



PRHC's Cardiac Cath Lab is keeping your **heart** here, close to home

For ten years, PRHC's Interventional Cardiologists have been saving heart muscle and lives with donor-funded equipment and technology in the Cardiac Catheterization Lab.

Donors have funded the essential, state-of-the-art equipment and technology that make world-class cardiac care available for up to 600,000 people in Peterborough and the surrounding region. In fact, people from as far away as Durham, North Hastings, Northumberland and the City of Kawartha Lakes depend on PRHC for lifesaving urgent and non-emergency cardiac services.

Because of donors, PRHC has been able to open the door to innovation,



(Pictured from left) Interventional Cardiologist Dr. Warren Ball and members of the Cath Lab team, Terri Matzke, Kate Graham and Jeff Dunlop, want to say "thank you" for your ongoing support of the Cath Lab.

provide more advanced therapies, expand minimally-invasive treatment options, and attract top specialists in the field.

Since 2008, PRHC has been working to build a regional Centre of Excellence

for Cardiac Care. When PRHC and the donor-funded Cath Lab first opened, the Cath Lab offered diagnostic angiograms to detect blockages and/or narrowing of the coronary arteries.

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Spotlight on Cardiac Cath Lab reinvestment

Celebrating **forty** years of making great patient care possible

In August, PRHC Foundation celebrated 40 years of the incredible impact donors have had on healthcare at your hospital. Here are a few of the advancements highlighted at the event...

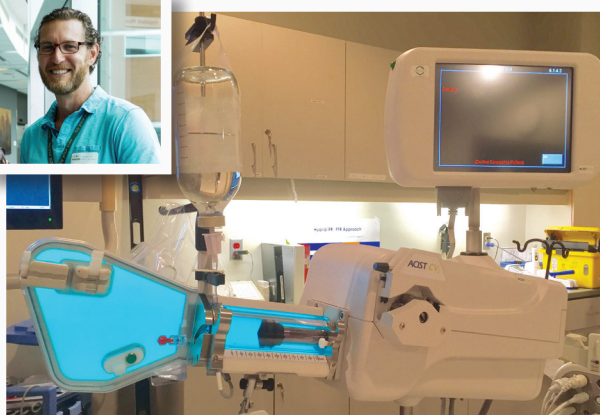


ABOVE: Great care is... New radiant heater/warmer for infants in the Neonatal Intensive Care Unit, demonstrated by Sarah Wood, RN and Clinical Nurse Educator. The units provide an accessible surface for ventilating and resuscitating, and an environment that mimics womb-like conditions while taking measurements like weight and temperature. They're adjustable so moms in wheelchairs or beds can be at the same height as their baby and participate in family-centred care.

BELOW: Great care is... Three new full field mammography units in the Breast Assessment Centre (BAC). Jill Cummings, Senior Technologist (pictured), shared that the units are providing increased image quality and a 3-dimensional imaging option so radiologists can look at the breast from



many angles, helping to detect tumours earlier and smaller in size. 3-D imaging also reduces the need to call back patients for follow up mammograms when more clarity is required, thus reducing patient anxiety.



LEFT: Great care is... A new contrast dye injector for the Cath Lab. Jeff Dunlop, Cath Lab Clinical Practice Lead (pictured inset) shared that the injector allows doctors to control exactly how much special dye is injected into a patient. The dye is required to see the coronary arteries clearly

during digital imaging for procedures like angiograms and cardiac stenting, giving the most accurate diagnosis and results, and keeping patients safe.



Take care of your **family** first

After providing for your loved ones, choosing to include the PRHC Foundation as a beneficiary of your Will is a special way to support patient care at your hospital.

Talk to your family. Talk to your advisors. Talk to us. We're here to help.

Call Lea at (705) 743-2121, ext. 3957 or email lthomas@prhc.on.ca for more information.

Always consult a professional financial advisor to discuss the best charitable giving options for you.

Patients say thank you...

Three years ago, Ernie and Linda Collett started their Friday evening like any other, enjoying a dinner together. Then Ernie began having chest pains and trouble breathing.

It wasn't the first time Ernie had felt this way. About a week earlier, while working outside, he experienced an odd moment where something just didn't feel right.

But this time, the feeling didn't go away. Ernie was rushed to PRHC. He was having a heart attack.

Dr. Warren Ball, Interventional Cardiologist and Director of PRHC's Cardiac Cath Lab, received the urgent call: Ernie had arrived at PRHC without a pulse and had been resuscitated in the Emergency Department. From there he was rushed to the Cath Lab.

One of Ernie's coronary arteries was 100% blocked. But because of the technology available in the Cath Lab, Dr. Ball was able to insert a stent to remove the blockage and stop Ernie's heart attack in its tracks.



