Sunnybrook Foundation Report to Donors August 2018

### You took on the impossible with us.





As the president and CEO, I walk Sunnybrook's halls, visit its units on every Sunnybrook campus, and I speak to patients and families everywhere I go. People share with me their gratitude for the care our teams provide.

Our passionate and talented staff members are delivering world-class care in times of increasing demand for access to the health care system. We are committed to more than keeping pace with this demand. We are committed to inventing the future of health care, to providing care that is more personalized and precise, getting patients back to their lives sooner.

To do this, we are leading the world in focused ultrasound, providing scalpel-free surgery deep in the brain: today for essential tremor, tomorrow for cancer, Alzheimer's, depression and more. In our Cancer Ablation Therapy Program, high-tech machines combine imaging and ultra-fine beams of radiation to target tumours precisely. We are devising minimally invasive heart treatments so we don't have to open a person's chest.

These advances, and others you'll read about in these pages, will change the way we care for patients here at Sunnybrook, across Ontario and Canada, and even around the globe.

Philanthropy is fundamental to Sunnybrook's ability to invent the future of health care. The pace of medical innovation can only be accelerated by your generosity. We must attract the best medical minds, fund discovery, build state-of-the-art facilities, and acquire the world's most advanced equipment. Only the investment of donors can make this happen.

So when patients thank me for the care they've received, I know they are also thanking you.

Our work is only possible because of your generous investment in Sunnybrook.

Thank you.

Andy Smith, MD, MSc, FRCSC, FACS

President & CEO

SUNNYBROOK HEALTH SCIENCES CENTRE

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From broken hearts to lives restored.

Fear and uncertainty to groundbreaking discoveries.

You give us the means. We give you our best.

The audacity to take on anything. The courage to never give up.

You support us. You help us make it possible.



# Thank you

Making the impossible possible, with your generosity.

Sunnybrook is advancing the boundaries of what is possible in health care. Our medical teams take on the most challenging cases and respond with their best. Our scientists embrace the unknown to discover new therapies for those without hope. They are inspired and sustained by equally bold community investment.

Today we are world leaders in harnessing beams of energy to target disease with the utmost precision. Tomorrow we will decode our molecular building blocks so treatments can be specifically tailored to each patient. With precise and individualized care, patients can expect the best outcomes and faster recoveries.

Sunnybrook's signature focused ultrasound program marked another world first in 2017: opening the blood-brain barrier of patients with Alzheimer's disease. Tomorrow therapeutics will reach the brain to combat this debilitating and incurable disease. Philanthropic investment is key to the success of this program.

Donor support has also been instrumental in advancing our Cancer Ablation Therapy Program. Last year, the MR-Linac arrived to join the Gamma Knife Icon and the MRI-Brachytherapy Suite, completing our trio of first-in-Canada high-tech wonders. The MR-Linac combines real-time imaging with directed radiation to allow for adjustments during treatment. Again, our community was instrumental in securing these three revolutionary technologies: fully one third of the \$27 million total cost was paid for by donors.

The future of health care is being invented on many other fronts. Thanks to remarkable donor support, the Garry Hurvitz Brain Sciences Centre reached 95 per cent of its funding target, enabling the project to move forward with completion expected in 2020. Here, our global experts will collaborate under one roof to tackle the biggest brain challenges of our time, namely dementia, stroke and mental illness.

You will read about other bold projects and research initiatives in the pages that follow, all supported by you, our donor family.

Thank you again for entrusting your philanthropy to Sunnybrook Foundation. As honoured stewards of your investments, we hold ourselves to the highest level of accountability, and encourage you to review our audited financial statements online at sunnybrook.ca/foundation/statements.

We are so grateful to have you by our side. Together we will conquer the impossible, turning fear into hope, and saving ever more lives as we invent the future of health care.

Yours truly,

7

Fred Waks
Chair, Sunnybrook
Foundation
Board of Directors

Dr. Jon S. Dellandrea, C.M.

President & CEO,

Sunnybrook Foundation

We have revolutionized cervical cancer treatment. It's made all the difference to Kasia.





The procedure: Kasia surrounded by the team in the operating room (top); Kasia, on her way to the MRI machine (bottom left); mapping out treatment in the control room (bottom right)



# Easing the pain

Nine months after the high of giving birth to her son Nigel, Kasia Moroniewicz's world came crashing down with a diagnosis of cervical cancer. The elementary-school teacher from Brampton, Ont., was scheduled to undergo four courses of brachytherapy treatment at the Odette Cancer Centre.

Used primarily to treat prostate, breast and gynaecological cancers, brachytherapy for cervical cancer involves inserting a tube-shaped applicator into the vagina to deliver high-dose radiation into cancerous tissue. "What I was told about the procedure and what I read about it online scared me. It was long and the thought of going through it awake did nothing to comfort me in my already anxious state," she says.

Each of Kasia's first three treatments lasted the entire day. While she was under anaesthesia in an operating room, an applicator was implanted. Waking up later in recovery, she waited to be taken to the imaging department for an MRI. While her doctors looked at the images to map out her treatment, Kasia continued to wait, and, because by now the anaesthesia had worn off, pain medication was given to manage discomfort, which was considerable. Finally, she was wheeled to a lead-lined room for the radiation procedure. After that the applicator was removed, and she found herself back in recovery for another hour. Pushed past endurance, Kasia would often find herself in tears.

But then, for her final session, radiation oncologist Dr. Eric Leong offered Kasia the chance to try a new less invasive type of care, facilitated by Sunnybrook's new MRI-guided brachytherapy suite, the only one of its kind in the world. "With the suite," says Dr. Leong, who co-leads the Brachytherapy

Program, "it's a faster procedure, taking about two-and-a-half hours compared to eight to 10 hours."

The lead-lined suite combines, in two-adjoining rooms, state-of-the-art MRI equipment and an operating space. This eliminates the need to move the patient to multiple areas in the hospital, and allows for quicker imaging and treatment planning, all done while the patient is under general anaesthetic.

"In the short span of six months, we've revolutionized how we treat cervical cancer," says Dr. Ananth Ravi, medical physicist and the other co-lead for Brachytherapy. "It's no longer painful and traumatic for patients." Such a dramatic shortening of procedure time also means that more patients can be treated in one day.

All Kasia remembers, after greeting Dr. Leong and his team in the brachytherapy suite, was taking some deep breaths then, in what seemed like an instant, waking up in recovery.

She was back home early enough for afternoon playtime with her son.

"Compared to the other three courses of treatment, I was completely amazed at how easy this was to deal with both physically and emotionally. It was like night and day."

Kasia Moroniewicz

.

### **Need for** speed



The Cancer Ablation Therapy Program had a growing wait time for its brachytherapy suites and a scheduling and data collection system that staff had to fill out manually. The program needed a cutting-edge resource management software system.

So Sunnybrook turned to the Maxwell and Ruth Leroy Foundation, whose founders knew about managing work-

Candace Lewis tells this story of when

her father, Maxwell Leroy, was four years old in 1921: "He grew up poor in Cabbagetown, the youngest of four boys. He and his eldest brother shared a paper route. My father was the one who went door to door collecting the money, because when the 10-year-old – his brother – went people would say they didn't have any cash on them, but when the four-year-old went, they would give him the money. From the beginning, my father was a business man through and through."

Candace's mother, Ruth Leroy, grew up on Grace Street by Christie Pitts Park in equally humble circumstances and with a strong family tradition of giving back. "She was always saying you have to help people who are less fortunate than you," says Candace.

Hard work and business savvy guided the couple to prosperity through a marriage that lasted more than 60 years. A chartered accountant, Maxwell's keen eye for a business opportunity resulted in the purchase of the 36-bed Sunnycrest Nursing Home in Whitby, Ontario, in 1967. It was a business that the Leroys soon embraced. "My father liked helping people, giving back to the seniors, to people who throughout their lives had given to everybody else." Expanded in the 1970s and 1980s, the now-136bed home is going strong.

The Leroys' altruism always had a practical bent, so when the Leroys formalized their already numerous annual donations by setting up a family charitable foundation in 2002, Maxwell stipulated that money would be given only for something tangible for the benefit of those in need.

It is a philosophy that Candace, president of the Foundation since her parents' deaths (Ruth in 2005 and Maxwell in 2010), wholeheartedly supports.

The brachytherapy suites' new software system, purchased with the Maxwell and Ruth Leroy Foundation's generous support, has clear benefits: automated scheduling and data collection frees up staff time, maximizes usage of the suites, and tracks changes to improve the patient experience. For example, cervical brachytherapy treatment has been reduced to two and half hours from more than twice that duration, operating room efficiency has increased by 20 per cent, and the team is managing increased patient demand without adding to wait times.

"It was definitely a worthwhile donation. My father would have been amazed."

