

Believe

You are creating a healthier society

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You are Changing what is Possible

St. B first in North America to use artificial valve



Dr. Malek Kass (at right), Cardiologist and Medical Director of the TAVI program, holds an artificial aortic valve.

Thanks to you, St. Boniface Hospital is pushing the boundaries of science every day, striving for the best possible care for Manitobans.

Cardiac Sciences staff have blazed a new trail by being the first centre in North America to offer the MyVal, an artificial aortic valve. This groundbreaking new device provides hope for patients who previously had no surgical options by offering a wider range of valve sizes.

When a patient has aortic stenosis, their heart valve narrows and can severely restrict blood flow, leading to heart failure. In Canada, there are currently three approved types of replacement valves, which help the majority of patients within a certain anatomical size range. However, there are patients who fall outside of this range, leaving some Manitobans with limited or no treatment options.

Recognizing this critical gap, staff at St. B have been exploring new and accessible treatment options. Thanks to your dedication to care and innovation, they have received the first

approved MyVal device in North America – a huge win, and a big step forward in providing new options for patients.

In December of 2023, St. B successfully performed the first MyVal replacement procedure on a patient who needed a larger valve than what was previously available.

“This patient wasn’t a surgical candidate, and many surgeons had turned him down” recounted Dr. Malek Kass, Cardiologist and Medical Director of the TAVI program at St. Boniface Hospital. “It worked out really well. We’re so proud to be trailblazers for this, and for so many other initiatives.”

“For a small program, I think we’ve done pretty well for ourselves and Manitobans,” said Dr. Kass, with a smile.

Thank you for providing hope and healing through cutting-edge treatment for patients in need.





Karen's Corner

I know, I know. You are eager to read about the amazing impact you've had on patient care and medical research at St. Boniface Hospital!

Guess what? It so happens your amazing impact was exactly what I wanted to talk about here. The truth is you are one of my favourite people. How could I not admire you?

Did you just read the cover story in this issue of *Believe*? St. Boniface Hospital is *the first in North America* – read that again – to be approved to use the revolutionary MyVal artificial aortic valve in patients who would have otherwise been out of luck. You made that happen!

You have changed lives at the Hospital, time and again. What's more, I know there are Manitobans out there who can thank you for saving their lives.

How's that for amazing impact?

Karen Fowler

Karen Fowler, CFRE
President & CEO
St. Boniface Hospital Foundation

PS: Have you ever thought about how you will be remembered? By leaving a gift to St. Boniface Hospital in your estate, you are joining other kind-hearted people who have shown love to patients, caregivers, and researchers they may never meet.

Let us show you what a difference your estate can make. Call Garth Johnson, Donor Relations, at 204-291-4461 or email us at info@stbhf.org.

In Brief: Foundation News

You made your dad twice as proud

Thanks to our loyal friends and matching donors the H & H Shah Family, your generosity had double the impact on life-saving cardiac care and research at St. B. The Shah family, of Winnipeg, graciously offered to match all Father's Day donations up to \$1,500.

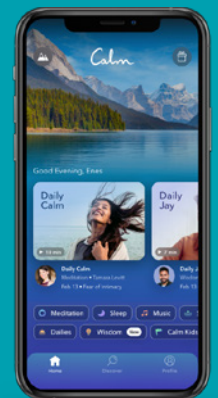


Thanks to you, we not only met that amount but far exceeded it. Your support helped us raise over \$10,000 last June. Thank you!

The positive impact of Calm

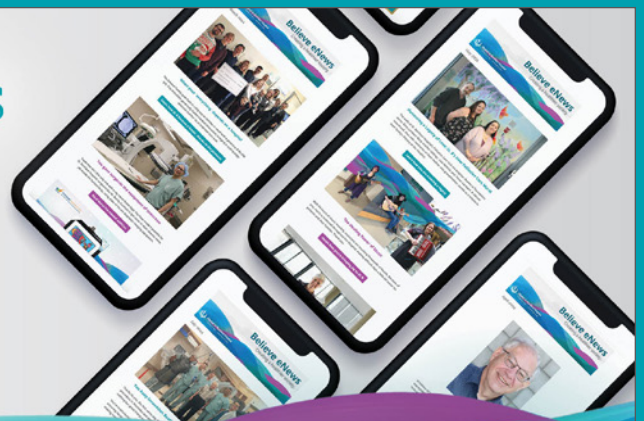
You are making health-care workers at St. Boniface Hospital happier and healthier with Calm. Calm is a meditation, sleep, and relaxation app. Calm creates unique audio content that strengthens mental fitness and tackles some of the biggest mental health challenges of today: stress, anxiety, insomnia, and depression.

