

Hemodialysis Unit: Life goes on

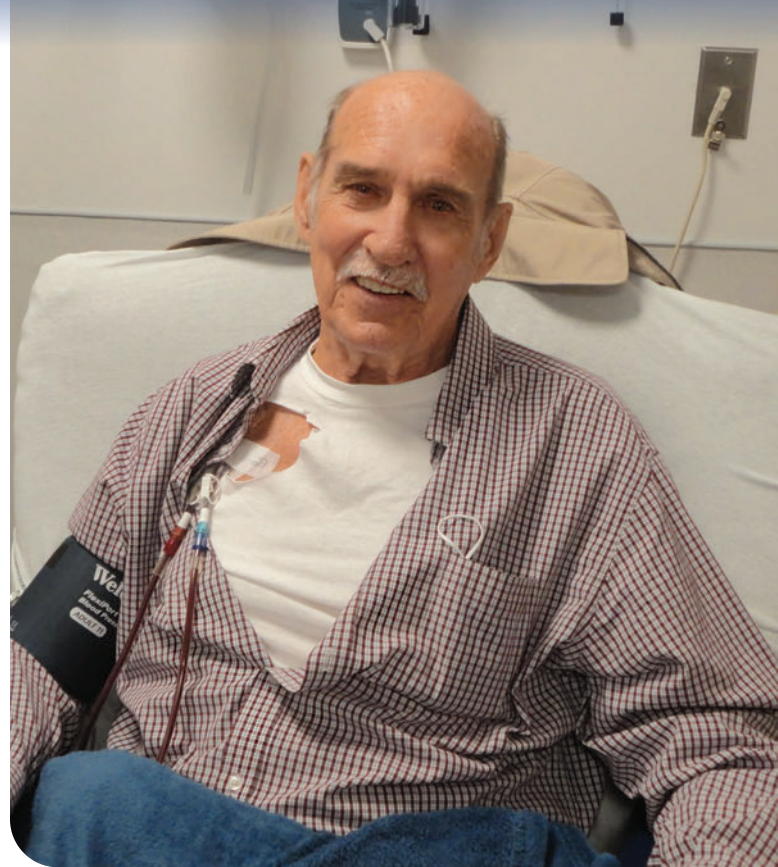
Every Monday, Wednesday and Friday, in the early morning, Harold and Shirley Murdock arrive at the Hemodialysis Unit at the Lakeshore General Hospital. Shirley often brings homemade goodies for the staff. Soon after they arrive, Harold begins his grueling dialysis ritual. A technician hooks the 81-year-old to a hemodialysis machine and for the next four hours, Harold remains attached to the piece of medical equipment the size of a small fridge.

The couple has been a fixture at the unit since February 2014, when it became clear Harold's kidneys were failing. The kidneys, two bean-shaped organs each about the size of a fist, filter waste from the blood. In Harold's case, they were functioning at below 10% capacity, and toxins, extra salt and fluids were accumulating in his body. Hemodialysis was and remains his only chance of survival.

A complex but necessary process

Hemodialysis is a complicated, inconvenient and lengthy therapy that requires a coordinated effort by a healthcare team including a nephrologist (kidney specialist), dialysis nurse, dialysis technician and dietitian. During hemodialysis, a patient's blood flows through a filter that removes wastes and extra fluids. The clean blood is then returned to the body. Removing the harmful waste helps control blood pressure and keeps the proper balance of chemicals in the body.

"If my dad's life wasn't hanging in the balance, he'd walk away from the Hemodialysis Unit and never look back," says his daughter Debra. "But my mom tells him to think of the treatments as his work. He needs to consider himself semi-retired. Three days a week he gets up and goes to his



Mr. Murdock at the Hemodialysis Unit

new "job". The job just happens to be hemodialysis. This seems to help him accept his situation."

Debra is full of praise for her dad's healthcare team. "The technicians, nurses and dietitians are terrific. We also owe much to the nephrologists Drs. Loertscher, Muhtadie, Shiu and Iqbal. Our family can't say 'thank you' enough."

