

YOUR health matters



rchfoundation.com

ROYAL COLUMBIAN HOSPITAL FOUNDATION

Fall 2010



gary's walk

What an RCH patient's family wants you to know about heartburn.



a smart approach

Digital imaging technology helps beat breast cancer.



RCH live on air

Cardiovascular care gets a boost from RJ 1200 Radiothon.



Dr. Gerald Simkus and Dr. Arun Garg in RCH's Cardiac Catheterization Lab.

To make a donation to the Cardiac Sciences Program at RCH, call 604.520.4438 or go online to rchfoundation.com

The Transformers

RCH doctors organize study on risk of heart disease amongst South Asians in B.C.

Every night around 8 p.m., Feroza Gova and her family sit down for a big meal, often consisting of dishes made with ghee (butter), cream and salt.

"Mealtime is so important in our family, so if that means waiting to eat until everyone gets home, then so be it," she says.

Sitting down for a big family meal isn't typically considered 'risky behaviour' for young people, but for South Asians like Gova, it could lead to an early death.

Heart attacks commonly strike South Asians as young as 35 years old. In fact, it is so common that it is believed the rate of premature heart disease in South Asians could be four times higher than in other Canadians, reports RCH Cardiologist Dr. Akbar Lalani.

"We have seen a substantial increase in the number of South Asians needing cardiac care at RCH, and presenting younger and with much worse disease than the rest of the population," says Lalani, who has worked at RCH for more than 20 years.

While the prevalence of heart disease is related to factors such as diet, lifestyle and genetics, it is not fully understood why the risk of this disease is so great for the South Asian community.

So RCH's Dr. Arun Garg and Dr. Gerald Simkus are blazing a trail to find out by organizing a clinical study starting this Fall. It is the first study to be conducted on the incidence and prevalence of heart disease and its risk factors on South Asians within the B.C. population.

"There is a view that this problem exists but there is no sound data to prove it," says Garg, Medical Director, Pathology and Laboratory Medicine, Fraser Health.

"We have more coronary (heart) disease

in this region than any other region in B.C. because the South Asian population is so prominent," says Simkus, Program Medical Director, Cardiac Sciences, Fraser Health.

Garg hopes it will yield benefits not only for South Asians across Fraser Health and the province, but across the globe.

Cathie Heritage, Executive Director for Fraser Health's Cardiac and Renal Programs, and Burnaby Hospital, agrees.

"The outcome of this research will help ensure our clinical pathways meet the needs of the South Asian population," Heritage says. "Fraser Health is leading the way in this regard, and will provide a map to the rest of the province around what needs to happen."

A solid return on investment



RCH Foundation President and CEO, Adrienne Bakker.

I recently received a card from a mother who made a donation to RCH Foundation in honour of her son's caregivers at RCH. The description she gave of the expert care and compassion that her son received touched me, as I too am a mother whose children have been treated at RCH. With her permission, I am sharing it here with our readers. Her story reconfirms for me, as I hope it does for all of our Foundation donors, that supporting RCH is an investment in your own good health, and the health of your loved ones.

Dear Adrienne,

Last week my son Paul (age 35), was rushed to the Emergency Department at Royal Columbian Hospital with a suspected heart attack. He was immediately sent to the cardiac unit on 2 North where tests were conducted. It turned out to be a virus that presented just like a heart attack. The care he received was nothing short of amazing and as his Mother, I am beyond grateful. His care was efficient, caring, compassionate and thorough.

Please accept the enclosed donation to the Foundation as a gesture of my gratitude.

Warm regards,
Ann Griffiths
New Westminster

If these walls could talk

Those who have recently visited the hospital will certainly have noticed a change in our outward office appearance. Royal Columbian Hospital Foundation has established a Wall of Thanks in the Health Care Centre lobby.

The Wall of Thanks was developed to honour and recognize donors whose generous support helps Royal Columbian Hospital save lives, restore health and provide comfort to seriously ill and injured patients of all ages.