Candace Lewis

### **Fast-tracking** cancer care

After losing his wife, Susan, to a rare, hardto-diagnose form of cancer in 2009, David Leslie was driven to act so others might not have to experience the same painful journey and outcome.

Neuroendocrine tumours or NETs are abnormal growths in the neuroendocrine cells. While often slow-growing, they can affect any organ and cause a baffling array of symptoms common to many illnesses, from irritable bowel syndrome to menopause and food allergies to flushed skin.

Sadly, that means many patients, Susan included, often wait years for the right diagnosis – and treatment.

"Susan was a strong advocate for her care. A New York NETs expert recommended Dr. Andy Smith at Sunnybrook. Over time, she was treated by many of the NETs team, including Drs. Calvin Law, Simron Singh and Georg Bjarnason. We believed her care at Sunnybrook was outstanding," says David, a former Sunnybrook volunteer and past chairman and CEO of Ernst & Young LLP. David spent seven years as a member of the Sunnybrook Board of Directors, serving as chair from 2007 to 2012.

In 2012, following a fulsome discussion by hospital staff, he made a gift to establish a clinic specifically focused on NETs care and research. The Susan Leslie Clinic for Neuroendocrine Tumours brings surgical, medical and radiation

oncologists together with nuclear medicine physicians, interventional radiologists, pathologists and geneticists to provide one-stop treatment tailored to each patient's unique diagnosis and symptoms.

Each year, more than 1,000 patients benefit from the team's specialized, research-inspired care.

"A high volume of patients makes the clinic an ideal breeding ground for research focused on fast-track diagnosis and care," says medical oncologist Dr. Simron Singh. "We're establishing the largest clinical trial group for NETs in the country, with five major trials planned or underway, including two world firsts."

The Susan Leslie Clinic is also home to Canada's first neuroendocrine fellow – Australian-educated medical oncologist Dr. David Chan – as well as psycho-oncologist Dr. Elie Isenberg-Grzeda, endocrinologist Dr. Angela Assal, and Alia Thawer, an oral anticancer medication pharmacist at Sunnybrook's Odette Cancer Centre. With the Leslie family's support, Sunnybrook has also invested in a new clinic website and patient education materials.

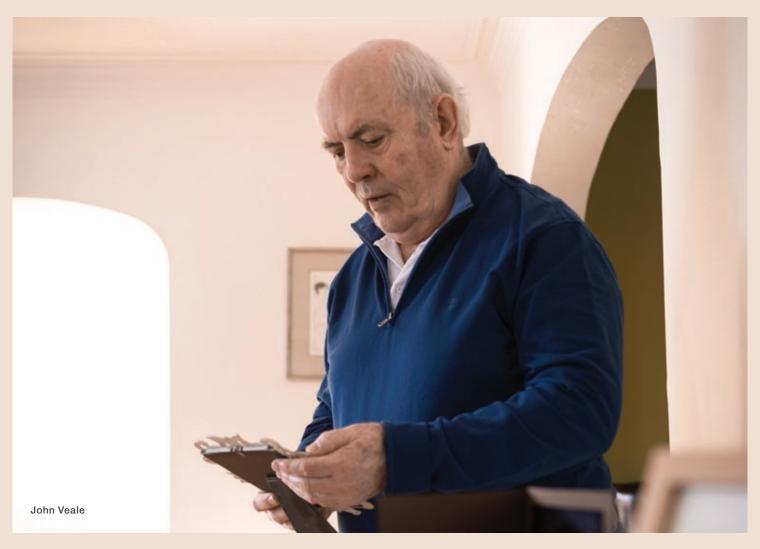
"This truly was a banner year for the Susan Leslie Clinic," says Dr. Singh.

Underlying it all is the Leslie family's support. David recently made a second gift to help the team maintain their momentum and undertake new research and pilot projects.

"It is wonderful how the clinic has developed with a multidisciplinary focus. This momentum will further grow the diagnosis, care and research on NETs."









# Keeping watch

Retired financial controller John Veale woke up in a cold sweat, feeling like his chest was being squeezed. He dropped his wife at the subway and then he drove on to Sunnybrook, where an ECG confirmed he was having a heart attack. "I used to play rugby, but I spent too many years sitting at a desk," he says.

John was catheterized to unblock the artery and given a stent to keep the blood vessel open. A month later, he received a pacemaker to manage his irregular heartbeat. Normally he would take a blood thinner for his atrial fibrillation but, with a prior brain bleed, the medication was too risky. Cardiologist Dr. Sheldon Singh suggested that John consider a Watchman device.

Atrial fibrillation (AFib) increases with age, affecting some 350,000 Canadians. While well controlled by blood thinners, not everyone can safely take these medications. For patients like John, Sunnybrook offers an innovative device that dramatically reduces the risk, and is now testing an even more novel approach to manage AFib.

Dr. Singh explains, "When in AFib, the heart's pumping action is inefficient. The blood pools and clots form. If a clot travels to the brain, it can cause a stroke. The majority of clots form in a pouch off the left atrium of the heart, called the left atrial appendage. Delivered via catheter, the Watchman device plugs this pouch, and significantly reduces the risk of stroke and bleeding."

John conferred with his family, who urged him to accept. John had the procedure in the spring of 2017 and has been fine since.

Dr. Singh and his colleagues are one of the handful of teams in Toronto using the Watchman, and, "We're grateful that donors cover the cost of each device so Sunnybrook can remain on the forefront of heart care." His team has implanted 16 since November 2015, with John being lucky number 13. With a record of success, Health Canada approved the device in 2016.

Now, Dr. Singh is leading a world-first clinical trial with some of the most prestigious hospitals in North America, including the Mayo Clinic, to test a new device called the Sierra Ligation System. Rather than pierce the septum or heart wall to deliver a device inside the heart, the new approach goes through the chest to tie off the left atrial appendage from outside the heart.

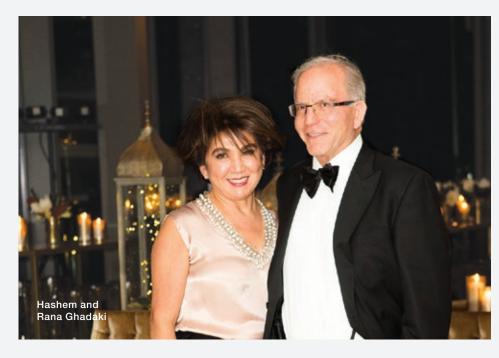
John Veale, who recently enjoyed his 77<sup>th</sup> birthday, is a new man. He's eating right, exercising, going to yoga classes and enjoying life as a husband, father and grandfather of three.

"I can't speak well enough of the care at Sunnybrook!"

John Veale

Schulich
Heart
Program

### Close to the heart



In 1999, before she was wheeled into open-heart surgery at Sunnybrook, Rana Ghadaki said goodbye to her family, because it was that serious.

Later, after the operation proved successful, she vowed to herself, "I don't want others to go through this," she said. "I want to give them a chance."

That chance came last year in the form of a \$500,000 donation to Sunnybrook's Schulich Heart Centre. Rana made the gift with her husband, Hashem, co-founder of Toronto real estate development company Times Group Corporation. Their donation is benefitting the ground-breaking clinical research of Dr. Daryl Kucey, the vascular surgeon they credit with saving Rana's life nearly 25 years ago.

Rana was just 23 and expecting her first baby when she was diagnosed with a congenital heart defect: part of her aorta, the tube that carries oxygen-rich blood from the heart

throughout the body, was narrower than usual. The life-threatening condition was repaired in the U.S. soon after the birth of the couple's daughter. Twenty years later, while living in Toronto, the patch ruptured, causing blood to flow through the aortic wall. Rana was rushed to Sunnybrook for lifesaving surgery to close the tear.

It's precisely that kind of invasive, emergency surgery that Dr. Kucey is now hoping to avoid. A leading expert in type B aortic dissections involving tears in the inner lining of the descending aorta, Dr. Kucey is searching for alternative treatments. Type B dissections are typically managed with medication to lower blood pressure. However, evidence shows that more than half of the patients will go on to require complex, high-risk surgery.

"What we're hoping to do is treat them more aggressively in the acute phase to eliminate these highrisk procedures down the road," Dr. Kucey explains.

He is leading a trial at Sunnybrook to test this theory, just the first of a series of studies to be funded by the Ghadakis' gift. If successful, the trial could lead to new protocols for how to treat patients with a type B aortic dissection – establishing a new global standard of care. Dr. Kucey also hopes to develop Sunnybrook as a regional centre for the treatment of all Greater Toronto Area patients with this condition.

"This research will make a real impact on patient care," he says. "None of this would be possible without the support of the Ghadaki family."

Rana couldn't be more pleased, both with the care she continues to receive at Sunnybrook and now with Dr. Kucey's efforts to pioneer innovative treatments that could help save even more lives.

