

Ron & Robin's Story

How a comfortable journey turned into a highway nightmare

Father and son, Ron, 68, and Robin King, 37, were travelling together in early March 2011 on Highway 3, 20 kilometres east of Hope. They were heading home when Ron lost control of the truck on a patch of ice. It veered off the road and plunged 40 feet down an embankment before flipping over into the icy Similkameen River. Ron and Robin found themselves hanging upside down in the truck cab that was quickly filling up with water, struggling to release their seatbelts.

Robin was first to get free of his seatbelt, but couldn't open the crumpled door. Robin had to kick out the window and fight his way out of the cab to swim to the surface. Clinging to the truck, Robin pulled himself around to the passenger side to free his Dad, but the door only opened a few inches. Holding his breath underwater, Robin wrenched the door open enough to pull his Dad from the cab and make it to the surface. Together they clung to the cab and inched themselves to the riverbank.

Fortunately, drivers passing on the highway spotted the truck and stopped to help the two men to the top of the embankment.

"We both had neck and shoulder pains from the impact of the accident," recounts Robin. "But apart from that, we were amazed that we had escaped with miraculously few injuries."

They were both admitted to Fraser Canyon Hospital and x-rayed for further injuries. But during the x-ray procedure, Robin's arms went numb and he felt tremendous chest pain.

The attending physician, alerted by the intensity of the pain, performed an ECG and faxed the results to Dr. Robin Kuritzky at RCH.

The ECG suggested it was a heart attack, and Robin was airlifted to RCH where he was taken to the catheterization lab for a heart catheterization, a minimally invasive heart treatment, performed by Dr. Kuritzky. RCH performs 4,900 heart catheterizations a year, and is constantly under pressure to do more.

"If they hadn't put me in the helicopter and sent me to RCH I would never have survived," says Robin.

Read the full story on rchfoundation.com



ABOVE: Robin (left), of North Vancouver, and Ron King, of Victoria, with four of Ron's six Border Collies. The two men were amazed to have escaped their harrowing experience with miraculously few injuries. BELOW: Ron's F150 truck after it was pulled from the Similkameen River.



What you should know about women's heart health



Heart disease and stroke are the leading causes of death in women, and yet many are not aware of this threat

Dr. Margaret Blackwell provides tips on how women can adopt a healthy heart lifestyle

It may surprise many readers that in Canada women are more likely to die of heart disease than men. In fact, one in two women will develop heart disease.

The reasons why women are adversely affected by heart health problems are numerous and complex. Women often fulfill the traditional role of nurturer and they tend to put their own needs aside in favour of their families. Lower incomes or single parent homes have a direct impact on health. Women have to sometimes choose between paying for child care options or costly medicines.

As life becomes busier, fast food is an easy fall back. Women have higher drop-out rates from cardiac programs than men as they are needed at home and lack sufficient support to balance

their own needs. Here are some tips as to how women can actively engage in change.

- It is daunting to set-up an exercise program so take the time to plan.
- Set a date to start your new "healthy heart plan" that includes both exercise and food choices.
- Write out realistic goals and sign a contract with yourself.
- Talk to the people closest to you about your plans. Your friends and family are less likely to help you if they don't know your plans, so engage them. You can't do it all alone.
- Exercise for at least 30 minutes five days a week.
- Take time for yourself. Have a bubble bath, go for a walk or read a book.
- Stop smoking! Even one and 1/2 cigarettes a day increases a woman's risk of heart or stroke disease 2.5 times.

By Dr. Margaret Blackwell,
RCH Cardiologist

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• WINTER 2012

Help expand cardiac and stroke care at RCH

A room with a view to the future

The Multipurpose Interventional Suite will not only relieve some of the pressure on the highly specialized cardiac, neurosciences and imaging services at RCH, it will also pave the way for future growth.

Once the suite is fully functioning, RCH will be able to provide even more of these life-saving procedures:

- Implant pacemakers, keeping hearts beating strongly and regularly
- Provide more cardiac catheterizations, or minimally invasive heart diagnoses and treatments
- Perform ablations to correct abnormal heart rhythms, one of the leading causes of stroke
- Implant internal cardiac defibrillators, helping to prevent sudden cardiac arrest
- Diagnose electrical flow problems in patients using electrophysiological mapping, enabling treatment to start right away



(From left) Louis Bouchard of Rogad Construction Co. shares plans with David Worthington, RCH Foundation Board Vice Chair; Dr. Jorge Bonet, Head of Cardiology and Electrophysiology; Adrienne Bakker, RCH Foundation President and CEO; Gino Nonni and John Conicella, President and Vice-president Business Development, respectively, for Wesgroup Properties.

We Need Your Help

Your gifts will help deliver the best in cardiac and stroke care

Overcrowding at RCH is not a new story. It clearly shows that demand for RCH's specialized services outweighs its capacity.

The demand will only continue to increase, as the number of people we serve, aged 50 – 49, is growing at a rate of 20 per cent ever year. This is the population that is most likely to need cardiac and neurological services.

That's why we are so proud to partner with Fraser Health to build a Multipurpose Interventional suite that will help alleviate some of the pressure on RCH's cardiac, neuro and imaging services.

Thanks to our community of dedicated donors, including Wesgroup Properties who donated \$80,000, we have raised \$2.2

million towards this \$2.8 million project.

Please keep your donations coming!

Your gifts will help deliver the best in healthcare to cardiac, stroke and aneurysm patients from across the region.



As there is no time to waste, construction of this state-of-the-art suite has already begun and is expected to be completed this summer. Once this suite is fully funded and functional, it will:

- decrease wait times for procedures
- provide care closer to home
- reduce the length of stay in hospital
- help recruit and retain the best healthcare providers

On behalf of RCH's medical team and patients, thank you for your support.

Adrienne Bakker

Adrienne Bakker
RCH Donor, President and CEO

Thank You

We acknowledge these individuals, corporate and community organizations (and those who prefer to remain anonymous) for their generous donations, received between June 2011 and January 2012, towards the Multipurpose Interventional Suite campaign.

We sincerely apologize for any errors or omissions.

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