Names of donors who have given a total of \$5,000 or more, beginning in 1987, are etched into the three glass panels suspended outside the RCH Foundation office. Also included are memorial gifts, estate bequests and planned gifts.

"This wall allows us to publicly thank the many donors who have made such a positive difference in the lives of patients at Royal Columbian Hospital," says RCH Foundation Vice-president Laurie Tetaranko.

"Not only does the wall recognize the outstanding generosity of donors, it recognizes just how proud they are of the RCH team and the work they do," says Jason Cook, Site Director for RCH.

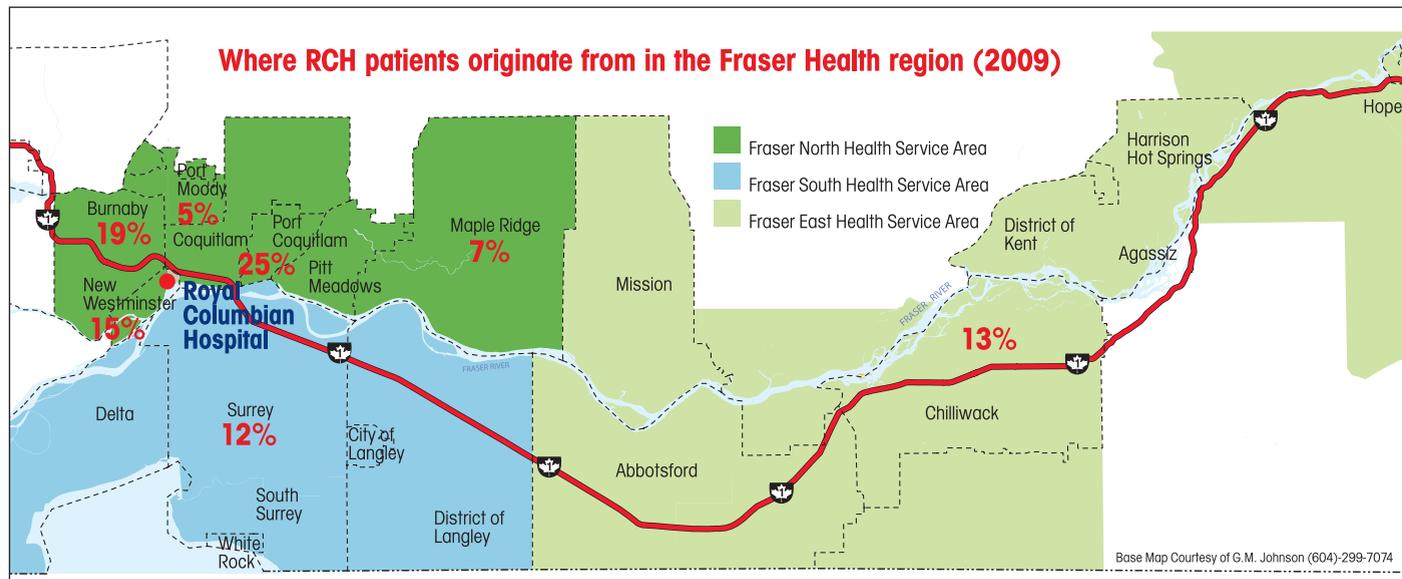


The Wall of Thanks illustrates what can be achieved when community-minded individuals, social organizations and businesses come together to make a positive difference in the lives of patients, both now and in the years to come.

For more information or to make a donation that will help RCH save lives, please call 604.520.4438 or go online to rchfoundation.com

Burnaby to Boston Bar: Where our patients come from

RCH is a provincial centre and regional referral hospital providing specialized care for trauma, cardiac and neurosciences for 1.5 million people from Burnaby to Boston Bar, and for seriously ill and injured people from across the province.



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A smart approach

Second digital breast imaging machine could double the number of patients diagnosed.

