



Your HealthMatters

ROYAL COLUMBIAN HOSPITAL FOUNDATION

rchcares.com • FALL 2012

Reason to care

BY JODI MARTENS AND SHANNON HENDERSON

Heart problems can't keep a good dad down

There must be some mistake, thought Johnny Gahir. After all, the robust, energetic 37-year-old father of two from Surrey exercised regularly and took good care of himself. But there was no mistaking the chest pains he was experiencing after coming home from the gym on May 3rd, 2008. A cardiology stress test at his local hospital revealed a shadow on the front of his heart and the need for a referral to RCH's cardiac team.

An angioplasty at RCH revealed that Johnny had an 80 per cent blockage to his main artery, and so a stent was inserted to restore the blood flow.

The following Valentine's Day, Johnny had an unusual feeling in his chest—and it had nothing to do with the romantic holiday. He went to his local hospital, and was immediately referred again to RCH for another stent.



Dr. Daniel Wong, RCH Cardiac Surgeon.

Life returned to normal for awhile until January 2012, while crossing the Canada - U.S. border, Johnny experienced another heart attack. As his heart condition was proving to be resistant to treatment with stents, RCH Cardiac Surgeon Dr. Daniel Wong opted to perform open heart double bypass surgery on Johnny.



Johnny Gahir's family is happy that he is home, heart healthy and happy again, thanks to RCH.

“You don't normally expect to see a patient in their 30s with an absence of risk factors like genetics, poor health, etc. suffering from heart disease, but it happens,” says Dr. Wong.

Now, nothing is holding Johnny back from going about his regular routine, which includes riding on his

motorbike and running after his children.

“Half of my job is to treat the disease, and the other half is to help patients understand the disease and what they can do to help themselves. Johnny has really taken charge of his health in this respect.”

Says Johnny: “From the moment you're born until you pass, at some point you're going to need the caring hands of medical professionals, and, if you're fortunate enough to be cared for by the quality staff at RCH, you're blessed.”

Inside



ROAD TO LONDON

Paralympian thanks NICU team

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HOSPITAL SCHOOL

RCH teaches 1000th medical resident

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MIRACLE FOR MOM

Heart attack drama during delivery

PG 7

150 Reasons to Give

What's your reason?



On June 12th, 2012 our birthday wish came true: Royal Columbian Hospital received approval from the provincial government to proceed with the re-development of the site. This expansion will enable RCH to

fulfill its mandate as a provincial centre of specialized care, and help take the pressure off many community hospitals within the region. While many years of planning and building lie ahead, it is a tremendously exciting time to be a part of Royal Columbian Hospital.

In the meantime, there are terrific opportunities to support patient care here. In celebration of Royal Columbian's 150 years of medical excellence, we have launched our 150 Reasons to Give campaign to raise \$1.5 million for critically needed equipment throughout the hospital. With your support, we can move RCH forward into this exciting phase of its history.

Adrienne Bakker
President and CEO

Belle Puri,
Chair, Board of Directors

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 info@rchfoundation.com. Articles by Shannon Henderson and Julie Coghlan unless otherwise noted. Design by Paula Heal. Photography by Jerald Walliser unless otherwise noted.

RCH redevelopment moves forward

Our campaign for the future

On June 12, 2012, former Health Minister Michael de Jong announced the formal start of work on the redevelopment of Royal Columbian Hospital.

"Royal Columbian Hospital is at a crossroads in its history," said de Jong. "Now is the time to celebrate its past, create a vision for the future and take immediate concrete steps in the present to ensure the best care for patients both in RCH and throughout Fraser Health."

The redevelopment is anticipated to include hundreds of additional beds, a larger emergency department, a new surgical suite and consolidation of critical care beds.

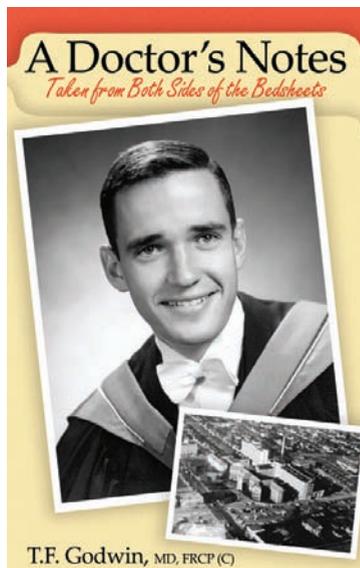
The Ministry of Health and Fraser Health will be finalizing the redevelopment concept plan between now and October 2012, followed by a more detailed business plan next year, which will determine the development timeframe.



Michael de Jong with Adrienne and Belle. Photo courtesy of Mario Bartel/Newsleader.

