



**MONTRÉAL  
SACRÉ-CŒUR  
HOSPITAL  
FOUNDATION**



SPRING 2020 | VOLUME 5 | NUMBER 2



## SACRÉ-CŒUR'S CARING EXPERTISE!

**L**ately, I have been hearing a lot about the mobilization surrounding this COVID-19 crisis. I was already impressed by the kindness of the experts at Sacré-Cœur, but I am even more so now. I have heard of the beds that were moved, the rooms that were reorganized, the demanding measures that had to be implemented, the accelerated training that we gave to the nursing staff and the many hours worked by the teams that support them as they face the crisis. On behalf of all patients, thank you.

All of this creates many changes in our lives and it feels quite overwhelming. However, you can help. One way to do so is to give to the Foundation so that these caring experts, our guardian angels, can continue to perform genuine miracles every day, especially in these times where we are asking so much more of them.

We were already aware that health is what matters most, but now we are convinced more than ever. We can be proud to have done our duty, to have supported our healthcare workers, and to have handled this crisis responsibly and effectively.

Stay safe!

**EVERYTHING WILL BE FINE!**

**Pénélope McQuade**  
Volunteer Spokesperson for the Foundation



## THANK YOU TO ALL THE CAREGIVERS

*"To say I grew up in a hospital would be an exaggeration. My mother worked her entire life at the hospital, at l'Hôpital du Sacré-Cœur, in the north end of Montréal. She would have loved being a nurse. She was a telephone operator and receptionist at the Emergency Department. The hospital was at the heart of her life, and therefore part of my childhood. [...]"*

*At this time, doctors are counting down the days that separated them from their recent life, in the hopes of not having to quarantine themselves, so they can continue to care and treat patients, now, when most needed.*

*At this time, nurses are postponing their vacations because they are aware that their team, their sectors, their hospital will need to mobilize everyone to treat and care for "their" world. [...]"*

*If you know these people, these caregivers, now is a good time to thank them. I will through this column: thank you."*



**Patrick Lagacé**  
Journalist

In his column entitled "Merci aux soignants, merci aux soignantes", published on the [lapresse.ca](http://lapresse.ca) site on March 14, Patrick Lagacé gave a big shout out to the nursing teams at Sacré-Cœur. We have chosen excerpts from this heartfelt text.



For the full article (in French), please visit the [News](http://www.fondationhscm.org) section of our website: [fondationhscm.org](http://www.fondationhscm.org)

TOGETHER, WE CAN DO MORE

## CREATE YOUR OWN FUNDRAISER

Creating a fundraiser, organizing an event in memory of a loved one, using your birthday as an occasion to collect donations through social media (Facebook), and participating in a sporting event and choosing our Foundation as a cause (Scotia Bank Charity Challenge) are a few ways you can support the Foundation. **You can choose the means that suit you best** and that would appeal to people in your network, let them know about your commitment to our Foundation and mobilize them to collect donations.

**Contact us to share your project.**

### ANCHOR OF HOPE: PURCHASE OF A THERAPEUTIC MATTRESS FOR THE PALLIATIVE CARE UNIT

Thanks to the generosity of Mrs. Anna Georgantas' family and friends, the Sacré-Cœur patients hospitalized in the palliative care unit will benefit from more comfort. Their donations made possible the purchase of a therapeutic mattress. This is a great example of a donation that can be organized to meet a specific need for the Hospital.

Mrs. Georgantas organized an Anchor of Hope themed fundraising dinner at the Embassy Plaza in Laval on December 1, 2019. The event was held in memory of her father, Andreas, who would have celebrated his 70th birthday that same day. Subsequently, the collection of donations continued on Facebook. A total of \$6,430 was raised.

Mr. Georgantas died at Montréal Sacré-Cœur Hospital in 2019 following complications from lung cancer, more specifically due to Paraneoplastic Syndrome, which causes paralysis of the nerves and muscles.



