



Your HealthMatters

ROYAL COLUMBIAN HOSPITAL FOUNDATION • rchcares.com • SPRING 2013

A new start for Stan

SURREY MAN SAVED BY RCH CARDIAC TEAM

Stan Sierpina, deep in thought about the year ahead, pulled into the driveway of his Surrey home. It was 5 pm on January 2, 2013. Noticing some graffiti on the hydro box outside his home, he grabbed some cleaning supplies and set to work. While washing his hands, he felt a slight tug in his chest and an uncomfortable, strange sensation in his cheek bones. He immediately called his wife Lynn.

"His voice sounded strange enough for me to leave my full shopping cart and go straight home," recalls Lynn. "Stan definitely wasn't himself and so we called 911. "I was really scared by then because Stan is the guy who never gets sick. I followed the ambulance in tears."

The local hospital ran a series of blood tests and then ordered a CT scan. By now Stan's fingernails were blue and his blood pressure and heart rate were both low. "Stan and I thought he was having a reaction to the chemicals he had been working with but the CT results showed that Stan had a tear in his aorta. He was to be transferred immediately to the cardiac centre at RCH where a team was standing by to do open-heart surgery. We both dropped our jaws in surprise," says Lynn.

"I was 64 years old," says Stan. "For forty years I have done all the right things to stay in shape, and here I was, headed for heart surgery."

At 3 am, the cardiac team, led by Dr. Daniel Wong, performed a six-hour operation: "Stan had an Intramural Hematoma; basically a tear in the wall of the aorta, the main artery in the body. Replacing part of



Stan Sierpina is grateful to spend time with his wife Lynn and their grandchildren after recovering from surgery to repair a tear in his aorta, the main artery in the body. Donor-funded technology played a vital role in Stan's care.

the aorta is a big, high-risk operation, but one that was needed to save his life."

Lynn and the entire family anxiously awaited the results of the surgery. In the early morning hours, Dr. Wong met them with a big smile and the words, "All good news, just as advertised!"

Stan recovered at RCH for five days after the operation before going home.

Stan and Lynn have four grown children and two grandchildren. "Thanks to the team at the RCH Cardiac Centre, I will live to see another Christmas with them all," says Stan. ■

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Redevelopment Update

MAJOR TRANSFORMATION AHEAD



The redevelopment of RCH will be one of the most comprehensive transformations of a hospital site in Canada. Fraser Health will not just add build-

ings to an aging infrastructure; they will redesign how patient care is delivered using a multi-disciplinary, streamlined approach. RCH Foundation supports the long-term vision for the hospital redevelopment to include the expansion of its nationally recognized cardiac sciences program among other services. As a major cardiac centre for the

province, RCH will need to expand not only its diagnostic, treatment and rehabilitation services for patients but also its research and academic focus.

As always the power of our donors and needs of our patients will light the way to our new future. No one believed in this more strongly than David Worthington, our Board Vice-chair, who passed away on April 5th. We are grateful to have benefited from David's expertise, commitment and kindness. He will be greatly missed.

Yours sincerely,

Belle Puri,
Chair, Board of Directors

Adrienne Bakker
President and CEO

Why I care

AMANDA YUEN, RCH VOLUNTEER AND GRATEFUL DAUGHTER

June 2011 will forever be etched in my memory, as my father was diagnosed with Acute Respiratory Distress Syndrome (ARDS) and admitted to RCH where he remained for five months. His failing lungs required him to be ventilated and placed in a medically induced coma for 20 days in the intensive care unit (ICU).

The ICU was an unfamiliar and discouraging place initially, but the staff helped create a home away from home for us. Taking the time to get to know us not only offered some normalcy in our lives, but also helped alleviate the stress of having a loved one in the hospital.

My father gradually learned to breathe and walk on his own again. I know he would not be where he is today without the knowledge, hard work and determination of the many staff, physicians and therapists that cared for him.

Becoming a volunteer at Royal Columbian has not only allowed me to give back in a small way, but also learn more about the hospital environment, as I work towards my social work degree. I hope to one day affect individuals and families in the same way that the RCH staff has impacted mine. ■



Grateful RCH Volunteer Amanda Yuen with her mother Grace, father Les and sister Pamela of Coquitlam. Les spent five months at RCH being treated for a life-threatening lung condition.