A Doctor's Notes

Up-close and personal on the world of medicine



"Every doctor quickly discovers there is much more to medicine and treatment than what may be discovered in the consulting room." - Dr. Tom Godwin

In this frank and entertaining memoir, Dr. Tom Godwin shares the personal and professional challenges and victories experienced during his 50-year career in medicine. Partial proceeds from the sale of this book benefit RCH Foundation.

A Doctor's Notes: Taken from Both Sides of the Bedsheets, by T.F. Godwin, MD, FRCP(C), is available from RCH Foundation. The cost of the 368-page book is \$32.00 (incl. taxes).

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Road to London

Paralympian thanks RCH staff for help in getting to London 2012 Games

Nathan Dewitt's parents were told that their son may never be able to walk, run or ride a bike. He, and his twin brother Brenndon, were born at 27 weeks, weighing not even three pounds each.

The Dewitt twins spent almost three months in Royal Columbian Hospital (RCH)'s Neonatal Intensive Care Unit (NICU) following their birth there in 1990. Today, Nathan is relaxing at home after competing in the Men's 100- and 200-metre - T34 sprints at the 2012 Paralympic Games. Nathan placed 8th in the 100-metre with a time of 17:36 - an impressive finish for his first Paralympic Games.

Nathan and his family (mother Linda, father Shane, brothers Brenndon and Brody) chose to reunite with medical staff in RCH's NICU on Thursday, August 9 to thank them in person, after Linda sent a heartfelt letter to Fraser Health recognizing RCH staff and physicians involved in her twin boys' care.

"I wanted Royal Columbian Hospital to know what a difference they have made in my son's life," wrote Nathan's mom Linda Dewitt. "If not for all the Doctors and wonderful nurses of the Neonatal Intensive Care



"I wasn't supposed to ride a bike, walk or anything like that - but I do it all," says Nathan Dewitt.

Photo courtesy of Matt Law/Surrey Now.

Unit who looked after him (and all of his family), I can say without a doubt my son would not be who he is today!"

Babies born before 24 weeks have a survival rate of about 60 per cent, says Pediatrician Dr. David Ou Tim, who treated the Dewitt twins and still works in the NICU. "It's amazing how well some of the babies respond."

"RCH has a NICU program with one of the best



Proud bunch: (from left) Shane, dad; Brenndon, Linda, mom; Nathan and Brody at home in Surrey.

survival outcomes in Canada and a very low rate of complications for extremely premature babies," says Queenie Lai, Health Services Manager for RCH's NICU. "Teamwork involving nurses, physicians, specialists and the families themselves has been a critical part of that success since the NICU program started at RCH back in 1978."

"Our RCH Foundation donors hold a special place in their heart for the babies and families in the Neonatal Intensive Care Unit, and are proud to help fund the most advanced technology available to care for RCH's tiniest patients," says Adrienne Bakker, RCH Foundation President and CEO. Read the full story on rchcares.com

Neonatal Intensive Care Unit Facts

RCH has a provincial Level III Neonatal Intensive Care Unit that provides highly specialized care for newborns who are:

- extremely premature, born as early as 24 weeks into pregnancy and weighing less than 500 grams (the equivalent weight of a loaf of bread)
- critically ill

RCH's NICU cares for more than 800 babies each year from across B.C.



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Reasons to care. Reasons to give.

Celebrating 150 years of medical excellence at Royal Columbian Hospital



"I am so grateful that I landed in the care of the wonderful staff at RCH. I couldn't have asked for a better or more dedicated group to bring me back to life! There were many difficult moments in the ICU when I felt as though I would never get better and I am so thankful for such a fantastic team who pushed me to recovery."
- Alexandra Kroetsch, who survived a deadly infection caused by the H1N1 virus.

150 REASONS TO GIVE



"Will he even remember me? The kids? Will he be able to speak again? Those were some of the things that passed through my mind during those dark days. Everyone told me how lucky we were that he was at Royal Columbian, and that gave me hope."
- Marnie James, wife of Trevor James, who underwent two brain surgeries after falling off a ladder at work.



"The ER is a difficult and a challenging place both for patients and for those of us who care for them. Yet the same stress and chaos that makes this place so challenging, also provides an opportunity to experience some of life's greatest wonders. We are tested almost daily to see how far we will bend, but over the years I have been awed by the resilience and compassion of the people I work with."
- Mary Van Osch, Clinical Nurse Educator, Emergency Programs.



"Trauma can affect any one of us at any time. Caring for the critically injured takes a whole team and having the right equipment also plays a major role in helping us save lives and reduce the lifelong impact of serious injuries."
- Dr. Iain MacPhail (centre), Program Medical Director, Fraser Health Trauma Services.



"There is no better medical centre to support. Through our experiences, both personal and professional, we have seen how donor funding makes a real impact on patients' lives. So by leaving a gift in our Wills, we can help RCH continue to deliver the best in health care innovation into the future."
- RCH Cardiologist Dr. Akbar Lalani and wife, Shamin.

