



**MONTREAL
SACRÉ-CŒUR
HOSPITAL
FOUNDATION**



FALL 2018 | VOLUME 3 NUMBER 3

A LONG TRADITION OF DEDICATION

By the end of this year, I will have had the pleasure of being the spokesperson for the Foundation for three years. How the time has flown! I am delighted to have been able to add my modest contribution thus far, and plan to do even more in the coming years. Yes, I'm happy to tell you that I'm renewing my commitment for at least three more years. During that time, I hope to be able to persuade even more people to donate. Together, we can ensure that the Hôpital du Sacré-Cœur-de-Montréal will continue on its path towards excellence, a path paved by its pioneering and humane physicians, specialists, nurses, administrative staff and devoted managers.

And speaking of devotion, I wish to highlight a very important anniversary this year: 175 years of the Congregation of the

Sisters of Providence. They have spearheaded numerous charitable works, one of which was the creation of the Hôpital du Sacré-Cœur-de-Montréal Foundation, in 1976. The Congregation established the first *Hôpital des incurables* and sanatorium, which would one day become the Hôpital du Sacré-Cœur. To reflect its pride in its founders, in 2009 the Foundation chose *Émilie* as the name of the statuette awarded to winners at the *Gala des Émilie*, in tribute to the person who founded the Congregation: Émilie Tavernier-Gamelin. At this wonderful annual gathering, at which I will be delighted to act as Master of Ceremonies once again, we honour physicians and people committed to the ultimate goal of improving healthcare. These strong bonds unite us all! ■



Pénélope McQuade
Volunteer Spokesperson
for the Foundation

Gala Laureates

OUR 2018 "COUPS DE CŒUR"!

Congratulations to these honourees on their impressive accomplishments – they have given their time and their expertise to promote the Hôpital du Sacré-Cœur-de-Montréal. As part of the *Gala des Émilie* on Thursday, October 25, they will each receive an *Émilie* statuette in recognition of the skills they put into practice at the Hospital and its Foundation.



**COUP DE CŒUR
OF THE FOUNDATION**

Robert Bastien

Former chairman and member of the Foundation's Board of Directors



**COUP DE CŒUR
OF RESEARCH**

Dr. Daniel G. Bichet

Researcher in genetic renal diseases and tenured professor in the Department of Medicine and Physiology



**COUP DE CŒUR
OF TEACHING**

Stéphanie Dollé

Executive Consultant in Nursing (critical care unit)



**COUP DE CŒUR
OF GENERAL
MANAGEMENT**

Sylvie Paradis

Physiotherapist



**COUP DE CŒUR
OF THE CONSEIL DES
MÉDECINS, DENTISTES
ET PHARMACIENS**

Dr. Yvan Pelletier

Psychiatrist for adults

A LOOK AT OBESITY AND WEIGHT LOSS

Diseases related to obesity and excess weight represent a cutting-edge field at the Hôpital du Sacré-Cœur-de-Montréal. It is a reference centre for bariatric surgery and has been the provincial leader in this field for over 11 years.



EXCESS WEIGHT CAN CAUSE THE FOLLOWING DISEASES AND DISORDERS:

- Cardiovascular diseases
- Type 2 diabetes
- Musculoskeletal disorders such as osteoarthritis and certain cancers
- Sleep apnea
- Joint pain
- High blood pressure
- Hepatic steatosis



SPECIFICALLY, BARIATRIC SURGERY ALLOWS FOR:

- Progressive and sustainable weight loss
- Lower morbidity and mortality rates
- Reduction in costs and use of healthcare services
- Solutions for several diseases
- Improvement in the quality of life

630 surgical interventions

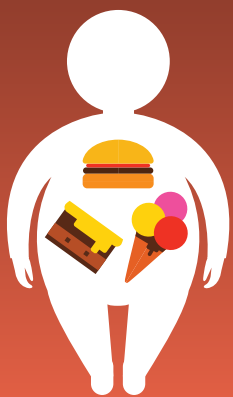


for morbidly obese patients were performed by the team at the Hôpital du Sacré-Cœur-de-Montréal over the past year.

\$4.2 million



was invested in the purchase and updating of the Da Vinci robot, which allow, among other things, bariatric surgeries to be performed. These surgeries lessen the invasiveness on the physical integrity of patients and significantly reduce the length of hospital stays and patient convalescent time.



Did you know that **300,000 people in Québec** suffer from **morbid obesity** and that **6,000 people** must be operated on each year to be treated for this disease?

A SURGERY TRANSFORMED CÉLINE PINARD'S LIFE

Céline Pinard has lived with multiple health problems ever since she was a young child. Her family doctor was no longer able to provide the adequate care that would allow her to have a good quality of life. She therefore sent her to the Endocrinology Department at the Hôpital du Sacré-Cœur. This is how Ms. Pinard became a patient of Dr. Mirna Azar, endocrinologist and specialist physician in disorders related to obesity at the Hospital.

Due to the panoply of disorders affecting her (irritable bowel syndrome, diabetes, high blood pressure, gastric reflux, high cholesterol level), it was difficult for Ms. Pinard to lose more than a few

pounds, and some medications had very undesirable side effects. So Dr. Azar suggested bariatric surgery to her, which involves reducing the volume of the stomach and would thereby resolve her various health problems.

Despite her fears, Ms. Pinard put her trust in Dr. Azar and the surgeon who would operate on her, Dr. Ronald Denis. On May 1, she underwent the surgery, which, she says, truly transformed her life. Within two months, she had lost 34 pounds. She no longer needs insulin, and several of the medications that she had needed on a daily basis have been withdrawn. She feels light and no longer has chest or stomach pains.



