

SPRING EDITION 2015

# Heart & Soul

YOUR SUPPORT IN ACTION

**Cover Story:**  
The healing  
power of  
compassion

L-R Dr. Christine Lay, Director, Centre for Headache, WCH and Lori Sylman, Grateful Patient

**WCH**  
WOMEN'S COLLEGE  
HOSPITAL FOUNDATION  
Health care for women | REVOLUTIONIZED

INSIDE

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# The healing power of compassion

When Lori Sylman had her first migraine, her schoolteacher sent her to stand alone in the hallway as punishment. She was just 11 years old. That moment of pain and isolation was the first of countless more she would experience over the next 44 years.

By the time Lori was in her 30s, she was suffering from three or four migraines a week, unable to find a healthcare provider who truly understood her distress. Eventually, the pain landed the mother of three in hospital at least once a month.

"That was the breaking point for me," she remembers. "I had to figure out a different way to manage this."

Advice from her sister sent Lori to Dr. Lay, an internationally renowned neurologist and director of Women's College Hospital's Centre for Headache. Over the last five years, Dr. Lay has helped Lori manage her headaches with a combination of medication, diet, vitamins and exercise. Lori's 20-year-old daughter also receives life-changing treatment from Dr. Lay.

"I spent years hiding behind the pain because I got so tired of constantly saying I had a headache," says Lori. "Now I feel like I can actually talk about it."



Lori Sylman,  
Grateful Patient

From standing alone in that hallway to finding a champion in Dr. Lay, Lori takes comfort in knowing that she'll never again have to feel alone with her headaches.

"Without Dr. Lay, I wouldn't be where I am today, feeling good and positive about my own daughter's future. I know it's going to be okay for her, because she has Women's College Hospital."

## DID YOU KNOW?

The Centre for Headache at WCH provides expert evaluation and individualized treatment plans for patients suffering from migraine and other headache disorders. It is the first of its kind at an Ontario teaching hospital.

**YOU'RE INVITED**  
**Health & Wellness**  
**Speaker Series 2015**  
**The Migraine Webinar**

**Wednesday, May 27, 2015 | 1 p.m. – 2 p.m.**

To register contact Fiona Bedlington at [fiona.bedlington@wchospital.ca](mailto:fiona.bedlington@wchospital.ca).



# Delivering the best for women

Sheila Hambleton recalls hearing about Women's College Hospital's new plans to build the hospital of the future back in 2009 through a newspaper story.

"I remember thinking it was about time Toronto's hospital for women had a new home."

The vision in the paper proved so compelling that Sheila made a monthly pledge to the hospital's construction – a commitment she continues to honour today.

A retired high school teacher and principal, Sheila has always been interested in the challenges and opportunities facing girls and women. While president of the Soroptimist International of Toronto – a global women's organization devoted to improving the lives of women and girls – Sheila oversaw a \$20,000 donation to WCH's new neonatal unit in the late 80s. It was through that organization that Sheila was first introduced to WCH – "I was very impressed that the hospital was started by women doctors," she says.

"Soroptimist means 'best for women.' That's what Women's College Hospital is about, too. When women need help, they're there providing the best research and care with a great bedside manner."

**Join Sheila in making a monthly gift to Women's College Hospital Foundation by contacting Fiona Bedlington at 416-323-6400 ext. 2319 or [fiona.bedlington@wchospital.ca](mailto:fiona.bedlington@wchospital.ca).**



Sheila Hambleton,  
WCHF Monthly Donor



L-R Sheila Hambleton and  
Janet MacInnis, Special Delivery  
Campaign Chairman, July 1988

## Up close and personal with... Dr. Lorraine Lipscombe

A conversation with Kathy Hay, WCH Foundation president and CEO

Women's College Hospital is home to some of the world's most talented scientists and healthcare providers. It's also home to music lovers and on-the-go mothers. Here's an inside look at what happened when Foundation president and CEO, Kathy Hay, sat down with one of those talents, Dr. Lorraine Lipscombe, a scientist at Women's College Research Institute and director of the Centre for Integrated Diabetes Care at WCH.

