two of the province’s major trauma centres, Fyvie is the only trauma nurse practitioner in B.C.

“Trauma patients require the utilization of nearly every disciplinary resource we have available,” says Kathleen. “Doctors, nurses, respiratory, pharmacists, lab, blood bank, physio, rehab, nutritionists, social workers and more are mobilized. It is always awe-inspiring to me when I look at someone like Richard and realize how many people supported his recovery.”

Through Spring 2010, Richard pushed onward with his recovery, telling everyone that he would be out of hospital by July as he and his wife, Dawn, had a family camping vacation planned for August. Physicians tried to manage Richard’s expectations, stating that with support, he would be able to walk again, but it was more likely that he wouldn’t fully recover from his injuries until December 2010 or later.

“I knew I was lucky to be alive, and what kept me going was knowing that I would walk again,” said Richard, who is a father of three young daughters. And with that determination, Richard was walking in a matter of months after his leg amputation, and by the end of July, just as he predicted, he was back at home. Although unable to go camping, Richard was able to meet his next goal – to walk into Christmas dinner on crutches – and every subsequent goal he has set for himself.



RCH trauma patient Richard Krahn with his wife, Dawn, and their three young daughters, Mackenzie, 10, Kaitlyn, 9, Ashley, 6, and friend Jake at the family’s Birchwood Dairy Farm in Abbotsford.

Richard was lubricating the chains on a tractor when his coveralls got caught on the rotating shaft, pulling Richard’s leg inward while he screamed at Cody to shut off the machine.

Cody shut down the engine and called 911.

Upon arrival, the air ambulance team assessed Richard’s situation and made the decision to place him in a drug-induced coma. Richard was airlifted to RCH, where he was met by the trauma team, including surgeon Dr. Naisan Garraway.

“Richard came in fairly unstable and had lots of bleeding,” recalls Dr. Garraway. “We

short of amazing”.

While Richard’s right leg was so severely injured that his orthopaedic surgeons, Dr. Trevor Stone and Dr. Farhad Moola, had to make the decision to amputate it, the snapped bones and severed knee ligaments in his left leg were able to be repaired.

Richard also had to undergo extensive skin grafting on his legs and finger wound management, handled by Dr. Rodney French and Dr. Donald Guichon.

RCH Trauma Nurse Practitioner, Kathleen Fyvie, closely monitored Richard throughout

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RCH's New Multipurpose Interventional Suite

Designed to provide care for more than 1,400 cardiac and stroke patients each year

...continued from page 1

Tim began to improve. Within days, the intra-aortic balloon assist was removed. Tim spent 4 days in ICU and was then transferred to a recovery ward before being discharged home. Today, Tim's heart has fully recovered and is life has returned to normal.

Tim is just one of the more than 2,200 angioplasty patients treated each year at RCH, the heart centre for the Fraser Health region. Although one of five heart centres in the province, RCH provides one-third of all angioplasties in B.C. RCH. However, RCH cannot keep up with the increasing demand for specialized cardiac services. In fact, one-third of Fraser Health's cardiac patients have to travel outside the region for care.

Plans are underway to redevelop and expand Royal Columbian Hospital site. But this expansion will take several years, and something needs to be done immediately to relieve the strain. Royal Columbian Hospital Foundation is raising \$2.8 million to build a Multipurpose Interventional Suite (MPIS). This suite will enable the hospital to maintain the exceptional standards of health care British Columbians depend on, providing care for more than 1,400 cardiac and stroke patients annually, while expansion plans continue.

"It is the best reward a hospital and the entire team of doctors and nurses can have, when a patient does so well after such a dramatic presentation," says Dr. Dorval. "The burden of heart disease is increasing. It is straining our ability to deliver emergency care around the clock and to treat patients before they become emergencies. Medical technology is constantly improving and evolving. We need help in our drive to build a state-of-the-art suite with specialized instruments for cardiac and vascular interventions so that others may some day benefit as the Delesalle family has."

Tim and Karen and the Delesalle family's related companies have pledged a donation of \$55,000 towards the funding of the MPIS. "Since being discharged from my stay at RCH, I have been overwhelmed to learn the number of people who touched my life throughout my event and recovery, starting with my wife Karen and family and my new RCH family of staff, technicians, nurses, interns and doctors. The support and care was immediate, unconditional, thorough and beneficial. It is crucial to place the necessary tools in the professionals' hands to allow this valuable work to succeed. RCH truly needs our support," says Tim.



Tim and Karen Delesalle enjoy preparing a healthy dinner together.