She also can't say enough about her dad. "He's our hero. He has faced numerous health challenges. When he was 23, he lost a leg in a motorcycle accident. And throughout his life, he has beaten down one health issue after another including prostate cancer. This one has been very rough, but he's coping and he's in good hands."

In 2013-2014, the Lakeshore General Hospital provided 18,214 hemodialysis treatments to members of our community. •



New energy, new ideas



The Lakeshore General Hospital Foundation celebrates its 50th anniversary, as I proudly mark my first anniversary as Managing Director. The past year has been a period of non-stop and successful activity. The Foundation is in expansion mode: we recruited new members to our board of directors chaired by Mr. Bernie Marcotte;

we welcomed new donors and strengthened bonds with current donors, and we added energetic new members to the Foundation's team.

I've discovered a lot about the Lakeshore General Hospital. I was amazed to find out *a third* of West Island residents turn to the hospital for care each year. I learned about the Hospital's astounding level of clinical expertise and its compassionate healthcare providers. I have also met many patients and been inspired by their personal stories and how the hospital has helped them.

The Foundation's mission is to strengthen the quality of care provided by the Hospital primarily through the purchase of priority medical equipment and the support of major renovations. To do this, we are reaching out to the West Island community and forging new relationships. We've recently welcomed several new corporate donors including Broccolini, the Montreal Airport Marriott In-Terminal Hotel and Aqua Spa Lyne Giroux. We are also very pleased that Merck, Pfizer, National Bank and Desjardins have renewed their commitment. Over 8,000 committed donors, and 400 active volunteers help us accomplish our mission.

There is always much work to be done but thankfully, I am surrounded by a close-knit team that is dedicated to seeing the Foundation and hospital go from strength to strength. I offer a heartfelt thank-you to every single person that helps us. Please know your contributions, no matter how big or small, are ensuring West Islanders have access to great health care, close to home.

Where we have always been, close to you for 50 years.

*Heather Holmes,
Managing Director, Lakeshore General Hospital Foundation*

Neighbours helping neighbours

West Island resident supports Lakeshore General Hospital Foundation

Ginette Latreille is grateful to have a community hospital like the Lakeshore General so close to home. Her family has turned to the hospital for care several times including when her son broke his arm and again when he sliced open his leg and needed a dozen stitches.

"At one time or another, nearly everyone on the West Island has turned to the Lakeshore General Hospital for care, whether they were born there or had to rush to the ER or maybe had an elderly parent in need of a specialist. It is a full-service hospital and it is located right in our own backyard," says the West Island resident. "As Vice-Chair of the Foundation's Board of Directors and Chairman of the annual ball committee, I help raise funds to ensure our hospital is equipped with the necessary tools so the healthcare team can deliver the best care possible," she says.

Ms. Latreille readily accepted the invitation to join the Lakeshore General Hospital Foundation's Board in 2009. She became aware of the opening on the Board thanks to her position as the Vice-President of the Board of Directors of the Caisse Desjardins des Sources-Lac-St-Louis.

A passionate community leader, Ms. Latreille, a partner in Globale Leasing, a brokerage firm that specializes in equipment financing, encourages everyone to give back, noting a lot of small donations can add up to big money that can be put to great use. "Imagine if every person supported at least one charity. Imagine what a difference we could make and how much our society would improve." •



Ms. Ginette Latreille

Supporting the hospital inside and out



Dr. Fiore Lalla (2nd from left) with mom Francesca, dad Nicholas and wife Abby.

Dr. Fiore Lalla knew very early on in his career at the Lakeshore General Hospital that he wanted to support the hospital beyond his patient practice. As a member of the Lakeshore General Hospital Foundation Board of Directors, he takes an active role in the hospital community, and gives his time and energy to fundraising events and building awareness of the hospital.

Dr. Lalla graduated from McGill University in the 1990s; one of his first rotating residencies was in Family Medicine. “Half the patients I saw were living with mental health problems, and it pushed me towards specializing in psychiatry,” he says. “It was an honour to join the Lakeshore General when I did. Hospital positions were hard to come by and to have the ability to practice in this type of environment was very important to me.”