Thanks to your backing, paid subscriptions to Calm Premium were made available to all St. B employees for one year starting last June.



Don't miss out on stories
of hope and healing!

Join the Foundation's email list
at bealifeline.ca



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Catching Up with Paul

Paul Bernardin, of Winnipeg, experienced two heart attacks – one while at Mount Everest base camp. His life was saved at St. Boniface Hospital.

To give back, Paul decided he would raise money for cardiac care at St. B with a challenge: running all the streets in Winnipeg.

Paul aims to raise \$50,000 through this 5,000 km run before 2026, the 20th anniversary of his heart attacks. Paul stopped running just long enough to give us an update.

How close are you to your goal of running every street in Winnipeg?

I'm excited to report that I'm ahead of schedule, having completed 2,629 streets and a distance of 2,400 kilometres. If I continue at this pace, I should complete all the streets of Winnipeg by August of 2025 – eight months ahead of schedule! I am truly loving it.

How has the response to your Winnipeg Street Run been?

Great! I've been blown away by the conversations I have had with all types of people during my runs. I'm amazed at how many people have their own stories to tell, about themselves or a loved

one, about the care they received at St. Boniface Hospital. The donations coming in from people and businesses have been really encouraging.

What would you say to Foundation donors?

My dream with this project has been to raise funds for the cardiac care team that saved my life. I want to express my sincere thanks to all those who have donated so far. Together, we can truly make a difference.



Paul expressed his thanks to his project team – Dawn, Darie, Glen, and Abe, to everyone at the Foundation, and to all the businesses and people like you who have supported him.

Paul Bernardin dons his neon shirt to turn heads as he attempts to run every street in Winnipeg.

Credit: Winnipeg Street Run 5000K Facebook page.



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Heart Disease Detective

Longtime St. B researcher winner of Duhamel Innovation Award

How can we better prevent and manage cardiovascular disease? That question has been on award-winning St. Boniface Hospital researcher Dr. Peter Zahradka's mind for the last 25 years.

"The biggest issue has been that if you have cardiovascular disease, more often than not you are unfortunately going to find out when you have a heart attack or a stroke," said Dr. Zahradka, Principal Investigator in the Molecular Physiology Laboratory of the Canadian Centre for Agri-Food Research in Health in Medicine (CCARM) at St. B. "For me, that's too far down the pathway from the beginning stage," he said.

A colleague of his from Minnesota once pointed out that physicians have different medical tests to screen for cancers, which was an eye-opener for him. "We have Pap tests for cervical cancer in women, PSA tests for prostate cancer in men. We don't have the same thing for cardiovascular disease. Why not?" he asked.

In recognition of his longtime work, Dr. Zahradka received the 2024 Duhamel Innovation Award, announced last April at St. Boniface Hospital Foundation's Donor Celebration breakfast. The Foundation established the Award in 2004 to celebrate and encourage individuals like him who embody innovation and leadership in the advancement of health care for all Manitobans.

"The award gave me feedback that what we've been doing at CCARM really is meaningful. Yes, scientists can be insular; we

are definitely focused on the work that we are interested in. But, at the same time, one of my biggest wishes was to have some of our work actually make a difference with the public."

"I think that's where we are at," he continued. "We are doing that. We have studies right now that may provide some information, within five years, that will inform the general public of things they can do to help their health."

