



THE WDMH FOUNDATION NEWSLETTER

2019 Issue III



You. Have. Cancer.

And so began my cancer journey.

On November 20, 2018, I was shocked to receive that news. I had invasive ductal carcinoma – Stage 1 with a 2 cm tumour in my right breast.

Like all women who turn 50, I had received a letter from the Ontario Breast Screening Program telling me it was time to get a mammogram. I debated. Do I even bother?

I had no family history of breast cancer, although I did have a lump on my left breast back in 2004, after giving birth to my daughter. At that time a biopsy was done by Dr. Darbyshire and the benign (not cancerous) lump was removed by Dr. Chande. Nothing there to worry about – so I didn't.

Since it wasn't much of an inconvenience to go to WDMH and wouldn't take too much of my time, I scheduled the appointment.

I am extremely glad that I did!

My name is Pam – I was born at WDMH and delivered my daughter there too. I'm a local girl, having lived most of my life in Williamsburg and area. I had taken the "close to home" care and services of WDMH for granted for both my family and myself. Thankfully, I have not had to use many of the services over the years. Until now.

My first 'turning 50' mammogram was in May 2018. It showed what looked like a benign lesion. It was recommended that I return in six months to be rechecked, rather than waiting the standard two years. They also sent me down the hall for an ultrasound. In October, I returned to WDMH for another mammogram and another ultrasound as follow-ups to the first tests. I was also there with the assumption that nothing would have changed.

But that was not the case. Unfortunately, the tests showed I now had two nodules – small round visible masses – in the images of my right breast.

That's when things started to move very quickly! Suddenly I was scheduled for a biopsy the very next week at The Ottawa General Hospital. Next was a conversation with Dr. Oberoi, a general surgeon at WDMH. She was the person who had

to break the bad news to me – I had breast cancer – ductal carcinoma.

I am so grateful that WDMH has a mammography machine available to detect early breast cancer. It is only because of access to close to home mammography services, that I was diagnosed early. My type of cancer is not generally caught early through self-examinations. Thanks to this test, I received the treatment that I needed very quickly.

Ductal carcinoma is the most common type of breast cancer; a group of cancer cells start growing in the breast ducts and then spread into nearby breast tissue (this is what causes a lump or thickening to form). It can also spread to the lymph nodes and other parts of the body if it is not found early. This cancer is usually too small to be felt in a breast exam – and is found only because of a mammogram. Luckily, it tends to be a slow moving cancer, and surgical removal is usually successful.

Soon after that, I had another appointment at WDMH where I met with a nurse and an anesthesiologist. They explained that I would need to have surgery – a lumpectomy to be specific. It was scheduled for December 5th

Pam's story continues on page 2

Did you know that the Ontario government does not fund medical equipment purchases for hospitals?

with Dr. Barton. They removed the cancer as well as three lymph nodes. The lymph nodes were sent for testing. Thankfully, the cancer had not spread!

It is only because of an amazing group of passionate people in our community, along with many wonderful donors, that the option to have mammograms close to home is available.

Approximately 5,200 mammograms are done each year, right here at WDMH. In 2018, 35 men had a mammogram at WMDH.



The mammography machine at WDMH

I'll be honest. I did not do breast self-exams. And often, cancers like mine start out too small to be felt on an exam – they are only found during a mammography screening.

Mammograms are done in the Diagnostic Imaging Department at WDMH, by one of the radiology technologists. During the test, your breasts are placed between two plastic plates, and flattened for a few seconds while the images are taken. Not the most comfortable of tests, but certainly an important one to have.

The images created during the test show detailed views from various angles, allowing the radiologist to see all areas of the tissue, and to identify any potential issues.

My journey continued. I received a call from the Ottawa Cancer Clinic who tested the lumps removed during my surgery. They confirmed it was cancer and provided the next steps in treatment. Like most people, I was shocked to hear this diagnosis. So many thoughts were running through my mind after hearing those three little words. What happens now? What about my job? How will I tell my family?