RCHF needs your help to raise \$2.8 million

The Multipurpose Interventional Suite will be used for a range of life-saving clinical services, including cardiac care, medical imaging, neurosurgical diagnoses and treatment of aneurysms and stroke. In the first year alone we will be able to:

- Implant 650 pacemakers, keeping 650 hearts beating strongly and regularly.
- Provide even more than the 4,800 cardiac catheterizations already performed.
- Perform 195 ablations to correct abnormal heart rhythms, one of the leading causes of stroke.
- Implant 100 internal cardiac defibrillators, helping to control potentially lethal heart rhythms and preventing sudden cardiac arrest.

To help Royal Columbian Hospital Foundation raise \$2.8 million to build the Multipurpose Interventional Suite or for further information call 604 520 4438 or visit rchfoundation.com

Take Control. Avoid a second heart attack.

Dr. Gerald Simkus, Program Medical Director, Cardiac Services, shares these health tips to reduce your risk:

- Diligently follow your physician's plan to stabilize and prevent further heart damage.
- Monitor blood pressure regularly, keeping it under 120/80 and controlled through a healthy diet and exercise, lowering stress and oral medications.
- Quit Smoking! Smoking quadruples your chances of having a second heart attack. Investigate treatment plans to help you stop.
- Speak to a doctor or registered dietitian for help on how to lose excess weight.
- Regularly exercise. 30 to 60 minutes of moderate walking at least three to four times a week can help with weight management, cholesterol and high blood pressure.
- Encourage your family to change their eating habits and support you.
- Reduce sodas and fruit juices and drink lots of water.

Dr. Gerald Simkus has some good advice for you.



For further information about the Interdisciplinary Heart Health Program call Susanne Burns at 604 377 4118 or go online to rchfoundation.com

Sarojini Reddy and friend, Pushpa Reddy, take to the track for better heart health. Photo by Rene Smith.

Saying no to seconds

RCH's new Interdisciplinary Heart Health Program

Sarojini Reddy, 59, of Surrey, is an RCH cardiac patient. She describes the transition from hospital to home as unexpectedly rapid and recalls feeling apprehensive of the future. "I hardly had time to realise the impact of what had happened to me and I was at home again, trying to make sense of new medication and expected changes to my diet and exercise. Then I had a second heart attack."

According to Dr. Gerald Simkus, Program Director Fraser Health Cardiac Services, the chances of a second attack are between five and 15 percent in the year following a first heart attack. Simkus states that although there are well-known steps that patients can take to reduce their risk of both a first and subsequent heart attack, the challenge remains for physicians and healthcare staff to engage patients in meaningful behaviour change when they leave the hospital.

In an effort to prevent RCH's heart attack patients from becoming 'repeat customers', the RCH Cardiac Services team is developing the Interdisciplinary Heart Health Program - a

program offered to patients who have experienced a heart attack. Patients will be able to access the program's multidisciplinary team for assessment and education. The health care professional team includes nurse clinicians, dietitians, a pharmacist and cardiologists who provide ongoing support and answer questions.

Recognizing this groundbreaking initiative, AstraZeneca Canada Inc. stepped forward with a donation of \$170,000 in February to help support funding for the Interdisciplinary Heart Health Program, as well as a Fraser Health South Asian Cardiovascular Research Program.

"Supporting RCH's educational program for cardiac patients is an important step in improving the lives of cardiac patients - not only in the Fraser region, but throughout the entire province," said Marion McCourt, President and CEO of AstraZeneca Canada Inc. "By working with leading cardiac institutions like RCH to address key health care challenges, we firmly believe we can make the biggest impact in improving patient care."

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Live from Studio 40

Shining the light on exceptional care at Royal Columbian Hospital

Donors, physicians, corporate executives and community leaders shared the spotlight on March 3, 2011 when Royal Columbian Hospital (RCH) Foundation hosted its SHINE Gala at the newly redeveloped CBC Broadcast Centre.

In one evening, 400 guests helped raise more than \$200,000 for RCH to expand specialized care for heart disease and stroke patients.

"We have been proud to partner with RCH Foundation for their SHINE Gala for the past four years, and this year was even better because we hosted this fantastic fundraising event right here in our home!" said CBC News Vancouver host and SHINE Gala Co-emcee Gloria Macarenko.

Tony Parsons, CBC News Vancouver host and SHINE Gala co-emcee, agreed: "Many people are unaware of the critical trauma, cardiac and neuro care role that Royal Columbian Hospital plays in B.C.'s healthcare system, and so we are proud to help RCH Foundation broadcast how important RCH is to the people of this province."



Dr. Rardi van Heest, Trauma Surgeon, RCH surrounded by members of the Burnaby Firefighters Charitable Society, title sponsor of SHINE.



Wade Winkler, McQuarrie Hunter LLP and Jennifer Muir of RBC, co-chairs of SHINE Gala Committee.



Award-winning anchors and household names, the co-hosts of CBC News Vancouver, Tony Parsons and Gloria Macarenko.



