



Pulse

PRHC
FOUNDATION

Spring 2022

How YOU are making great care possible at Peterborough Regional Health Centre

Donors are helping the **future of healthcare** unfold across PRHC's spectrum of care

PRHC Foundation donors have funded millions of dollars in equipment and technology across the wide spectrum of cancer care at Peterborough Regional Health Centre.

From the Norm & Jessie Dysart Radiation Centre and Breast Assessment Centre, to lifesaving investments in laboratory and surgical equipment, to current fundraising for two new CT scanners, a second MRI machine and technology that supports the automated preparation of chemotherapy medication, donors are supporting cancer screening, diagnosis and treatment for patients from across our region, close to home.

Among these prominent cancer care departments and tools though, is a lesser known area of medicine that is quickly becoming essential not only to cancer care, but to the future of healthcare at your hospital.



IMAGE: Dr. Sohail Zaheer is one of four interventional radiologists at PRHC. They perform almost 6,000 minimally invasive procedures a year. The need for this innovative medical specialty is growing in our region and to meet the need, PRHC's facilities must be upgraded.

Interventional radiology is an innovative specialty where experts like PRHC's Dr. Sohail Zaheer use high-tech imaging to help them steer needles, guidewires and catheters into tiny incisions in the skin and through blood vessels. It's used to find and fix issues just about anywhere in the body.

With it, Dr. Zaheer and his colleagues can stop bleeding, take tissue samples, put in access lines for dialysis, open up blood vessels, cauterize tumours, or even stop tumours from growing by blocking their blood supply. These procedures

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Dave's Walk raised over \$11,000 for cancer care!

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4 Things to Know About Interventional Radiology



HOSPITAL UPDATE:

Epic launches at PRHC: PRHC is one of seven partner hospital organizations collaborating on a new clinical information system called *Epic*. Introduced in December, it's a powerful tool to help healthcare teams deliver safe and seamless care to patients across the Central East region of Ontario. *Epic* provides patients with a single, unified digital health record, and healthcare teams with standardized tools and processes to help them better collaborate and make the best possible treatment decisions.

Before you arrive at PRHC: Please note that although Ontario has lifted mandatory mask requirements for many public settings, infection prevention and control measures are still in place at PRHC. Screening continues at the entrances and while temporary visiting restrictions have recently been eased, visitors continue to be limited. Masking in public and patient care areas is required.

For information on hospital services, please visit prhc.on.ca.

Dave's Walk inspired our community to get involved

Dave Graham and his family were shocked when he was diagnosed with cancer in 2021. "But we had to keep our heads up and keep going," he says. 74-year-old Dave truly got going – he started walking for exercise as he began treatment at PRHC's Cancer Clinic.

While experiencing great care, Dave was moved to give back to his hospital with a big goal: Walk 7,000 steps a day from July to December and raise \$5,000 to help fund the technology PRHC's doctors, nurses and staff use to provide cancer care to patients from around the region, close to home.

The community's response was overwhelming. "My community kept me going," Dave says. "All these people were walking with me." Soon he surpassed his goal and raised it to \$10,000. His fundraiser grew into a series of initiatives as more people

were motivated to get involved. His children shaved their head and moustache for donations and his wife sold shortbreads and pickles. Businesses reached out to donate.

In December, Dave finished chemotherapy and his walk – having taken 765,000 steps – and presented PRHC Foundation with over \$11,000 collected through his fundraiser!

The Foundation is incredibly grateful for the generosity of Dave and his family, and everyone who supported *Dave's Walk*. The funds raised are enabling PRHC to invest in advanced CT and MRI technology used in the diagnosis of cancer, and a state-of-the-art robotic intravenous automation (RIVA) system to ensure every complex, patient-specific chemotherapy dose is prepared safely and accurately in a sterile, automated environment.



IMAGE: Dave Graham and his supporters raised over \$11,000 for PRHC cancer care through his fundraiser – a personal walking challenge – and other activities it inspired.

