



SIR MORTIMER B. DAVIS - JEWISH GENERAL HOSPITAL FOUNDATION

# Communiqué

## WHAT IS A STROKE?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain cannot get the blood (and oxygen) it needs, so it starts to die.

The effects of a stroke can impact your ability to move, see, remember, speak, reason and read and write. Some stroke survivors enjoy a full recovery; others suffer permanent effects to various degrees.

Stroke is the main cause of long-term disability and one of the leading causes of death across the globe. Of the 50,000 Canadians who suffer a stroke every year, 16,000 will die. While another 5,000 will make a complete recovery, other survivors will be left with a minor to severe disability. After the age of 55, the risk of stroke doubles every 10 years, and a stroke survivor has a 20% chance of having another stroke within 2 years.

Stroke already costs the Canadian economy \$2.7 billion a year. Given our aging population, stroke is an increasing cause for concern in Montreal and around the world.

### What are the symptoms of stroke?

- △ Weakness or numbness of the face, arm or leg on either or both sides of the body
- △ Slurred speech
- △ Confusion, difficulty understanding
- △ Difficulty swallowing
- △ Blurred vision in one or both eyes
- △ Partial loss of hearing
- △ Sudden trouble walking, dizziness, loss of balance or an unexplained fall
- △ Sudden severe headache with no known cause

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## YOU CAN HELP PAVE THE WAY FOR 75 MORE YEARS OF WORLD-CLASS CARE

This year marks 75 years of world-class and compassionate care at the Jewish General Hospital. Back in 1929, its founders saw the need to build a new hospital in Montreal. And they would let nothing get in their way, even the Great Depression. They raised \$1.6 million in only two short weeks, and our Hospital opened its doors in 1934, three decades before Canadian health care was nationalized.

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## FALL EVENTS

**3<sup>rd</sup> Angel Ball**  
November 5, 2009  
Marché Bonsecours

**Friends for Life Fundraiser**  
November 6, 2009  
Buffet Le Rizz

**Cure Scleroderma Foundation Gala**  
Saturday, November 7, 2009  
Buffet Le Crystal  
[www.csrg-grcs.ca](http://www.csrg-grcs.ca)

**It's a Girl Thing – Step Up for the Cause (presented by Gloria's Girls)**  
Sunday, November 8, 2009  
Club Soda  
Info: (514) 340-8222 x6787

**2<sup>nd</sup> Cabaret for the Cure**  
Sunday, November 29, 2009  
Le Living Room  
[www.acabaretforthecure.com](http://www.acabaretforthecure.com)

# THOUGHTFUL TEEN HELPS THE JGH IN MEMORY OF HER GRANDFATHER

Samantha Sciacca was only 12 years old when she lost her grandfather to cancer. He had gone into remission after a bout with lung cancer, but unfortunately it returned and spread to his brain.

Samantha recalls: “We were devastated about losing my grandfather, but the care he got at the Jewish General Hospital was amazing. The staff does more than just their job. They always go the extra mile for their patients and it shows. Their compassion for patients and their families is beyond words.”



Samantha and her grandmother

Four years later, Samantha, aged 16, was delighted to have the opportunity to give back to the Hospital that had done so much for her grandfather and her family. Tasked with developing a personal

project at her school, she found a way to follow her passion and support the JGH by organizing a Bowl-A-Thon.

She sold tickets, she advertised at her church, by e-mail and in flyers her parents distributed at work. “I wanted to do something that had meaning and would be a fun way for young people to be involved. But I was still blown away by the response I got.

All these contributions have been directed to the **Antonio Marsilio Memorial Fund for Pulmonary Oncology**. This will be used by Dr. David Small, Chief of the Division of Pulmonary Medicine, and his team to further the research and clinical work of the Division.

Samantha is proof that you’re never too young to support the JGH and that every dollar makes a difference.

Holding a special event is a unique and fun way to raise money for the Jewish General Hospital Foundation. If you are interested in organizing a fundraising event to help our patients, get started by e-mailing Mary Etzitian, Associate Coordinator, Events, at: [metzitian@jgh.mcgill.ca](mailto:metzitian@jgh.mcgill.ca), or by calling her at 514-340-8222 ext. 3986.

# YOU CAN HELP PAVE THE WAY FOR 75 MORE YEARS OF WORLD-CLASS CARE

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Since then, it has welcomed patients of all backgrounds and walks of life from Montreal and across the province, and provided them with the care they needed, when they needed it. It has changed and saved lives.

Our founders built more than a hospital. They inspired a tradition of giving that has sustained the Jewish General Hospital for generations. Men and women have steadfastly supported the JGH and its talented and dedicated staff with donations large and small ever since the Hospital was born.