Dr. William Sui, RCH Director of Medical Imaging and Helen Siu. Photo by Paul Evans.

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#608 280 Ross Dr.
\$378,800

Never lived in, 4 month old, 2 bdrm, 2 bath, 970 sf, corner suite with huge 520 sf balcony with mountain & park views in the elegant "Carlye" at Victoria Hill, New Westminster's newest neighbourhood close to Queens Park, shopping, transit & schools. This bright & spacious beautiful suite features laminate & tile floors, granite counters, stainless steel applcs, electric f/p, master bdrm with walk-in closets, insuite laundry & more. The building has elegant entry with waterfall, large social & games room, awesome exercise room, theatre room & more. Flexible possession. Rentals & all size pets ok.

NEW LISTING



307 E 6th Ave.
\$1,688,000

Amazing 1 of a kind home on a huge 60' x 149' lot w/spectacular river & mtn views! Perched like a castle above the granite walls is your dream home come true, a gorgeous 4525 sf, 3 lvl, 5 bdrm, 4 bth hme. Main flr has gourmet kitch w/granite counters & Island, maple cabinets & SS applcs, family rm w/vaulted ceilings & fir to ceiling wndws & gas f/p, LR w/gas f/p & million dollar view & den or separate dining rm. Up feats 4 lrg bdrms w/big closets & 2 spa like bths. Bsmt has rec rm, bdrm + bth & roughed in for legal suite. Hme elegantly decorated & trimmed w/crown mldng & bsebrds, hdwd flrs, built-ins & more. Feats include state of the art heating/cooling vent system, built-in vac, security system, low-e wndws, aggregate back patio & front covered porch & good sized yard. Ample parking w/530 sf detached triple garage w/storage above + tandem attached garage + open parking & RV parking w/sani-dump.

NEW LISTING **OPEN SAT 2:30-4:30**



214 Princess St.
\$590,000

Solid 3 bedroom, 1.5 bath 1742 sq ft circa 1913 starter home on large 6336 sq ft lot on beautiful, family friendly Princess Street. Just steps to an elementary school, Queens Park and close to shopping & Transit. This diamond in the rough features high ceilings, wood floors under carpets, wood burning fireplace, kitchen w/eating area, large living room an dining room area, double windows, huge backyard, high basement, covered front porch and open parking for 3-4 cars.

NEW LISTING **OPEN SAT 12-2**



#203 812 Milton St.
\$219,900

Super bright & spacious 801 sq ft, 1 bdrm suite updated with newer kitchen cabinets & appliances, newer tile and laminate floors, newer paint & light fixtures. Suite also features insuite laundry, gas fireplace & good sized closets. Maintenance fees include heat & hot water. This is a well managed & maintained building with new roof & decks. Super convenient location close to Uptown shopping, Skytrain, Schools & parks. Flexible possession. Pets ok.

OPEN SAT 2:30-4:30



1920 Edinburgh
\$1,098,000

Beautiful 6 year old, 5 bdrm, 5 bath, 3614 sf family home in popular quiet West End neighbourhood. Close to Skytrain, schools, parks & shopping. Enjoy the awesome views from main floor or upstairs balcony, high ceilings, extensive Mill work, 3 gas f/p's, spacious rooms, open plan, Brazilian cherry wood floors on main as well as granite in foyer and on kitchen counters. Covered front & back parches, large 48'7 x 132' lot, double garage as well as pad for boat or rec vehicle. Home also features large 2 bdrm legal suite.

OPEN SAT 2:30-4:30



707 18th St.
\$988,000

Bright & spacious 1 yr old, 4 bdrm, 5 bath, 3310 sf home on quiet family friendly street with awesome river & Mt Baker views close to schools, parks, skytrain & shopping. This immaculate home feats high ceilings, huge open main floor, granite counters in kitchen & baths, high end fixtures & SS applcs, hot water heating & instant hot water, heat pump air conditioning, large rooms sizes, crown moldings, laminate floors, gas f/p, oversized double garage with loft potential, large outdoor covered deck & patio, bsmt has media & roughed in for 1 bdrm legal suite.

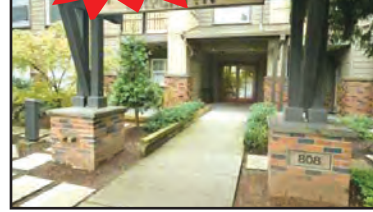
OPEN SUN 2-4 **NEW PRICE**



528 McMartin St.
\$559,900

Beautifully restored and updated 1912, 3 level, 1960 sf, character home featuring high ceilings, hardwood floor, original & replica casings & moldings, gas fireplace, bannister staircase, 3 bedrooms & newer baths up, open plan on main & full height unfinished basement. Home has newer front porch & back deck, furnace, HW tank, newer plumbing, lighting, insulation, exterior paint & more.