In the years that followed, he served as the head of the Psychiatry department, and then the Medical Director of Mental Health until 2009, when he returned to full-time clinical practice. He currently works alongside a team of about 50 doctors, nurses, social workers and other care providers. Dr. Lalla points out that the department is known to be one of the most efficient in Montreal for getting people into programs and ensuring proper follow-up in the community.

One of Dr. Lalla’s specialties is treating mood disorders; he also recently developed a hospital-based program

for adults with attention deficit hyperactivity disorder (ADHD). “The number of adults living with ADHD is estimated at five per cent of the population and many people go untreated,” he says. “But structured treatment and counselling can make a world of difference in their lives.”

The Foundation gets high praise from Dr. Lalla. “The staff are a very cohesive team,” he says, “and each of the board members brings so much experience to the table.”

About five years ago, Dr. Lalla became involved in the annual Baton Rouge evening, which is the foundation’s major spring fundraiser. As chairperson of this event, Dr. Lalla helped raise \$51,000 this year for the hospital’s Mental Health department and over \$300,000 since the event started. “An event like this is a chance to meet and talk to the many people who support the hospital,” he says. “There’s a great sense of community surrounding the Lakeshore General Hospital, and people are very willing to support the hospital’s patients and work.” He adds it also happens to be a really fun event. “I admit it—I love throwing a good party,” he laughs. ●



160 Stillview, suite 1249,
Pointe Claire, Quebec, H9R 2Y2

Tel.: 514.630.2081
fondationlakeshore.ca
facebook.com/fondationlakeshore

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The National Bank Duck Race is back!



Annual fundraiser adds family-friendly fun day to line-up

The beloved National Bank Duck Race will be bigger and better than ever this year. In honour of the 50th anniversary of the Lakeshore General Hospital Foundation, the fundraiser taking place in Pointe Claire's Valois Park on August 29 will include a family fun fest with all kinds of activities: inflatables, live music, and performances by local dance, singing and sporting organizations. You'll be able to gobble down plenty of traditional carnival foods including cotton candy, popcorn and of course barbecued hotdogs and burgers. You can also browse kiosks selling crafts, jewelry, food, baked goods and many other artisanal products.

Help buy a gamma camera

Proceeds from the 19th annual National Bank Duck Race will help purchase a gamma camera, used to scan the brain, thyroid, lungs, liver, gallbladder and kidneys to detect abnormalities such as cancers and other diseases.



You can buy a duck for only \$10 at retailers across the West Island or at the event. Each duck purchased gives you a chance to win a raft of prizes including a cruise and a boatload of Tim Hortons gift certificates.

The family fun fest gets going at 11 a.m. on August 29. Access to the park is free and coupons can be purchased for the food and inflatables. The day culminates at 4 p.m. when a back loader from Hewitt dumps thousands of yellow rubber duckies into the Valois Park pool.

For more information or to volunteer please call Anne-Marie Milard, Event Coordinator for the Lakeshore General Hospital Foundation at 514-630-2081. •

Your donations at work

Making a great hospital even better

Each year, the Lakeshore General Hospital Foundation raises millions of dollars so the hospital can purchase state-of-the-art medical equipment and finance major renovations. This past year, the Foundation disbursed \$2,033,628 to the hospital to advance patient care. Here are just a few of the key purchases made possible thanks to your support.

Both the emergency department and OR recovery room acquired patient monitoring systems, which relay patients' vital signs to the nursing stations. These systems allow for a more effective and efficient monitoring of patients under care in these departments. Donations to the Foundation also allowed the general surgery and gynecology surgery departments to purchase laparoscopy surgical sets. These allow surgeons to operate using less invasive techniques, which mean less injury to the body compared to regular surgery. Laparoscopy surgery allows patients to recover faster and heal with less pain and scarring. As well, the ophthalmology department received funds from the Foundation to purchase cataract sets to assist with this delicate surgery.



"Everyone on the Lakeshore General Hospital Foundation team recognizes the incredible contributions made by so many in our community. Our donors, partners, corporate sponsors, event organizers and volunteers are making a huge difference in the lives of West Islanders. Over 70,000 residents turn to the hospital for care each year. Thank you for entrusting us with your donations and for helping fulfill some of the hospital's most urgent needs," says Heather Holmes, Managing Director of the Lakeshore General Hospital Foundation. •