I can't say enough about the amazing care I received at WDMH – from the technologists doing the

mammograms and ultrasounds, to the staff involved in my surgery, and the various doctors. They were all very caring and very thorough, and ensured that things moved quickly as soon as they noticed something was wrong. I was so impressed by everyone I met during this journey.

I am very grateful to have WDMH in my community – and I'm sure you are too!

Going forward, I have to take medication for the next year to block the production of estrogen. And I will need to continue regular screening, including mammograms – one six months after my radiation treatment is finished, and then one every year.

The ability to have these tests at our local hospital – in a familiar place, close to home – is comforting when you are going through this journey.

It is only because of the wonderful donors in our communities that I was able to have this life saving test done close to home.

Sincerely,

Pam (Whitteker) Rodrigue

WDMH Baby, Mom, WDMH Patient, WDMH Donor, and a Tough and Grateful Breast Cancer Survivor

Special Delivery!

WDMH's new Wireless Fetal Monitor supports safer and more comfortable care. And because of the *100 Women and Men Who Care about North Dundas* and many other donors, we were able to purchase it for Moms and babies at WDMH. This is an essential piece of equipment in our labour and delivery unit.

The monitor provides constant crucial information about the baby's movements, mom and baby's heart rates, and other important data. The new machine is wireless, which means a labouring mom can move around – helping her to labour in a way that is best for her.

The wireless fetal monitor and stand cost \$35,441.29. The new one replaces an aging unit.



Registered Nurses Kim Gravelle (left) and Bev Shortt (right) check out the new wireless fetal monitor.

MAKING A DIFFERENCE

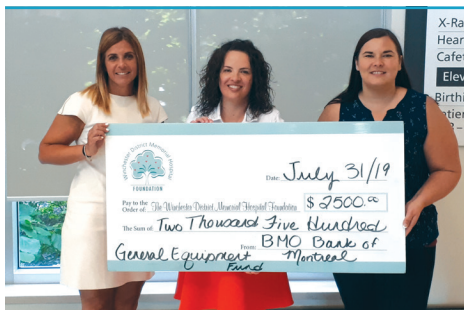
Every day, our donors go above and beyond with generous and creative fundraising events. Big or small, every one of them has made an impact and we are always grateful.

Just a reminder that we are always here to help you with planning, support and tips to make your event a successful one. Call Cindy Peters at 613-774-2422 ext. 6172 to learn more.



“Les Retrouvailles” means “to reminisce” and for the Marion family, it’s all about connections. Each year, this generous family hosts the Marion Open golf tournament. In addition to being together, the team also raises money for a local charity. We were honoured to accept a cheque for \$800 for the Digital Mammography Fund. Funds were raised through a silent auction at the event thanks to the generous support of community businesses.

Hogs and choppers rolled into town on August 15 for **Winchester Bike Night**. Thank you to the **Black Walnut Group** for choosing the WDMH Foundation as the beneficiary of their 50/50 draw. At the end of the evening, a cheque for \$1,020 was presented to the WDMH Foundation. The Black Walnut Group offers support and fellowship to those who have been touched by prostate cancer in eastern Ontario.



The **BMO Bank of Montreal team** has delivered their second gift of \$2,500 – part of a \$7,500 pledge to support health care close to home. The money is being directed to the WDMH Foundation’s General Equipment Fund. “We are more than simply bankers, we are people first and our purpose

makes a clear connection to banking and the impact we make together with our employees, communities and customers,” sums up Teresa Pagnotta, Regional Vice President, Seaway Market at BMO.

For 15 years, the **McGillivray Family** has opened their home in Long Sault to family, friends and neighbours for an annual Family Pig Roast. All guests enjoy great food and music and a donation box at the door supports local charities. Thousands of dollars have been raised. This year, \$500 was donated to the Foundation’s General Equipment Fund.