“It’s not easy being here, as it takes me back to the time I was diagnosed,” recalls Claire Martin, CBC News Senior Meteorologist. She is being shown RCH’s first Digital Breast Imaging machine by Breast Imaging Supervisor, Shannon Adamus. “But I know that if it weren’t for places like this, I wouldn’t be here today.”

Martin has triumphed over the breast cancer she was diagnosed with at a Vancouver hospital in November 2009, and she credits her survival to that early diagnosis. That’s why Martin and the CBC News Vancouver team have partnered with the Burnaby Firefighters Charitable Society to help RCH Foundation fundraise for a second digital breast imaging machine for RCH.

Funded by donor support, the first digital

breast imaging machine was installed at RCH in February 2010, and has since helped provide a smoother, less stressful experience for patients and reduced wait times for diagnostic exams. But the RCH Breast Imaging team still cannot keep up with the extraordinary demand for diagnostic breast imaging.

The RCH Breast Imaging team performs more than 4,500 diagnostic exams each year. With the acquisition of a second digital breast imaging machine and associated resources, Adamus says they can potentially double the number of patients for which they help provide diagnoses.

“You can magnify, manipulate and compare images like never before,” says Adamus. “It helps the staff work smarter, not harder.”



CBC News Senior Meteorologist and breast cancer survivor Claire Martin with Burnaby Firefighters Charitable Society President Rob Lamoureux are shown the first of two digital breast imaging machines needed at RCH by Breast Imaging Supervisor Shannon Adamus.

Second to none: British Columbia’s first Trauma Nurse Practitioner

By Yolanda Brooks



Kathleen Fyvie (left) became the first trauma nurse practitioner in British Columbia in 2006, and oversees care of the most seriously injured trauma patients in the Fraser Health region.

Kathleen Fyvie worked as a registered nurse (RN) in RCH’s Emergency Department for more than 20 years. She loved the fast pace and anticipation of not knowing what would come through the doors next. In 2003, she returned to university to do a Masters degree and in 2005, graduated as one of the first nurse practitioners (NP) in British Columbia.

Meanwhile, the RCH Trauma Service was being developed by Lisa Constable, Clinical Nurse Specialist, and Dr. Iain MacPhail to provide more cohesive and holistic care of trauma patients. They saw a perfect role for an NP in this innovative new service, and in 2006, Fyvie was hired as the first NP in Trauma in B.C.

RCH is the only Level 1 Trauma Centre in the Fraser Health (FH) region. A multi-disciplinary team treats severely injured patients suffering from life-threatening, multiple-system trauma. Not only do these patients need immediate attention, they need ongoing care that requires input from numerous specialists and

departments.

Fyvie, along with her physician partners, oversees patient care from arrival in the emergency department through to discharge home. In addition to providing medical care to her patients, she collaborates with other healthcare providers and specialists to coordinate assistance to patients and families dealing with related issues such as psychological and emotional trauma, financial stress, substance abuse and addiction. For patients who do not have primary care providers in the community, Fyvie also does out-patient follow-up.

The role of NP goes beyond that of a traditional RN and Fyvie is licensed to order tests, prescribe certain medications and make diagnoses. “The trauma nurse practitioner makes a lot of difference in terms of continuity and consistency of care. Kathleen provides a real advantage for the comprehensive medical management of our patients,” says Dr. Iain MacPhail, Regional Medical Director of the FH Trauma Program.



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For decades, high school principal Gary Smith suffered from heartburn. Like many others with the condition he took over-the-counter medications and didn't let it interfere with his life.

Gary was a stellar basketball player and a passionate athlete. He played varsity basketball at Simon Fraser and was part of the Canadian National Men's Basketball team in the early 70s. In the years that followed he ran half marathons, played soccer, entered bike races and yet still found time to coach upcoming generations of basketball players.

"His whole life was focused on athletics and he had a great enthusiasm for life," recalls his wife Nichola.