**Dr. Lorraine Lipscombe on choosing Women's College Hospital:** "My medical school class was the first class in the history of McGill University that had equal numbers of women as men. When I graduated, we were still in the early stages of women being leaders in this profession. Women's College had and still has a reputation to not just promote women's health but also to support female academic physicians. That was really important to me."

**On wearing many hats:** "My kids say that I take care of diabetes. Sometimes they get confused because I'm a teacher, a researcher and a doctor. They see me wearing a lot of hats and that really translates into the way we work in the clinic. Some of us are moms; some of us are running busy households. We know how to make sure that things get done and we know how to ask for help."

**On surprising her patients:** "I think my patients would be surprised to hear that I'm a huge rock 'n' roll music fan. I love the music of the 70s – especially Led Zeppelin and the Rolling Stones. If you were to ask my kids though, they would definitely tell you that I should keep the singing to the rock stars!"

**On why she loves Women's College Hospital:** "The people here let us push the boundaries and do things that have never been done before. They trust us, support us and have faith in us. And above all, they're generous."

**To read more of Kathy's conversation with Dr. Lipscombe and learn more about WCH's Centre for Integrated Diabetes Care, visit Kathy's blog, *Insights and the Obvious*, at [www.wchf.ca](http://www.wchf.ca).**



L-R Dr. Lorraine Lipscombe, Director,  
Centre for Integrated Diabetes Care, WCH  
and Kathy Hay, President and CEO, WCHF

# Start your morning off right:

## Banana-berry wake-up shake

### Makes 2 servings

1	banana	1
1 cup	fresh or frozen berries (any combination)	250 mL
1 cup	milk or vanilla-flavoured soy beverage	250 mL
¾ cup	lower-fat yogurt (vanilla or other flavour that complements the berries)	175 mL

In a blender, liquefy fruit with a small amount of the milk. Add remaining milk and yogurt; blend until smooth. If shake is too thick, add extra milk or soy beverage to achieve desired consistency.

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## Your heart health checklist

For busy, on-the-go women, the following checklist allows you to check in with yourself and the steps you are taking for better heart health.

- I eat plenty of fruits and vegetables
- I'm keeping an eye on my sodium (salt) intake everyday
- I'm exercising and integrating physical activity into my daily routine
- I'm limiting saturated fats in my diet
- I drink alcohol only in moderation
- I'm smoke-free
- I'm actively trying to manage stress



## USEFUL FOUNDATION CONTACT INFORMATION

### For more information about making a monthly gift:

Fiona Bedlington  
Senior Development Officer, Annual Giving & Direct Mail  
416-323-6400 ext. 2319  
fiona.bedlington@wchospital.ca

### Making a planned gift or planning an event benefiting WCH:

Pati Greenwood  
Vice President,  
Chief Advancement Officer  
416-813-4737  
pati.greenwood@wchospital.ca

### For details on becoming a corporate partner:

Mridula Joyner  
Executive Director, Philanthropy & Partnerships  
416-813-4724  
mridula.joyner@wchospital.ca

### To give us your feedback on ways we can serve you better:

Kathy Hay  
President & CEO  
416-813-4738  
kathy.hay@wchospital.ca

Visit us online: [www.wchf.ca](http://www.wchf.ca)  
Follow us on Twitter: @wchf

For more information, visit [MyHealthMatters.ca](http://MyHealthMatters.ca), proudly sponsored by Shoppers Drug Mart's WOMEN program.

Sign up for the e-bulletin at [WomensHealthMatters.ca/subscribe](http://WomensHealthMatters.ca/subscribe).

This information is provided by Women's College Hospital and MyHealthMatters.ca, delivering expert health information based on your personal health priorities and your individual life stage. This information is not intended to replace the medical advice of your doctor or healthcare provider. Please consult your healthcare provider for advice about a specific medical condition.

# YOUR SPRING CHECK-UP

Post this on your fridge or desk and let it serve as a daily reminder to check in with yourself and your health. This is our thanks to you!