Read Dave's full story and learn how to start your own fundraiser at prhcfoundation.ca

IMPACT UPDATE: First in Canada SPECT/CT bringing best possible care closer to home

Did you know that with the help of donors, in 2019 PRHC invested in a cutting-edge new SPECT/CT machine that was the first of its kind in Canada? This state-of-the-art technology represented the biggest leap forward in nuclear medicine in over a decade.

Since its installation made possible by donor generosity, the new SPECT/CT has scanned approximately 2,000 patients a year, providing PRHC's experts with detailed 3D images so they can more clearly identify and pinpoint the site of any abnormality, particularly tumours, diagnose and stage cancer, and determine how patients' treatments are progressing.

SPECT/CT uses two types of scans that when combined, allow doctors to gather more precise information about a specific part of the body. Scans with this machine are higher quality, take less time and use less radiation than the machine it replaced.



IMAGE: Medical Radiation Technologist Flamingo T. (right) demonstrates the cutting-edge SPECT/CT machine donors helped fund to replace out of date equipment.

For patients this means a more precise and timely diagnosis, and a more comfortable and safe procedure.

"PRHC has been on the leading edge, using advanced technology like SPECT/CT to bring the best possible care closer to home for our region's residents," says PRHC Nuclear

Medicine Charge Technologist Brad Plain. "This equipment allows us to obtain the best quality images possible in a much shorter period, helping patients feel less anxiety and discomfort during the process, and helping doctors make diagnoses and treatment decisions sooner."

WATCH: Thanks to donors, Richard's kidney was saved with interventional radiology

"To go in and have this procedure done, not a stitch, be able to walk after my recovery time with no issues – it is magic. It's wonderful."



IMAGE: Grateful PRHC interventional radiology patient Richard Tukendorf tells his story and why upgrading and expanding PRHC's donor-funded interventional radiology facilities are so important.

Watch impact videos or signup to get them straight to your inbox at prhcfoundation.ca



EQUIPMENT SPOTLIGHT:

4 Things to Know About Interventional Radiology

- 1) It's performed through a tiny incision or pinhole in the skin! Doctors use high-tech imaging to guide wires, tubes and needles through it to reach an organ, vessel or tissue for targeted treatment.
- 2) It can be used head-to-toe for emergency and scheduled procedures to diagnose and treat a wide range of conditions, or support ongoing care for dialysis and cancer patients.
- 3) PRHC's four interventional radiologists already perform 6,000 procedures a year and the need is growing.
- 4) Donor support will enable an upgrade and expansion of PRHC's interventional radiology facilities. PRHC will renovate the two suites, build a new step-down unit, and equip all three with cutting-edge technology, so patients can be treated with less pain and shorter hospital stays, without the large incisions and associated risks of open surgery.

“Because donors care, the future of healthcare is unfolding right here.”

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are performed without the large incisions and associated risks of open surgery.

This means less pain and shorter recovery times for patients like Liz, who was diagnosed and treated for metastatic breast cancer at PRHC. Interventional radiology is just part of the spectrum of her care made possible by your donations.

Dr. Zaheer shares that Liz is now cancer-free and he recently removed her port-a-cath – a device he implanted under her skin two years before for easy access to chemotherapy medication.

“As an interventional radiologist, the best part of my job is helping people like Liz get back to their lives as quickly and painlessly as possible,” he says.

There are a lot of patients like Liz. PRHC's interventional radiologists already perform 6,000 procedures a year and the need is growing. But PRHC's interventional radiology facilities are 13 years old, need updating, and are too small to fit essential new



IMAGE: Your support will help upgrade PRHC's interventional radiology suites so experts can perform more minimally invasive procedures.

equipment and the number of medical personnel required to use it.

To meet that need and bring new treatments to our region, the Foundation is committed to funding a \$6 million investment in interventional radiology. With your help, PRHC will renovate and expand its facilities, outfitting them with state-of-the-art technology. Then Dr. Zaheer and his colleagues can perform more – and more complex – procedures. “Because donors care, the future of healthcare is unfolding right here,” he says.

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

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