Left to right: Mr. Paul Bergeron (Foundation's President and CEO), Mr. Peter Maroulis, Mrs. Anna Georgantas, Mrs. Vasiliki Georgantas, Mr. Nektarios Georgantas and Mrs. Constantina Koureta.

How did the idea for such a mattress come about? Well, during his stay at the Hospital, Mr. Georgantas was hospitalized in various departments, on the 5th and 3rd floors as well as in Palliative Care. During his hospitalization, Anna's father was sometimes able to benefit from the comfort of a foam mattress with micro-gel and viscoelasticity. This meets a great need in our Hospital. Thank you, Mrs. Georgantas, for this great initiative. This proves once again that together we can do more!

### A BIG FUNDRAISER TO SAY THANK YOU

Richard Bourdages is someone who is very active professionally. His way of unwinding and relaxing is to engage in outdoor activities. On October 5, 2019, at the wheel of his motorcycle, he was far from believing that his life was about to drastically change.

Mr. Bourdages was traveling north of Joliette. It only took one wrong move on a curve to make him lose control. Result: 14 fractured ribs and a fractured sternum, cervical trauma, and 5 fractured vertebrae, 4 of them unstable (making his spinal cord vulnerable, representing a very high risk of paralysis in his lower limbs and threatening his life). As if that were not enough, the fibula of his left leg was fractured, the inner ligament was torn and he suffered a meniscal

tear in his left knee as well as a severe sprain in his left ankle.

His condition was so serious that he was transported to Montréal Sacré-Cœur Hospital's trauma ward.

"Dr. Étienne Bourassa-Moreau, orthopedic surgeon, performed a delicate surgical procedure on my spine, not only saving my life, but also avoiding paralysis," said Mr. Bourdages.

Highly grateful not only for the fabulous work carried out by Dr. Bourassa-Moreau, but also to the entire team, Richard Bourdages decided to do his part and start collecting donations. His commitment is to solicit his professional network, through a campaign hosted on the Foundation's website. His goal:



Richard Bourdages, former trauma patient

to raise \$10,000 in 2020-2021. "I decided to give back by volunteering with the Foundation, for all caregivers as well as for others who, like me, will one day need trauma services from Montréal Sacré-Cœur Hospital," said Mr. Bourdages.



To read the full story, visit our website: [fondationhscm.org](http://fondationhscm.org)

## MAJOR CAMPAIGN

*It all starts with your signature*

**\$35 MILLION** to carry out these projects financed 100% by the Foundation

Visit our Web site for more information about these projects.

SPINAL CORD  
INJURY UNIT

OUTPATIENT  
CLINICS  
PAVILION

MENTAL HEALTH  
CENTRE

INTEGRATED  
RENAL SUPPORT  
CENTRE

CANCER CARE  
CENTRE

RESEARCH AND  
TEACHING

INTEGRATED  
RENAL SUPPORT  
CENTRE

## SPOTLIGHT ON THE NEPHROLOGY PROJECT

Dr. Stéphan Troyanov is the ambassador of one of the six projects for the major fundraising campaign, for the building of a **new integrated renal supply centre**. Dr. Troyanov studied medicine at the University of Montreal and completed his residency in internal medicine at Montréal Sacré-Coeur Hospital and the CHUM. Subsequently, he completed his specialization in nephrology in Montreal, followed by additional training in epidemiology and glomerular diseases at the University of Toronto. He practices nephrology at Sacré-Cœur, at Hôtel-Dieu in Saint-Jérôme and in Abitibi.