## Mix up your salad routine: Refreshing lentil salad

### Makes 6 servings

2	plum (Roma) tomatoes, seeded and diced	2
2	oranges, peeled and cut into segments	2
1 can (19 oz)	lentils, drained and rinsed	540 mL
½ cup	sliced green onions, coarsely chopped	125 mL
¼ cup	fresh cilantro	60 mL
3 tbsp	coarsely chopped dried cranberries	45 mL
1/3 cup	freshly squeezed lemon juice	75 mL
2	tbsp canola oil	30 mL
½ tsp	freshly ground black pepper	2 mL
¼	tsp salt	1 mL
¼ cup	toasted slivered almonds	60 mL

In a large bowl, combine tomatoes, oranges, lentils, green onions, cilantro and cranberries. Drizzle with lemon juice and oil; toss to coat. Sprinkle with pepper and salt. Top with toasted almonds.



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## Women and diabetes quiz

Diabetes affects approximately five to 10 per cent of Canadians.

**Take this true or false quiz** to learn more about this chronic condition, and its impact on women.

1. There are three types of diabetes that affect women.
2. All types of diabetes are characterized by above-normal levels of glucose (a type of sugar) in the blood.
3. Type 2 is the most common type of diabetes.
4. Women with diabetes are at increased risk for heart disease, regardless of their age.
5. Women with diabetes can't reduce their risk of heart disease.
6. Gestational diabetes does not affect a woman's future diabetes risk.
7. Although some risk factors for Type 2 diabetes can't be changed, some risks can be reduced through healthy lifestyle changes.



Women and diabetes quiz answers: 1) True 2) True 3) True 4) True 5) False 6) False 7) True

## We want to hear from you!

As a valued supporter of WCH, your opinions matter to us. Please contact Fiona Bedlington at 416-323-6400 ext. 2319 or [fiona.bedlington@wchospital.ca](mailto:fiona.bedlington@wchospital.ca) to let us know if you have found this information helpful.

For more information, visit [MyHealthMatters.ca](http://MyHealthMatters.ca), proudly sponsored by Shoppers Drug Mart's WOMEN program.

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# Remembering Dr. Jim Ruderman

Beverly Donnelly remembers her first appointment with Dr. Jim Ruderman more than 30 years ago.

"I knew right away this doctor was going to be good for me," she says of the man who went on to serve as her long-time family physician and one of the most respected healthcare leaders in the country. "He just radiated compassion and dignity."

Dr. Ruderman's death on January 29, 2015, left his patients and WCH colleagues mourning an extraordinary man and leader. Women's College Hospital's chief of family and community medicine for 22 years, Dr. Ruderman built a caring community where patients are the focus and providers are respected. He established the Frigon-Blau Chair in Family Practice Research, which was made possible by long-time donor Louise Fast, mentored generations of young physicians and was the recipient of countless awards, including the Ontario Family Physician of the Year Award.

In honour of his enduring impact, WCH established the Jim Ruderman Lecture on Leadership and Innovation for clinicians and care providers.

Many, including Beverly, are remembering Dr. Ruderman with tribute gifts in support of the WCH Family Practice Health Centre.

"Dr. Ruderman was always there for me. This is one way I can be there for him," says Beverly. "I was so privileged to have him as my doctor."

**To make your gift in memory of Dr. Jim Ruderman, visit [www.wchf.ca](http://www.wchf.ca).**



*Dr. Jim Ruderman, former Chief of the Department of Family and Community Medicine at WCH*

## Leave a gift today, for a better tomorrow

By leaving a legacy to Women's College Hospital Foundation today, you can do your part to ensure women and families receive better healthcare tomorrow.

**For details on how you can build your legacy, please contact Pati Greenwood at 416-813-4737 or visit [www.wchf.ca](http://www.wchf.ca).**

## Building for the future, together

The completion of Women's College Hospital's new home in 2015 will further strengthen our leadership in healthcare innovation and groundbreaking research. The hospital of the future is taking shape and at its centre, an iconic pink cube serves as a symbol of our unwavering commitment to building a truly patient-centred hospital that will continue to deliver life-changing care for women like Lori (cover story). We look forward to welcoming you to our new home and to continuing this journey together!



*Phase II construction*

## Thank you for your support!

WCHF is fully accredited under Imagine Canada's Standards Program. The Standards Program awards accreditation to charities and nonprofits that demonstrate excellence in five areas of operations: board governance, financial accountability, fundraising, staff management, and volunteer involvement.



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