Thanks to them, many distinguished accomplishments have been made possible, including:

- 1969 – The opening of the Lady Davis Research Institute
- 1981 – Hope and Cope was founded, and has provided support and counsel to cancer patients and their families ever since
- 1998 – The opening of the Marlene and Joel King Breast Referral & Investigation Centre
- 2005 – The opening of the Segal Cancer Centre
- 2006 – The inauguration of the Cardiovascular Prevention Centre
- 2007 – The purchase of a da Vinci Clinical Robot

Just as there was an urgent need to raise funds back then, there is an urgent need to raise funds today, so the JGH can continue to lead the way in meeting the modern day healthcare needs of all Quebecers. So, now it is your turn to show the same dedication as past generations of donors and help keep the JGH at the forefront of patient care, teaching and research.

Let your financial support honour our wonderful hospital and match the determination of its founders. Your generosity will keep their spirit alive for generations to come, and ensure your children, your grandchildren and great grandchildren have access to quality healthcare whenever they need it.



# WHAT IS A STROKE?

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If you experience any of these symptoms yourself, or see them in another person, call 911 right away – even if symptoms last only a short time.

## WHAT ARE THE TYPES OF STROKE?

A stroke caused by a clot obstructing the flow of blood to the brain is called an **ischemic stroke**.

A stroke caused by a blood vessel rupturing and preventing blood flow to the brain is called a **hemorrhagic stroke**.

## WHAT ARE THE TREATMENTS FOR STROKE?

Because their mechanisms are different, the treatments for these types of stroke are different:

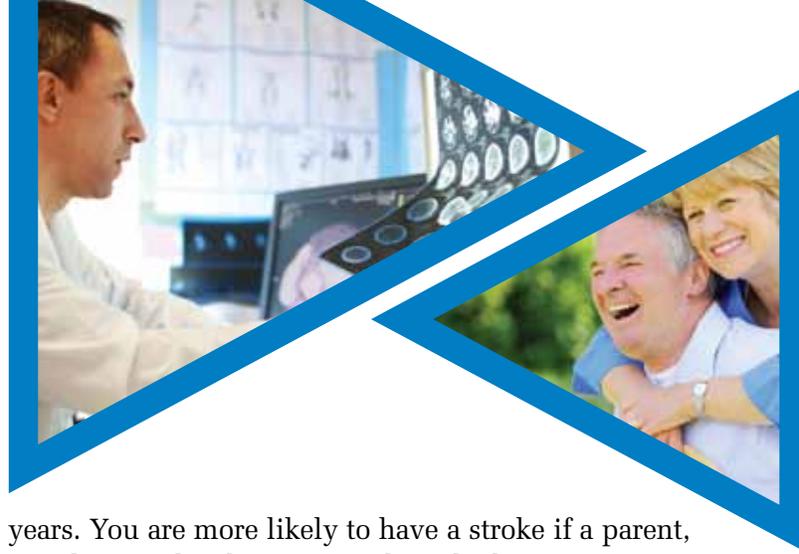
▷ **Ischemic stroke** is treated by removing the obstruction and restoring blood flow to the brain. Symptoms may be prevented or reversed by giving the patient clot dissolving drugs within three hours of the stroke's onset.

▷ **Hemorrhagic stroke** is treated by introducing an obstruction to prevent rupture and bleeding. Diagnostic radiology is used to identify the location and nature of the hemorrhage. Interventional radiology can be used to insert a thin flexible tube called a catheter to close off blood vessels to the brain without surgery. Surgery can be used to treat blood vessels, remove blood that has pooled in the brain or plaque build-up in major arteries.

In the event of disability following stroke, intensive rehabilitation can help stroke victims overcome their disability by training other parts of their brain to do what the damaged part did before.

## RISK FACTORS YOU CANNOT CONTROL

- ▷ **Age:** your risk of a stroke doubles every 10 years after the age of 55.
- ▷ **Gender:** more men than women have strokes.
- ▷ **Ethnic background:** First Nations people and those of African or South Asian descent are at greater risk.
- ▷ **Personal / Family history:** if you are a stroke survivor, you have a 20% chance of having another within 2

