



OttawaHeartSupportGroup
Health Education Activity Research Target

”The Pulse”

August 2016

Wednesday, August 3, 2016: the Ottawa Heart Support Group (OHSG) Executive Committee meeting will be held at the Hollands’ house 6029 Voyageur Drive, Orleans ON K1C 2P5. From 10:00 a.m. to 12:00 p.m.

Monday, August 15, 2016: OHSG Monthly Meeting, the Guest Speaker is Dr. Buu-Khanh Lam a Cardiac Surgeon and Director of the Valve Clinic at the University of Ottawa Heart Institute, and he is Associate Professor of Surgery and Co-Director of Surgery Undergraduate Education, Faculty of Medicine at the University of Ottawa. Dr. Lam received his MD in 1994 from McGill University in Montreal. He trained in General Surgery at McGill University before completing his Cardiac Surgery residency at the Heart Institute (HI). Dr. Lam was certified in Cardiac Surgery as a Fellow of the Royal College of Physicians and Surgeons of Canada (FRCPC) in 2000.

Dr. Lam is the Canadian lead in a North American and international effort to promote the treatment of lone atrial fibrillation via minimally invasive surgical techniques. He was the first Canadian surgeon to perform a thoracoscopy-assisted ablation for lone atrial fibrillation; he is training other Canadian surgeons to perform this procedure.

Dr. Lam’s clinical research interests include valve outcomes analysis, medical informatics, therapeutic options for the treatment of ischemic mitral regurgitation, atrial fibrillation and the effects of simulation in surgical education.

The Volunteer Auxiliary at the Heart Institute needs help in two areas. Manning positions around the HI assisting patients and participate as a member of the Volunteer Auxiliary Board, which has an urgent requirement for volunteers and two board members. Our volunteers help to make the Heart Institute the leading cardiovascular centre in the country. Please consider joining us.

The primary role of our volunteers is providing support to patients and their families, to visitors, and to the nursing and medical staff. Members of the Auxiliary can be found at information desks, in clinics and in intensive care areas. The Atrium Boutique—the Heart Institute’s lobby gift shop—is entirely managed by Auxiliary volunteers.

Some 200 volunteers contribute more than 20,000 hours of service each year and support nearly every aspect of Heart Institute activities. In addition, the Auxiliary generates funds that go directly toward the purchase of medical equipment. For more information, contact: Charlotte Smith-Waiser 613-746-4441.

The annual summer picnic was a success thanks to Mary and Roy Cameron who look after both the summer picnic and the Christmas party each year backed up by our OHSG callers and committee members. This was the first year without a BBQ to work with, however with the exceptional food and salad table which looked sensational and extremely tasteful. Our guest Paul Middelveen a very courteous person who mixed with all of us and was extremely generous providing a LePan Quad Core Tablet and a 32Gb Micro SD Memory Card for the evening draw which was won by Syed Kamal. The Trailing Edge (TTE) announced that the special discount given to OHSG Members has been increased to 15% from 10% and combined with a Senior discount will give our members a 25% total discount. The TTE has kept our information flowing to members when we have computer problems occur at inopportune times which has helped greatly. We will be definitely keeping in touch with Paul as we move forward. The TTE facility is easy to get to from the 417 except for rush hours. From the TTE to Orleans before 3:15 p.m. it takes 20 minutes.



Important

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

Remember, it's our responsibility to keep ourselves adequately informed — and to proactively manage the state of our health!



William A Holland
President,
Ottawa Heart Support Group

www.ottawaheartsupportgroup.com