

Welcome to 2022's winter issue of YOUR IMPACT. As our world began the tentative but necessary task of reopening, the hearts of London Health Sciences Foundation's (LHSF) generous donors remained true to their pursuit of compassionate care.

This year's magazine is a celebration of where people have been and where they're going next. Transplant survivors, NHL superstars, as well as scholars and physicians who've spent entire careers enacting change, they show us the path toward a healthier future is one on which we all must travel. It's a journey filled with uncertainty, self-reflection and anticipation. But thanks to you, we can navigate any challenge put forth with more confidence than before, knowing there are those among us who help in the name of hope.

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The word imagination can invoke any number of memories or thoughts. Playing Make Believe on a summer's day. Nighttime with a good book. Infused with whimsy and the rejection of the status quo, imagination often feels child-like.

But then, where would we be without imagination? Curiosity? Our need to explain and explore has always had the power to draw others in, to inspire belief in something more—of a world improved. From equipment capable of taking measurements at the molecular level to pioneering research into fecal transplantation in the fight against cancer, medical breakthroughs take patience, ingenuity and sometimes a little bit of luck.

During my time with London Health Sciences Foundation, I've come to notice it's this same drawing in of others, our shared vision and passion that brings imagination into existence. Like solving any challenge, any puzzle or riddle, it all begins with someone asking, "How can" or "What if?"

How can we improve someone's quality of life? How can we ensure everyone gets the care they need?

What if we could detect cancer with a single drop of blood? What if youth could access mental health care from anywhere? What if I could help?

Which is why each and every one of us at the Foundation is here. It's why each and every one of you are reading this right now; why our volunteers come back, event after event, year after year. And it's why the physicians, nurses and support staff of London Health Sciences Centre do what they do. An entire community of helpers dedicated to not just inthe-moment care, but the care yet to come.

No matter the role we play, we are facilitating a healthier future for our patients because we believe change is possible. Because we still dare to imagine.

Imagination helps us learn. It helps us innovate. But above all, it helps us hope.

Yours,

John H. MacFarlane, BBA, LL.B, MPA
President & CEO
London Health Sciences Foundation



OUTPATIENT SURGICAL CARE CENTRE SCORES MAJOR FUNDING BOOST



London Health Sciences Centre (LHSC) hosts a slew of routine surgeries every year, and necessary as they may be, many aren't considered emergent in nature. Knee replacements, hernia repair, foot, ankle and other sports related injuries-these more common procedures account for thousands of hours of operating room (OR) time, which can sometimes be difficult to accommodate when other complex and urgent cases understandably take priority. This bottleneck led to a major re-envisioning of how our hospitals approached surgery.

"We had to address the urgent need of patient backlogs so that everyone could receive the care they deserve in a timely and efficient manner," says Dr. Abdel-Rahman Lawendy, orthopaedic surgeon and site medical director at LHSC's ambulatory surgical centre.

An off-site surgical centre designed to improve patient flow, enhance recovery and alleviate the strain on health care made worse by the pandemic, LHSC's aptly named Surgical Centre is an internationally recognized facility and the only one of its kind in Canada. Having first opened its doors two years ago, in the face of a global pandemic, it has already served over 3,900 patients. And what's more, it's starting to get noticed in a pretty big way.

As someone familiar with injuries and rehabilitation, NHL Stanley Cup champion and fellow Londoner, Nazem Kadri, knows how stressful the prospect of surgery can be. So, with a deep-rooted sense of community and the desire to help, Nazem, in a remarkable act of generosity and magnanimity, donated \$1 million in support of the since renamed Nazem Kadri Surgical Centre.

"It's overwhelming spending lots of time with doctors and learning about your body," he says. "But the number one priority in life should be your health."

Self-sufficient and self-contained. the facility is currently home to two ORs, a waiting room, a medical device reprocessing room for sterilization and a 10-bed pre/post operative recovery suite. Furthermore, with the groundwork for a third OR already in place, the centre has the potential to accommodate approximately 1,000 additional cases per year. The ambulatory centre is staffed by surgeons and staff of LHSC who continue to meet hospital accreditation standards at the Surgical Centre.

