



LIFE SUPPORT



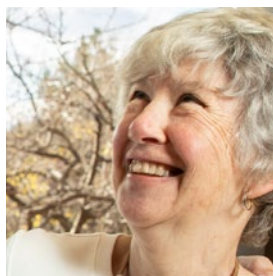
More than a million patients were treated at The Ottawa Hospital last year. Our ability to provide them with the very best care is in large part thanks to the world-class research taking place each day at our hospital. Research that is changing the lives and health of our patients.

This could not happen without you. Thanks to your loyal and generous support, we are discovering new and improved ways to treat diseases like cancer, Parkinson's, and kidney disease. We are finding new ways to bring new treatments from the lab bench to the bedside faster than ever. We are working hard to find the causes and cures that will impact how medicine is practiced here at home and around the world.

Thank you for being part of this change and supporting the future of health care.

Gratefully,

Tim Kluge
President and CEO, The Ottawa Hospital Foundation



A double life – living with kidney disease



June Jones with her grandchildren.

June Jones lives a double life. During the day, she is busy spending time with her two granddaughters, working in her garden, and enjoying life. During the night, she sleeps hooked up to a dialysis machine. June needs a new kidney.

The 58-year-old has been living with kidney disease for 30 years – over half her life.

In April 1989, June was diagnosed with IgA nephropathy, a disease caused by her body's immune system attacking her kidneys. Within nine years of her diagnosis her kidneys stopped working completely and she started dialysis.

"There is no cure for renal disease," said June. "Once your kidneys fail, you're put

on dialysis or have a transplant. Your life is never normal."

After six months on dialysis, she received the call that a donor match had been found. On November 28, 1998, June received a kidney transplant from a deceased donor.

"It lasted four months shy of 15 years," June said. "Then, the disease reappeared. I've been back on dialysis now for six years."

According to a report by the Canadian Institute for Health Information released in December 2018, only 16 percent of Canadians on dialysis survive past 10 years. However, up to 74 percent of Canadians with a kidney transplant still have a functioning kidney after 10 years.

She and husband Russ know firsthand how important research is to improve outcomes for people suffering from kidney disease. They heard researchers at The Ottawa Hospital were making great strides and decided to make a difference for future generations through a \$1 million donation to support kidney research at The Ottawa Hospital.

"I hope with research advancements, I will be there for my grandchildren's high school graduations, university graduations, their wedding days, and when they have children of their own. I also hope great strides are made so that their generation will find a cure."

Revolutionary new cancer treatment

Harnessing the power of the immune system to recognize and reject cancer cells has led to an unparalleled shift in cancer care. An emerging form of immunotherapy, called CAR-T cell therapy, has the potential to transform how cancer patients are treated right here in Ottawa and around the world.

"Instead of targeting the tumour itself, immunotherapy utilizes the immune system and recruits it to attack the cancer," says Dr. Rebecca Auer, Director of Cancer Research at The Ottawa Hospital.

Immunotherapy has seen striking results, and our researchers believe this is just the beginning. The Ottawa Hospital is developing a made-in-Canada CAR-T research program, including a clinical trial that will take place both in Ottawa and at the BC Cancer Agency.

CAR-T cell therapy harnesses the power of a patient's own immune cells, known as T-cells, to

treat their cancer. T-cells play a critical role in the immune system by killing abnormal cells, such as cells infected by germs or cancer cells. In some cancers, like acute lymphoblastic leukemia (ALL), cancerous cells become invisible to the T-cells that are meant to kill them. In CAR-T therapy the T-cells are collected and reprogrammed in the lab to recognize and destroy the cancerous cells.

"This type of immunotherapy research is groundbreaking," said Dr. Natasha Kekre, a hematologist and associate scientist at The Ottawa Hospital, "but it is important to remember that CAR-T therapy is still very new and there can be serious side effects. We need more research to learn about this therapy and make it work for even more people. I can't wait to see where it will go in the future."



Dr. Natasha Kekre

True love will continue through a legacy gift

"When I search for you, I never look too far. In every room, in every corner – there you are."