"Dr. Kucey gave me another chance at life. I believe I'm meant to be here, so I can help others with my gift."

Rana Ghadaki

# Global partners, world-leading care

Last fall, Dr. Bradley
Strauss and Prof. Amit
Segev, both interventional
cardiologists, announced
a partnership between
Sunnybrook Health Sciences
Centre and the Chaim Sheba
Medical Center in Israel
to accelerate heart care.

The partnership leverages the two institutions' shared interests in innovative cardiovascular technology and procedures, development of medical device technology, and fellowships to advance medical training.

The synergy between the facilities is remarkable. Sunnybrook had its origins as a military hospital caring for soldiers injured during World War II and Chaim Sheba was born in 1948 to care for soldiers wounded during Israel's War of Independence – the same year Sunnybrook officially opened. Chaim Sheba has since grown into Israel's national medical centre and has become the largest and most comprehensive medical hub in the Middle East.

Under the leadership of Dr. Bradley Strauss, chief of the Schulich Heart Program and head of cardiology at Sunnybrook, Schulich staff has performed pioneering structural heart interventions and valvular surgical procedures, developed new treatments to improve angioplasty results in chronic total occlusions, and invented new forms of cardiac and blood vessel



Chaim Sheba's state-of-the-art Olga and Lev Leviev Heart Treatment and Research Center integrates diagnostic, therapeutic and preventive cardiovascular care under one roof. Prof. Segev, Chaim Sheba's Director of the Center and head of cardiology, states, "It is a centre of excellence, progress and cutting-edge technologies on an international level. My mission is to do everything I can to promote and enable the best treatment for heart patients."

The Schulich Heart Centre has a long history welcoming cardiology and cardiac surgical fellows from Israel and trains more Israeli fellows than any heart centre outside Israel.

As a start-up nation, Israel is an international leader in med-tech innovation. So, too, the impetus for Sunnybrook's Medventions program,

founded by Dr. Strauss, was to foster medical technology entrepreneurship. As teaching hospitals, Sunnybrook and Chaim Sheba are bolstered by robust research programs devoted to disease prevention, maximum precision in treatment and personalized care. The partnership has received initial support and fundraising efforts are ongoing.

Schulich

Program

Heart

This joint venture represents the dawn of a new era of cooperation between two health-care pioneers. Sunnybrook and Chaim Sheba have come together to pursue joint research and innovation projects, to share clinical experience and expertise in complex cardiovascular interventions, and to cooperate on educational opportunities for medical and innovation trainees.

"We share a common vision to invent the future of heart care."

Dr. Bradley Strauss





The Sunnybrook team
views the procedure
in the control room
(top); Rick Karr
about to undergo the
procedure (bottom)



### Leading the way for others

When Rick Karr was first diagnosed with Alzheimer's disease, he and his wife, Marie, were devastated. Rick and Marie weren't sure what their future would look like, or what Rick's diagnosis meant for their family.

"When I think about not being able to remember my kids, or my wife, or not remembering my granddaughters, I get emotional," says Rick.

Rick turned to music to cope with the diagnosis by composing songs—a strategy he's employed for much of his life.

Another way he's coped is by a decision to help others.

In the spring of 2017, Rick became the first Alzheimer's patient in the world to participate in a study that could forever change treatment of this disease. Led by Sunnybrook scientists, this study investigates the safe use of focused ultrasound to open the blood-brain-barrier in Alzheimer's patients.

Opening the blood-brain-barrier, a protective layer lining the blood vessels in the brain, offers a potential doorway to delivering medications directly into the brain. Rick was fitted with a specialized helmet-like device, co-developed based on Sunnybrook research, and placed inside an MRI. There, he was injected with microbubbles that circulate through his bloodstream. The MRI helps guide ultrasound waves to precise areas in his brain that shake the microbubbles, gently teasing apart the cells to create tiny openings in the blood-brain-barrier in those areas targeted.

Rick was the first of six patients to participate in this first phase of the study, which focuses on establishing the feasibility and safety of the procedure. So far this phase has proven successful, so the next stages could introduce drug therapies that have the potential to significantly slow the progression of Alzheimer's disease.

Though this treatment won't benefit Rick today, the next phases of the trial could lead to breakthroughs that will benefit countless others in the future.

Sunnybrook senior scientist Dr. Sandra Black and neurosurgeon Dr. Nir Lipsman are co-principal investigators of the trial. "By opening up the blood-brain-barrier using focused ultrasound, we've taken a small but important step that unlocks a whole new vista of possibilities," Dr. Black explains. "The hope is there may be a way to eventually open up multiple little windows, in a gentle way, in order to get large molecules like antibodies, growth factors and even stem cells into the brain."

Worldwide, one person is diagnosed with Alzheimer's disease every three seconds. It's those people that Rick wants to help.

"You can't stop time," he says. "So what you do is you live your life the best you can. I truly believe I would like to be known as someone who helped somebody else down the road."

# A golden opportunity

The Harquail family understands the importance of supporting innovation.

As president and CEO of Franco-Nevada, a company that invests in gold and other precious metals, David Harquail seeks out projects with the greatest value and provides them with the resources they need to flourish. It's a philosophy that he and his family keep top-of-mind in their approach to philanthropy.

Inspired by Sunnybrook's role as global leader in neuromodulation research – the ability to intervene in brain circuitry to stop, start and interrupt the systems at the root of the most common and challenging brain disorders of our time – the Harquails seized a golden opportunity to impact the future of medicine.

With a landmark \$5-million gift, made through their Midas Touch Foundation, the Harquail family has established the Harquail Centre for Neuromodulation in the Garry Hurvitz Brain Sciences Centre. It will be the world's first centre to offer a complete range of neuromodulation treatments under one roof. Sunnybrook Foundation will direct an additional \$5 million in donor funds, bringing the total investment to \$10 million.

"Sunnybrook is a world leader in



neuromodulation research, especially focused ultrasound," says David Harquail. "Our family's hope is that this investment will accelerate the pace of research and help bring new and more effective treatments for brain disorders, such as brain cancer and Alzheimer's, to patients faster. Sunnybrook is uniquely placed to advance this research."

The Harquail family's investment will build on the momentum of Sunnybrook's burgeoning neuromodulation research program. In 2012, Sunnybrook became the first Canadian centre to use highintensity focused ultrasound to treat essential tremor, the most common movement disorder. In 2015, Sunnybrook scientists became the first in the world to open the blood-brain barrier and deliver chemotherapy to a targeted area of the brain of a patient with brain cancer. In 2017, in another world-first, Sunnybrook's experts made history again by using focused ultrasound to successfully and safely breach the blood-brain barrier in patients with Alzheimer's disease.

Over the next five years, the Harquail
Centre will host Canadian, North
American and world-first clinical trials
of focused ultrasound and other

neuromodulation technologies for Alzheimer's, major depression, treatment-resistant OCD, brain cancer, Parkinson's, ALS, PTSD and more.

For the Harquails, all the right pieces were in place. "The progress being made in this field is very exciting. The neuromodulation research program is clearly supported by hospital leadership, and since we live so close by, we can remain engaged."

As long-time family friends of Seymour Schulich, another highly successful figure in the business world involved with Sunnybrook, the Harquail family has seen first-hand how philanthropy can help drive innovation.

Thanks to the vision of donors like the Harquail family, new treatments for the most common and challenging brain disorders of our time are on the horizon.

"Seymour's passion for philanthropy, including his landmark investment in the Schulich Heart Program at Sunnybrook, has rubbed off on us."

David Harquail

# Saving time, saving lives

For any patient, waiting weeks to learn whether the lump in your breast is cancerous is a time of huge anxiety.

Now Sunnybrook Research Institute (SRI) scientists have developed a tool using quantitative ultrasound that provides a quick and accurate read of whether a breast lesion is benign or malignant. This could be a game changer for rapid diagnosis following an abnormal breast exam.

The Canadian Breast Cancer
Screening Initiative target for
definitive diagnosis is five weeks,
seven if a biopsy is required.
However, according to a 2017 report,
Ontario is falling short of the goal.

Even though most abnormalities are benign, some 10,000 women a year are diagnosed with breast cancer in Ontario. Not only is waiting stressful, but delaying treatment can impact outcomes.

A team that included scientist Dr. Ali Sadeghi-Naini and Dr. Greg Czarnota, director of the Odette Cancer Research Program at SRI, recruited 78 women with suspicious lesions from the Marion C. Soloway Breast Rapid Diagnostic Unit (RDU) at the Louise Temerty Breast Cancer Centre. They then used the tool to distinguish benign lesions from malignant tumours, crosschecking their results with biopsy results and MRI scans. The quantitative ultrasound results were more than 90 per cent accurate.

Previously deployed to successfully predict chemotherapy outcomes, the tool reads the higher intensity signal caused by the cancer cells.