*"We hope to be able to offer the most effective dialysis treatment. First and foremost, this involves an effective water filtration system. A new system will allow us to have better water quality and decrease the risk of breakage. In return, we will have greater quality of treatment without interruption of services. Having a larger area allows us to group together the services required for this type of*

*patient. Thus, the environment will be much more conducive to providing the care this clientele needs. We are making this project a priority. We want to transform lives!"*

### **Dr. Stéphan Troyanov**

Head of the Nephrology Department  
at Montréal Sacré-Coeur Hospital



### THE PROJECT INCLUDES THE FOLLOWING BENEFITS FOR PATIENTS:

- Consolidation of **all services in one place** (out-patient nephrology clinic, care for peritoneal dialysis and at-home hemodialysis);
- New water treatment system to **improve the efficiency of dialysis** and decrease the risk of infection and complications;
- **A greater number of patients** who can benefit from at-home dialysis;
- **More private** treatment spaces, improving intimacy between the patient and the healthcare team.

**DONATE TO THE MAJOR CAMPAIGN  
AND HELP US TRANSFORM LIVES!**

BY PHONE  
514-338-2303

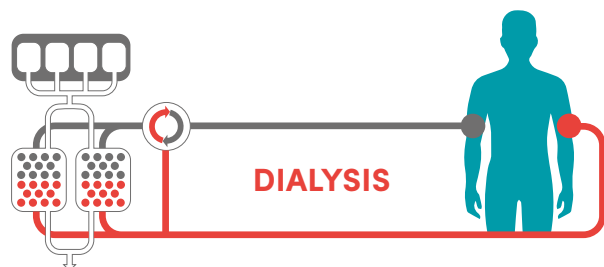
ON OUR WEBSITE  
fondationhscm.org

BY TEXTING  
ISIGN TO 30333

## WHAT IS NEPHROLOGY?

Nephrology is a medical specialty where focus is placed on prevention, diagnosis and treatment of kidney-related illnesses.

Kidney failure is a kidney disease that attacks the nephrons (which are responsible for producing urine), thereby decreasing the kidneys' ability to filter waste from the body and remove excess fluid. This condition is often linked to one or more pre-existing health problems. These may include diabetes, hypertension and high cholesterol.



Dialysis is a treatment for kidney failure that helps to replace the function of the kidneys by purifying the blood. There are two main techniques used: hemodialysis and peritoneal dialysis. The difference between these two techniques lies at the level of the purifying membrane. In hemodialysis, we use an artificial membrane, placed in a device (the dialyzer) to provide extra-renal purification, while in peritoneal dialysis, a natural membrane, located in the abdomen and called the peritoneum, fulfills the same role. Hemodialysis is most often used. As effective as it is, it is not a cure and many patients must go to the hospital three times a week for four to five hours in order to receive their treatment.

### DID YOU KNOW?

Our kidneys filter approximately one litre of blood every minute? That is one fifth of the amount pumped by the heart.

#### HERE ARE THE NUMBER OF TREATMENTS PERFORMED EACH YEAR:

MORE THAN  
**22,000**  
HEMODIALYSIS TREATMENTS  
IN THE HOSPITAL

MORE THAN  
**800**  
HEMODIALYSIS  
TREATMENTS AT HOME

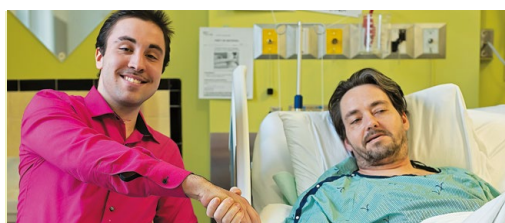
APPROXIMATELY  
**7,000**  
EXTERNAL HEMODIALYSIS  
TREATMENTS  
(AT THE BOIS-DE-BOULOGNE CLINIC)

APPROXIMATELY  
**6,500**  
PERITONEAL DIALYSIS  
TREATMENTS

The aging population is an important issue, since the population that must be treated for this disease is constantly increasing. For the territory served by Sacré-Cœur, a 13% increase is estimated by 2026.

## THE SPINAL CORD INJURY UNIT: A PROJECT THAT IS COMING ALONG!

Much of the work related to the Spinal Cord Injury Unit renovation project has been completed in recent months, but some improvements are still needed and they can only be done with the help of donors.