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THORNEBRIDGE gardens

Retired RCH nurses living at Thornebridge: Silvia, Loretta, Marion (back), Vivian, Muriel, Anne (front) with a watercolour painting of the 1912 RCH gifted to Muriel at her retirement.

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Where the students run the shop

WIN-WIN FOR BOTH STUDENTS AND REHAB PATIENTS

After a career as a leader in BC's booming real estate development industry, Maureen Enser now finds that she is the one being led into new territory.

"I want you to close your eyes and take a deep breath... be aware of any tension you are feeling and relax those areas," coaches Walter Chung, a second-year student of UBC's Occupational Therapy program.

Since suffering a serious concussion in early January 2013, Enser has been recovering her abilities to speak,



"I like working with the students as they are very interested in what they are doing," says rehabilitation patient Maureen Enser.

walk and think clearly. Recently retired as CEO of the Urban Development Institute, Enser is finding it challenging to redevelop abilities she once took for granted.

"Walter's job is to help me regain my independence," says the Port Coquitlam resident.

Chung is one of scores of physical therapy and occupational therapy students who have been fortunate to land a placement at the RCH Student Rehabilitation Outpatient Clinic, perhaps the first of its kind in Canada. Here, the students pretty much run the shop, and have helped hundreds of people in the Fraser Health region grapple with the effects of stroke, bone fractures, hip or knee replacements, or other conditions that hinder their mobility and daily living activities.

The students are closely monitored by a clinical instructor in each field, who must approve the students' initial assessments and treatment plans, and who often assist in the early stages of treatment.

Prior to the clinic opening in 2009, there was no outpatient service for patients nearby, so patients would have faced long waiting lists, restrictive eligibility criteria or the need to pay out-of-pocket at a private clinic. ■

Beware the power of the GreenLight



Dr. Brian Yang uses the GreenLight Laser to battle benign prostate disease, a common health problem for men over the age of 50.

DONOR-FUNDED LASER RELIEVES SUFFERING FROM ENLARGED PROSTATE

Urologist Dr. Brian Yang has a new weapon in the battle against benign prostate disease – the GreenLight Laser. Funded by RCH Foundation donors, the \$160,000 laser is the most advanced and effective way to treat Benign Prostatic Hyperplasia (BPH), an enlargement of the prostate gland that obstructs the normal flow of urine.

"The procedure takes about half-an-hour and patients are able to return home in the same day rather than spending two-to-three days in hospital," says Yang. The highly efficient procedure also reduces

the risk of side-effects like impotence and incontinence that may be associated with other treatments.

BPH is a big, bothersome health problem, affecting more than 50 per cent of men over the age of 50.

Since the laser was introduced at RCH in April 2012, Yang estimates that he has used the laser to treat 60 patients, saving more than 100 bed days.

"RCH is at the forefront of patient care with this technology," says Dr. Yang, who has received referrals for patients from across BC including Haida Gwaii and Prince George. "It enables us to deliver results with fewer complications and virtually eliminates hospital stays which are wins for everyone involved."

RCH provides the highest level of surgical care for the Fraser Health region of 1.6 million people. ■

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- Dr. Douglas B. Clement, MD
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WHEN IT COMES TO MATTERS OF THE HEART...

A man in a blue lab coat is looking at a Philips monitor. The monitor displays multiple ECG waveforms in various colors (green, red, yellow, blue, black). The Philips logo is visible at the bottom of the monitor.



A photograph of a woman and a young boy. The woman, on the left, has long brown hair with bangs and is smiling broadly, showing her teeth. She is wearing a black cardigan over a blue lace-trimmed top. The young boy, on the right, has short brown hair and is also smiling, showing his teeth. He is wearing a blue and white horizontally striped shirt. They are both looking towards the camera. The background is a solid red color.

A group of six people (three men and three women) are standing behind a large ceremonial check. The check is from McQuarrie Hunter LLP to the Royal Columbian Hospital Foundation for \$50,000.00, dated May 18, 2012. The check is for the MPIS Campaign.

