

Your donations made it happen! New CTs are helping provide safer, more accurate care

PRHC Foundation donors made it possible for the hospital to replace and upgrade outdated equipment with two new, cutting-edge CT scanners. Now, the team that uses them every day, has given us a special update about the impacts this \$4.57 million investment is having on the care they provide to people from across our region.

CT scanners are essential. They're the backbone of diagnostic imaging, used to visualize and confirm a wide range of illness and injury, such as blood clots, cancers, spinal issues, head injuries, fractures, obstructions, stroke, and cardiac disease, among many others.

In a typical year at PRHC, around 33,000 CT scans are performed on approximately 28,000 patients. Since their installation, technologists have

IMAGE: Robert Morin, PRHC Registered Technologist, Diagnostic Imaging, prepares for a scan with one of the new, donor-funded CTs.

performed about 50,000 CT scans with the new machines.

Dr. Rola Shaheen, PRHC Physician Chief and Medical Director of Diagnostic Imaging, explains that these scans are different than those

Continued on page 4...



IMAGE: Dr. Rola Shaheen, PRHC Physician Chief and Medical Director of Diagnostic Imaging, is grateful for the donor support that brought the new CT scanners to PRHC.

What's inside...

2



A spring message from our CEO, Lesley Heighway

3



Ivo explains his legacy for the people he loves most

4



What is an interventional radiology ultrasound?

Together, we're embracing spring, the next era of **donor-funded care** and PRHC's new CEO

Dear Friends,

Spring has long been a time for renewal – spring cleaning, the anticipation of summer weather and fun, and for green thumbs like me, all those spring showers that bring the garden flowers. But this year, spring has had an extra feeling of transition.

I'm speaking of the March retirement of Health Centre President & CEO, Dr. Peter McLaughlin, after 17 years with PRHC and a 50-year career in healthcare. On behalf of the Foundation, congratulations to Dr. McLaughlin. We thank him for his wonderful support of the PRHC Foundation and his exceptional service and dedication to healthcare. Under his leadership, your hospital became a truly regional centre that up to 600,000 people rely on for care.

I'm also pleased to welcome new PRHC President & CEO, Dr. Lynn Mikula. She's a longtime supporter of the PRHC Foundation and I've had the pleasure of working with her throughout her time at the Health Centre.



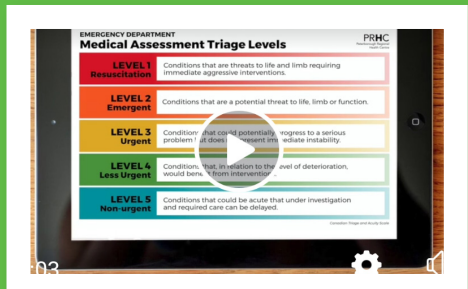
IMAGE: Lesley Heighway, President & CEO of PRHC Foundation, says she's moved every day by the generosity of donors. It also makes her hopeful for the future of healthcare in our region.

In a recent email to hospital and Foundation staff, Dr. Mikula explained how honoured she is to take on the role of President & CEO. She also asked me to tell you how grateful she is for your support:

"I've always been struck by the way the people of this community and hospital rise to meet every challenge – especially in the last three years as everyone has supported us through difficult times. Thank you, donors!"

she says. "I also want to thank Dr. McLaughlin for his thoughtful, steady, compassionate leadership. We've worked together to ensure a smooth transition at PRHC and I'm eager to continue building the future of healthcare here."

Dr. Mikula and I look forward to continuing the robust partnership between the hospital and the Foundation. I'm glad to have a strong relationship with her and the hospital



WATCH THE VIDEO: Why am I waiting so long in the Emergency Department?

To learn about wait times at the PRHC Emergency Department and the best way to get the level of care you need, watch the

hospital's explainer video called "Why am I waiting so long in the Emergency Department?" at facebook.com/prhc1/videos.

Sign up at prhcfoundation.ca to get our e-newsletter straight to your inbox

Find out how, like Ivo, you can create a legacy for the people you love most

"For my wife, Lynda, and I, there were so many reasons we chose to make the Peterborough region our home: the people, the great theatre, our daughter and two grandchildren living nearby. But would it surprise you to know that PRHC was also a factor?

We knew, when we were deciding where to retire, that we'd likely need a great hospital eventually. And we were right. From stroke treatment, to cancer care, to emergency surgery, PRHC's been there for our family

through thick and thin. Maybe you've had a similar experience?

