



OttawaHeartSupportGroup
Health Education Activity Research Target

"The Pulse October 2019"

Activities

Wednesday, October 2, 2019: the OHSG Executive Committee meeting will be held at the Holland's house 6029 Voyageur Drive, Orleans ON K1C 2P5. 10:00 a.m. to 12:00 p.m.

Important Notice: Friday October 9, 2019 A team of doctors at the University of Ottawa Heart Institute, in partnership with their colleagues at The Ottawa Hospital Cancer Centre, successfully performed the country's first completely non-invasive cardiac radio-ablation without incident. Using technology pioneered by physicians and scientists at Washington University in St. Louis, MO, USA, the Heart Institute is now believed to be one of the only centres in the world capable of performing this completely non-invasive procedure to treat heart disease. More information here <https://ottawaheart.ca/media-release/canadian-first-heart-institute-uses-completely-non-invasive-cardiac-radio-ablation>

Monday, October 21, 2019: For the monthly meeting the guest speaker is Esther Doucette, MSW and her topic is "**Be Mindful of Stress: An exploration of Mindfulness.**" Esther is working at the University of Ottawa Heart Institute and previously worked at the Ottawa Hospital Cancer Centre. She received her masters of Social Work degree from the University of Calgary, and her undergraduate degree from Ryerson University in Toronto. She is also a yoga instructor and a trained mindfulness practitioner.

The OHSG is following up in November with Dr Richard Davies, MD, PhD, FRCPC and his topic is "Diabetes Management" Dr. Davies obtained his BSc (Hons) in Psychology at Dalhousie University in Halifax in 1971, followed by an MSc, PhD, MD and CM, all at McGill University in Montreal. Richard Davies is Professor in the Division of Cardiology at the University of Ottawa Heart Institute and Professor in the Department of Medicine at the University of Ottawa. This presentation is extremely important subject as 28% of heart patients are living with diabetes. Dr. Davies provides our group with presentations on the subject of Diabetes every three years.

The Heart Institute Patient Alumni will be hosting their 33rd Annual General Meeting on Tuesday October 8th 5:00 pm – 7:00 pm in the Foustanelas Auditorium, 2nd floor at the Heart Institute located at 40 Ruskin St. This format was changed a couple of years ago to an open room with many small tables for small groups of members and guests that can move around the room and chat with others. Light refreshments and wine are provided with the food which is second to none. To register please call the Patient Alumni Office at the Heart Institute at 613-696-7241. There is no charge to this meeting. Hope to see many of our OHSG members at this exceptional event.

On December 9, 2019, we have our Annual Christmas Party. Mary Cameron will be giving will be giving us information on the festive event at our next meeting, along with the information sent to members in the November Pulse.

In the New Year January 20, the OHSG will start our years program with Dr. David Birnie, BSc (Hons), MB, ChB, MRCP, MD. Dr. Birnie is staff cardiac electrophysiologist and Deputy Division Head of Cardiology at the University of Ottawa Heart Institute. He is also Director, Clinical Research, Division of Cardiology at the University of Ottawa Heart Institute and Associate Professor in the Division of Cardiology, Department of Medicine, at the University of Ottawa. Dr. Birnie leads the Ottawa region strategic research Innovation Cluster on Atrial Fibrillation.

Dr. Birnie is the Director of the Arrhythmia Service at UOHI. His clinical focus is on all aspects of cardiac electrophysiology including arrhythmia pharmacotherapy and radiofrequency ablation of simple and complex arrhythmias including atrial fibrillation. He also has a major clinical interest in all aspects of implantation and follow-up of device therapy for arrhythmias. This includes pacemakers, implantable cardioverter defibrillators (ICD) and cardiac resynchronization therapy (CRT).

The Ottawa Heart Support Group Website "ottawaheartsupportgroup.com" is powered by the tte Computer Store. (The Trailing Edge)



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

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