Your Life’s Legacy

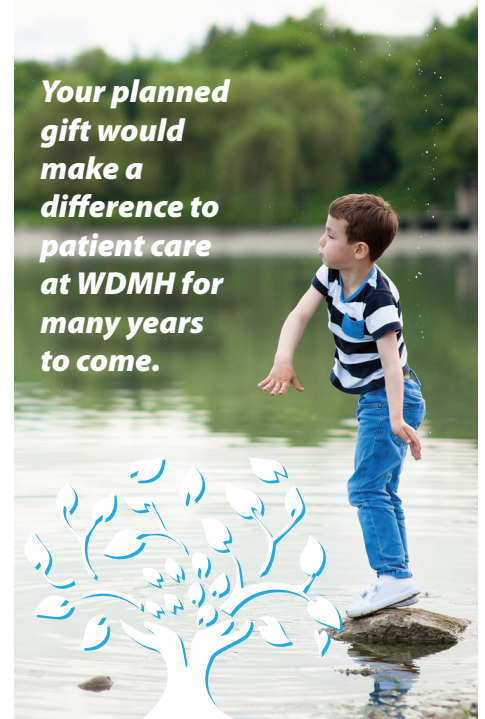
Your life’s legacy is so important. And something worth thinking about and planning for. The WDMH Foundation would be honoured and grateful to receive or be notified of your planned gift, including gifts through your will or estate; life insurance policy; RRSPs or RRIFs; or publicly traded securities.

Every gift really does make a difference, no matter how large or small.

A planned gift to WDMH shows your vision and inclination to provide for the long-term, ongoing needs of WDMH, which will make such a difference at your hospital. Your planned gift would make a difference to patient care at WDMH for many years to come.

For a confidential discussion about revising your will, donation options, recognition opportunities or exploring the patient care areas of WDMH, please contact Chelsea McIntyre at 613-774-2422 ext. 6769. Your questions, and any information exchanged, will be held in the strictest confidence.

Your planned gift would make a difference to patient care at WDMH for many years to come.



Neighbourhood News

The WDMH Foundation is proud to be part of caring community of health partners. Together with Winchester District Memorial Hospital, Dundas Manor Long-Term Care Home and the Community Care Building, we are providing health care close to home for our local communities – from babies to seniors. And our local communities support us every step of the way. Here are some updates from our neighbours!

Louise Street

Fred Street

Welcome to Dr. Ghattas

Welcome to Dr. Rimon Ghattas who has recently joined the WDMH team. Dr. Ghattas is a General Internist with an interest in Cardiovascular health. Before pursuing medical training, Dr. Ghattas practiced as a Pharmacist. He will be at WDMH two days a week.

Patients are referred to a General Internist by their family physician for assessment of symptoms that are not yet diagnosed. The symptoms may involve cardiac, respiratory or multiple issues that need to be managed. They work with each patient to come up with a diagnosis and treatment plan.



Please
Share Your
Story

Has WDMH made a difference in your life? Do you have a story to share about why you choose to support the WDMH Foundation? We would love to hear from you! Stories from patients and their families are so important to us. They inspire us to do our work – and they may inspire donors to support local health care, close to home.

Submit your story online at www.wdmhfoundation.ca/ShareYourStory or contact Kristen Casselman at 613-774-2422 ext. 6169. **Thank you!**



A Fall Bike Ride!

The days are getting cooler but there is still time for a bike ride. Residents and family members at Dundas Manor enjoy cruising the neighbourhood in the Brad-lee Bike. Here, resident Marj and sister Peggy are taken for a ride driven by Activity Director Jennifer Hill.



OUR DONORS WRITE

"The staff were all so excellent. We came into the ER at 4 am on a Sunday. The staff were so efficient and gave excellent care and so quickly." ~ Patient and Donor

"I come to see Dr. Sharma and it is good to have a specialist available locally. Everyone at WDMH is very good and very pleasant. I am happy to support our local hospital." ~ Patient and Donor

"Love the folks there at the hospital, and all they do for us." ~ Patient and Donor

Sign Up Today!

Because of You is online too. If you'd like to receive the newsletter right to your inbox, please sign up by clicking on the Home Page link today.



Please sign up at www.wdmhfoundation.ca

Keep In Touch

We'd love to keep in touch! You can help today by volunteering, hosting a fundraising event or making a donation. Whatever you would like to do, we'd love to chat. Thank you!

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Thank you to all of our donors for your support.