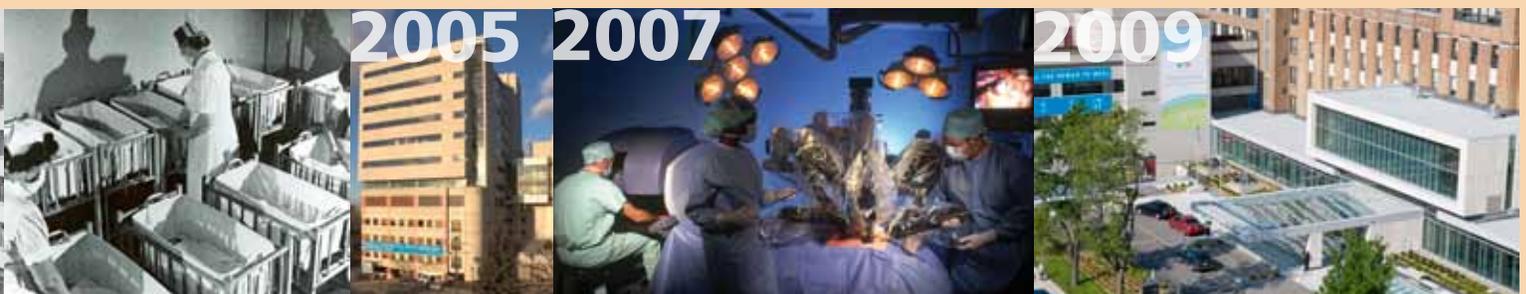


years. You are more likely to have a stroke if a parent, grandparent, brother or sister have had one.

## RISK FACTORS YOU CAN CONTROL

- ▷ **High blood pressure:** have your blood pressure checked at least once every two years by a healthcare professional.
- ▷ **Diabetes:** your diabetes must be controlled in order to lessen your risk of stroke and coronary heart disease.
- ▷ **Being overweight:** maintaining a healthy weight will not only decrease your chances of having a stroke, but also heart disease, high blood pressure, high blood cholesterol and diabetes.
- ▷ **High cholesterol:** have your doctor test your cholesterol if you are a man over 40, a woman over 50, or have a family history of heart disease, stroke, diabetes or high blood pressure.
- ▷ **Excessive alcohol:** if you drink alcohol, limit yourself to one or two standard drinks a day.
- ▷ **Physical inactivity:** exercise at least 30 minutes per day. Walking is enough.
- ▷ **Smoking:** there are absolutely no health benefits to smoking. Quit today!
- ▷ **Stress:** it is important to identify your stressors so you can find ways to deal with them.

In the event of a stroke, the most important thing is treatment. Every minute counts. Prompt action can make a world of difference to survival and recovery.



## LECTURE SERIES

**THIS FALL, MEMBERS OF THE JGH FOUNDATION'S GOVERNORS' CIRCLE WERE TREATED TO A NUMBER OF SPECIAL INFORMATION SESSIONS.**

### **DR. HARTLEY STERN**

On October 5<sup>th</sup>, our Platinum members attended a luncheon with Dr. Hartley Stern, Executive Director of the Jewish General Hospital. Dr. Stern acknowledged that everyone is concerned about surgical waiting times, which is why certain minor surgical procedures are now being performed by JGH surgeons at other centres like the LaSalle Hospital whose operating rooms are less congested, thus providing more time for more complicated procedures at the JGH.

Dr. Stern also explained that he has made it a point since his arrival two years ago to secure the buy-in of staff in every area of the Hospital to give top priority to safety and cleanliness. The JGH has always been clean and safe, but patients and visitors have been noticing the difference, and employees are even prouder to work here.

Finally, Dr. Stern informed members that the JGH is studying the feasibility of building a new wing that would consolidate all critical care services – the Emergency Room, the Coronary Care Unit, the Intensive Care Unit – into one place. Stay tuned for further developments.

### **MR. BERNARD STOTLAND AND MR. GARY WECHSLER**

In a breakfast for Silver, Gold and Platinum members, Hospital President Bernard Stotland and Foundation Chairman Gary Wechsler spoke about efforts to attract the next generation of world-class medical staff to the Hospital as well as importance of donations in making this possible.

### **DR. LAWRENCE ROSENBERG**

At a lecture for all members on October 21<sup>st</sup>, Dr. Lawrence Rosenberg, Chief of Surgical Services, reaffirmed the importance of fundraising in keeping the Hospital at the forefront of medical care in his presentation on the future of surgery.

**DON'T MISS OUT ON NEXT SPRING'S EVENTS. JOIN THE GOVERNORS' CIRCLE TODAY BY CALLING (514) 340-8251.**

## **DR. ALEXANDER THIEL A LEADER IN STROKE RESEARCH**

The JGH prides itself in recruiting the very best in the field: people like Dr. Alexander Thiel, MD, PhD who joined the Department of Neurology in 2006. A native of Germany, Dr. Thiel is a world-renowned specialist in stroke and the brain's ability to reorganize itself following injury and disease, and has attracted a team of talented researchers by virtue of his reputation.

By using MR-imaging, PET imaging and transcranial magnetic stimulation, his team is developing new treatments for patients at the early stages following a stroke – when the

potential for a full recovery is the greatest. This work stands to have a substantial impact on the cost of stroke rehabilitation, but more importantly, on the quality of life for stroke patients around the world – thanks to research right here at the JGH.

Funding for Dr. Thiel's ground breaking program is made possible thanks to the Rosalind and Morris Goodman Endowment Fund.



Dr. Alexander Thiel

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