



**OttawaHeartSupportGroup**  
Health Education Activity Research Target



## “The Pulse”

### January 2017

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#### Activities

**Wednesday, January 4, 2017:** the OHSG Executive Committee meeting will be held at the Hollands House 2019 Voyageur Dr, Orleans ON K1C 2P5 from 10:00 a.m. to 12:00 p.m.

**Monday, January 16, 2017: Guest Speaker: Robert Reid PhD, The title of his presentation is “Patient Engagement in Research”**

Robert Reid, PhD, is Deputy Division Head, Prevention and Rehabilitation at the University of Ottawa Heart Institute, and a Full Professor in the Faculty of Medicine at the University of Ottawa. Dr. Reid leads the Ottawa region strategic research Innovation Cluster on Behavioural and Environmental Interventions and Personal and Community Cardiovascular Health.

Dr. Reid obtained his PhD in Health Studies at the University of Waterloo in 1997 following an MBA in Marketing from the University of Ottawa in 1990. He is one of Canada’s leading health behavior change experts, particularly concerning smoking cessation, physical activity promotion, dietary change and cardiovascular rehabilitation.

**Ottawa Heart Support Group Year End 2016:** The Ottawa Heart Support Group finished our year with an outstanding Christmas Party with over 50 members and guests travelling to the Heart Institute when Ottawa was having a bad snow day with horrible driving conditions to attend the event. Once again we had Mary and Roy Cameron come through with a great program that kept everyone enjoying the evening. There were lots of draws for gifts, good food, good sound system and everyone enjoying the evening. The Trailing Edge also provided four \$70.00 computer maintenance certificates for the door prizes.

We enjoyed guests Paul Middelveen and his wife Maria, Paul is the owner/manager of the Trailing Edge Computer Store that is now hosting our OHSG website, that is now up and running. Paul met everyone and enjoyed the evening and he gave us a short brief on the Trailing Edge which was well received by all. We also enjoyed having special guests, Beth Wallace from Dr Ruel’s office, and Mary Sue Evens and Kathleen Carter from the UOHI Foundation who helped the OHSG throughout the year and at the party.

This was a very good year for the OHSG having reached the highest average of members attending the meetings through 2016. Our executive committee is small but worked very well putting on good monthly presentations throughout the year and making our members and guests satisfied. One thing that contributed to the attendance achievement was the phone callers who were given a long overdue token of appreciation for contacting our membership prior to meetings. The executive committee is looking forward to an informative and entertaining 2017.

## General information

Our presentations can be confusing as we are not familiar with the medical terms relating to the subject; Dr Marino Labinaz mentioned going on the internet. I have tried this with our last two presentations by using the title of the presentation for my search. I hit the jackpot and the subject became clear and the slides were also very good. Although when in doubt ask the professional.

From 2016

**Dr Higginson said** “remember that when a person is a cardiac patient he is part of a team made up of a cardiologist and other medical professionals such as surgeons, interventionists, electrophysiologists and many more”

**Dr Buu-Khanh Lam said** “A-fib cannot be cured, but can be controlled.”

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



## 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](http://beadonor.ca), or <http://giftoflife>**

*William A Holland*  
President,  
Ottawa Heart Support Group

