

THE Pulse

How **YOU** are reimagining patient care at Peterborough Regional Health Centre

PRHC
FOUNDATION

Spring 2026

In vascular surgery, the innovative technology of a donor-funded hybrid operating room isn't optional, it's essential

As a Level 2 vascular centre serving a regional population of 600,000, Peterborough Regional Health Centre is ready to raise its level of excellence in vascular care with a state-of-the-art hybrid operating room (OR). It's a \$6 million priority of the Campaign for PRHC that's essential to patient care and donors can help bring it to our hospital.

Vascular disease is the leading cause of preventable death and disability in Canada. Patients often face multiple serious conditions at once, requiring complex, time-sensitive care. Each year, experts at PRHC perform more than 1,000 vascular procedures, and nearly three-quarters of patients travel from outside Peterborough City and County. For these patients and their families, timely access to advanced surgical care close to home is vital—preventing strokes and loss of limbs.

Now, patients who need multiple vascular procedures undergo each one and its recovery separately. If there will be a need for real-time medical imaging during surgery, the range of procedures that can be performed is limited due to

the image quality of the current onsite diagnostic tools. This results in patients being referred to other hospitals where they'll wait longer to receive the care they need.

An alternative exists: A hybrid OR combines a fully equipped surgical suite with advanced medical imaging in one, bigger space. There, specialized teams can perform multiple open and minimally invasive procedures in one surgical session with access to high resolution imaging. But PRHC is one of only a handful of Ontario's Level 2 vascular centres without a hybrid OR. When having one is the standard of care, not having it means challenges recruiting surgeons who've trained on the technology and sending patients elsewhere for care, putting patients and PRHC's vascular program at risk.

"In medical school, I had access to a hybrid OR. It allows me to operate on patients safely with extreme precision," says Dr. Sajjid Hossain, PRHC vascular surgeon. "In vascular surgery,...

story continues on back cover



"In vascular surgery, technology isn't optional. It's essential to care. Being able to access state-of-the-art imaging and advanced technologies is a difference between saving a life, saving a limb, or losing both."

-Dr. Sajjid Hossain, PRHC vascular surgeon



Images: (Left) PRHC patient Mike Leach with vascular surgeon Dr. Sajjid Hossain, both champions of bringing a hybrid operating room to the hospital, as is Dr. Hossain's colleague Dr. Heather Cox (at right in teal), pictured at work with a team in a current PRHC OR.

Your gifts are reimagining patient care

A bold step for better care

With your support, PRHC will pioneer a new way to lead patient care for our region: a state-of-the-art digital and physical command centre.

Think of it as the hospital's 'mission control', a next-generation coordination hub where clinicians, leaders, and decision-makers will have access to real-time data from across the hospital to:

- + Anticipate surges in demand
- + Streamline patient flow
- + Reduce wait times
- + Enable care at home

This Campaign for PRHC priority represents a shift from reactive to proactive healthcare—making use of technology and innovation to empower people with the resources to do the right thing at the right time, rehumanizing care.

PRHC will be one of the first community hospitals in Canada to invest in an initiative of this kind. As the Health Centre cares for more patients than ever before, donations are vital to making this vision a reality.

For more information on this exciting advancement or to donate, please visit prhcfoundation.ca or call 705-876-5000.

Laurel and Alan Garnett's lasting gift

On behalf of his siblings and step-siblings, Brett McGee describes his mother and step-father's decision to leave a gift to the PRHC Foundation as part of their estate planning:

There are some people whose generosity and love for their community shine through in everything they do. Our mom and step-mom, Laurel, and father and step-father, Alan, were two of those people.

Laurel came from humble beginnings, immigrating to Canada from Ireland. She was a hardworking woman who raised two boys as a single mom, always making sure our home was safe and full of love. Alan, originally from England, similarly immigrated to Canada as a young boy. When the two met and eventually married in the mid-1980s, they became a phenomenal team, supporting each other, our blended family and everyone around them.

Their house was always a warm and welcoming place; they loved to entertain and cherished family gatherings there. They were extremely proud to call Peterborough home. They knew every street and every business by heart. Their sense of responsibility extended to those places and people that mattered most to them, including Peterborough Regional Health Centre. They relied on PRHC often, especially in their later years.

As they approached their final few months—Laurel passed in December 2024 and Alan just a few months later in



Image: Laurel (left) and Alan Garnett's gift of life insurance is a lasting reflection of their generosity and love for Peterborough.

June 2025—we came to learn they had left a final gift of incredible generosity to the PRHC Foundation through their life insurance policy. It felt completely true to who they were: kind, generous and proud to support their community.

Their thoughtful decision brings comfort in a difficult time. Even though we've lost them, their memory will endure amongst their friends and family, and their legacy will continue to support their hospital, making the community they loved even stronger.

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



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“What you’ve done means so much”

For years, Jessica endured a deep pain and “heaviness” in her pelvis. It worsened over time and with each pregnancy. “I’m a busy mom of three, was in my early 40s, and working full time,” she says. “I assumed it was my new normal.”