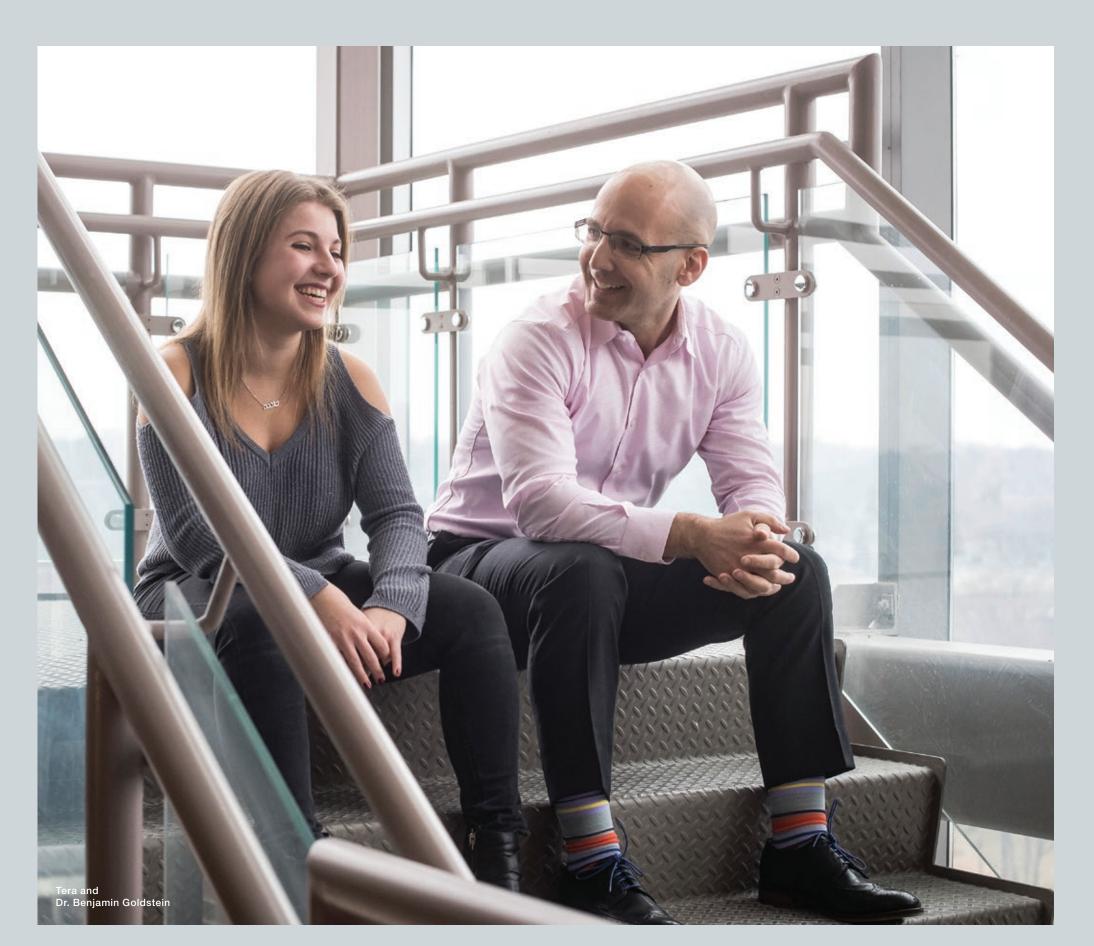
Dr. Sadeghi-Naini explains, "Tumour cells grow much faster and in an unusual way, where the cells are very tightly spaced and the blood supply is very irregular. The ultrasound signal is stronger because the tumour cells are so different."

Dr. Belinda Curpen, a radiologist at Sunnybrook's Gloria Odette Breast Imaging Centre who works at the RDU and is a co-author of the study, is enthusiastic. Right now, the standard process for a woman with a breast lump (so outside the RDU) involves a mammogram, then ultrasound and potentially a biopsy – taking as long as a month to confirm whether the lump is malignant. Dr. Curpen says, "We could reduce a lot of the biopsies we are doing for lesions that are obviously benign based on quantitative ultrasound imaging."

This offers two clear benefits beyond reducing the wait time for a diagnosis. First, reducing unnecessary biopsies in the RDU would allow the staff to see more patients, increasing efficiency. Second, immediate confirmation that a tumour was malignant would allow clinicians to jump right to the next step in treatment.

While further research is required, support from the Breast Cancer Society of Canada, the Canadian Breast Cancer Foundation, the Terry Fox Foundation and others has allowed the team to develop this potentially groundbreaking approach to rapid and accurate breast cancer diagnosis.





## Hearts and minds

Although Tera was familiar with mental health challenges, this was different. Diagnosed with OCD, anxiety and mild Tourette's in grade school, she was managing well with family support and treatment. But then, just before first term exams in Grade 12, she was overtaken by an inexplicable feeling of euphoria.

Not sleeping or eating, and not studying, she knew something was very wrong.

Admitted to a community hospital for a month for this episode of mania, she was ultimately diagnosed with bipolar disorder and referred to Sunnybrook's Centre for Youth Bipolar Disorder. Tera says, "The centre changed everything for me."

Dr. Benjamin Goldstein is the centre's director. In 2017, he was the recipient of the Royal-Mach-Gaensslen Prize for Mental Health Research, which honours early career researchers in mental health and encourages them to continue their work in Canada. In addition, Dr. Goldstein received funding from the Canadian Institutes of Health Research for research expanding on the link between bipolar disorder and heart disease. This research will help determine whether bipolar disorder is, in part, caused by problems with tiny microvessels throughout the brain and body.

To examine microvessels in the brain, the retina, the heart, and the finger tip, Dr. Goldstein has brought together a diverse team of Sunnybrook experts, including neurologist and brain researcher Dr. Sandra Black, brain imaging expert Dr. Brad MacIntosh, chief of ophthalmology Dr. Peter Kertes, heart

experts Drs. Bradley Strauss and Graham Wright, and vascular imaging researcher Dr. Alan Moody, among others.

As Dr. Goldstein notes, "To my knowledge, it's the first time Sunnybrook magnetic resonance imaging (MRI) experts are collaborating to study blood vessel function in the brain and heart simultaneously." He adds, "Ultimately, we're collaborating to change the status quo, all to offer better care for our patients."

Tera is doing well, completing her second year of studies at university. She has learned to listen to her body and the impact of lifestyle factors on her condition: she is careful about getting enough exercise and sleep, in addition to medication and therapy. She has also become involved in the Centre for Youth Bipolar Disorder, speaking at last year's annual research and education event, and participating in research.

"It's very rewarding that I'm able to contribute to research and make meaning out of my diagnosis."

Tera

# Bringing mental illness into the light

For Glenn and Stacey Murphy, building a better world for people with mental illness starts with breaking down stigma.

When they learned about Sunnybrook's plans to build the Garry Hurvitz Brain Sciences Centre, including a modern, integrated facility for inpatient mental health, they knew they had to act.

With a gift of \$10 million, the Murphys will create the Murphy Family Centre for Mental Health and build a new home for the Family Navigation Project (FNP) team. By putting their name on this centre for psychiatric care, the Murphy family wants to send a message that they support families in our community coping with mental illness.

"If you ask almost anyone, they have either personally – or someone close to them – has experienced a mental health challenge," Glenn says.
"With this gift we are supporting Sunnybrook's goal of aiding families in need."

In this state-of-the-art space within the new Garry Hurvitz Brain Sciences Centre, mental illnesses will be treated with the same dignity, respect and understanding as other brain disorders like stroke or dementia. Expected to open in 2020, the Garry Hurvitz Brain Sciences Centre will link each field of brain sciences – psychiatry, neurology,



neuro-imaging, neurosurgery, ophthalmology, otology and neuro-pharmacology – in an effort to accelerate research that will slow or perhaps even stop the devastation of brain disorders. By integrating psychiatry and the other brain sciences, Sunnybrook is changing how the world thinks about mental illness.

"Mental illness should not be approached any differently than other medical conditions," says Stacey.
"It should be treated like any other illness – whether that's heart disease, cancer or diabetes."

Glenn and Stacey are close friends of Sunnybrook. Their passion is readily apparent in Stacey's volunteer role on the Foundation Board, and Glenn's long-standing involvement in the FNP as chair of the Sustainability Committee.

The relocation of Sunnybrook's inpatient psychiatry unit from F-wing to the Murphy Family Centre for Mental Health will make way for a new, expanded home for the Family Navigation Project – another program close to the Murphys' hearts.

Established in 2013 by parents of youth struggling with mental illnesses and/or addictions, FNP has assisted over 2,000 families of youth ages 13-26 find the most appropriate services for their needs. Over the last four years, our navigators have created a comprehensive network for families in need by establishing relationships with over 1,100 treatment and service providers, centres and programs, both locally and nationally.