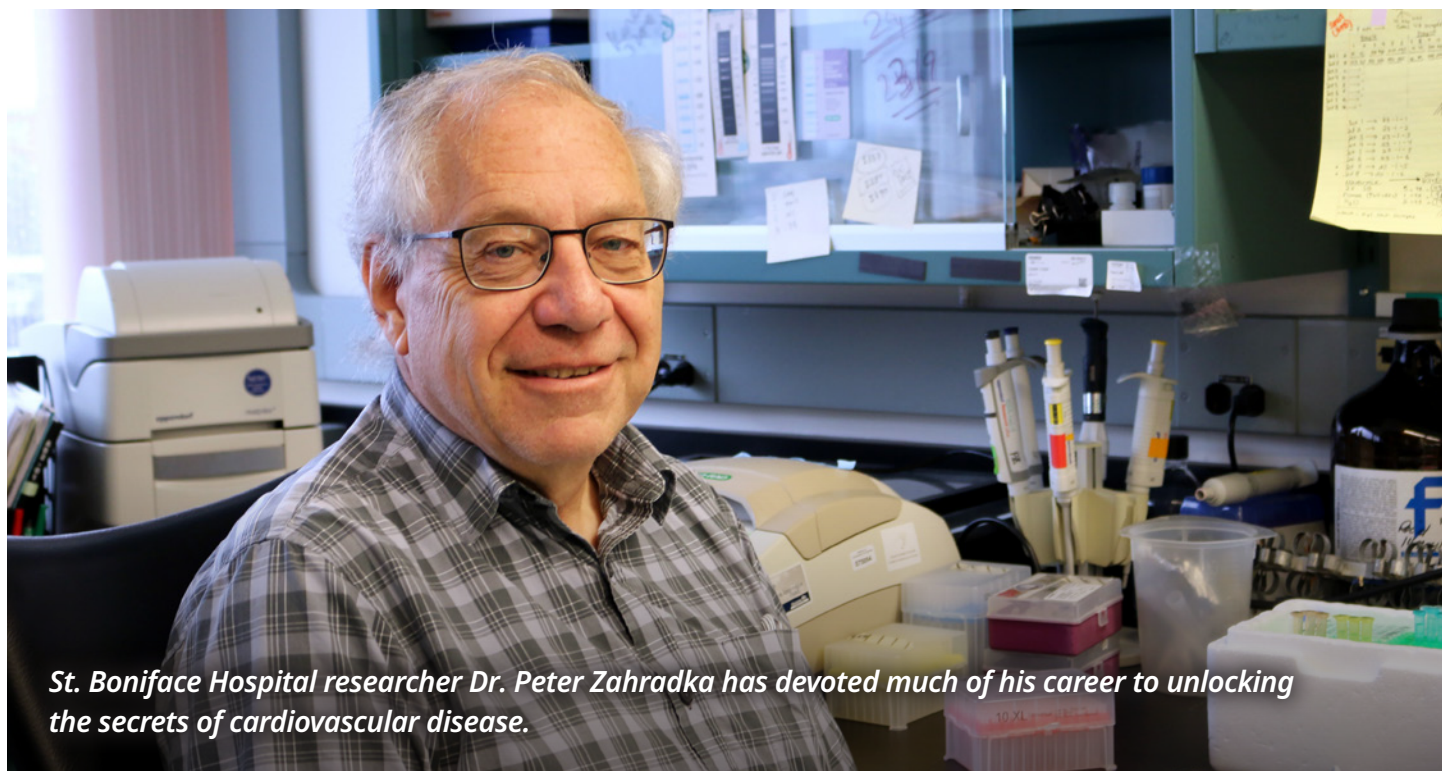
Physicians, including those working at St. Boniface Hospital, are doing wonderful things to keep patients with cardiovascular disease alive longer, he said. They are not as focused on finding the cause of the disease in the first place, however.

"We would like to intervene in the processes leading up to that, the early stage, so you don't have to have that heart attack or stroke," said Dr. Zahradka.

You are powering groundbreaking medical research at St. Boniface Hospital. Thank you.



Don't stop here! Read more about Dr. Zahradka's research.



St. Boniface Hospital researcher Dr. Peter Zahradka has devoted much of his career to unlocking the secrets of cardiovascular disease.

Breathing Easier

Video laryngoscopes improve intubation speed, patient safety and comfort

Your support has been like a breath of fresh air to anesthesiologists who intubate patients at St. Boniface Hospital and train medical students in the delicate technique.

Thanks to you, St. B was able to order three more C-MAC high-definition video laryngoscopes and monitors this spring, adding to the current fleet of only six such devices at St. B. The new devices arrived in July and were immediately put to good use.

“We would like to thank you and shake your hand.”

The six C-MAC devices St. B had were needed in 14 operating rooms, plus three more rooms in Labour and Delivery, and for offsite needs. There are not always enough C-MACs to meet the demand each day, explained Bruce Knoll, Anesthesia Technologist of seven years at the Hospital.

“That is why the acquisition of these C-MACs was huge for our department,” said Knoll. He mentioned that the budget for replacement parts is limited, let alone for new equipment, making donor support even more important.

“To the donors, we would like to thank you and shake your hand. That’s the importance of this, it’s not just something that’s convenient to have. It is lifesaving,” he said.

It takes at least 20 minutes to clean and reprocess a C-MAC before it can be used again, said Dr. Tamara Miller, Site Lead of Anesthesiology at St. B.

“The C-MACs are in constant use,” she said. “Surgeries can be delayed because we are waiting for the equipment to become available. It holds up our day and means cases run late into the evening because we’ve had to wait for equipment,” she said. “It’s not ideal, but it happens.”

Any surgical patient having a general anesthetic must be intubated – have a breathing tube attached to a ventilator – because they will stop breathing on their own.

