

We **love** our hardworking healthcare workers!

Peterborough Regional Health Centre has an incredible team of doctors, nurses and staff. Over the last year, they have demonstrated courage and strength while continuing to provide care and support for patients and their families.

We're so proud of them, and grateful for the work they do, every day. And we're grateful to all of the donors who have helped us support them throughout the pandemic.

Donor generosity funded tools and supports such as additional scrubs, new plexiglass screening stations at hospital entry points, and iPads and supportive equipment for the Virtual Visiting Program so isolated patients can connect with loved ones.

Thanks to your donations, PRHC is better positioned in 2021 to continue caring for as many patients as possible while keeping patients, families, volunteers and PRHC's 3,200 workers



Your hospital, including the Intensive Care Unit (ICU) team above, remains at the ready because of your donations. (Photo by Mary Zita Payne.)

safe. The situation is serious, but stable. At the time of publishing, Ontario has had more new daily COVID-19 cases and patients in ICUs than ever before.

Now, PRHC Foundation is partnering again with your hospital to show our healthcare providers how much we – and you, through your donations and kind messages of thanks – appreciate them. More details coming soon!

As our healthcare workers tackle the third wave, our work continues.

Our mission has never been more important. In addition to funding PRHC's most urgent needs including COVID-19, your gifts are helping to give the hospital's experts the essential tools they need to save lives.

If you'd like to support your hospital, please visit prhcfoundation.ca. There you can send a message to the PRHC team and make a donation in their honour. Thank you for continuing to show them your grateful hearts!

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PRHC is bringing cutting-edge new CT scanners to our region **with your help**

Dr. Mario Voros is a PRHC Radiologist who's leading the charge to bring two new, state-of-the-art CT scanners to the hospital. We asked him to tell us about this cutting-edge equipment and how it will improve care for thousands of patients in our region...

What is CT scan technology?

A CT – or computed tomography – scan is a more powerful, dynamic, moving X-Ray. Unlike a traditional 2-dimensional X-Ray, CT scanners create hundreds of incredibly detailed cross-sectional images and 3-dimensional images of a patient's anatomy. They're unique because they can display a combination of soft tissue, bones and blood vessels in a single image.

Why are CT scans an important diagnostic tool?

Radiologists call CT the workhorse – or backbone – of the hospital. At PRHC, about 28,000 CT scans are performed each year because they're crucial to rapidly confirming a diagnosis and beginning lifesaving treatment for many seriously sick or injured patients.

We perform a CT scan for patients with head injuries to rule out a brain bleed. We use CT for rapid stroke assessment and to identify blockages or damage in arteries. We image for common issues like kidney stones and appendicitis. We use CT in cancer care. CT helps doctors diagnose fractures and issues



IMAGE: PRHC's current CT scanners are nearing the end of their lifespan and must be replaced.

related to trauma. A chest CT can even identify some consequences of COVID-19, like pneumonia.

Why does PRHC need new CT equipment?

PRHC's current CT scanners are more than 12 years old and nearing the

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Thank you for considering a legacy of health

As you're no doubt experiencing, COVID-19 is impacting our lives at every level. Many of us have taken a moment this year to reflect on what we value most dearly: our family, our friends, our legacy, and of course our health.

More donors than ever before have reached out to us to let us know that they have been thinking about their Wills, planning updates or perhaps even writing their very first Will. We're very grateful that they're considering including the PRHC Foundation in their estates.

These bequests, often referred to as legacy gifts, are some of the most special gifts we receive.

With the assistance of your advisor, legacy gifts are made from a place of confidence and trust in our organization. They allow us to be responsive to your hospital's most urgent needs, today and in the future.

If you're thinking about leaving a gift in your Will, please give us a call. We're here to answer your questions and to help.

For more information, please contact Lesley Highway at 705-743-2121, ext. 3859.



WATCH: Retired physician Dr. Tom Bell explains why he decided to leave a legacy of health. See his video at prhcfoundation.ca.

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

Equipment Spotlight: Interventional radiology

Interventional radiology is a subspecialty of radiology. It uses a type of real-time X-Ray called fluoroscopy, CT scans or ultrasound guidance to steer needles, guidewires and small catheters into tiny incisions in the skin, and sometimes through blood vessels, in order to locate and correct problems without the need for conventional surgery.

Experts often call interventional radiology “the best kept secret in medicine.” It enables surgery to be minimally invasive, meaning less pain, shorter hospital stays and rapid diagnosis and treatment for almost 6,000 patients at PRHC every year.