The Murphy family's investment is a testament to the powerful and personal ways that philanthropy brings about change.

"We have absolute confidence in Sunnybrook's vision, we look forward to seeing how this gift will reduce the stigma that prevents many from getting the help they need and deserve."

Stacey Murphy

## Racing to help families

Dr. Anthony Levitt, chief of Sunnybrook's Hurvitz
Brain Sciences Program and medical director of the Family Navigation Project (FNP), knew at once that he wanted to share the email from a patient of the FNP program with the team at RBC.

"I just wanted to reach out and thank you and your team for all that you do," wrote the grateful FNP client. "You are a beacon of light and truly make a difference to those in need."

The powerful words weren't just intended for Dr. Levitt and his FNP team of navigators and a parent advocate helping to connect families with mental health treatment services they might not otherwise receive; they also spoke directly to one of Sunnybrook's greatest corporate

champions and lead partner in supporting youth mental health: RBC.

In the five years since the launch of the RBC-Sunnybrook youth mental health partnership, RBC has helped raise close to \$12 million through donations, the annual RBC Race for the Kids and the unwavering support of the bank's leadership team and staff, who volunteer, champion the cause and run or walk – often with their families in tow.

"The RBC Race for the Kids plays an essential role in not only raising funds to keep FNP's phone lines open, but in building awareness about youth mental health," says Dr. Levitt. "It's amazing what we can accomplish when we work together."

Since 2013, the RBC Race for the Kids has attracted more than 37,000 participants and raised close to \$10 million in support of the Family Navigation Project. More than 2,000 youth and their families have been able to access the right mental health services and resources when they need them thanks to RBC's support and the expert navigation services of the FNP team.

In addition to their investment in the race, RBC made a generous commitment of \$2 million in 2016 to create the RBC Royal Bank Youth Inpatient Unit in the Garry Hurvitz Brain Sciences Centre, to advance facilities for Sunnybrook's division of youth psychiatry, Canada's largest.

"Helping youth and their families thrive is at the core of what we do at RBC every day. We are proud to stand together with Sunnybrook to support their vital work in youth mental health," says Patti Shugart, managing director and head of Corporate Banking & Global Credit at RBC Capital Markets, the executive sponsor of the race.

Dr. Levitt and his team see firsthand how RBC's investments are impacting families every day.

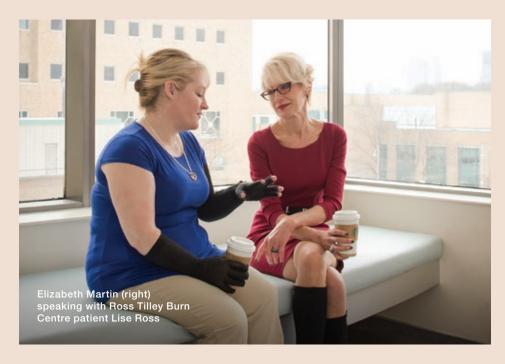
"I applaud the generosity, commitment and enthusiasm of RBC. Your support is changing lives."

Dr. Anthony Levitt



Tory Trauma
Program
Program

## A voice of experience



In 1998, Elizabeth
Martin, then chief
financial officer of
a mining company, was
severely burned in a
fiery helicopter crash
during a business trip
to Siberia.

She was pulled from the wreckage just before the fuel tanks exploded. "I collapsed on the ground in the most incredible pain I'd ever experienced," she remembers.

Things got worse before they got better. The crash survivors were forced to endure a second – even more terrifying – helicopter ride to reach a remote medical centre. The medical treatment there was primitive, with no pain medication. Four days later her brother-in-law, a Canadian emergency physician, was able to reach Siberia to arrange her transportation to a top hospital in London, England, where her anxious husband and son were waiting.

Elizabeth had suffered serious burns to a third of her body. Although she

began to recover physically, she was jumpy, cried constantly and suffered nightmares. She was diagnosed with severe post-traumatic stress disorder and underwent 10 months of psychiatric treatment. "It desensitized me to the incident. It changed my life," she says.

The trauma left Elizabeth with a deep sense of compassion and motivation to help others. Her work with burn patients started when she was outraged to read how a badly burned man was being treated with revulsion when he ventured out in public. She contacted St. John's Rehab, where he was receiving treatment. She began accompanying him on errands and speaking on his behalf

Elizabeth's background as a chartered professional accountant and her experience as a burn survivor led her to join the St. John's Rehab Board of Directors and then to serve for nine years on the Sunnybrook Board of Directors. Soon after completing her term, Elizabeth, with her husband Paul, made a generous gift to the Ross Tilley Burn Centre.

The couple are very much committed to their support of the Centre and in the research led by director Dr. Marc Jeschke, whose aim is to revolutionize burn treatment. Paul suggests the greater contribution, however, has been Elizabeth's long-time volunteer work at the Ross Tilley Burn Centre.

Nothing can beat the satisfaction Elizabeth derives from talking with burn patients weekly at Sunnybrook, as she's been doing since 2000. When patients see how her scars have faded and hear about her recovery, they gain new hope, regularly seeking her out with emotional expressions of how she has helped them. It's why she can't imagine stopping the visits.

"Volunteering with burn patients and helping people in need has been the most rewarding experience of my life."

Elizabeth Martin

# Improving life after trauma



When the everyday becomes the unthinkable in the blink of an eye, Sunnybrook is ready to provide life-saving trauma care, thanks to the generosity of the Tory family.

The Torys have supported
Sunnybrook for over 30 years and
across three generations. Their long
history of philanthropy includes
Sunnybrook's first endowed academic
chair, the Tory Family Chair in
Oncology Research, established
in 1992 by the late John Tory Sr. and
his wife, Liz.

In 2007, Liz and John made an extraordinary donation that named the John A. Tory Family Regional Trauma Centre. The Centre is the busiest in Canada, seeing over 1,500 patients each year from across the province.

Now, the Tory family is again stepping up to meet the needs of patients.

Liz and daughter Jennifer, a long-

standing volunteer on the Sunnybrook Foundation Board of Directors, have made a seven-figure gift to create the Jennifer Tory Trauma Recovery Clinic.

In this clinic, the first of its kind in Canada, trauma survivors will receive specialized support to overcome the often invisible and lingering effects of injury. The statistics are grim. Only 55 per cent of survivors return to work or school within a year of their injury. Up to 25 per cent show signs of post-traumatic stress disorder.

"We are learning that trauma survivors face significant challenges that require specific expertise. By pioneering a more innovative, holistic approach to care, the clinic will give patients the opportunity for the best possible quality of life after injury," says Jennifer.

In the 4,500-square-foot Jennifer Tory Trauma Recovery Clinic, to be located near the Tory Trauma Centre, survivors will receive care coordinated by a multidisciplinary team, requiring fewer hospital visits and all within one space.

"This clinic will be unique," says
Dr. Avery Nathens, Sunnybrook's trauma
centre director and surgeon-in-chief.
"We understand the long-term needs
of our most critically injured patients
after they have survived a trauma, but
now we need to develop a model of
care that assures these patients have
the best chance of getting back to who
they were before they were injured."

Thanks to the generosity of the Tory family, trauma patients will get that chance.

Remarkably, the family continues to expand their philanthropy in other areas of need at Sunnybrook. Sadly John Tory Sr. suffered a life-ending stroke in 2011. Liz has given an additional \$500,000 to help others avoid the same sudden loss. The Tory Stroke Training Fund will support rising stars in stroke care and research, and accelerate the work of Sunnybrook stroke experts Drs. David Gladstone and Rick Swartz.

The Tory family's steadfast generosity and commitment to volunteerism have impacted thousands of patients' lives. With their support, Sunnybrook is inventing the future of health care.

Amanda's
pregnancy was
high risk.
Her baby was
a miracle.
They were both
in good hands.



# A mother's comfort

After careful preparation, the specialized Sunnybrook team was ready to surgically deliver Amanda Levkov's miracle baby, because this would be no ordinary birth. Just 16 months earlier, Amanda survived a stroke thanks to care at Sunnybrook.

Thirty-four years old and with three young children, an entrepreneur husband and a thriving business as a wedding decorator, Amanda's life was hectic but fulfilling. Then, out of the blue, she experienced an unusually persistent headache. At the local community hospital she was eventually diagnosed with blood clots in the veins around the brain and a bleed in her brain – a form of stroke called a cerebral venous thrombosis.

She was transferred to Sunnybrook's intensive care unit under the care of a team that included thrombosis expert Dr. William Geerts, neurologist Dr. Karl Boyle and endocrinologist Dr. Jay Silverberg. As Dr. Geerts explains, Amanda's heightened risk factors for clotting included a gene mutation (discovered later through testing), thyroid inflammation and the use of an estrogen patch.