In 2005 Gary's seemingly minor ailment worsened and new symptoms appeared. After numerous tests and hospital visits, Gary was told he had esophageal cancer. Like many patients with the disease, it was discovered too late and Gary, age 60, passed away in September 2007.

Nichola wanted to do something that not only honoured his life and his love of sport but would be of benefit to the wider community. She decided to raise money to help diagnose esophageal cancer, as well as increase awareness of the cancer, which is becoming increasingly common but has a very low profile.

In April 2010 she organised Gary's Walk, a sponsored walk, run or bike event around Minnehada Park in Coquitlam. Another event is in the works for April 2011. The money raised is being used to fund the purchase of a \$30,475 gastroscope that will enable physicians at RCH to detect pre-cancerous conditions such as Barrett's esophagus (a disease which often precedes esophageal cancer) and prevent more patients developing the full-blown illness.

Nichola also worked with the Royal Columbian Hospital Foundation to develop an information brochure on esophageal cancer that is available from www.rchfoundation.com. "A lot of patients and their families make individual gifts to the Foundation but Nichola has taken it to a whole other level," says Gordon Stewart,

RCH Foundation Director, Leadership Giving.

For Nichola, the saddest aspect of Gary's death was discovering that the chronic heartburn he had endured for decades was in fact a warning sign. His life would likely have been saved if his condition had been monitored, with changes made to his diet and lifestyle and the addition of prescription medical treatment. "With education and testing this is a cancer that can be prevented," she says. "We want to educate people about the disease because we believe that what happened to Gary should not happen to anyone else."

Esophageal Cancer: The facts

The esophagus is the muscular tube that connects the back of the mouth to the stomach. According to the Canadian Cancer Society, the incidence of esophageal cancer has doubled in 20 years and the society estimates that in 2010, 1,700 new cases will be diagnosed and 1,800 people will die from the disease.

Heartburn, or acid reflux, is the burning sensation felt behind the breastbone that many people experience occasionally. If you experience these symptoms regularly you may have Gastroesophageal Reflux Disease (GERD).

Not everyone with these conditions will go on to develop Barrett's Esophagus or esophageal cancer, but it is a warning sign. People with chronic heartburn need to discuss this with their doctor to get screened for Barrett's Esophagus, says Dr. Kenneth Atkinson, interim head of Gastroenterology for Fraser Health.

"Anyone who has heartburn should look out for a change in their symptoms or an increase in the severity of their heartburn. Chest pain, difficulty swallowing and back pain is not normal," he says.

- Other symptoms to watch out for include:
- Unintentional weight loss
 - Persistent cough and hoarseness
 - Food sticking in the esophagus

Surgical and other treatments may be available for some patients, but vigilance and prevention are the most effective ways to stop more lives being cut short.



(From left) Nichola Smith, with daughters Shawna and Tamara, take the dogs for a training run to prepare for Gary's Walk, which will raise funds for a gastroscope at RCH and awareness of esophageal cancer.



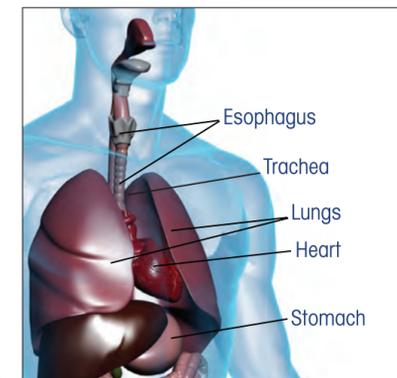
Gary hiking on Black Tusk near Squamish in 2002, just five short years before his death.

Who is at risk for esophageal cancer?

According to the Canadian Digestive Health Foundation, it is believed that about half of all esophageal cancers arise from adenocarcinoma, which seems to be closely related to heartburn, and possibly other things like hazardous chemicals and inhalants. Contributing risk factors include:

- Age – people who are 40+ years of age and who have had acid reflux, or chronic heartburn, for more than ten years
- Smoking
- Male
- Obesity
- Chronic alcohol use, especially when combined with smoking
- Existing diagnosis of Barrett's Esophagus, a pre-cancerous condition
- Existing diagnosis of other head and neck cancers

Talk to your doctor or visit www.cdhf.ca for more information.



