

# Heart & Soul

A Newsletter for Supporters of Women's College Hospital



“Thank you for investing in an incredible hospital that’s not only changing healthcare, it’s changing lives like mine.”

– Caroline Noakes, Grateful Patient

## Thank you for impacting women's lives

Women's College Hospital is building a better hospital now, so women can have better healthcare today and everyone can have better healthcare in the future.


No one knows this better than Caroline Noakes. We had the pleasure of meeting Caroline last year when she became the first patient to undergo surgery in our new hospital. Caroline was just 29 at the time and already a breast cancer survivor. She was at WCH for the final stage of her treatment – breast reconstruction. Unbelievably, she was home less than 18 hours following her procedure, with the support of our community partners and a smartphone app to keep her in touch with her healthcare team.

This is the future of healthcare and it's just one example of the difference your gift is making to our patients. With the help of donors like you, WCH remains focused on what we do best – advancing the health of women, preventing and managing complex, chronic conditions and saving you from long wait times, unnecessary hospital visits and rising healthcare costs.

We couldn't make such a powerful impact without you. Thank you.

## INSIDE

Your Gift is Advancing Women's Health | Your Gift Is Helping Prevent And Manage Complex Chronic Conditions | Creating Better Healthcare



“My recovery has everything to do with the people who work here.”

*Ken Yip Hoi, who sees his entire healthcare team under one roof and at one time*

## Your gift is helping prevent and manage complex chronic conditions

One-stop care in the Centre for Integrated Diabetes Care

Afflicting 3.7 million Ontarians, chronic conditions like heart disease and diabetes will arguably be the biggest healthcare challenge of the future. Ken Yip Hoi was diagnosed with Type 2 diabetes in 2001. In 2011, his blood sugar levels started spiralling out of control and no amount of medication, diet or exercise could turn the tide. That is, until Ken's family doctor referred him to WCH's Centre for Integrated Diabetes Care.

Ken attributes his dramatic improvement to the centre's exceptional team of doctors, nurses, dietitians, social workers and other specialists who provide one-stop care to patients with diabetes. The centre is just one example of how your gift is helping to bring multiple healthcare providers together under one roof so patients can get the outpatient care they need in fewer hospital visits.



“I have my  
life back!”

– Another migraine-free patient, thanks to WCH's Centre for Headache

## Your gift is advancing the health of women

### Pioneering prevention and treatment in the Centre for Headache

Migraine headaches are three times more common in women than in men. Linda McRae was battling migraines and nausea almost every day in 2010 when she was referred to WCH's Centre for Headache, Ontario's only academic-based headache centre and a hub of research and treatment for women with the condition. Three years later, she is virtually migraine-free.

Thanks to programs like the Centre for Headache, we understand that the same diseases and conditions affect men and women very differently. We understand the need to focus on previously unexplored areas of women's health. Your gift is helping us continue to pioneer innovations and programs that support women and their families, so that we remain world-renowned experts in women's health and women's health research.

### DONOR GENEROSITY HAS PROVIDED:

- \$12 million toward redevelopment, program support, specialized equipment and amenities to better serve our patients
- \$5.8 million to support research
- Two new \$3 million endowed chairs with the University of Toronto in 2013
- \$750,000 to fund student academic awards





“He gives me hope.  
He gives me courage.”

– Samson’s life was changed by WCH and  
Crossroads Clinic Director Dr. Meb Rashid (L)

## Your gift is creating better healthcare

### Giving refugees somewhere to turn in the Crossroads Clinic

When Samson’s wife and two daughters fled the African State of Eritrea to join him in Canada, one of their first stops was WCH’s Crossroads Clinic, Toronto’s first healthcare clinic for newly-arrived refugees. A clinic patient since his immigration in 2011, Samson was excited to introduce his family to Dr. Meb Rashid, the clinic’s medical director and a “friend and good person.”

Since its opening, the Crossroads Clinic has helped as many as 950 newly-arrived refugees a year navigate Canada’s medical system by providing comprehensive primary care aimed at preventing chronic diseases such as diabetes and hypertension.

Women’s College Hospital is a leader in creating healthcare solutions that impact patients’ lives. With your support, we are continuing to introduce programs and practices that reduce healthcare costs and save money.

For more information about how you can impact the future of healthcare at Women’s College Hospital, visit [wchf.ca](http://wchf.ca) or contact 416-323-6323 or [foundation@wchospital.ca](mailto:foundation@wchospital.ca).

## Thank you for your support!

Women’s College Hospital Foundation is a member of Imagine Canada’s Ethical Code Program. The Ethical Fundraising and Financial Accountability Code can be read at [www.imaginecanada.ca](http://www.imaginecanada.ca)



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