After two weeks of care at Sunnybrook, Amanda went to rehab where she had to re-learn how to speak and write. Venous strokes are generally less severe and Amanda suffered no lasting physical symptoms but does have cognitive and memory issues: "Now I can read to the kids slowly, but afterward I don't remember the story."

When Amanda learned she was pregnant, she immediately saw Dr. Geerts.
Given that pregnancy increases the risk of stroke, Amanda required careful monitoring by Sunnybrook's High Risk Obstetrics Clinic to ensure all went well for mother and child.

Dr. Geerts referred Amanda to Dr. Noor Ladhani, who cares for women with a history of or elevated risk of stroke.

Research that Dr. Ladhani co-authored showed that pregnant women have three times as many strokes as non-pregnant women of the same age.

Dr. Ladhani monitored Amanda's pregnancy to term, but it was important to time her delivery and taper her blood thinner for a specific date and to avoid natural labour. Amanda recalls, "They timed everything and took every precaution to make sure I didn't stroke again."

Following delivery, mother and baby Jesse were both healthy.

Amanda was very impressed, not just by the continuum of on-going expert care she received at Sunnybrook for her highrisk pregnancy, but by the attitude of all the staff: "Every person I came in contact with cared one hundred per cent."



# Delivering improved care



Adetoun Oyenubi wanted, more than anything else, to have a baby.
Unsuccessful in her attempts to conceive naturally, she turned to in vitro fertilization (IVF). In 2012, Adetoun finally became pregnant at age 36. "I was overjoyed," she recalls.

But then, 23 weeks into the pregnancy, she started feeling "strange." Adetoun was diagnosed with an incompetent cervix, a condition in which the cervix begins opening too soon in pregnancy. Labour was induced and the baby – a boy born four months too soon – died shortly after birth, in her husband's arms.

Four years passed before Adetoun found the courage to begin again.
There was a second attempt at IVF, also unsuccessful, but a third try produced twin embryos.

Amanda and Mike Levkov being

circled by their children (left to right) Cayle, Jesse – their miracle

baby, Noa and Ethen.

Adetoun's age and medical history made carrying twins a risk. The doctor

at the IVF clinic recommended selective reduction – limiting the pregnancy to one child, who'd then have a better chance of survival. "I was in tears," she says. "I had prayed for twins. I didn't want to lose one of them."

So Adetoun consulted with Dr. Jon
Barrett, head of Sunnybrook's specialized clinic for multiple births. Instead
of selective reduction, Dr. Barrett
performed a cervical cerclage—stitching
the cervix to hold it closed and prevent
pregnancy loss or premature birth.
"He's the guy to go to if you're having
twins or triplets," she enthuses. "I felt
like I had won the lottery!"

Chinasa and Chidinma were born in August 2017 after a healthy length of pregnancy, and they're thriving.

Dr. Barrett, who holds Sunnybrook's
Waks Family Chair in Maternal Fetal
Medicine, is spearheading the launch
of the Alliance for the Prevention of
Preterm Birth and Stillbirth in Ontario
With government support and the
support of our generous donors, this
collaborative is bringing together
families, maternal and newborn care
providers, hospitals and researchers

to reduce preventable preterm births and stillbirths in Ontario, improving infant health outcomes and quality of care for families.

"There are simple steps we can be taking to help families and care providers prevent these babies being born too soon. We also know 700 infants are stillborn each year in Ontario, and we can prevent many of these losses using increased screening and fetal movement monitoring."

The Alliance will coordinate information and services across Ontario, establish a screening program to identify pregnant women at higher risk for premature birth, and initiate a treatment program for mothers who have previously delivered a preterm baby.

The launch of the Alliance is good news for families across the province.
And it's comforting for Adetoun to know her experience will help identify and treat women at higher risk for preterm birth, saving families from the immense stress and uncertainty of having a premature baby.

### Changemakers

Chris Partridge looks at his three healthy children and counts his blessings. He knows very well that the joy of pregnancy and birth are not always without complication.

"Many of us are having children later in life and sometimes that can mean higher risk pregnancies and babies who are born prematurely," says Chris.

It's those stories of early arrival

at Sunnybrook's lifesaving Aubrey & Marla Dan Centre for Women & Babies that inspired Chris to not only support, but also to co-lead, a new program launched by Sunnybrook Next Generation (SNG), a group of volunteer advocates and ambassadors for Sunnybrook. SNG's Champions of Change encourages young professionals like Chris, a partner at corporate finance law firm Wildeboer Dellelce LLP, and co-chair Melanie Dowhaniuk, the founder and president of Imaginis Business Development Inc., to support the

exceptional care of the smallest, most fragile babies by bringing the latest lifesaving technologies to Sunnybrook.

Approximately 300 of the more than 4,000 babies born at Sunnybrook each year weigh less than 1,500 grams, including 100 micropremies – babies born at the earliest margins of survival, before 26 weeks gestation. Sunnybrook cares for one of the largest population of micropremies in North America. These tiny infants and their families count on the hospital to have the best equipment to help them stabilize, grow and thrive.

Chris, Melanie and the Champions of Change founding families plan to deliver.

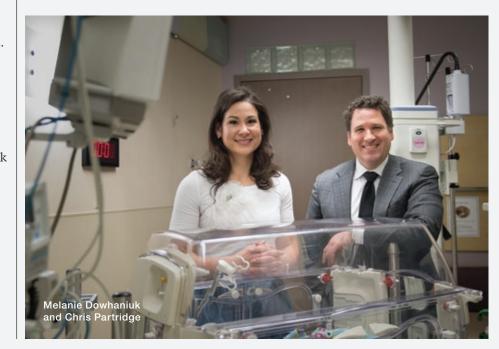
"Between 2018 and 2022, our goal is to attract 10 to 15 donors to invest \$25,000 each," explains Chris. Five donors, including Chris and Melanie, have already confirmed their commitment. Each of these investments will be matched up to \$250,000 by the Gulshan and Pyarali G. Nanji Family Foundation, long-time Sunnybrook supporters. Collectively, the Champions of Change initiative will benefit two

of the greatest technological needs in Sunnybrook's Aubrey & Marla Dan Centre for Women & Babies: resuscitation incubators that closely mimic the environment of the womb, and infant shuttles for the safe transport of babies in distress.

"We were interested in supporting priorities with an immediate impact that our peers can relate to," says Melanie. Many Champions of Change donors in their thirties and forties are starting or growing their families and sensitive to the unbelievable stresses faced by parents of infants in the Neonatal Intensive Care Unit. "What's also unique about the program," she adds, "is the fact that we're investing in next-generation technologies that will play a vital role in patient care."

"This is only the beginning.
We have so many ambitious
plans. The Champions of
Change initiative is going
to do amazing things!"

Chris Partridge





# A life of adventure

When Richard Ratcliffe left
his home in St. Catherines,
Ontario to enlist at age 17, he
was on a quest for adventure,
eventually travelling far
from the Royal Canadian Naval
College in British Columbia to
the Mediterranean, the Middle
East and the Western Pacific,
as well as seeing active
service during the Korean War.

As a member of the Royal Canadian Navy, Richard participated in daring missions around the world, buoyed by a sense of pride in being able to defend the interests of the United Nations and NATO over the course of a successful military career that spanned roughly 25 years.

He rose through the ranks, serving aboard 12 ships and ultimately as Commander of the famed destroyer the HMCS Qu'Appelle, with a crew of 230. During the Korean conflict from 1950 to 1952, he helped provide anti-aircraft and anti-submarine defence, which included escorting an aircraft carrier flying strikes into North Korea.

Following active duty, Richard served another five years with the Royal Canadian Navy Reserve. Subsequently, he worked for the Maritime Council of Premiers in the Nova Scotia government, and as head of the residence at St. Mary's University. In 1981, he and Mary Patricia, his wife of

almost 50 years, established Cumberland County Knitters, a cottage industry that manufactured hand-knit sweaters and fashion accessories.

While Richard's naval career was filled with drama, one of the highlights of his life took place in 2017 when he soared over Niagara Falls by helicopter with his grandson Joe as part of the Sunnybrook Veterans Grant a Wish, a program made possible by donor support. Viewing Niagara Falls from the air had been a life-long dream of his. "As children, the Falls were always an attraction for us. The ride lasted just 12 minutes, but for me, it was the trip of a lifetime."

His "can do" attitude and leadership abilities still characterize Richard at age 89. As a resident in Sunnybrook's Veterans Centre for roughly two years he's enjoying sharing stories and memories with his fellow veterans, but he lives very much in the present. In 2017, he was elected president of the Veteran and Community Residents' Council. What's more, that year he was also featured on the *Toronto Star* front page as one of three veteran bearers of the Invictus flag.

