



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## "The Pulse June 2017"

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### Activities

**Wednesday, June 7, 2017:** the OHSG Executive Committee meeting will be held at the Holland's house 6029 Voyageur Drive, Orleans ON K1C 2P5. From 10:00 a.m. to 12:00 p.m.

**Monday, June 19, 2017:** The Guest Speaker is Dr Marc Ruel the Division Head of Cardiac Surgery and the endowed chair of Cardiac Surgery Research at the University of Ottawa Heart Institute. Dr Ruel received his MD degree cum laude from the University of Ottawa in 1994 and his specialist certification in Cardiac Surgery in 2000. He subsequently pursued a combined fellowship in minimally invasive surgery and laboratory research at Harvard University, where he also completed a Master's in Public Health, with a focus on statistical methods.

Dr Ruel's faculty appointments at the University of Ottawa are with the Departments of Surgery (primary affiliation), Cellular and Molecular Medicine (cross-appointed affiliation), and Epidemiology and Community Medicine (cross-appointed affiliation). In 2010, he was promoted to Full Professor in these 3 departments. He is chair of the Heart Transplantation and Ventricular Assist Devices committee, and of the Operating Room committee, at the University of Ottawa Heart Institute.

In September 2010, Dr Ruel became the Assistant-Dean, Clinical and Translational Research, at the University of Ottawa.

### Research & Clinical Interests

Dr Ruel's clinical commitments include a focus on surgical outcomes and technical innovation. In this regard, he has given numerous international courses on minimally invasive cardiac surgery and has developed novel techniques that he teaches to surgeons from multiple countries. He has safely performed several Canadian first-in-man operations that have led to a successful series and is also the co-editor of a 450-page textbook on Cardiac Surgical Techniques by Elsevier, which has sold several thousand copies worldwide.

**The Summer OHSG Members Picnic at Britannia Beach** will be held on the second Monday of July, our normal third Monday evening was not available this year. The picnic is to be held at Britannia Park Trolley Station 2805 Carling Ave., direction to find, start at the intersection of Pinecrest and Carling take the direction north towards the Ottawa River and follow the road to the

Trolley Station. The Trolley Station is reserved between 4:00 p.m. to 7:30 p.m. This is a potluck event and everyone is asked to bring a salad or dessert to share as well as their own non-alcoholic beverages. Food will be served from 5:00 p.m. to 6:30 p.m. Condiments, plates, cups, utensils etc. will be supplied by OHSG. Mary Cameron will be giving us more information shortly.

**Bonnie Quinlan, RN, MScN** the Advanced Practice Nurse, Cardiology, University of Ottawa Heart Institute has informed us that Ottawa Heart Institute Patient Education Classes are offered weekly on Atrial Fibrillation held in the Central Foustanellas Auditorium, There is no registration required and all welcome! Patients are also welcome to attend her class held daily on Coronary Artery Disease- 10-11 a.m. All are held in the H5 classroom except on Wednesdays when it is held in the CCU Conference Room on the first floor.

**The Foustanellas Auditorium** will be closed for two months, July and August. July we have our summer picnic and for August 21, 2017, we have requested and have reserved the Rehabilitation Center area on the second floor of the UOHI. An evening program is being put together that will be both educational and entertaining to help us be ready for the start of the fall season in September.

The Ottawa Heart Support Group Website "[ottawaheartsupportgroup.com](http://ottawaheartsupportgroup.com)" is powered by the tte Computer Store.



**REMEMBER-** Do not put money in the machines for parking on Ruskin Street after 7:00 P.M.

**“One” organ donor can save up to “Eight” lives**  
Check out [beadonor.ca](http://beadonor.ca), or <http://giftoflife>

*William A Holland*  
President,  
Ottawa Heart Support Group



**For More Information Contact**

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