"This is our community, this is where we are, and we all consider the Royal Columbian to be our hospital. We take great pride in our commitment to support RCH, as we feel we are contributing to a valuable partner, both on a personal and a professional level."
- Frank Butzelaar, President and CEO, Southern Railway of British Columbia (below).



"For such a rotten thing to have happened to me, I had an awesome experience in RCH. It was a good environment. I was surrounded by lots of laughter - and I'm profoundly grateful to the nurses and doctors who saved my life. They were amazing."
- Marco Lundy, who suffered serious injuries after being thrown from a horse she was training last fall.



"Sadly, come May 17, 2011, we said good bye to our little Brooklyn. What really meant the most to us in that moment was the compassion the NICU staff had, how they cried with us, and shared sympathetic words with us. They made Brooklyn's passing a peaceful intimate moment for us, and for that we will always hold them dear."
- Tanya Foulds and Joel Wilson with Isabella (left) and Charlotte.

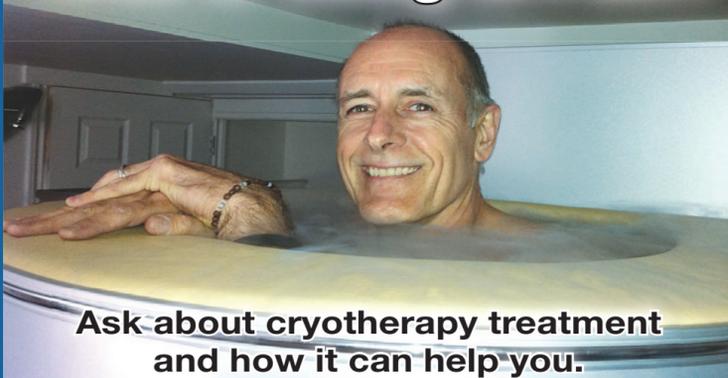
RCH Donation Day
Each one of us - whether we were born, cared for or worked here - has a personal reason about why Royal Columbian Hospital has forever made a difference in our lives.
On **October 2, 2012**, please join us for Royal Columbian Hospital Donation Day. Tune into **The Bill Good Show** on **CKNW AM 980** from **8:30 a.m. to noon** and show your support for B.C.'s Hospital.

Thank you to our Donation Day sponsors



"No matter how experienced we are, making life-and-death decisions is easier and better when we have the appropriate technology and equipment. Every dollar buys us time...time that ultimately saves lives."
- Dr. Gerald Simkus, Program Medical Director, Cardiac Sciences.

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Royal Columbian's Enduring Tradition of Training

From B.C.'s first nursing school to today's Clinical Academic Campus of UBC

BY UBC MEDICINE MAGAZINE

Royal Columbian Hospital (RCH) will be marking two numerical milestones this year: celebrating its 150th year of operation, and welcoming its 1000th first-year medical resident.

In a province identified by its relative youth, the New Westminster hospital is an institution steeped in history, born in the days when many of the city's inhabitants still lived in tents and British Columbia was still a colony ruled from distant England.

Besides becoming a regional hub of medical care, it also became a major training centre for health professionals. It was the home of the province's first nursing school, and launched a medical residency program in 1950, the same year the Faculty of Medicine was founded (one of the residents who came through the hospital, John Noseworthy, is now the CEO of the Mayo Clinic).

The hospital formalized its educational role with UBC in 1988, leading to greater numbers of its physicians becoming clinical faculty, and aligning its curriculum with other postgraduate training programs in B.C.

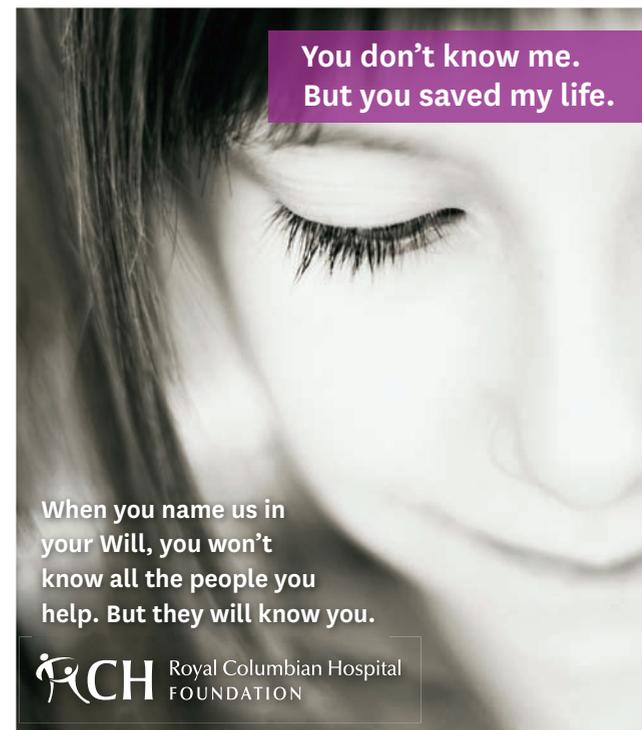


RCH's 1000th first-year medical resident Dr. Sadiq Abdulla is training to become an anesthesiologist.