“We have less than three minutes to secure that breathing tube in the patient,” said Dr. Miller. “That is because from the time they stop breathing until the time we get a breathing tube in place; they’re not getting any oxygen. If it runs out, they can get brain damage or die.” Inserting a breathing tube while the patient is awake can be unpleasant for them and is ruled out unless absolutely necessary, she said.

You are making sure St. Boniface Hospital stays at the leading edge of medical technology. Thank you.



Keep reading! Learn how the C-MACs work.



Dr. Tamara Miller, Site Lead, and Bruce Knoll, Anesthesia Technologist, are excited about the new C-MACs.

Supporting Mental Health a Family Affair

Business leaders back new Emergency Department

After hearing about an increase in mental health issues treated at St. Boniface Hospital's Emergency Department in recent years, and even seeing such issues in others close to them, the Correia family of Winnipeg decided to do what they could to help Manitobans in times of crisis.

Their family-owned business, Bee-Clean Building Maintenance, is Canada's largest janitorial service provider. Parents José (Joe) and Maria Graciete Correia, daughter Dr. Helena Correia, and son Dennis Correia stepped forward in February of 2022 to make a significant gift to St. B's Emergency Department redevelopment and expansion project currently underway.

Specifically, the Correias put their support behind a new six-room mental health area (also called a pod) the Hospital is building as part of the project. When the new Emergency Department opens next year, mental health patients will receive specialized treatment in a dedicated and quiet space.

"We believe in supporting our community. We saw St. B's Emergency Department redevelopment and expansion as an opportunity," said Joe. "We have seen a huge increase in mental health issues in the city of Winnipeg in recent years."

Added Maria Graciete, "If we can help in any way going forward with mental health issues in our city, we see it as an accomplishment. It fills our hearts just knowing it's going to help."

A nursing station will be in the middle of the spacious pod, with a security desk located nearby. Between each of the six rooms, an angled desk will provide clear sightlines for a nurse in case there is a risk of a patient harming themselves. The area will receive plenty of natural light each day, adding to the comfort of both patients and caregivers.

There will also be a consult room that patients, family, and caregivers can use to determine whether a patient will go home or to an inpatient unit for additional care. The Correias all say they think of their Bee-Clean Building Maintenance staff as extended family members. Some of their employees have experienced mental health issues, they noted.

"We enjoy treating our staff as family," said Maria Graciete. "Some of them have faced mental health challenges, and we have seen their suffering. We knew we had to come out and help in the best way we knew how."

"When we saw the opportunity to contribute and assist the development of such a wonderful addition to the Hospital, it was a no-brainer," added Dennis.

You are standing with the Correia family in support of mental-health care for all Manitobans. Thank you.



From left: Dennis, Joe, Maria Graciete, and Helena Correia. The family made a significant gift in support of mental-health care in St. B's Emergency Department redevelopment and expansion project.

An Unexpected Moment of Compassion

Transforming patient's lives through respect and dignity

When Manitobans need help, health care professionals at St. Boniface Hospital consider the whole person.

The Patient Compassionate Fund was established to empower health-care providers to answer the often-complex needs of patients. The Fund is rooted in compassion, trust, and respect, and allows staff to go above and beyond when they encounter anyone requiring extra support.

In Winnipeg,
1 in 8 people are living in poverty,
and struggle on a daily basis to put food
on the table or a roof over their heads.

Source: City of Winnipeg

Compassionate care and a holistic approach go hand in hand at St. B. Many mental health and emergency patients are living at or below the poverty line. Something so simple as buying shoes for someone who came in with none can improve their odds of staying safe and healthy after they leave the Hospital.

"The Patient Compassionate Fund is an unexpected moment of compassion in an unexpected time of need," explained Sara Jane Friesen, a social worker at St. Boniface Hospital.

"Some of us are simply lucky enough to never need this fund, but when a health crisis hits, something as simple as getting a walker paid for, a pet temporarily housed, or a door unlocked can be that moment of unexpected compassion."

"If there is a need, there is help."

The fund is accessible to all care providers who deem a situation requires extra help. There is no committee, requests are not subject to approval. Health care providers are empowered and trusted to provide support without judgement. If there is a need, there is help.

You are offering better outcomes and supporting the dignity of patients in need within our community. Thank you for creating conditions in which compassion can thrive at St. Boniface Hospital.

You are putting patients' anxiety to rest by providing practical solutions. Thank you.



Your kindness powers the Patient Compassionate Fund, helping to address patient needs that might otherwise go unnoticed. (Stock photo.)

Giving. Remembering. Celebrating.

Thank you to our many compassionate donors who have chosen to make gifts to St. Boniface Hospital Foundation in honour of those listed below.

Gifts recognized were made from December 1, 2023 to March 31, 2024.

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C1026 – 409 Taché Avenue
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