



**OttawaHeartSupportGroup**  
Health Education Activity Research Target



## “The Pulse February 2020”

### Activities

**A big thank you** to Michael Pinfield and Mary Cameron who set up and ran the January 2020 OHSG first meeting of the year. With the bad weather, some members of the Executive Committee were away and 66 members turned up for the meeting. Mary signed up five new members and a number of people signed up for another year with lots of good comments coming back on the evening. The meeting went exceptionally well.

Our OHSG winter and spring program, our speakers are Dr. Hadi Toeg in February, Pamela Bush in March, who will tell us about the EPIC program and inform us what the program means to us, the patients and users of this program. In April, we have Kathleen Turner who is a registered dietitian from Cardiac Prevention and Rehabilitation. Kathleen will give a presentation on the loss of the Canadian food system and what heart patients will replace the lost system when setting up their eating habits. In May with the Heart Institute Founders Day Celebration marking the 44 years of saving lives. Dr. Marc Ruel, Chief of Cardiac surgery will be our speaker.

Members are encouraged to visit the Heart Institute website [ottawaheart.ca](http://ottawaheart.ca) and read about the achievement's that have been made over the last few years, and about and some of the research that is on going that will affect patients in the coming days ahead.

The Ottawa Heart Support Group is an active group of heart patients who meet and wish to improve the quality of life for themselves and their families. We meet on the third Monday of each month; if a statutory holiday is on the Monday then the meeting is held the day afterwards (Tuesday).

Members sign in when attending the meetings to enable our group and the Patient alumni to reserve and manage the Foustanelas and organize the set up for the meeting.

**Guest Speaker Tuesday, February 18:** Dr. Hadi Toeg is a native of Ottawa attending University of Ottawa for his Biochemistry undergraduate degree, Masters degree, and attaining a medical degree. He undertook Cardiac Surgery training at the University of Ottawa Heart Institute and completed a Masters in Public Health at Harvard University. During his residency training, he received several prestigious awards, scholarships, and recognition. Most notably the Wilbert Keon Award (2017), the Paul Cartier Award (2016), and the Detweiler Traveling Fellowship (2018). He performed further specialized training in mechanical circulatory support, heart and lung transplantation at the Mayo Clinic in Rochester MN. Dr. Toeg was recruited to the premier cardiac surgery program in Chicago, Northwestern University as an assistant professor in Cardiac Surgery and led the program to achieve the Illinois record for number of

heart transplants for 2018. He returned to his hometown of Ottawa in early 2019 to further support the transplant program at the UOHI.

**The Ottawa Heart Support Group Website "ottawaheartsupportgroup.com" is powered by the tte Computer Store. (The Trailing Edge)**



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

Members are asked to sign in