Jim Whitehead wrote that poem to his late wife, Pat, after she passed away. The two had a magical connection that spanned almost their entire lives, including over 35 years of marriage.

Pat and Jim first met as young children in Orangeville but eventually went their separate ways, starting lives and families of their own. It wasn't until 20 years later that their paths would cross again. Their reconnection was instant.

The couple married and built a life together in their cozy home near the Civic Campus of The Ottawa Hospital. They shared a love of music, art, travel, and had a deep connection to their community – in fact, Pat regularly supported 40 local charities.



After Pat passed away in January 2018, following a seven-year struggle with the effects of Alzheimer's dementia, Jim decided to leave a gift in his will to 11 of those organizations, including The Ottawa Hospital where he spent time as an employee in the Geriatric Unit. "My sons were born there and my two stepsons as well. I worked there, Pat and I were both cared for at the hospital, and I realized that I wanted to do more."

Jim still grieves for the loss of his beloved wife, her presence palpable in their home. "We were well matched," smiles Jim. "I had never loved or been loved as much, or as well, as with my Patricia."

Jim's gift will be a lasting legacy for not only him but also for Pat. Their love story will continue on for generations by providing care and attention to patients in years to come.

Mid-surgery decision to leave abdomen open for two days saves woman's life

Excruciating chest pains woke Phyllis Holmes. Worried, her husband urged her to go to The Ottawa Hospital's emergency room. Tests revealed a twist in her small intestine that was causing it to turn purple, almost black. She needed emergency surgery.

Once in surgery, doctors were able to better assess the severity of her circumstance. The majority of her bowel was compromised. They would need to remove it, replacing it with a bag. This would lead to a very poor quality of life, living on IV nutrition and no solid food.

Surgeon Dr. Guillaume Martel and his team suggested they leave her abdomen clamped open to see if the bowel could be saved. When she was brought back into surgery two days later and the protective covering removed, her intestine was healthy. Amazingly, it had recovered.

Grateful for her miraculous care, Phyllis honoured Dr. Martel by donating in support of The Ottawa Hospital's Guardian Angel Program.

"When you receive a [Guardian Angel] pin from a patient like Phyllis, it's very gratifying," explained Dr. Martel.

Dr. Martel is the inaugural Arnie Vered Family Chair in Hepato-Pancreato-Biliary Research, a position made possible thanks to the generosity of the Vered family and other donors like you.

Is there someone at The Ottawa Hospital that you'd like to nominate for a Guardian Angel Pin? Visit TOHAngel.ca to find out more.



Thank you from our doctors and researchers

"Every gift has an impact. Donor support gives our researchers access to the best tools and the latest expertise in clinical trials. This can make all the difference, leading to breakthroughs that save lives here in Ottawa, across Canada and, indeed, the world."

- Dr. Duncan Stewart, Executive VP Research, The Ottawa Hospital

"Our work and all behind-the-scenes efforts to make research happen on the clinical front and research front can't happen without the incredible philanthropists and patients who give us a chance to try new things. We owe a lot of gratitude to the community of patients and family members who, over the years, have helped us. I really mean it, from the bottom of my heart."

- Dr. Michael Schlossmacher, Neurologist and Director of Neuroscience, The Ottawa Hospital

"Any donor who contributes to ovarian cancer research is a hero to us - someone who can help us move our ideas into something useful for patients."

- Dr. Barbara Vanderhyden, Senior Scientist, The Ottawa Hospital

Hope despite aggressive skin cancer diagnosis

Four years ago, Dan was travelling for work when he noticed pain when leaning his head back to rest on the plane. An ultrasound revealed there was something inside the back of his head that looked like a cyst. It was melanoma – and it was growing fast. "I was scared. Cancer had stripped my family of so much. I lost both of my older brothers and my father to cancer. I feared for my life," recalls Dan.

On August 11, 2015, Dan had surgery to remove the cancer which left him with 25 staples and 38 stitches in the back of his head. Only two weeks later, the mass was back. His doctors also discovered a mass in his right lung and shadows in the lining of his belly. He had stage 4 cancer – it had metastasized.