**Tristan & Kevin,**

patients from the Spinal Cord Injury Unit

*"Facilities for doing rehabilitation in the Spinal Cord Injury Unit would allow us to see improvements in our condition more quickly and would help us avoid losing muscle mass."*

#### HERE IS WHAT HAS BEEN DONE SO FAR:

- The addition of **two private rooms**, for a total of six;
- Reorganization of **semi-private rooms**, and a room with three beds;
- **Air-conditioned** rooms for the comfort of our patients;
- Installation of **lifts on the ceilings** for all rooms, allowing patients to be moved more frequently and with greater ease;
- **Medical gas pipes** in all rooms for more space and security;
- **Reorganized** nurses, stations that are more **functional**;
- Additional **areas for families** accompanying hospitalized patients.

Thanks to the donations received from our major fundraising campaign, **It all starts with your signature**, we hope to be able to complete these changes by setting up a satellite physiotherapy station near the Unit. This will decrease the distance and travel time to access the team of physical rehabilitation professionals, allowing patients to have more complete treatments and be entitled to more frequent interventions, thus contributing to quicker achievement of rehabilitation objectives aimed at increasing patient autonomy.

## A LUNG SPECIALIST CLOSE TO HIS PATIENTS

At a time when respiratory medicine is a much sought-after medical specialty, we thought we would introduce you to one of our greatest lung specialists. He is well known and much appreciated at Sacré-Cœur: **Dr. André Cartier**. We wish to pay tribute to him for his dedication and the support he has given to our Foundation for many years.

Dr. Cartier joined the respiratory medicine team at Montréal Sacré-Cœur Hospital in 1980. In addition to his practice as a medical specialist, Dr. Cartier also embarked on a career as a clinical professor. He has been a professor at the Faculty of Medicine at the University of Montreal since 1995.

*"I would like to thank Dr. André Cartier, who has been treating me for 6 years. Since then, and thanks to his professionalism, I am now in much better health."*

- Ms. Mihaiela Minea

Why did he choose respiratory medicine as his specialty? Because he feels close to people and is happy to have a direct impact on the health and well-being of his patients. Moreover, in many cases of respiratory disease, the tools at his disposal allow him to provide a solution to health problems for the vast majority of patients. The effects on their quality of life are often instant, and for him, this is very gratifying. "For me, the most important thing is to care for the sick. It's also about showing patients how to take care of themselves," said Dr. Cartier. In addition to his

Dr. André Cartier, Lung specialist at  
Montréal Sacré-Cœur Hospital



practice and teaching, Dr. Cartier has contributed to various research studies dealing specifically with two respiratory health problems: occupational asthma and hyperventilation syndrome.

*"I have been a patient in respiratory medicine for more than 35 years. I have the best respiratory specialist. Thanks to his advice and his great knowledge of his profession, I can live a normal life. He listens to his patients. Thank you, Dr. Cartier."*

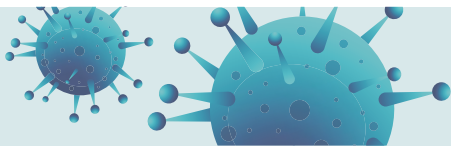
- Mrs. Huguette Bouchard

### WHAT ABOUT THE IMPACT OF COVID-19?

It is impossible to speak with a respiratory specialist without raising the topic of COVID-19, which particularly attacks the respiratory system. According to Dr. Cartier, the most severe complication is the viral pneumonia that can develop in patients who have contracted the virus. Deaths are mostly linked to respiratory failure, with a drop in oxygen in the blood despite respiratory support. This respiratory failure creates a great stress on the body, and when this is added to other health problems, it is the entire system which ends up failing.

*"Thank you to Dr. André Cartier for the precious time spent with his patients. He is exceptionally professional! Unfortunately for us, his retirement is fast approaching. Thank you!"*

- Mr. Richard Côté



## USING OUR EXPERTISE TO FIGHT COVID-19

Prior to the current situation surrounding COVID-19, Montréal Sacré-Cœur Hospital was among the best establishments in infection control and prevention. This is remarkable for a building that is very old (it will be 100 years old in 2026). Since the construction of the new emergency ward, a patient presenting flu-like symptoms or any other type of infection is quickly sent to a negative-pressure room, thus avoiding the spread of infection among other patients.