"Being able to provide patients with this innovative model of care is incredible and people are taking notice," Dr. Lawendy says. "However, to continue this and to increase patient capacity, donor funding is essential."

Faster recoveries, enhanced patient experiences and reduced healthcare spending have garnered considerable interest and positive recognition from hospitals across the country, the Canadian government itself and other organizations globally.

With the Nazem Kadri Surgical Centre now standing on the world stage, it will serve as an example for how others approach low acuity surgery. The Centre represents a win for London, a win for innovation and a win for patients everywhere.







"This blood pressure library will improve our ability to get accurate home assessments of blood pressure for all our patients," says Dr. Dresser. "It will eliminate the issue of patients who can't afford their own personal machine, and it will allow us to see data in a reliable, graphable way."

Using Canadian-made software, Sphygmo, physicians will be able to see how patients are responding to treatment, analyze data in a variety of formats and better determine next steps for patient care. To alleviate the stress associated with managing the machines at home, Dr. Dresser and his team will also provide personalized training to each patient when loaning out the machines.

"Measuring your blood pressure properly can be challenging," he says. "But through training, we can quickly get patients managing their blood pressure accurately and stress-free."

Thought to be the first of its kind in Canada, the library program strives to empower patients to take charge of their health and reduce anxiety related to physically being at the hospital.

"I'm most excited to see the progression in our ability to support the adjustment of medication without the patient ever having to step foot in the hospital," says Dr. Dresser. "This is where I can see the project making waves in the healthcare industry."

Being trailblazers in any industry often means having to overcome barriers. Dr. Dresser says having a donor who can help surmount the initial economic hurdle is invaluable.

"For me, the best thing about our donors is how they stimulate good ideas that were previously left unexplored. And often, those same ideas become the gold standard for an initiative moving forward."

Dr. George Dresser







THE DECADES AT A GLANCE

the Faculty of Medicine,
Department of Urology
(Division of Urology),
with primary practice at
University Hospital.

 1998: Dr. Chin and his research team establish what is now known as Dash 4 Dad. In partnership with LHSF, this has raised more than \$1.5M to date. team to perform the first robot-assisted radical prostatectomy in Canada at LHSC's University Hospital.

1995: Performs the world's first 3–D oultrasound-guided salvage cryosurgery for prostate cancer following radiation failure, now a minimally invasive alternative treatment for patients around the world. UWO Uro-Oncology Fall Review, bringing guest speakers from various specialties across the continent as they relate to urology.

2007: Dr. Chin runs the Boston of Marathon, raising funds for prostate cancer research. He repeats this again in 2009, 2011 and 2014, respectively. A total of \$300,000 has been raised through this initiative.



It's been some 43 years since Dr. Chin began his urology residency at the University of Western Ontario Teaching Hospitals in London, following his medical degree from the University of Toronto. In this time, he's remained resolute and focused on doing everything in his power to prevent and treat prostate cancer. And his contributions are nothing short of legendary.

A renowned surgeon and leader in urologic-oncology, Dr. Chin has also championed education, public awareness and fundraising efforts, all in support of vital prostate cancer research. Some of his fondest memories, he says, are of mentoring the next generation of surgeons and hearing updates on the successes of his patients. And while he may be quick to brush off compliments or praise, Dr. Chin is widely regarded as a staunch, tireless advocate who has immersed himself so fully in his chosen discipline.

Now, with retirement just on the horizon, London Health Sciences Centre (LHSC) and London Health Sciences Foundation (LHSF) would like to extend heartfelt congratulations on a long and distinguished career. For a lifetime's worth of dedication and accomplishment; for work and insights that have gone on to inform and affect countless lives, we invite you to celebrate with us the impact and legacy of Dr. Joseph Chin.