PRHC is a leader among Ontario’s community hospitals in delivering a wide range of interventional radiology services.

Built 12 years ago, however, the current interventional radiology suites are small and cannot accommodate new technologies and key medical personnel that are critical to the continuation and expansion of PRHC’s interventional radiology services.



IMAGE: With your help, PRHC is reinvesting in medicine’s “best kept secret,” interventional radiology.

With the support of our community, PRHC Foundation is committed to funding this innovative reinvestment.

Your donations will fund state-of-the-art fluoroscopy equipment and a new step-down suite in the interventional radiology facilities, to give high-risk patients the diagnosis and treatment they need, faster, and without the risks associated with major surgery. PRHC will also be able to introduce new methods to treat stroke and some forms of cancer, and reduce wait times for elective procedures.

For more information or to support this exciting reinvestment, please visit prhcfoundation.ca or call 705-876-5000.

Donor Wall Update

The PRHC Foundation Celebration of Giving donor recognition display celebrates your generous philanthropy. It inspires other donors and tells hospital physicians, nurses and staff you’re behind them.

Recently the donor wall suffered significant damage to one of its panels and the PRHC Foundation is in the process of having it repaired. There have been some delays because of the pandemic and related manufacturing slowdown. We’re working hard to have the wall updated in time for us to celebrate the power of your philanthropy this summer!

Charitable Giving Tip: Securities

Consider a donation of stocks, bonds, and mutual funds, and take advantage of tax benefits!

Consult your financial advisor or find out more at our website: prhcfoundation.ca/ways-to-give/give-a-gift-of-securities/



IMAGE: Wanda Bergshoeff says “thank you.”

Patient says “thank you” for Cath Lab support

Wanda Bergshoeff is grateful that her life was saved because of the donor-funded equipment and technology at PRHC’s Cardiac Cath Lab.

“They saved my life. I could have easily died but as soon as that call was made, it was all so immediate. I didn’t have to be transported to Toronto. In my emergency, within minutes, I was in the Cardiac Cath Lab receiving lifesaving care.”



IMAGE: PRHC's Laboratory Medicine Technicians want to say "thank you" for new, donor-funded ECG technology. (Photo by Mary Zita Payne.)

Impact Spotlight: Wireless ECG

Thanks to donors, six new ECG machines with advanced, wireless technology have been added to PRHC's fleet. This means that cardiologists can access an ECG from a secure server quickly and on the spot to diagnose heart conditions, especially in urgent situations such as a Code STEMI where diagnosis of a patient begins in the ambulance on the way to PRHC's Cardiac Cath Lab.

PRHC Interventional Cardiologist Dr. Katy Shufelt explains how these new machines are impacting patient care at your hospital:

"Having wireless technology for our ECGs has really advanced care at PRHC. When patients have an ECG, it's immediately uploaded to a secure server and cardiologists can log on and access that ECG immediately. In the past, that process would have been much slower. And that five or ten minutes more can be the difference for a patient's life. Thank you!"

"We rely on donors to help us invest in technology that is vital to the world-class care we provide to patients. And at PRHC, we're all very grateful for that support."

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end of their lifespan. They must be replaced with new equipment. This is an opportunity to make significant advancements in our critical CT services because the technology has come a long way in a decade. We need the most advanced imaging technology available, so that every doctor at PRHC can do our jobs to the best of our ability.

How will the new CT scanners benefit patients?

The new CT scanners will fit the needs of the hospital now and well into the future. They're the best available scanners on the market. They're faster, meaning shorter scan times. This is better for all patients, but especially those in pain or distress. They'll provide much better-quality images, making it easier for my colleagues and me to see what's happening inside a patient's body. And there's less radiation used during a scan, which means less risk to the patient.



IMAGE: PRHC Radiologist Dr. Mario Voros is grateful for donor support to replace PRHC's CT scanners with cutting-edge technology.

How will donors help make this equipment advancement possible?

The government doesn't fund most of the technology doctors, nurses and staff use to provide patient care every day. So, we rely on donors to help us invest in equipment that is vital to the world-class care we provide to patients from across our region. It's donors who make that care possible by giving to the PRHC Foundation to help fund cutting-edge tools, like essential new CT scanners. And at PRHC, we're all very grateful for that support.

For more information or to support this exciting investment, please visit prhcfoundation.ca or call 705-876-5000.

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Look for us on...

