



OttawaHeartSupportGroup
Health Education Activity Research Target

”The Pulse”

February 2016

Wednesday, February 3, 2016: the 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.

Tuesday, February 16, 2016: The Guest Speaker is Dr. Munir Boodhwani and the topic is “**Aortic Valve Repair.**” Dr. Boodhwani is a surgeon at the University of Ottawa Heart Institute. Dr. Boodhwani earned a BSc with High Distinction from the University of Toronto in 1997 and a medical degree from the University of Western Ontario in London, Ontario, in 2001. These were followed by a residency in cardiac surgery at the Heart Institute in 2004. In 2006, he served as a research fellow in cardiothoracic surgery at Beth Israel Deaconess Medical Center in Boston and earned a Masters in Medical Sciences from Harvard Medical School.

Dr. Boodhwani has won numerous distinctions and awards. He has served his profession in Trinidad and Pakistan and has been chair of the Aga Khan Health Board for Ottawa’s Medical Advisory Service.

General Information

Last month’s speaker Dr. Higginson was well received and his presentation will never be forgotten after reviewing the last 30 years. How many that attended have checked their cholesterol, blood pressure, and pulse rate in the last week? This was a good topic as February is Heart Month in Canada. One never thinks of the advances that have been made in cardiac care from 1986 to 2016. We are very lucky to have lived during this time of great progressive at the UOHI. This next decade at the Heart institute will be very exciting with the development of new equipment, and techniques to improve patient care. A big thank you for all that attended who battled the extreme cold weather getting to the UOHI.

The OHSG started presentations in the rehabilitation centre this month and to date have listed 17 potential members and many will be attending this month’s meeting. If you see people standing around say hello to them and make them feel at home.

February is Heart Month in Canada!

There are 29 days and so many ways to support lifesaving cardiac care right here at the Heart Institute.

New this year, rather than a one-day awareness and fundraising campaign for the University of Ottawa Heart Institute as we've done in the past with the UOHI Telethon, we are celebrating the Heart Institute's achievements, asking for the community to support us and thanking our donors all month long. Normally we have participated in the Telethon Event with 24 members in each of the past 5 years. If we are requested to help our OHSG members will be called. We hope you will support us if required in February. There are many ways to show your individual support: take the Stairs, Quit smoking, and eat Four Vegetarian Meals per Week. Participate in our upcoming community events, and participate in UOHI upcoming community events. Together, **let's make February the warmest month of the year!**

Through the year the Foundation will have small videos on the TV usually on Wednesday after the evening news. We will put on the Pulse the clip for a different video each month. Just copy the clip address in your browser and watch the small video. The videos are showing new equipment and advances at the Heart Institute. There is also a video about The Ottawa Heart Support Group that will be shown later this year.

This month's video: **Signs of Heart failure with Dr. Peter Liu**

<http://ottawa.ctvnews.ca/video?clipId=756643>.

The Trailing Edge Computer Store's 10% savings of your total bill is still available for OHSG Members again this year. 613-860-2001 or 1-877-719-3343

The February Meeting

Tuesday 18, 2016, 7:15 p.m.

REMEMBER

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

www.ottawaheartsupportgroup.com

William A Holland

President,

Ottawa Heart Support Group

