



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## "The Pulse February 2018"

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### Activities

**Wednesday, February 7, 2018:** 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.

**Tuesday, February 20, 2017:** The guest speaker is Dr Thais Coutinho MD. Chief, Division of Prevention and Rehabilitation, Chair Canadian Women's Heart Health Centre University of Ottawa Heart Institute, Assistant Professor of Medicine, University of Ottawa. **Title: "The Canadian Women's Heart Health Centre: Changing the Landscape for Women With or at Risk for Cardiovascular Diseases"**. Well worth it for all to see and hear as women's health problems hit every family.

Dr Thais Coutinho received her medical degree from the Universidade Federal do Rio de Janeiro, in Brazil, in 2004, and completed residency and fellowship training in Internal Medicine, Cardiology, Vascular Medicine, advanced Echocardiography and Research at the Mayo Clinic in Rochester, MN, in 2013.

### Background

Dr Coutinho has had many presentations at national and international meetings and has published several peer-reviewed manuscripts in the field of Cardiovascular Diseases. She has received numerous awards, including the American Heart Association's Young Investigator and Women in Cardiology Awards, the American College of Cardiology's Young Investigator Award (2<sup>nd</sup> place), Mayo Clinic's Summerskill Award for Research by a Fellow with a Clinical Appointment, and the Mayo Clinic's Cardiovascular Division Outstanding Achievement Award. She is board certified in Internal Medicine, Cardiology, Vascular Medicine and Echocardiography. She joined the Heart Institute in 2013.

### Research & Clinical Interests

Dr Coutinho clinical and research interests centre upon arterial diseases, with special emphasis on the role of arterial stiffness and the aorta's elastic properties on disease progression in patients with thoracic aorta aneurysms, and in the pathogenesis of heart failure with preserved ejection fraction. In addition, she has an interest in peripheral arterial diseases, highlighting the role of an intensive risk factor management and walking rehabilitation program on patients overall health, exercise endurance and quality of life.

### General

We started off the New Year with Dr Thierry Mesana, CEO and President of the UOHI as our Guest Speaker January 2018, what a start for our program as Dr Mesana was well received and

will be quite memorable. Bringing heart health from almost no surgeries during the second world war to heart transplants, valve repairs and replacements, stents and stemi programs which save 300 people a year alone, to multidisciplinary teams in healthcare approaches, to future robots, less invasive surgeries now and in the future and robotic mitral valve repair and many others. It is amazing the advances that have been made in cardiac care. No other field of medicine has had such dramatic increases since 1950. Ottawa is not the largest city but is most renowned in Canada and in the World for the Heart Institute which was founded in 1976 by Dr Keon and Dr Beanlands. Thank you to all who attended the UOHI during one of the coldest days of the year.

Thank you for all that attended during this bad weather time, many Patient Alumni also attended which helped the numbers. The whole evening was a class act from Michael Pinfold opening the meeting and Introducing Dr Mesana to Mary giving the gift and thanks for the presentation.

### **The OHSG Website**

The Ottawa Heart Support Group Website "ottawaheartsupportgroup.com" is powered by the Computer Store, The Trailing Edge (TTE). We have been very lucky to have our association with the TTE. They have provided gifts for our draw during our special occasions and provide computer maintenance and advice on problems that we may encounter. Now the weather is starting to change it does not take long to get to the TTE location using the 417 and Richmond Road selecting a time after 9:00 a.m. and going home prior to 3.15 p.m.



**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, or <http://giftoflife>**



*William A Holland*

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**For More Information Contact**

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