ABOVE: Linda and Ernie Collett

"It was a wake up call," says Ernie. He and Linda know what could have happened if the PRHC Cath Lab didn't have the equipment and technology to provide emergency stenting - made possible because of the generosity of PRHC Foundation supporters.

Ernie and Linda are extremely grateful for what that generosity has given them. It's a simple but profound message to donors, and for Ernie it's absolutely true: "Thank you for saving my life," he says.

Do you have a story of great patient care you'd like to share? Give Meghan a call at (705) 743-2121, ext. 3013 or send her an email at mmoloney@prhc.on.ca.

PRHC Foundation named one of Canada's "best charities"

We're pleased to share with you that recently PRHC Foundation was named one of Canada's "best charities" by Maclean's magazine.

According to the feature, their goal is to provide a ranking of Canadian charities by sector, helping donors make effective decisions about charitable giving based on criteria that represent financial metrics and transparency.

Responsible stewardship of your donations and effective, efficient governance are cornerstones of our organization and we're proud to have been recognized for them. While these are important criteria, we believe that the true measure of our work is the impact your donations are having on patient care at your hospital.

Because of your generosity and commitment, we're funding the equipment and technology that's forming the backbone of patient care today and bringing new services to our region tomorrow. It's also empowering PRHC to attract and retain the best and the brightest healthcare professionals.

So thank you. If we are one of Canada's "best charities", it's because we are supported by the very "best" donors.

**VOLUNTEERS
NEEDED**

We're looking for an office volunteer to join our team!

Are you passionate about healthcare? Do you have a philanthropic heart, strong administrative, communication and customer service skills, and 4 hours a week to donate to a great cause? If you answered yes, then we want to hear from you!

For more information, please contact Christine at (705) 876-5000 or email crothman@prhc.on.ca. View the position details at prhcfoundation.ca.



Equipment Spotlight: Cardiac Cath Lab Reinvestment

Last year alone, 2,918 cardiac procedures were performed in the Cath Lab including 885 stenting procedures - 213 while a heart attack was taking place.

After more than a decade of being used to stop heart attacks in their tracks, the Lab must be replaced. Without the Cath Lab, patients from across our region would have to travel as far away as Kingston or Toronto for emergency intervention at a time when every single second can mean the difference between life and death.

Replacing the Lab now won't just keep cardiac care close by. Advances in technology mean better picture quality and resolution during procedures, lower radiation exposure, and shorter procedure times.

We need your help to make this reinvestment possible. To find out more or to make a donation, please call (705) 876-5000 today or give online at prhcfoundation.ca.

"Great patient care is the ability to view crystal clear images of the walls of my patients' arteries thanks to our donor-funded optical coherence tomography equipment." - Dr. Warren Ball, Interventional Cardiologist and Director of the Cardiac Cath Lab

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Then in early 2012, the Percutaneous Coronary Intervention (PCI), or stenting, program was launched at PRHC. Stenting means that conditions that used to require complex, invasive surgeries can now be treated using a catheter (a thin flexible tube) that places a small structure called a stent to open blood vessels in the heart.

This was quickly followed in 2013 by the Code STEMI (ST Elevation Myocardial Infarction) program - a protocol used for treating a full-blown heart attack caused by a complete blockage of an artery. Patients are diagnosed in the ambulance, and in most cases taken directly to PRHC's Cath Lab. Once there, with the STEMI confirmed and diagnostic tools activated, the blockage can be found, reversed, and heart muscle saved.

Over the years, donors have funded major innovations in the technology supporting the Cath Lab. In the past three years alone, donors have funded:

- **Optical Coherence Tomography (OCT)** – used by Cardiologists to visualize the size and shape of arterial blockages in real time

- **Contrast Dye Injector** – technology that controls the amount of dye used, allowing Cardiologists to safely visualize arteries during a procedure
- **Transesophageal Echocardiogram (TEE)** – 3-D diagnostic technology that uses high-frequency ultrasound waves to take images of a patient's heart, surrounding arteries and tissue
- **Electrocardiogram (ECG)** – used to diagnose heart conditions, donors recently replaced aging units in need of upgrading

Today, PRHC is recognized as a provincial leader in regional cardiac care. Thanks to the support of donors, together we've ensured the people, infrastructure, systems and programs are in place to offer life-changing and lifesaving care close to home.

After more than a decade of saving heart muscle and lives, however, the technology and infrastructure in the Cath Lab must be replaced. The PRHC Foundation is committed to keeping your heart here. For more information on this initiative, please see our "Equipment Spotlight" (left) or give us a call at (705) 876-5000.

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Look for us on...