To help fund diagnostic equipment needs at RCH, call 604.520.4438 or go online to rchfoundation.com

all for the love of Gary Smith

By Yolanda Brooks

As many as 1 out of every 150 children are diagnosed with Autism each year.

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Thank you to all of our corporate donors for their generous donations, received to date in 2010, which are helping us to raise \$1.6 million to support exceptional care at RCH. For more information about their gifts, please visit rchfoundation.com.



Baxter Account Manager Karen Ensing presents a \$10,000 cheque to RCH Co-Director of Anesthesiology for Cardiac Surgery Dr. R. Sharpe and RCH Foundation Vice-president Laurie Tetarenko in the CSICU. Baxter's donation will assist RCH in purchasing critically needed equipment.



Peter Legge, president and CEO of Canada Wide Magazines & Communications Ltd., presents Belle Puri, RCH Foundation Board Chair, with the proceeds from this year's Peter Legge Charity Golf Classic. The \$7,500 raised for RCH Foundation will be used to help fund advanced technology needs throughout the hospital.



Linda Jackson, TELUS Community Ambassador, presents a donation for \$8,012 from the 2010 TELUS Employee Charitable Giving Program to Laurie Tetarenko, RCH Foundation Vice-president. The funds raised by TELUS team members and retirees will support patient care needs throughout the hospital.

RCH Foundation Vice-president Laurie Tetarenko presents Jan Hills of Brunette Industries Ltd. with a certificate of recognition for the New Westminster-based forest machinery company's Bronze sponsorship of the 2010 SHINE Gala.



(From left) Kelly Jones, Karen Whitfield and Greg Ryan of Van Tel Safeway Legacy Fund present a cheque for \$5,000 to Queenie Lai, Neonatal Intensive Care Unit Patient Care Coordinator, to help fund phototherapy lights used to care for premature and ill babies.

For more information about our corporate giving program, please call Eleanor Ryrie, Manager, Corporate Partnerships, at 604.777.8340.

Shoppers Drug Mart Tree of Life campaign

Help fund technology that will help detect breast cancer early at RCH by participating in the Shoppers Drug Mart Tree of Life campaign until October 16, 2010. Visit the Shoppers Drug Mart stores at Royal City Centre, New Westminster, and Burquitlam Plaza, Coquitlam and purchase a "leaf" for a loonie, a "butterfly" for \$5 or a "cardinal" for \$50. Each time you contribute, you can personalize a "leaf" to be placed on a branch of the Tree of Life, which will be prominently displayed in the store. Visit rchfoundation.com for more information.



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RJ1200 and Radio Rim Jhim host first RCH Foundation Radiothon

British Columbia's #1 Bollywood station, RJ 1200, and Radio Rim Jhim hosted its first radiothon on behalf of Royal Columbian Hospital Foundation on Friday, September 17 and Saturday, September 18, 2010.

In just 13 hours, the radiothon raised valuable awareness of RCH as a centre of excellence for cardiac and neurosciences care, and \$50,000 towards a new Multipurpose Interventional Suite at Royal Columbian Hospital.

The suite will increase RCH's capability to provide additional cardiac, radiology and neurology procedures to the most seriously ill patients, and will enable RCH to diagnose and treat more residents of Fraser Health who suffer from abnormal heart rhythms, which can sometimes be fatal.



Festival volunteers and staff from RJ 1200, Radio Rim Jhim and RCH Foundation cheer the success of the radiothon on the front lawn of the Royal Columbian on Saturday afternoon.



(Above) DJ EV from A-Slam spinning on RCH's front lawn.