Lynda and I are so grateful for the amazing care we've received at PRHC. So, when our financial advisor suggested that we could reduce our estate taxes with a gift in our will, the PRHC Foundation felt like a natural fit.

It feels wonderful to know that we can provide for our family and grandchildren in our wills and leave them another gift: an exceptional



IMAGE: Proud legacy donor Ivo Nightingale.

regional hospital. Our gift today will make a difference tomorrow!"

For more information on legacy and planned giving or to share your donor story, call us at 705-876-5000.

leadership team as our organizations work together to shape the future of healthcare for our region. This wouldn't be possible without the support of our incredible donors and we're grateful for your generosity.

Many of you are longterm donors who over the years have helped us fund the vital technology PRHC's doctors, nurses and staff need to provide world-class care. Thank you! Many others have more recently stepped up to join us as the pandemic, health human resource issues and economy have challenged our hospital and others – as well as you, your loved ones and neighbours – like never before. Thank you and welcome!

Whether you're a new or an old friend of the Foundation, I'm moved every day by your support and the impact of your donations on patient care. Because of you, we're celebrating a year and a half of diagnostic imaging on two



IMAGE: Dr. Lynn Mikula is the new President & CEO of PRHC. To receive an interview with her and Lesley Heighway in your inbox, sign up for PRHC Foundation emails at prhcfoundation.ca.

new, cutting-edge CT scanners. We're celebrating a \$3.55 million state-of-the-art upgrade to the Cardiac Cath Lab. And although we have fundraising left to do, we're already amazed by your support of your hospital's \$6 million investment in life-changing interventional radiology.

Your generosity also makes me so hopeful for the future. Your donations

will help PRHC continue to provide care to a growing number of patients in an aging population, with higher rates of disease and more complex conditions. They'll fuel exciting innovations in areas like minimally invasive care, bring new services once available only in big city centres to our region, and in turn continue to attract the best and brightest healthcare experts to work at PRHC.

I hope you feel that optimism, too. We're doing something powerful together. On behalf of the thousands of patients and families who are touched by it, thank you!

Have a healthy and safe season,

A handwritten signature in blue ink that reads "Lesley Heighway". The signature is fluid and cursive.

Lesley Heighway
President & CEO, PRHC Foundation

EQUIPMENT SPOTLIGHT: Interventional radiology ultrasound

One of the important upgrades needed as part of PRHC's \$6 million investment in minimally invasive interventional radiology is an advanced, portable ultrasound machine.

The latest interventional radiology ultrasound systems provide fast, detailed imaging for the most accurate visualization and advanced needle navigational assistance – critical in finding a safe path to the desired area inside the body without puncturing vessels, bowel or other organs.

At PRHC, interventional radiology ultrasound is used during tumour or organ lesion biopsies and in the placement of port-a-caths and PICC lines – which allow for less obvious, longterm access to chemotherapy, with less risk of infection. The new technology, with improved image quality for vessel analysis, will help ease the placement of these devices and help in procedures where placing drains under image guidance is crucial, such as biliary, gallbladder, kidney and abscess tube insertions.

For more information on this investment, call 705-876-5000 or visit prhcfoundation.ca.

Continued from page 1...

"Images are clearer, more comprehensive and more precise. The new scanners have capabilities the old equipment didn't."

provided by the old machines. "The new scanners are better at imaging everything. Images are clearer, more comprehensive and more precise, allowing for more accurate diagnosis. While image quality has vastly improved, the radiation dosage used is lower, which is safer for both the patient and the technologist," she says.

"Also, with the new scanners, technologists can now perform cardiac CT imaging and brain perfusion exams for stroke patients. The machines also include an interventional radiology package, which supports more accurate biopsies. The old equipment didn't have these capabilities."

Dr. Shaheen and her colleagues are very grateful to donors for funding the CT scanners. "Thank you for understanding the value of state-of-the-art equipment. Thank you for funding the technology that helps me and my team care for our patients and do our jobs to the best of our abilities," she says.



IMAGE: Brandon Ray, PRHC Senior Technologist, CT, sees the impact of your donations every day as he images patients on the safer, more accurate and more comfortable CT scanners you funded.

Brandon Ray, PRHC Senior Technologist, CT, agrees. "It's wonderful to be able to offer safer, more accurate scans. The CT beds are also wider and offer more movement function than the old ones, so that makes the experience more comfortable and easier for the patient, especially those in pain," he says. "Thank you, donors!"

For more information on the impact of your generosity, call 705-876-5000 or visit prhcfoundation.ca.

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