### DID YOU KNOW

Did you know that a negative-pressure room keeps the air inside the room in order to prevent contaminated air from escaping? Patients who test positive for COVID-19 are placed in environments appropriate to their needs and in dedicated care units. We have managed to increase the number of negative-pressure rooms at Sacré-Cœur to 135 to cope with the pandemic.

Teams from different departments sprang into action to make rapid changes to the layouts of the rooms.





COMMITTED INDIVIDUALS



## CONGRATULATIONS ON 30 YEARS OF DEDICATION!

On February 20 2020, Ms. Francine Th  berge, a data management clerk, marked her 30th anniversary in the service of our Foundation. If you are a donor, a member of the board of directors or a hospital employee, chances are she has already spoken to you or may know your name. She is the employee who has the most seniority at the Foundation. She started out as secretary-receptionist when she joined the team in 1990. Her role has evolved over the years. She is currently an important member of our donations department.

In this ever-changing world, it is remarkable to be able to count on such great loyalty. All the members of the Foundation team sincerely thank her for her dedication to the cause and for the rich experience that she puts at the service of donors. Thank you, Francine, from the entire team!

EVENTS

## STAY TUNED!

Postponed or cancelled due to the restrictions surrounding the COVID-19 pandemic, the Foundation's fundraising events and calendar are somewhat disrupted until the end of June. However, **to mitigate the negative impacts of this situation, we ask you to transform your partnership, or your participation, into a gift.** On our website, it is possible to make donations for each of our activities that, in accordance with government directives, will not be held. We invite you to do so. We look forward to seeing you this fall! In the meantime, visit our website, [fondationhscm.org](http://fondationhscm.org), or follow us on our Facebook page. You will see beautiful examples of generosity through these difficult times.

PLANNED DONATIONS

## HOW TO HELP THE FOUNDATION IN TIMES OF UNCERTAINTY

Many of you have shown us your appreciation of the work of our medical teams and expressed your concern for continuing to support us financially.

Joining the **monthly donation** program is a great gesture to show your appreciation. This makes it easier to prepare your budget and ours! A predictable source of income allows us to effectively plan our work knowing that we have funds for the purchase of new equipment, for research support and for the acquisition of technological equipment and software that will contribute to improving the training of our future health professionals.

You can choose to have your monthly donations made on your credit card or withdrawn from your bank account on the first of each month. At the end of each year, we consolidate your monthly donations and send you a single tax receipt. You can request to receive your receipt by email or by mail. It is a more

economical and environmentally friendly way to donate! In addition, at any time, you can modify the amount of your direct deposits, suspend them for a certain time or end them altogether by contacting us.

Donating every month to the Montreal Sacr  -C  ur Hospital Foundation means going further in your commitment! If you are ready to help us in this way, do not delay any longer, and call me!

**Marie-Claude Tellier**  
Director of Major and Planned Donations  
[marie-claude.tellier.cnmtl@ssss.gouv.qc.ca](mailto:marie-claude.tellier.cnmtl@ssss.gouv.qc.ca)  
514-338-2303, ext. 7683



Thank you for your support.

Your generosity helps us *transform lives*

### MAKE A DONATION:

- ♥ **Online:** [fondationhscm.org](http://fondationhscm.org)
- ♥ **By Cheque**
- ♥ **By Phone**

### MONTR  AL SACR  -C  UR HOSPITAL FOUNDATION

5400 Gouin Blvd. West, Montreal, Qu  bec H4J 1C5

Telephone: 514-338-2303

Toll free: 1-866-453-DONNEZ

[fondation.hsc.cnmtl@ssss.gouv.qc.ca](mailto:fondation.hsc.cnmtl@ssss.gouv.qc.ca)