OPEN SUN 2:30-4:30



#202 808 Sangster
\$314,900

Bright & spacious, 2 bedroom, 1 bath, 882 sf, 7 year old suite in the "Brocton" by award-winning Unimet Homes close to transit, shopping, parks & schools. This well maintained suite features open plan with shaker style kitchen cabinets, living room with electric fireplace & access to covered balcony, master bedroom with walk-in closet, good sized 2nd bedroom, insuite laundry, 2 parking stalls & large storage locker. Building is rainscreened and has balance of 10 year warranty & is well managed & maintained.

OPEN SUN 12-2



#21-123 7th St.
\$299,900

Beautiful 2 level, 12 year old, 900 sq. ft. end unit town house in Royal City Terrace. Close to transit, skytrain, shopping, parks, schools and recreation. This lovely unit features newer laminate floors & wide baseboards, newer light fixtures, new paint, gas f/p, insuite laundry. Great layout with open plan on main + 2 large bedrooms up. Quiet end unit with partial view. Complex is rainscreened and has exercise & party room.



#1402 739 Princess
\$352,800

Bright & spotless, 1066 sf, 2 bdrm, 2 bath, corner unit in Uptown's Berkley building. Suite feats insuite laundry, ample storage space, tile flrs in kitch & bath, gas f/p & nice open kitch. Enjoy the breathtaking NE mtn views from the 2 balconies & beautiful flr to ceiling wndws. Suite comes w/1 u/g parking stall & storage locker. Great Uptown building built by Bosa & new entry phone system & new front doors. Strata owns the caretaker suite in the building. Desirable Uptown location just steps to all Uptown amenities, Moody Park & Century House.



109 Oakland St.
\$724,900

GOLDEN OPPORTUNITY! Located just a stone's throw from Queen's Park on very quiet Oakland Street. The 1893 James Sayer House has 1832 sf of finished area featuring high ceilings, fir floors, wood molding, doors & banister, nice floor plan with 3 bdrms & 2 baths up & bright living room, family room with gas f/p, dining room with French doors, galley kitchen, master bdrm, laundry & 4 pce bath on main & 840 sf unfinished storage/workshop space in 5/6" height bsmt. This classic home features large windows, wood siding, wraparound covered front balcony & fenced yard. Home has been rewired, as newer roof, hot water tank & furnace.



#2101-612 5th Ave.
\$659,900

FABULOUS 2 lvl, 1997 sf, 3 bdrm, 2 bath SE facing **PENTHOUSE** w/amazing river & unobstructed mtn views! This gorgeous suite feats vaulted ceiling, spacious rms, elegant glass staircase, refurbished gas f/p, family rm loft & guestrm upstairs, 2 parking stalls, new flooring including Brazilian Cherry wood floors on main & slate in kitch, new kitch w/SS applc, wood cabinets & granite counter island, newer designer paint, new lighting, BI wet bar, updated baths & much more. The bldg is well maint'd & managed w/recently upgraded roof & elevators & has great rec & social facilities including outdoor pool, sauna, swirl pool, exercise rm, 2 social lounges, pool table, library & more. Super convenient location in Uptown New Westminster near shopping, transit, recreation, medical building & more.



#202-204 Ash St.
\$599,900

Great opportunity, 3100 sf duplex with 4 bdrms & 2 baths on each side. Currently rented for \$1,400 plus utilities and located in a super central location close to skytrain, Douglas College, parks & recreation, schools & shopping. The duplex has newer double windows, ez care vinyl siding, new roof & double garage, fenced yard/patio area and each side has their own laundry. both units are clean and show well.



#202 612 5th Ave.
\$349,900

Beautifully maintained, 2nd floor, 2 bdrm, 2 bath, SW facing, 1246 sf corner suite in the Fifth Avenue. Features large windows, open plan, oak cabinets in galley kitchen, spacious room sizes, 2 balconies, master with W/I closet & 3 pce ensuite with large soaker tub. Building is well maintained & Managed & has games room, lounge, party room, swirl pool, sauna & outdoor pool. Super convenient Uptown location close to parks, shopping, transit & recreation.



#301-74 Richmond St.
\$348,800

Beautifully reno'd, 2 bdrm, 2 bath, 1362 sf bright & spacious suite w/walk-out patio & grassy area w/river view. This gorgeous suite feats all lg rooms, new flooring throughout, designer paint & silk wallpaper, crown moldings, newer applcs, updated kitch w/corion counters & mosaic glass tile backsplash, bthrms updated w/granite counters, tile flrs, new toilet & taps, refaced gas f/p, energy efficient privacy blinds in Bdrms. Bldg is well maint'd & managed w/new roof & rainscreened, no rentals, 1 small pet allowed.