Richard's adventure continues, this time in service of his fellow veterans with whom he shares his youthful spirit and love of life. "The war was exciting, but right now is just as exciting," he exclaims. He is visibly moved when expressing his gratitude to Sunnybrook Veterans Centre for the outstanding care he has received. "We're 475 of the most privileged people in Canada. We're treated like royalty every day."

## A family tradition



28



"I literally grew up around the hospital and it made a lasting impression on me," he says.

Fast forward several decades later and Stephen is the third generation of the Beatty family to serve on the St. John's Rehab Hospital Board of Directors and eventually as chair.

In 2001, during Stephen's tenure as chair, a family incident touched him deeply after his late father, Clifford, underwent hip replacement surgery. During a ski outing a short time later, to his amazement, Stephen spotted his father's car parked in an accessibility spot in the parking lot. "I'm going skiing!" his father exclaimed enthusiastically. Witnessing this rapid recovery from major surgery crystallized in Stephen's mind the importance of staying involved with St. John's Rehab. "It's an incredibly warm place," he says. "A lot of health care deals with medical statistics and fact-based information, but St. John's Rehab puts the heart back into health care and brings people back to life."

Stephen has been a senior-level executive at KPMG for over 25 years and is a member of the Board of Directors at Sunnybrook. As a director on the boards of the

Sunnybrook Research Institute and the Sunnybrook Research Academy, Stephen eagerly shares his insights with potential donors and volunteers. "Deciding what area of the hospital to support and how to do so are essential. My advice is to pick one project and stick with it so that your contribution has the greatest impact. In addition, you'll gain a deep understanding of the system and how to maximize your effectiveness within it."

Part of Sunnybrook's vision is to build the most advanced rehabilitation research lab in Canada, which will allow us to develop and test treatments and attract the next generation of leading rehabilitation experts. "The lab will expand our research capabilities so that we can return people to as close to one hundred per cent of their lives as possible," explains Stephen. "I've continued as a volunteer all these years because I get more out of it than I put in. If we can help a lot of Ontarians, the energy we expend is an insignificant price to pay. Everyone at Sunnybrook has one more caring chromosome. Together, we're inventing the future of rehabilitation."

# New roads to recovery

Mary El Milosh ("El" for Elspeth) had been through a trying time, but it was about to get worse. The 72-year-old former educator had undergone a hip replacement.

During her recovery, she fell on her deck and broke her knee cap. Then she slowed right down: she was stiff, with far less energy. Then, one day, standing in the bathroom, she felt an oddness overtake her and she started to slip to the floor.

Her husband rushed her to their community hospital where she was ultimately diagnosed with a prolonged multi-day stroke. "I was fit and physically active and just didn't think about getting from A to B, and after the stroke I couldn't hold a piece of paper," she says. But a pilot program at St. John's Rehab has allowed Mary to resume a portion of her daily tasks.

As physiotherapist Katherine Dittmann explains, with the Cognitive-Augmented Mobility Program (CAMP), "We wanted to test whether adding a cognitive element to a mobility program with self-selected goals would not only improve patients' functional mobility, but also their problem-solving abilities and confidence, so they could continue to build on their gains when they go home." The rehab team of a physiotherapist, a physiotherapy assistant and a volunteer worked with four participants for two days a week over eight weeks to test drive this new approach.

Mary was intent on improving her ability to move about the house and in public, and to contribute more to running the household. "I worked on my upper body strength so I could carry my cast-iron casserole dish. I wanted to be able to climb the steps to my front door, and down to the cellar to watch TV with my husband – I follow U.S. politics – so lower body exercises too. And I wanted to help by putting the dishes away and by writing a grocery list," she says.

Mary particularly appreciated the cognitive aspect of the program. "It sharpened my thinking around my goals and capacities and gave me mental energy and confidence. Being involved in CAMP made me feel I could do things, accomplish things I wanted to get done – such as sorting my linen closet."

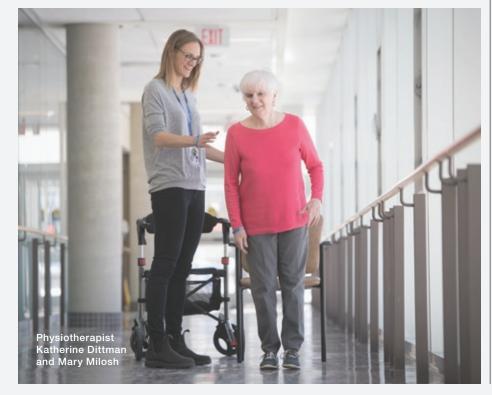
Now that two groups have completed the program at St. John's Rehab, Dittmann reports that the participants made excellent progress on their self-selected goals, as well as making improvements in balance and mobility skills, and endurance.

Thanks to CAMP, Mary has the tools and the confidence to reclaim her life.

"It was a real privilege to work with my colleagues and these patients on this project. It confirms that people are much more committed to goals that mean something to them. It just

Katherine Dittmann

makes sense."



Holland Bone &

Joint Program

Joint Program

## **Enduring gratitude**

In the 1980s, Evelyn and Jack Downing and Dr.
Stewart and Marilyn Wright formed a friendship that would last a lifetime.

As neighbours, they enjoyed spending time visiting each other at their country homes in the hills of Mulmur, Southern Ontario. "We were so close that we considered Evelyn and Jack our extended family," says Dr. Wright.

Dr. Wright is the third generation of orthopaedic surgeons from his family to practise at the Holland Orthopaedic & Arthritic Centre, renamed in 2006 in recognition of Susanne and William Holland's investment. The hospital was founded by his grandfather in 1949, establishing a family tradition of giving back to the community that continues to this day.

With roughly 2,400 joint replacement surgeries annually, the Holland Centre at Sunnybrook is the highest volume hip and knee joint arthroplasty facility in Canada.



"We're seeing patients with arthritis and orthopaedic trauma at a younger age than ever before. Getting them out of bed and moving the day after joint replacement is key to their rehabilitation. By shortening recovery times, we're helping patients return to their lives sooner," explains Dr. Wright.

After Evelyn and Jack had several surgeries, the enduring personal relationship between the Downings and the Wrights extended into one of deep appreciation by the Downings for the outstanding care they received at Sunnybrook. They decided to express their gratitude by leaving a gift to the hospital in their Will.

Evelyn passed away in 2016 at age 96, predeceased in 2014 by Jack at age 93, but their spirit of gratitude lives on as a generous legacy gift to the Dr. Charles S. Wright Musculoskeletal Education Fund, which supports professional development. "Staff learning translates to improved clinical outcomes for our patients," says Dr. Wright.

"A growing number of patients will need the services we offer, so the importance of legacy giving cannot be overstated," he adds.

Terry O'Sullivan, a long-standing member of the Sunnybrook Foundation Board of Directors, and volunteer lead for the Gift & Estate Planning Program, has witnessed the impact of legacy gifts. "They offer people a variety of easy, tax-efficient ways to leave a future gift to Sunnybrook. Supporting Sunnybrook in this meaningful way has the power to change lives," he says.

Evelyn and Jack Downing experienced first-hand the level of commitment and care that characterizes Sunnybrook. Their thoughtful philanthropic investment promises to impact medical practitioners and patients for years to come

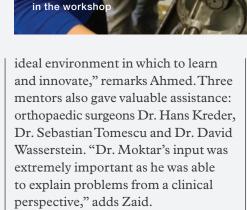
# Bringing medtech to market

Last year, a group of three enthusiastic aspiring medical-technology (medtech) inventors huddled around an operating room table in the early-morning hours to identify — and solve — the most pressing problems in musculoskeletal surgery today.

They were participants in Medventions, a fellowship program launched through Sunnybrook's Schulich Heart Program in 2016, run by Ahmed Nasef, Medventions program manager. Last year, it was expanded to the Holland Bone & Joint Program to study orthopaedic surgery, which represents a high-volume area for Sunnybrook.

While Canada has a robust history of scientific research, we rely heavily on imported medical devices. Medventions seeks to promote homegrown inventions by bridging the gap between the clinical, research and business domains through collaboration between clinicians, engineers, scientists and entrepreneurs.

The musculoskeletal cohort, led by Dr. Cari Whyne, senior scientist at the Holland Bone & Joint Research Program, was composed of Dr. Joel Moktar, an orthopaedics resident at Sunnybrook, Zaid Atto, a biomedical engineer, and Angela Lin, a biomedical engineering student at the University of Waterloo. "Dr. Whyne was extremely excited about providing the fellows an



Medventions fe

The program has three objectives: to identify unmet surgical needs, develop solutions and assess their viability; to teach the skill set needed for successful medtech entrepreneurship; and to foster access to relevant stakeholders who can help with commercialization.

"The team examined operating room work flow, software and mechanical solutions, and instrument tracking and visualization systems to improve patient outcomes in orthopaedic surgery," explains Ahmed.