(From left) RCH Foundation President and CEO Adrienne Bakker and Board Chair Belle Puri with RJ 1200 and Radio Rim Jhim owner Shushma Datt.



(Above) Shiamak's Bollywood Dance troupe show off their moves.



(Left) Dr. Arun Garg and Adrienne Bakker broadcasting live from RCH.

Photo courtesy of Gary Bakker.

Photos courtesy of Ron Sombilon Gallery and Pac Blue Printing.

Thank you to all of our listeners for your generous support of the RCH Foundation Radiothon.



RIM JHIM
RJ1200

To donate to the Multipurpose Interventional Suite campaign, please call 604.520.4438 or go online to rchfoundation.com

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Tomato Basil	\$11.95

MAIN ENTREES



All entrees are served with Garden Salad and Garlic Bread with your choice of Baked Potato, Rice, Roast Potatoes or Fries or sub Spaghetti for \$3.50 or Lasagna for \$4.50

Top Sirloin Steak Canadian Grade AAA	
6oz \$15.95	8oz \$17.95
12oz ... \$19.95	
New York Steak Canadian Grade AAA	
7oz \$17.50	10oz \$21.95
12oz ... \$23.95	
Sirloin Steak with Breaded Oysters, Prawns or Broiled	
Tiger Prawns	
Oysters	\$19.95
Prawns	\$20.95
Broiled Tiger Prawns.....	\$23.50
Steak Neptune	\$20.75
Grilled 7oz New York Steak topped with Shrimp, Asparagus	
and Hollandaise Sauce	
JD Barbecued Beef Ribs	\$15.95
3 tender Beef Ribs baked in our own unique Jack Daniels	
Barbecue Sauce	
Barbecued Spare Ribs	
Tender Pork Ribs baked in our own unique sauce	
..... Mini (4 ribs)	\$12.95
..... Midi (6 ribs)	\$16.95
..... Maxi (8 ribs)	\$19.95
BBQ Sampler	\$15.95
2 Pork Ribs, 1/4 Chicken, 1 JD Beef Rib baked in	
our own unique sauce	

GREEK



Souvlaki	\$15.95
Your choice of Chicken or Beef served with lemon/oregano	
Roasted Potatoes, rice, Greek Salad, Tzatziki & Pita Bread	
Lamb Chops	\$16.95
Marinated with Greek spices, grilled & served with lemon/	
oregano Roasted Potatoes, rice, Greek Salad, Tzatziki &	
Pita Bread	
Moussaka	\$14.95
A Greek Shepherd's Pie... layers of Ground Beef, Potato,	
Zucchini and Eggplant topped in a Béchamel Sauce served	
with lemon-oregano Roasted Potatoes, Rice, Greek Salad,	
Tzatziki & Pita Bread	
Roast Lamb	\$15.95
Lamb shoulder-cut marinated with Greek spices & served	
with lemon/oregano Roasted Potatoes, rice, Greek Salad,	
Tzatziki & Pita Bread	
Spinach Pie.....	\$15.95
A delicious blend of Spinach & Feta wrapped in layers of	
Filo Pastry then slowly baked. Served with lemon/oregano	
Roasted Potatoes, rice, Greek Salad, Tzatziki & Pita Bread	

SEAFOOD



Tiger Prawns	\$20.25
with a 6oz Top Sirloin.....	\$23.95
Boiled in Garlic Butter & served with Baked Potatoes,	
Garden Salad & Garlic Bread	
Kalamari	\$15.95
Served with rice, lemon/oregano Roasted Potatoes,	
Greek Salad, Tzatziki & Pita Bread	
Battered Fish & Chips	\$11.95
Two pieces of lightly battered Cod, Fries, Homemade Tartar	
Sauce & fresh lemon	
Deep Fried Breaded Oysters.....	\$16.95
Served with French Fries, Garden Salad	
Deep-Fried Breaded Prawns	\$17.95
Served with French Fries, Garden Salad & Garlic Bread	