 2007: Helps show effectiveness of high intensity focused ultrasound (HIFU), another minimally invasive treatment for radio-recurrent prostate cancer. -- 2011: Appointed to The Order of Ontario, for contributions to treatment and raising public awareness of prostate cancer. 2017: Awarded the o-----Lifetime Achievement Award of the Canadian Urological Association. 2022: Helps establish the Chin-Hardie Chair in Urologic Oncology at LHSC.

2012: Awarded the • Queen's Diamond Jubilee Medal for prostate cancer research and treatment.

first transurethral magnetic resonance guided ultrasound ablation.

2022: Awarded the o-Lifetime Achievement Award by the Dean, Faculty of Medicine and Dentistry, Western University.





The transplant lab at University Hospital (UH) drones with the sound of computers, fluorescent lighting and equipment that gently oscillates trays of vials back and forth. People in their long white coats move from station to station, sometimes disappearing into small rooms containing centrifuges or cell counters. A sign outside a yellow-lit room warns of ultraviolet exposure.

Tech supervisor of pathology and laboratory medicine, Dr. Abubaker Sidahmed, leads us winding through to a room about the size of a walk-in closet, and there it is: the MiSeq next generation gene sequencing system. Pronounced, my seek, it looks something akin to a printer. However, like many aspects of medicine, looks can be deceiving.

"The best solid organ transplant outcomes are between a donor and recipient with closely matched HLA types," explains Dr. Sidahmed. "This technology will help us better diagnose our patients and allow us to perform more transplants."

Short for human leukocyte antigen, HLAs are proteins found on cells, which your immune system "reads" to determine whether they belong in your body. This is vital for any type of transplantation, from organs to stem cells.

Before, lab techs were only ever able to amplify a couple HLAs at a time. In fact, being such a time-consuming process, 24 HLA typings would take two technologists up to four weeks to complete. With MiSeq, the same number of samples can be completed in as little as three days. Not only that, but it's far more accurate.

"This machine will tell you the whole sequence," Dr. Sidahmed boasts. "Whether it's 100, 200 or 300 nucleotides, it will sequence the entire gene from A to Z."

For patients living with serious blood disorders such as leukemia and lymphoma, or those needing bone marrow transplants who require exact HLA matches with their donor, next generation sequencing is a gamechanger. By providing full family HLA typing at higher resolution than ever before possible, donors can be identified faster, allowing for earlier treatment options when time is of the essence.

But as funding remains tight for programs across London Health Sciences Centre (LHSC), Dr. Sidahmed says donors are the difference. As a lively, colourful event celebrating local artists in support of the Multi-Organ Transplant Program at LHSC, New Canvas of Life was instrumental in the team's acquiring this state-of-the-art piece of equipment. And thrilled as the team is to have successfully integrated the MiSeq into their lab over the past year, Dr. Sidahmed is ever practical, and cautious.

"At the moment, we only have one machine," he says. "If anything happened to it, we'd be back using the old technology and its long wait times. With a second machine, nothing will be able to stop us."

Another lab tech brushes by and looks at the readout screen of the MiSeq, noting 15 minutes left in its current cycle. Far from paper jams and printer errors, the MiSeq is painting a different picture of life for those in need of transplant.

SOME HEROES WEAR SCRUBS DR. MICHAEL CHU | CARDIAC SURGEDN | DONOR | LONDON, DN

Donations to LHSF are essential for doctors like Dr. Chu to help provide patients with the care they need through life-saving treatments, personalized care and groundbreaking research.











"Dave saved my life," Keith Lavergne says. His voice flutters with appreciation but it doesn't crack.

The house in LaSalle is bustling with people. He and his wife, Leanne, are all smiles as they introduce their three daughters and one granddaughter who plays at being shy but that quickly wears off. Another individual, suited, straight-backed with long white hair brought into a loose ponytail offers a firm handshake and a jovial greeting. This is Dave, and indeed, there is much to smile about.

