



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## ”The Pulse - March 2017 “

---

### Activities

**Wednesday, March 1, 2017:** the OHSG Executive Committee meeting will be held at the Holland’s house 6029 Voyageur Drive, Orleans ON K1C 2P5. From 10:00 a.m. to 12:00 p.m.

**Monday, March 20, 2017:** The Guest Speaker is Juan B. Grau, MD, a cardiac surgeon at the University of Ottawa Heart Institute. The **Topic is: " Translational Cardiovascular Research: From Changing Patient Treatment in the 21<sup>st</sup> Century."** A native of Spain, Dr Grau finished his medical degree and research fellowship in Madrid in 1990 and 1992, respectively. Moving to New York, Dr Grau completed his General Surgery Internship and Residency at NYU Medical Center, where he also served as Executive Chief Resident in General Surgery; he then completed a three-year Research Fellowship at the NYU Laboratory of Developmental Biology and Repair.

In 2000, Dr Grau became the surgeon in charge at the Trauma and Shock Unit at the Bellevue Hospital, the largest level 1 trauma centre in New York City. He then completed his cardiothoracic surgery fellowship at NYU Medical Center, Department of Cardiothoracic Surgery. He spent five years as Faculty Attending Surgeon at NYU School of Medicine and NYU Medical Center and in 2008 moved to Philadelphia to join the faculty at The University of Pennsylvania School of Medicine, followed by Columbia University in 2011.

### General Information

**Our OHSG Michael Cheng**, through the UOHI Foundation initiated pinning Michael Pinfeld, Mary Cameron, Roy Cameron, Elva Holland and William Holland, with the UOHI Heart of Gold Pin for all they have done towards the ongoing OHSG educational program for former patients and their families.

### Patient Alumni

Once again all members are requested to sign in with the Patient Alumni (PA) using their website at <http://ottawaheartalumni.ca/> this is important as we are all Patient Alumni members.

You must sign in with Alumni Office or on line to be listed on their distribution system. At this time all information from the Patient Alumni is forwarded through our system which takes time and chances for errors. The Patient alumni is providing valuable and informative information to all members

**My Ottawa Heart** website, <https://www.myottawaheart.ca/login.cfm> is available for all **current** and former **UOHI patients**. MyOttawaHeart is a secure online patient portal that lets you access your personal health information in the privacy of your home, or from a computer or mobile device anywhere in the world. It is easy to sign on using the above website. You must register your green hospital card at the patient registration at the ambulatory clinic on the second floor of the UOHI on Ruskin Street where you will receive a number. The number will enable you to register on line. More information is available on the Heart Institute website.

### **Communicating with the OHSG**

The Committee sends out information to all members using gmail.com This Gmail account is not monitored for incoming emails. If you are corresponding to the Executive committee use our website **“ottawa heart supportgroup.com” Under Contact Us.**

**The Ottawa Heart Support Group Website “ottawaheartsupportgroup.com” is powered through the tte Computer Store.**



**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, or <http://giftoflife>**



*William A Holland*

President,  
Ottawa Heart Support Group

**For More Information Contact**

**Mary Cameron 613-835-2347 or Bill Holland 824-9563**

**“ottawaheartsupportgroup.com”**