

SPRING EDITION 2018

THE
INNOVATION
ISSUE

Heart & Soul

YOUR GENEROSITY IN ACTION



Dr. Lihi Eder, Pamela Parker and Dr. Paula Harvey

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

INSIDE

Women's College Hospital
launches Canada's first
cardio-rheumatology clinic

Up close and
personal with...
Dr. Tara O'Brien

THE INNOVATION ISSUE

What does innovation mean to you? At Women's College Hospital, innovation means identifying key gaps in healthcare that are impacting patients and developing new or improved programs and processes to close those gaps.

In this issue of Heart & Soul, we're highlighting how your support is putting innovation into practice at WCH!

Women's College Hospital launches Canada's first cardio-rheumatology clinic

Your generosity makes it possible for Women's College Hospital to launch pioneering initiatives like the new cardio-rheumatology clinical and research program, the first of its kind in Canada. Read on to learn more about the work your donations are supporting!

Pamela Parker was receiving treatment for psoriatic arthritis at Women's College Hospital when her physician, rheumatologist and Women's College Research Institute scientist Dr. Lihi Eder, asked whether her family had any history of heart disease. Dr. Eder was spearheading the launch of a new cardio-rheumatology program at the hospital to better understand and treat heart disease in patients living with rheumatic conditions.

"My dad passed away from a massive heart attack in 2007 and my sister had a triple bypass," Pamela says. "I had no idea there was any correlation between heart disease and psoriatic arthritis, and I definitely wanted to know if I was at risk too."

Asked if she would be interested in participating in a research study through the cardio-rheumatology program, Pamela immediately agreed.

Research has shown that patients who have rheumatological disorders such as rheumatoid arthritis, lupus and other forms of inflammatory arthritis are at an increased risk of developing cardiovascular disease, says Dr. Paula Harvey,



Cardio-rheumatology patient Pamela Parker

chief of medicine and head of cardiology at Women's College Hospital and co-lead of the cardio-rheumatology program with Dr. Eder.

Recognizing the need for a specialized clinic focused on identifying early signs of heart disease in patients with rheumatic conditions, the two physicians opened the program in the summer of 2017 – the very first of its kind in Canada.

While the program treats both men and women, its potential to impact women is particularly significant.

Women are much more likely than men to suffer from rheumatic conditions and more women die each year from heart disease than men.

After enrolling in the clinic, Pamela underwent a variety of tests and learned that she had elevated cholesterol levels. She was prescribed a medication to lower her cholesterol and is now being regularly monitored in addition to the ongoing treatment she is receiving for her psoriatic arthritis.

For Pamela, joining the clinic and being part of a research study is a powerful way to make a difference for others in addition to keeping an eye on her own health.

"This program is so beneficial for future generations," she says. "Just knowing there's hope for others who may be at risk of cardiac disease due to rheumatic conditions is worth every bit of my involvement in the clinic and its research."

Are you interested in supporting the work of WCH's new cardio-rheumatology clinic?
Donate today at www.wchf.ca or call 416-323-6323.

Giving heartfelt thanks

For WCH patient Sharon, directing her donation to Women's College Hospital's cardiology program was a meaningful way to say thank you for the care she received through the Women's Cardiovascular Health Initiative (WCHI), the only clinical and research initiative of its kind in Canada designed exclusively for women.

Sharon spent six months working with the cardiac rehabilitation team within WCHI to strengthen her health, build her stamina, develop an exercise routine and increase her knowledge of heart health through regular education sessions. She was amazed that such a specialized and effective program is covered by provincial health insurance for eligible patients, and wanted to show her gratitude for the excellent and accessible healthcare available to her.

"The course was just phenomenal," says Sharon. "They're helping people with existing or potential heart conditions and making them stronger. It's lovely to be able to give in support of this work."

Sharon's donation will help ensure the program can continue to offer high quality care to women with heart health concerns, supporting needs such as state-of-the-art equipment



WCH patient and donor Sharon



and ongoing training for staff.

Sharon chose to make her donation through a gift of securities, a channel that she feels is underused as a method of giving.

"Many people may not realize that they have resources in securities that could be used to make charitable donations," she says. "As I started thinking about a donation, I learned that giving through securities is a highly effective way to make a difference."

Sharon worked closely with her financial advisor to set up her gift. She says that in addition to supporting the work of Women's

College Hospital, her donation is a tax-smart way to give: gifts of securities (including stocks, bonds, shares in mutual funds and more) receive a charitable tax receipt for the full appreciated value of the stock, and the donor does not pay capital gains tax on the securities.

In the end, though, Sharon wanted to help advance the work of a hospital that makes her feel good about the future of healthcare for women.