When Keith went in for a routine check-up with his family doctor in 2014, his blood pressure was a staggering 230/165. After about six months of tests, it was eventually revealed Keith was experiencing end stage kidney failure. There was no choice but dialysis.

"Being on dialysis for an extended period of time really beats you down," Keith says. You can see the memory of his experience wash over him. "But the worst was meeting some of the people and getting to know them, then one day, they're not there anymore, and you just know."

Keith needed a kidney transplant and was acutely aware that because of his age he may need a second one down the road. And since the longevity of an organ is dependent on whether it comes from a deceased versus living donor, he was encouraged to begin looking for the latter. So, in a rare display of vulnerability, Keith took to social media, laying bare his situation in a group chat of nearly 100 family members. When Keith's cousin, Dave, learned of his condition, he didn't hesitate.

"It was an easy decision to donate my kidney," Dave says. "It was the right thing to do."

And in August 2019, Keith received a new kidney from his cousin, Dave. With the procedure led by visionary surgeon, Dr. Alp Sener, the Lavergnes were overcome with gratitude. Thankful for the expertise and attention to detail throughout their care at London Health Sciences Centre (LHSC), they did some investigating of their own, learning all they could about Dr. Sener's pioneering research into organ preservation. They wanted to help; they just didn't quite know how.

After much thought and deliberation, they decided upon a transformational gift of \$1 million to establish The Keith and Leanne Lavergne and Family Chair in Urology. A division consisting of some 14 faculty covering areas of adult and pediatric urology, which includes oncology, endourology, minimally invasive surgery and robotics, andrology, functional urology/reconstruction, surgical education and transplantation, the new chair position will have the means to elevate the department to an international centre of excellence.

As the inaugural chair holder, Dr. Sener says he and his team are humbled by the Lavergnes' generosity and are committed to being exceptional stewards of their gift. For the Lavergnes, they say they're just getting started.

"If this helps save even one person, it'll be worth it," Keith says. "We want this gift of hope to become a gift of life."

THE QUEST FOR EXCELLENCE:

SCHOLARSHIP **FUELING NEW** INSIGHTS INTO **WOMEN'S** HEALTH

World-renowned physician, Dr. Hugh Allen, has spent a lifetime innovating surgical techniques and improving how we approach women's health care. A past recipient of the Order of Ontario for his many contributions to medicine, at 99 years young you can still find Dr. Allen brushing up on the latest research and trends pertaining to women's health.

As someone who knows the value of hard work, Dr. Allen remembers the life-changing impact of winning his first scholarship.

"Being able to go abroad and learn from other centres was paramount to my success," Dr. Allen says. "I wouldn't have had the opportunities I did without a scholarship."

This same appreciation led him and his late colleague, Dr. Lewis Carey, to establish the Allen-Carey Scholarship, bestowed on those exemplifying the values inherent to people of progress and foresight. For 24 years, this donorfunded award has been promoting excellence in patient care and research, as well as supporting the development of future leaders in women's health in Canada.

Where are the recipients now?

Winners of the Allen-Carey Scholarship go on to pursue their research across Canada. Here's a look at where some of the past winners are today.

Vancouver, BC Dr. Jeffrey Wong, Obstetrics and Gynaecology

Dr. Aalia Sachedina, Obstetrics and Gynaecology

Dr. Chelsea Elwood, Obstetrics and Gynaecology Edmonton, AB Dr. Jeanelle Sabourin, Gynaecologic Oncology

Calgary, AB Dr. Steven Bisch,

Dr. Anna Cameron, Obstetrics and Gynaecology

Gynaecologic Oncology

Much like Dr. Allen's own experience, this scholarship represents a chance to affect significant, meaningful change by exposing recipients to other care centres in the country and abroad. By encouraging this growth, Dr. Allen hopes to pay back society and his profession for the opportunity he was given.

"Because, in a way," Dr. Allen says, "improving women's health is improving everyone's health."





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