An exam and medical imaging for an unrelated issue led to an answer to the years of pain. Jessica was diagnosed with severe pelvic congestion syndrome, a chronic condition linked to blood flow that causes pelvic veins to swell and twist.

Doctors were able to offer relief through a procedure that could be done quickly in the new, donor-funded interventional radiology suites. “I was grateful when I learned there was a procedure that could treat it, available right here at PRHC. I don’t think I could have travelled out of town,” she says.

In November, Jessica underwent a minimally invasive pelvic vein embolization with interventional radiologist Dr. Fady Abdelsayed in one of the three advanced suites. “From the moment I arrived, I felt safe and cared for,” she recalls. “The space was bright, open and calming, and I couldn’t believe

the tiny tools that were used through just one small incision to block off the veins.” The team explained each step with the state-of-art technology and ensured she was comfortable.

Having delivered her children at PRHC and donated to Foundation initiatives, Jessica says the hospital has long been part of her story. “I trust the people at PRHC because they’re part of my community,” she says. And she reiterates that it’s thanks to donors that she didn’t have to travel far from home for that personalized, life-changing care.

“I went in on a Friday and was at work Tuesday without much pain,” Jessica says. Soon she was back to running, hiking and camping. “I realized the huge change in my quality of life, what it’s like to do the things I love with the people I love without pain,” she says. “I have so much appreciation for the donors who made this possible. What you’ve done means so much to me, to the people who will receive care here. You’ve made all the difference for us.”

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



Image: PRHC Foundation President & CEO, Lesley Heighway (left), works in alignment with PRHC President & CEO, Dr. Lynn Mikula, to transform patient care at PRHC.

Transforming care through partnership and alignment

Recently, in honour of International Women’s Day, PRHC Foundation President & CEO, Lesley Heighway, and PRHC President & CEO, Dr. Lynn Mikula, shared their perspectives on leadership.

For both women, effective leadership is rooted in purpose, courage, and the understanding that intentional collaboration and aligned values between them strengthen not only their teams and the future leaders they mentor, but also patient care in our region.

“When donors give to the Foundation, they know their funds entrusted to us will be enacted by the hospital to improve patient care,” said Lesley to Dr. Mikula. “So it’s important that they know we’re strongly aligned.”

They believe that reimagining health and care at PRHC takes partnership, vision, and a community that believes in something bigger than itself. That’s all evident in the most recent Campaign for PRHC update: the \$70 million initiative has surpassed the \$60 million mark. Dr. Mikula agrees that with donor support,

“when Peterborough Regional Health Centre and the PRHC Foundation align around a shared priority, then we do incredible things for patient care.”



Image: PRHC interventional radiologist Dr. Fady Abdelsayed explains the new technology at the official opening of the donor-funded interventional radiology suites, a \$6 million advancement of the Campaign for PRHC that is already making a difference in patient care.

Your gifts are reimagining patient care



Image: There are over 3,800 dedicated nurses, doctors, staff, allied health professionals, and volunteers at PRHC.

PRHC on Forbes best list again

For the second consecutive year, PRHC has been named one of Canada's Best Employers by Forbes, ranking among the top hospital employers nationwide.

Based on independent surveys evaluating compensation, flexibility, and growth opportunities, this honour reflects what many already know: PRHC is a place where team members thrive.

With over 3,100 staff, 450 physicians with privileges, and 250 volunteers focused on patient care for a region of more than 600,000, our hospital's greatest strength is its people and we're proud to support them.

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...technology isn't optional. It's essential to care. A lot of the time patients come to us in life-threatening scenarios where minutes matter. Being able to access state-of-the-art imaging and advanced technologies is a difference between saving a life, saving a limb, or losing both. This is what vascular surgery should be."

PRHC agrees and has self-funded the creation of the space in the hospital building to enable the hybrid OR. The PRHC Foundation is committed to raising the \$6 million needed to outfit the space with its cutting-edge equipment.

"A hybrid OR is vital for the future of patient care at PRHC," says Lesley Heighway, PRHC Foundation President & CEO. "Donor support will ensure patients from across our region can receive their lifesaving care close to home." A hybrid OR will also help reduce patient wait times and help treat more patients, safely and efficiently, with better results.

For Dr. Hossain and PRHC, the need is clear. But he realizes it can't be resolved



Image: Dr. Sajjid Hossain (left) and his wife, PRHC endocrinologist Dr. Mary Lu, were recent guests on PRHC Foundation's "Heart of Healthcare" video series.

without support from generous donors. "When I came to Peterborough, I learned that crucial equipment and technology is funded by donors. That was eye-opening. Since then, I've been regularly surprised and touched by the generosity of this community," says Dr. Hossain.

"People here really stand behind their healthcare professionals. Thank you so much."

For more information on this exciting advancement or to donate, please visit prhcfoundation.ca or call 705-876-5000.

Watch Dr. Hossain on Heart of Healthcare at prhcfoundation.ca

reImagine.
Health.
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To learn more about the \$70 million Campaign for PRHC

visit prhcfoundation.ca or call 705-876-5000



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