"It's thrilling to me that there is a Women's College Hospital, a place focused on women's health," she says. "And the building is just beautiful – warm, modern, fresh and welcoming. It just lifts me up to have a chance to support this place."

You can join Sharon by supporting Women's College Hospital through a gift of securities. For more information, please visit www.wchf.ca/Securities or contact Alex Cheesman at alex.cheesman@wchospital.ca or 416-323-6323 ext. 2319.

Donate today! Giving is easy:

- Call the Foundation at 416-323-6323.
- Visit www.wchf.ca and click on Ways to Give or Donate.
- Visit us on the 4th floor of Women's College Hospital (76 Grenville St., Toronto).

We love hearing from you!

If you have any feedback about this issue of Heart & Soul, questions about donating or simply want to connect with a member of your Foundation staff team, please contact Marian Johnson at marian.johnson@wchospital.ca or 416-813-4741.

Let's stay in touch!

- Follow us on Twitter @wchf, Instagram @wchf and Facebook at facebook.com/wchfdn.
- Sign up for regular e-news updates by emailing foundation@wchospital.ca.

Receive WCH health tips right to your inbox

Women's Health Matters is an online resource dedicated to providing health tips and insights directly from Women's College Hospital medical leaders. To learn more and to receive the Women's Health Matters e-bulletin directly to your inbox each month, visit www.womenshealthmatters.ca.

A legacy of innovation:

The story of
Dr. Florence McConney



Dr. Florence McConney

Innovation has always been at the heart of Women's College Hospital. Here, we look back at the legacy of Dr. Florence McConney – a WCH pioneer whose commitment to innovating helped revolutionize cancer care for women in Ontario and beyond.

In the early 1940s, doctors at WCH recognized a growing anxiety among patients around cancer risk, which was only then emerging as a key research focus in the medical community.

Dr. Florence McConney, who joined the staff of WCH in 1922 and was appointed chief of medicine in 1935, saw a need for a clinic specializing in screening healthy women for early signs of cancer – an almost unheard of practice at the time. She became the driving force behind the launch of the Cancer Detection Clinic (CDC) at WCH, which launched in 1948 with Dr. McConney as its first director.

Within two years, the CDC had examined 1,283 women with 1,800 more on a waitlist; by 1957, it had completed 11,000 examinations.

The history of WCH is filled with stories like Dr. McConney's Cancer Detection Clinic – innovative programs brought to life by medical pioneers devoted to closing gaps in healthcare for women and by the generous donors who support them.

To learn more about WCH's pioneers and The Miss Margaret Robins Archives of Women's College Hospital, visit www.wchf.ca/Our-History.

Q&A: *Up close and personal with...* Dr. Tara O'Brien

Dr. Tara O'Brien is the medical director of Women's College Hospital's Acute Ambulatory Care Unit (AACU), an innovative model of care that strives to fill a crucial health gap for patients with urgent medical needs.

We sat down with Dr. O'Brien to learn more about the AACU and the impact it's having on both patients and the health system.



Dr. Tara O'Brien

What exactly is the Acute Ambulatory Care Unit?

The AACU is a short-stay medical unit that allows patients experiencing medical complications relating to chronic conditions such as heart disease and diabetes to be seen quickly, treated and sent home the same day. For patients with more complex needs, we can keep them at the hospital for up to 24 hours.

The AACU also provides support for primary care physicians in the community who are helping their patients manage chronic conditions. There are currently about 140 primary care physicians who are able to call our team at any time for advice or to find out if we can see their patient.

What gap in the healthcare system is the AACU helping to address?

Toronto's emergency departments are facing crisis-level overcapacity issues, leading to patients not being seen quickly enough and high costs to the system as patients are admitted to hospitals for overnight stays. With chronic diseases on the rise, a significant number of patients visiting emergency departments are experiencing complications related to these diseases when it's not necessarily the best or most effective environment for meeting their medical needs.

The AACU is helping to alleviate the overcapacity issue while also providing quick access to high quality care for patients experiencing sudden complications from chronic conditions.

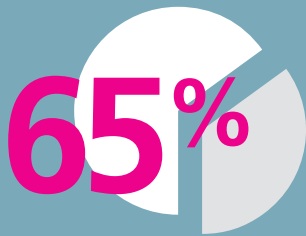
How can this model of care have an impact outside of Toronto?

The AACU model of care is unique in Canada; it doesn't exist anywhere else in the country aside from at Women's College Hospital. It's proven to be highly effective in reducing overnight admissions to hospitals and alleviating some of the overcrowding at Toronto's emergency departments, showing that it could have significant impact in other communities across Canada. There's huge potential for this model to be scaled as we continue to assess its benefits and share our findings with other healthcare institutions nationwide.