"We spent a lot of time observing surgeries to see where time was being lost or instruments could be designed or used differently," says Angela. "We had eureka moments when we proposed an idea and one of our mentors said the design wouldn't work in a clinical setting. They were able to suggest an alternative that was a better fit mechanically or economically," she remarks.

The group considered roughly 100 problems, short-listed 12 potential devices, did prototyping and software modelling for several of these, and selected one concept for development. The aspiring entrepreneurs are hoping to file for a patent for their chosen invention this year.

Medventions has been funded exclusively through generous donor support amounting to nearly \$700,000.

"Within the next few months, we hope to start the commercialization of this device through the creation of a spinoff company."

Ahmed Nasef



### A call to serve

In mid-December 2017, Ukrainian military veteran Andriy Usach arrived in Toronto, en route to Sunnybrook for extensive reconstructive surgery, a journey that began in 2014 during the war in the Ukraine.

He and his fellow soldiers were pinned down by heavy artillery fire while defending the Luhansk airport. Evacuated with massive shrapnel injuries, he suffered damage to his left forearm, a crushed left leg that later had to be amputated, and a smashed jaw.

Ukrainian surgeons did their best to knit his jaw back together, but they lacked expertise and resources in a health-care system that was quickly overwhelmed with casualties. While dealing with the psychological trauma of disfigurement, Andriy was also left to live and feed himself as best he could with the constant physical pain and discomfort of a barely functioning jaw.

During a humanitarian surgical mission to Ukraine organized by the Canada Ukraine Foundation, Andriy's case was brought to the attention of Canadian volunteer and Sunnybrook plastic surgeon Dr. Oleh Antonyshyn. But unfortunately, the surgery needed to fix Andriy's jaw was too complex to be performed during the week-long mission: the team just did not have the necessary tools or resources.

To do the job properly, Andriy would have to come to Canada – he would have to come to Sunnybrook. But how?

Dr. Antonyshyn sought support and found it readily from Sunnybrook's administration and fellow surgeons and anaesthesiologists. Staffers would volunteer their time and expertise. A surgical suite was available for use during off hours. The Canada Ukraine Foundation came on board to facilitate travel documents, flights, accommodation and Ukrainian language interpreters. But they still needed to cover all medical costs during Andriy's stay.

In stepped a group of Sunnybrook donors, whose generosity was crucial

to the success of this humanitarian effort. Thanks to them, and the pro bono work of the Sunnybrook medical team, including surgeons, anaesthesiologists and nurses, Andriy had his surgery. It took 13.5 hours. A 3D custom patient-specific jaw model, provided free-of-charge by Sunnybrook medical device start-up Calavera Surgical Design, was employed by the surgeons to shape Andriy's new jaw, successfully reconstructed using a bone graft taken from his shoulder.

Andriy has recovered nicely, and was able to go home to his spouse and two daughters in early January, just in time for the Ukrainian Christmas.



#### Rose Awards



The 2017 Sunnybrook
Rose Awards were awarded
to Ms. Sheryl Kerr, a
Sunnybrook Foundation
volunteer for just under
20 years, and cancer
chief Dr. Calvin Law.

The two were honoured at the 10<sup>th</sup> annual ceremony to recognize Sunnybrook staff members and Foundation volunteers who make extraordinary efforts to invent the future of health care through philanthropy.

"I worked closely with Sheryl for many years," explains Sunnybrook psychiatrist and former chief of the Hurvitz Brain Sciences Program Dr. Ken Shulman. "Her perseverance, vision and generosity have been an important part of the success of the Hurvitz Brain Sciences Program."

As a Foundation Board member and lead contributor to several board committees, Sheryl was a staunch advocate for the hospital's fledgling neuroscience program. Her efforts to

bring mental illness out of the shadows helped lay the groundwork for the launch of the current multidisciplinary Hurvitz Brain Sciences Program.

Between 2007 and 2013, Sheryl chaired the Neurosciences/Brain Sciences Campaign Cabinet, which raised more than \$30 million. She and her husband, David, recently made an extraordinary personal gift to the Garry Hurvitz Brain Sciences Centre, and Sheryl encouraged many others to follow her lead.

Dr. Calvin Law is an equally passionate ambassador for Sunnybrook's efforts to transform cancer care. Chief of the Odette Cancer Centre and regional vice president of Cancer Care Ontario, he leads by example, collaborating on fundraising events and donor meetings, and inspiring his colleagues to do likewise.

During his four years as chief, more than \$35 million has been raised for cancer research and care. Thanks to his leadership with the community, Sunnybrook is on the leading edge of cancer care with the state-of-the-art Cancer Ablation Therapy Program, with fully one-third of the total cost raised through donor support.

"It's no coincidence that Ms. Kerr and Dr. Law are recognized for their contributions to two of Sunnybrook's world-leading programs," says Dr. Andy Smith, Sunnybrook's president and CEO. "Our researchers and clinicians in the fields of brain sciences and cancer are conducting breakthrough research and pioneering innovative treatments that have the power to not just transform, but also to save lives."

"We're so grateful to Ms. Kerr and Dr. Law for making mental health and cancer the focus of so much of their energy and time."

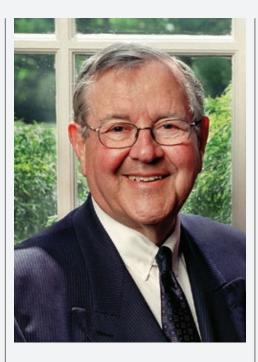
Dr. Andy Smith

Tribute

### In tribute

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Five great friends of Sunnybrook left us last year, having lived long and remarkable lives. Each enriched the hospital through their leadership, skills and resources, ensuring Sunnybrook's evolution into a world-leading centre of care and research. We celebrate their lives and mourn their passing.







Dr. Martin Barkin was a forwardlooking researcher, gifted surgeon and leader of great distinction who advanced Sunnybrook and the Ontario health system with unswerving conviction. He was, successively, chief of the Division of Urology, president and CEO at Sunnybrook, and the deputy minister of Health for Ontario. He then achieved success in the private sector, during which time he returned to Sunnybrook as chair of the Board. A dedicated and longstanding champion of the hospital, Dr. Barkin's legacy of excellence is celebrated through the Dr. Martin Barkin Chair in Urological Research.

### **Bruce Johnson** *1922-2017*

Bruce Johnson was a uniquely private man with a gift for making sophisticated medical equipment. For more than four decades, he flourished as the machine shop supervisor at the University of Toronto's Faculty of Medicine, receiving the Chancellor's Award of Excellence in 1995. Bruce first supported Sunnybrook's Ross Tilley Burn Centre and then the Echo Lab before he died in 2017, leaving his estate to the hospital. As his cardiologist, Dr. Shaheeda Ahmed, noted, "A man of few words, Bruce spoke loudly with selfless acts of kindness."

### **Bob Luba** *1942-2017*

Bob Luba was gifted with a deeply analytical mind, which rapidly took him to the top of Canada's financial sector. He gladly shared his investment acumen with innumerable organizations and charities, including Sunnybrook. Here Bob founded and then successfully chaired Sunnybrook's joint hospital-foundation investment committee for many years. Bob was also a devoted husband and family man who celebrated his 55th wedding anniversary in the last year of his life. To his children he passed on his abiding belief in the importance of giving back to the community.

### **T. Iain Ronald** 1933-2018

A Scotsman with a CA, a law degree and a Harvard MBA, Iain quickly cut a swath through the business world. A rising executive in Toronto, he and his wife, Cristina, were introduced to Sunnybrook when their eldest son was fatally injured. President of Zellers, then co-CEO of HBC, Iain retired as vice chairman of CIBC in 1995. A strong believer in giving back and moved by the care their son received, Iain served as chair of the Foundation Board (1995-2002) and remained a supporter for the balance of his life.

### Sandra Jane Spencer

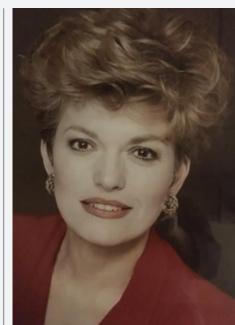
1939-2017

A renaissance woman of extraordinary flair and confidence, Sandy was one of the first women in the investment field in Canada. One of three original advisors at TD Evergreen, she retired as a VP of TD Waterhouse, having helped innumerable women follow in her path. She was equally dedicated to all she put her hand to: entertaining, gardening, painting, snowboarding, tennis and more. A Foundation board member for the Orthopaedic and Arthritic Hospital (now the Holland Centre), Sandy and her husband of 54 years, Chuck, have been great friends of Sunnybrook.

He then achieved success in the supported Sunnybrook's Ross joint hospital-foundation investment lain retired as vice chairman all she put her hand to: entertaining,







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