That identity was reaffirmed in 2002, when Royal Columbian became a Clinical Academic Campus of UBC, reflecting its extensive educational programs and facilities. Today, those programs and facilities include a clinical teaching unit that combines training of undergraduate medical students and residents.

A first-year residency program draws 29 new physicians to the hospital each year to pursue postgraduate training, and a student-led rehabilitation clinic serves the occupational therapy and physical therapy needs of New Westminster and surrounding communities.

"Royal Columbian has a huge capacity in clinical care," says Dr. Dale Stogryn, UBC's Site Director for medical education. "For example, it has the highest interventional cardiology volume in Canada outside Toronto, and very high neurosurgery volumes. At the same time, we've maintained a family atmosphere. Students like to come here because they're welcomed as part of the team."



Dr. Dale Stogryn, Director of Medical Education. Photo courtesy of Andrea Walker/Walker Park Media

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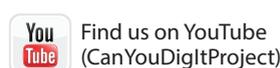
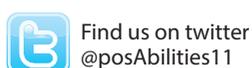
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Medical miracle for mom

Maternity and cardiac teams save young mother

BY WILLIAM MBAHO/THE PROVINCE

In Dec. 2009, Amie MacNeil was induced into labour at RCH, as she had developed mild hypertension. Little did she know at the time she would undergo a medical crisis, and if it wasn't for the staff and services at RCH, may not have survived the birth of her son, Jacob.



Amie and son Jacob at home in Aldergrove. "Nobody knew if Amy would make it through the night," recalls husband Todd. Amie's story is now being written up in medical journals.

"After a lengthy labour and a C-section, I was still able to hold my son and feed him for the first time."

That is all she can remember before the post-natal ordeal that followed. Amie started to hemorrhage, and doctors had to remove her uterus. Then, during surgery, Amie went into cardiac arrest.

When the doctor came back, he told Amie's husband Todd that she was stabilized, but still in rough shape.

"I asked the nurses to bring Jacob down because nobody knew if Amy would make it through the night," he says.

Over the next several days, doctors fought to take Amie off a respirator. After performing a tracheotomy to help her breathe without a respirator, Amie was on her way to recovery.

Amie was finally discharged on Dec. 30. "We were lucky to have been at Royal Columbian...they went above and beyond." Read the full story on rchcares.com

New arrival

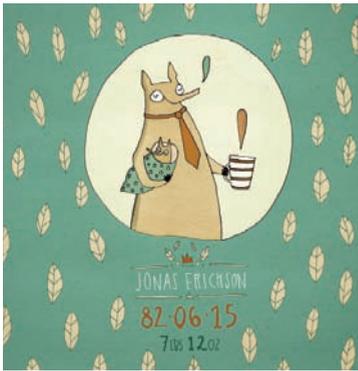
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PUBLIC NOTICE HEARING MATTERS!

The Consequences of Untreated Hearing Loss.



Many people are aware that their hearing has deteriorated but are reluctant to seek help. Perhaps they don't want to acknowledge the problem, are embarrassed by what they see as a weakness, or believe that they can "get by" without using a hearing aid. And, unfortunately, too many wait years, even decades, before getting treatment.

But time and again, research demonstrates the considerable negative social, psychological, cognitive and health effects of untreated hearing loss . . . with far-reaching implications that go well beyond hearing alone. In fact, those who have difficulty hearing can experience such distorted and incomplete communication that it seriously impacts their professional and personal lives, at times leading to isolation and withdrawal.

Studies have linked untreated hearing loss to:

- irritability, negativism and anger
- fatigue, tension, stress and depression
- avoidance or withdrawal from social situations
- social rejection and loneliness
- reduced alertness and increased risk to personal safety
- impaired memory and ability to learn new tasks
- reduced job performance and earning power
- diminished psychological and overall health

Hearing loss is not just an ailment of old age. It can strike at any time and any age, even childhood. For the young, even a mild or moderate case of hearing loss could bring difficulty learning, developing speech and building the important interpersonal skills necessary to foster self-esteem and succeed in school and life.

At Beltone on Hastings, our mission is to help educate the public about hearing loss and promote the importance of prevention and treatment. On our website, you will find basic information about hearing loss, including advances in diagnosis and treatment, a review of different hearing aids, and resources for medical care and financial assistance.

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Sergei Kochkin, Ph.D. Executive Director, Better Hearing Institute

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