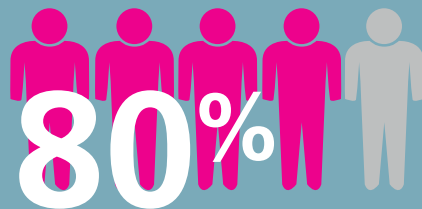
Thank you, Dr. O'Brien! Follow Dr. O'Brien on Twitter
@taraobrienMD

Understanding the impact of complex chronic conditions

Why is it so crucial to find ways to better manage complex chronic conditions within the healthcare system? Take a look at the statistics to learn more about the growing crisis that WCH is working hard to address with your support.



Chronic conditions are now responsible for **65% of all deaths** in Canada each year.



Approximately **four in five** Canadians have at least one lifestyle-related risk factor for chronic diseases, such as smoking and sedentary lifestyle.



In Ontario alone, just 5% of all healthcare users – many of whom live with complex chronic conditions – account for **65% of total healthcare spending**.

As rates of complex chronic conditions continue to grow, the healthcare system will be challenged to provide high quality care for increasing numbers of Canadians living with these diseases.

Through its focus on advancing innovative care within a fully ambulatory setting, Women's College Hospital is leading the way in helping patients better manage complex chronic conditions like heart disease, diabetes and skin conditions while reducing costs to the health system.

Your support of WCH is playing a direct role in helping to address this growing challenge. We are so grateful for your generosity!

Harnessing technology to improve healthcare

In addition to a commitment to innovation as an institution, Women's College Hospital is also home to a unique innovation hub called the WCH Institute for Health System Solutions and Virtual Care, or WIHV. With a mission to heal healthcare, WIHV is dedicated to finding new models of care that transform the way patients experience their care, create better health outcomes and lower the cost of care to the health system as a whole.

One of WIHV's most recent projects is the evaluation of an exciting new technology called aTouchAway, a tablet developed by health solutions company Aetonix that provides patients with a secure way to communicate with members of their healthcare team. aTouchAway provides tools such as video conferencing, care plan updates and treatment information.

For individuals living with complex health challenges, having access to medical professionals from the comfort of home helps them avoid multiple trips to a hospital – allowing them to more easily and efficiently manage their conditions.

aTouchAway is currently being piloted in Ontario. If it is found to be successful, it has the potential to impact patients and health systems across Canada and beyond.

Your gifts help drive forward innovative new health solutions like aTouchAway by supporting the work of WIHV. To learn more about WIHV and to donate in support of the institute, visit www.wchf.ca/wihv.



WCH patient Hamilla benefits from virtual care platforms being developed in partnership with WIHV

Your generosity in action!

News and updates from Women's College Hospital

You are a valued member of a donor community with extraordinary impact! Here, we are pleased to share exciting news and updates from WCH that you have helped make possible.

WCH receives top honours from Accreditation Canada

In December 2017, Women's College Hospital underwent its 2017 Accreditation Survey to renew its standing with Accreditation Canada, a special body with a goal to improve the quality of health and social services for all Canadians. We are thrilled to share that the hospital successfully met every single one of its 1,257 quality dimensions identified by Accreditation Canada, achieving a score of 100% across all categories.



WCH named a Top 40 research hospital for the sixth year

For the sixth year in a row, WCH has been named one of Canada's Top 40 research hospitals by Research Infosource Inc., which ranks Canadian research hospitals by the amount of research funding they attract and spend. WCH outperformed many larger institutions in several categories and was in the top 10 for research spending growth.



Dr. Simone Vigod has been appointed the Shirley A. Brown Memorial Chair in Women's Mental Health Research. Dr. Vigod is a clinician-scientist at Women's College Research Institute and lead of the reproductive life stages program at WCH. As Chair, Dr. Vigod will deepen her exploration of issues that impact women's mental health.



Dr. Simone Vigod

Dr. Sacha Bhatia has been appointed F.M. Hill Chair in Health System Solutions. Dr. Bhatia is the founding director of the WCH Institute for Health System Solutions and Virtual Care, a clinician-scientist at Women's College Research Institute and a cardiologist within the department of medicine at WCH. As Chair, Dr. Bhatia will work with a cross-disciplinary team to address some of the most pressing challenges facing the Canadian healthcare system today.



Dr. Sacha Bhatia

Dr. Paula Harvey has been appointed F.M. Hill Chair in Academic Women's Medicine. As chief of medicine and head of cardiology at WCH, as well as a leading scientist focused on cardiovascular health, Dr. Harvey is a pioneer in the field of women's heart health. Her research will continue to deepen the world's understanding of the unique risk factors women face when it comes to heart disease, leading to the development of more effective prevention and treatment options.



Dr. Paula Harvey

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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