



OttawaHeartSupportGroup
Health Education Activity Research Target



"The Pulse March 2018"

Activities

Wednesday, March 7, 2018: 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.

Guest Speaker Monday, 19 March 19, 2018: Michel Le May BSc, MD. **The topic is “Lucas 3 Chest Compression System for Cardiac Situations – Now and in the Future.”** Dr Le May is Director of the Coronary Care Unit and Director of the University of Ottawa Heart Institute Regional STEMI Program. He is also an Interventional Cardiologist and Professor of Medicine. Dr Le May received his Medical Degree in 1987 from the University of Ottawa. He completed his training in Internal Medicine at the University of Southern California Medical Centre and a fellowship in Cardiology at Emory University. Dr Le May pioneered the concept of dedicated STEMI room which has enabled paramedics to triage STEMI heart attack patients directly to the Heart Institute for primary PCI. As a champion for a regional STEMI program for Ottawa, his protocol has resulted in a fifty percent reduction in mortality in STEMI patients in the region. As a recognized clinical researcher, Dr Le May has over 50 peer-reviewed manuscripts and over 100 presentations at the national and international scientific meetings. He received the Clinical Science Investigator of the Year Award from the University of Ottawa in 2008 and in 2009 he received the TOP Achievement CIHR Award,

General information

The February presentation by Dr Coutinho on "The Canadian Women's Heart Health Centre: Changing the Landscape for Women with or at Risk for Cardiovascular Diseases". Was well received, it was a wet and cold evening to travel down town for the evening, members didn't mind and filled the Foustanelas. Dr Coutinho's presentation was very informative with many questions being answered during the presentation and after she stayed giving members a chance for one on one question time. There is no doubt the OHSG will hear from her again. The men will have a chance for some health information in August as Heather Tulloch, PhD is scheduled for a presentation on "Heart disease in men and how to cope with the trauma that follows a cardiac event: and what they can do to cope with depression, stress and trauma that follow a cardiac event." Being heart patients this is very important information to know and think about.

Membership Time: Our Treasurer will be available at the meetings for 2018 membership dues; lately some Patient Alumni members have been joining the OHSG we hope this will continue.

We are all Patient Alumni (PA) members and many of us paid the PA previous dues. Now

the PA members do not pay membership fees. We support much of the costs for holding our meetings with professional presentations. We do not indicate any cost for those attending for three months then we expect if they continue to attend they will help out with the small cost to help the program keep going. The membership is \$10.00 per year for a single and \$15.00 for a family, not bad for 10 professional presentations, a picnic in the summer and a Christmas party in December.

Our members that help set up the Foustanellas Auditorium for our meetings deserve a big thank you as they come in very early and set up the tables and chairs fix up the decorative heart you see around, make sure the finger foods, tea and coffee are ready, set up for the 50/50 draw.

“A BIG THANK YOU FOR”

Mary & Roy Cameron, Robert & Anne Mahlitz, Barb & Kevin Rooney and Monique Rochon

Ever thought about doing a 5 or 10 K at Ottawa Race Weekend, Canada’s largest race weekend? Make 2018 your year to accomplish this goal, by joining the Heart Institute Race Weekend Team (or Family) including staff, patients, and alumni. Team members will be supported along the way, with training tips, race-kit pick up, a group warm up and company during the race if you choose. Choose from a 5 or 10 Km run or walk.

- The race isn’t until May 26, 2018 but registering before Dec 31, 2017 saves you money! Register by visiting [Ottawa Race](#) Weekend, and select the University of Ottawa Heart Institute Foundation as your charity!! (or follow the link you will find at heartwise.ottawaheart.ca/ottawa-race-weekend)



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