"Our government is bringing cardiac care closer to home for patients and their families living in the Fraser Health region and across the Lower Mainland. Modern technology and innovative advancements in care will improve access for seniors and other patients receiving services at Royal Columbian Hospital for cardiac and neurovascular care."

Dr. Margaret MacDiaz
the occasion of the opening, October 20



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SHINE raises \$280,000

SIXTH ANNUAL GALA CELEBRATES SPIRIT OF RCH

More than 400 donors, RCH staff and physicians, patients and community leaders danced the night away at this year's SHINE Gala. They did so to the tune of \$280,000, which will support the work of RCH Foundation helping RCH deliver the best in health-care.

Special guest, the Honourable Dr. Margaret MacDiarmid, Minister of Health, shared her gratitude for RCH's expertise in caring for her rare and serious meningitis infection in November 2009. She also reaffirmed the Ministry of Health's commitment to the redevelopment of RCH.

Hosted by CBC On The Coast's Stephen Quinn and Lisa Christiansen at the Vancouver Convention Centre, the event featured a jewel-studded live and silent auction, and late-night dancing courtesy of Jesse Cahill's NightCrawlers and special guest Jim Byrnes. ■



(From left) Trauma Nurse Practitioner Kathleen Fyvie, Health Minister Dr. Margaret MacDiarmid, Cardiac Clinical Nurse Specialist Jocelyn Reimer-Kent, Trauma Clinical Nurse Specialist Lisa Constable.



Neurosurgery patient Shannon Gaudette and RCH Foundation President and CEO Adrienne Bakker.



Guests danced to the tunes of Jesse Cahill's NightCrawlers and Jim Byrnes.



SHINE co-emcees Lisa Christiansen and Stephen Quinn of CBC Radio One's On The Coast.



(From left) Mainland Sand & Gravel Ltd. GM Ewan Moir and wife Leslie with Linda and Stan Weismiller, President and GM, Winvan Paving Ltd.

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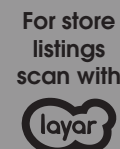


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Community Building Series — New Westminster



Royal City Centre

By Michelle Hopkins



Royal City Centre (RCC) has been a landmark in New Westminster for more than three decades. Formerly Woodward's Centre, residents from all over the Lower Mainland come to shop at this vibrant mall. For good reason: RCC offers eye care, dental and medical clinics, as well as boutique clothing and décor shops, furniture and travel merchants; all of which are anchored by Shoppers Drug Mart and Safeway. There is also a food court showcasing a nice mix of ethnic and local cuisine. Now, RCC is home to the Fraser Health Authority's Kidney Dialysis Unit. "It is a beautiful, big clinic with large easy chairs and televisions," says Jennifer Clarke, marketing manager for Strathallen Capital Corporation. "We are thrilled to have them on board ... for our customers, it's very convenient." The shopping centre has a long rich history of supporting

the local community. RCC devotes a significant amount of time and space to help local nonprofit organizations and local initiatives. The centre and its 40 merchants have successfully helped businesses raise funds for its charitable endeavours, as well as provide space for events that are important to the local and wider community.

"RCC is a major sponsor for Uptown Live! a free musical festival featuring performances by Vancouver-based indie bands," says Clarke. "Last year was its inaugural year and we are pleased to support it again this year." RCC also hosts the annual Seniors' and Family Festival in October, as well as the Festival of Volunteers.

Ongoing support includes the monthly BC Cancer Agency's Mobile Mammography clinic, the Hyack Festival and various community initiatives.

There is also a community room available for a nominal fee to charitable organizations and groups. There's even a walking mall program run by residents. The mall walkers group meets upstairs. Many are seniors who enjoy a coffee and a visit with their friends afterwards.

Meantime, the award-winning mall is undergoing a facelift.

"Construction is ongoing but residents can check the website for updates," adds Clarke. "Stay tuned because there will be more involvement in the community on our part and some exciting new changes as well."

Future plans for the mall include a partnership with local art galleries to showcase art installations.

For more information, visit RCC online at www.royalcitycentre.ca or call 604-526-8064. The centre is located at 620 Sixth Street in New Westminster.

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