He was referred to The Ottawa Hospital's Dr. Michael Ong and was told about immunotherapy – the next generation of treatment. "This transformational treatment was designed to train my own immune system to attack the cancer. We would have to be patient to see if my system would do just that," says Dan. "Each x-ray showed the tumours were getting smaller. That's when the fear started shifting to hope."

Dan underwent dozens of treatments and completed his last one in September 2017. Today, Dan is completely cancer free. "I believe I'm here today because of research and because of those who have donated to research before me."



Dan Collins with oncologist Dr. Ong.

Using diabetes medication to prevent ovarian cancer



Dr. Vanderhyden in her lab.

A study published in *Clinical Cancer Research* offers an exciting new hypothesis about how ovarian cancer forms and how it might be prevented. The study is the first to show that the natural stiffening of the ovaries, called fibrosis, occurs with age. "The ovary is constantly in a state of change, growth and retraction," explains lead author, Dr. Curtis McCloskey, who performed this research while a PhD student in Dr. Barbara Vanderhyden's lab at The Ottawa Hospital. "When that happens repeatedly, you can get scarring ... or fibrosis." This fibrosis creates a niche where cancer cells like to live and grow. The study also suggests that metformin, a medication commonly used to treat Type 2 diabetes, may be able to halt this process and help prevent ovarian cancer, which is among the deadliest cancers in women. "We hope that someday metformin may prove to be an effective preventative treatment for younger women who are at high risk of ovarian cancer, but who can't remove their ovaries because they still want to have children," said Dr. Vanderhyden.

For almost two decades, I've had the privilege of seeing how your generosity has paved the way for incredible changes taking place at our hospital. I've witnessed wonderful moments of compassionate care, new life-saving treatments, and world-leading research that is changing how we practice medicine here in Ottawa and around the world.

When I think ahead to what the next two decades will look like, I am filled with tremendous hope and a deep conviction that the best is yet to come. I believe that when we build our new hospital campus on Carling Avenue, our health-care providers and researchers will be equipped with the very best – and they will thrive – because of donors like you.

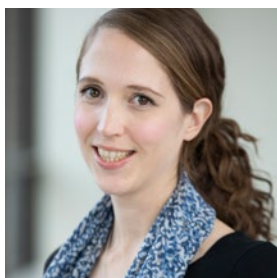
In fact, I believe our entire city will thrive and that The Ottawa Hospital will play a vital role in shaping the future of Ottawa. Thank you for your support and involvement with our hospital, and I hope you will remain at our side as we continue to provide world-class care for our patients when they need us most.

With thanks,

Dr. Jack Kitts
President and CEO, The Ottawa Hospital

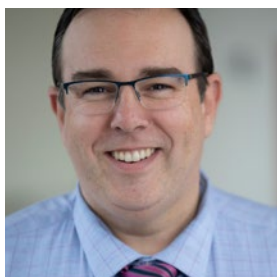


www.TOHLifeSupport.ca



"I look forward to working with the growing community of supporters here at The Ottawa Hospital. Getting to know this community has been truly inspiring and I am lucky to play a small part in the exciting future of health care."

For more information about giving to The Ottawa hospital or about making a monthly gift, please contact: Christina Benotto, Development Officer, Philanthropy, cbenotto@toh.ca, Tel: 613-798-5555 ext. 13850 Cell 613-795-3105



"Learning about what matters most to our donors is one of the best parts of my day. In many cases, our donors are making gifts to The Ottawa Hospital through their will and I get to hear about their desired impact – it is a very touching experience that really reminds me of how valuable our donors are to the future of our hospital."

To learn more about leaving a gift to The Ottawa Hospital in your will, please contact: Rob Gottschalk, Associate Vice President, Philanthropy, rgottschalk@toh.ca, Tel: 613-798-5555 ext. 70626 Cell: 613-293-7904



The Ottawa Hospital Foundation
737 Parkdale Avenue, 1st Floor, Box 610, Ottawa, ON K1Y 1J8
613-761-4295 foundation@toh.ca

Please support The Ottawa Hospital
You can also donate online and receive your income tax receipt instantly at ohfoundation.ca

Charitable Registration Number: 8690 42747 RR0001