"This operation has prolonged my life by 10 to 15 years," says Ms. Pinard. She is very appreciative of the care she received from Dr. Azar and Dr. Denis. ■

50 YEARS OF COMMITMENT TO THE HOSPITAL AND ITS FOUNDATION

This year, Guy Crevier, who has been a financial consultant for 20 years, has accumulated 50 years of commitment to the Hôpital du Sacré-Cœur-de-Montréal and its Foundation. At the annual information session that took place on Wednesday May 16 this year, the Foundation awarded him an *Émilie* statuette to underscore his years of devotion.



Mr. Guy Crevier receives the statuette from Sister Claire Houde, Provincial Superior of the Sisters of Providence, Province Émilie-Gamelin, accompanied by Mr. Paul Bergeron, Chief Executive Officer of the Foundation.

Guy Crevier is one of the six founding members of the Foundation. Trained as an accountant, he is the Foundation's living memory – its RAM! He was in charge of the Foundation from 1976 until 1987, prior to the appointment of Michèle Maratta as the first executive director. Between 1991 and 1993 he served twice as interim executive director, and acted as the executive director from April 1993 until September 1995, while continuing to work for the Hospital.

Prior to his arrival at the Foundation, Mr. Crevier knew the Hôpital du Sacré-Cœur very well, because he had worked for the hospital facility for more than 29 years. He started on August 19, 1968 as head accountant, and from 1971 until 1979, occupied the position of administrative services director and finance director. Next, Mr. Crevier became the assistant to the executive director, responsible for internal audits and upper management, at the same time as carrying out his work with the Foundation, as mentioned above. He took a well-deserved retirement from the Hospital on September 30, 1997.

Thank you Mr. Crevier for all those years of valuable advice and devotion. We can truly say that your heart is with the Sacré-Cœur! ■



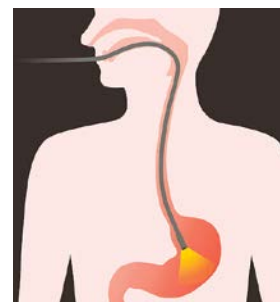
BUILDING THE FUTURE

THE NEW ENDOSCOPY UNIT

A team of 24 nursing and support care professionals, as well as 23 specialist physicians, will be working in the new Endoscopy Unit. We should remind you that the overall project involves the construction of an ultra-modern building above the emergency department, that will house the integrated Trauma Centre, the Critical Care Unit, the Mother-Child Unit and the Endoscopy Unit.

Three specialties are offered in the Endoscopy Department: gastroenterology, pneumology and urology. Respiratory health has already received ministerial recognition for its cutting-edge expertise in pulmonary cancerology. It has a subspecialty team dedicated to lung cancer.

Endoscopy is a medical technique that consists of introducing a small tube called an endoscope into a cavity in order to view it. Diagnostic endoscopic procedures, as well as preventive and curative endoscopic therapies, help to limit surgical interventions and the emergence of cancers.



The project will:

- ▶ Increase capacity from 6,000 procedures to more than 11,000 annually
- ▶ Offer sufficient capacity to eliminate the waiting list starting in year 1
- ▶ Meet the increased demand for services beyond 2025.

The facilities in the Endoscopy Unit will include:

- ▶ **A huge area for intervention:**
 - 3 gastroenterology rooms (gastroscopy and colonoscopy)
 - 1 pneumology room
 - 1 urology room
 - 1 multi-purpose space for advanced techniques under fluoroscopy.
- ▶ **A recovery room:**
 - 14 standard gurneys
 - 4 isolation gurneys.

Follow progress on this project in our next *Liaison* newsletter.



On June 7, 2018, the Foundation's Youth Wing held its second *Soirée-culte*. This year the theme for the fundraising dinner was *La Dolce Vita*, and the event raised \$5,355 for the Mother-Child Unit at the Hospital.

About 160 people gathered at the Trattoria Piatto Pieno in Montréal to show their generosity, and their contributions will be used to purchase equipment beneficial to the health of new mothers and their babies.

Each year, the Hôpital Sacré-Cœur sees over 2,000 births, a considerable number for a hospital that offers general and specialized care. ■

Follow the Youth Wing on Facebook to find out more about what they are doing.

OUR EVENTS CALENDAR

GALA DES ÉMILIE

Thursday, October 25th
Sheraton Hotel, Laval

GIVING TUESDAY

November 27, 2018

Day for giving back as the holiday period approaches – a propitious occasion to think of others.

CHARITY PREVIEW AUTO SHOW

January 17, 2019

Buy your ticket:
foundationhscm.org

THE MONTHLY DONATION

MAKE A DONATION – WORRY-FREE!

There are many ways to make a donation... One of the easiest ways, for you and for the Foundation, is by **monthly donation**. Simple, easy and flexible, the monthly donation allows you to commit to the cause and make a long-term difference for patients.

The monthly donation involves authorizing the Foundation to withdraw a fixed amount, each month, from your credit card or bank account. In exchange you will receive a single donation receipt which will reflect all of the donations you made over the course of the same calendar year.

What are the advantages of this type of donation?

Once you have provided the relevant information to the Foundation, you no longer have to worry about your contribution, because it will be made automatically each month. This also allows you to plan and to spread your donation over a twelve-month period according to your budget and your objectives, while allowing the Foundation to better plan its activities, as the monthly contribution represents a stable inflow of funds.

No matter the amount, your donation will make a difference on a daily basis, month after month. ■

Interested? Contact us: 514-338-2303

Your generosity helps us transform lives.

Thank you for your support.

YOU CAN DONATE:



ONLINE



IN PERSON



BY CHEQUE



BY TELEPHONE

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Toll free: 1-866-453-DONNEZ

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