



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## "The Pulse September 2018"

### Activities

**Wednesday, September 5, 2018:** the OHSG Executive Committee meeting will be held at the Hollands House 2019 Voyageur Dr, Orleans ON K1C 2P5 from 10:00 am. to 12:00 pm.

**Guest Speaker Monday, September 17, 2018:** Luc Beaudesne, MD, FRCPC, FACC The Topic- Congenital Heart Problems on the Right side of the Heart. Dr Beaudesne is a member of the Division of Cardiology at the University of Ottawa Heart Institute (UOHI.) He is the Director of the Adult Congenital Heart Disease Clinic and the Fellow Director at the Electrocardiography Laboratory.

**For the last three months in the fall program** we have two presentations and a Christmas party, starting in **October with Dr. Messika-Zeitoun a cardiologist in the Division of Cardiology at the University of Ottawa Heart Institute (UOHI) and a full professor in the Faculty of Medicine at the University of Ottawa.** Dr. Messika -Zeitoun is a cardiologist in the Division of Cardiology at the UOHI and a full professor in the Faculty of medicine at the University of Ottawa. He will be joining a new research team dealing with current management and new opportunities for the treatment of Mitral Regurgitation, His presentation to our group will be on that research topic.

**For November** we have Marc Ruel MD, MPH, FRCSC, FAHA the division head of Cardiac Surgery and the endowed chair of Cardiac Surgery Research at the UOHI. His topic will be on the new Hybrid operating room after six months in operations, the new facilities have been going strong from the day it opened. This is one presentation you should not miss having an exceptional speaker and great topic. To find more on Dr Ruel go to the UOHI website ([ottawaheart.ca](http://ottawaheart.ca)) and go to "find a physician" and down to Dr Ruel's for his background and faculty appointments at the UOHI.

Dr Ruel's faculty appointments at the University of Ottawa are with the Department of Surgery and with the Department of Cellular and Molecular Medicine (cross-appointed affiliation). In 2010 he was promoted to Full Professor in these departments. He is the surgical transplant director and chair of the Heart Transplantation Committee at the UOHI.

**The August OHSG Monthly Meeting** was exceptional with a good audience attending. Our two OHSG founders also attended the event, good seeing them again. I can say with confidence our speaker, Heather Tulloch PhD, is in the top ten list of guest speakers we have enjoyed over the years. The presentation on Heart disease in men and how to cope with the trauma that follows a cardiac event: and what they can do to cope with depression, stress and trauma that follow a cardiac event, was much appreciated by those attending. A handbook was handed out “Getting Back In The Game After A Cardiac Event.” It is very good and provides a program on how to relax. This program at one time was on a disk and you could keep in tune with being talked through the exercise program to relax. The handout is also available in the rehabilitation centre. I used this technique for six months and still use this method to relax today, without the disk.

The many attended the meeting for the first time enjoyed the evening also many returned after being away from our group for a period of time. We hope this is an indication our fall program will be a success.

Our data base is being reviewed and completed for our callers for the next meeting. We do need a Caller to replace Jack Bush who is retiring from the job on his 90 birthday. Please let William Holland know if you are interested at [wholland225@bell.net](mailto:wholland225@bell.net) or 613-824-9563. Callers remind members when our meeting are taking place and any urgent messages that you need to know about.



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## REMEMBER

**Do not put money in the machines for parking on Ruskin Street after 7:00 PM.**

**“One” organ donor can save up to “Eight” lives  
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*William A Holland*  
President,  
Ottawa Heart Support Group