

# @Humber

- 2** Investments in Healthcare
- 2** A Message from Dr. Stephen Halman
- 3** Women in Kindness

- 3** CO2 Laser Expanding Women's Care
- 4** Beverly's Story
- 4** SKiP Innovation

- 5** Fellowship in Urology
- 5** How Innovation Powers Surgery
- 6** John and Brenda Bradlow's Story
- 7** Take Root

**"Donor support at The River Ball was instrumental in bringing Intellijoint to Humber and lighting new ways in healthcare"**



## Donors Bring Intellijoint to Humber

Thanks to donor support, Humber River Hospital has become the first hospital in Canada to acquire Intellijoint HIP real-time surgical navigation technology to be used as part of our hip replacement procedures.

Funds for this innovation were raised at the 2019 River Ball, our last gala before the pandemic hit, where we awarded Dr. Sebastian Rodriguez-Elizalde with our Doctor of Philanthropy Award.

"Donor support at The River Ball was instrumental in bringing Intellijoint to Humber and lighting new ways in healthcare," says Sandra Sualim, President and CEO of Humber River Hospital Foundation.

"This is a proud moment for our donors and our Hospital, and I thank everyone who supported as well as Dr. Rodriguez for partnering with the Foundation to make this a reality."

Humber performs over 600 total hip replacements every year and will begin using Intellijoint HIP immediately. Intellijoint HIP will be available to all orthopaedic surgeons performing total hip arthroplasty at Humber, enabling the public medical healthcare landscape in Canada with this kind of technology for the first time. The system includes a mini-camera, laptop and instruments to aid with the accurate positioning of hip implants.

"Intellijoint HIP will alleviate the need for

additional fluoroscopy and diagnostic imaging arms in an already backlogged system due to Directive 2, which halted all non-essential surgeries due to COVID-19. This will allow for efficiencies at Humber River as we begin scheduling hip surgeries once again," explains Jhanvi Solanki, Vice President of Clinical Programs at Humber River Hospital.

Dr. Rodriguez-Elizalde, a renowned orthopaedic surgeon at Humber remarks, "The Intellijoint system allows for accurate cup placement and leg length corrections to the degree and millimetre. This open platform technology is simple to use, takes minutes to set up and allows for surgeons to stop using intra-operative X-rays."

# Thank You for Lighting New Ways in Healthcare

The following individuals and corporations have answered the call for better healthcare by recently committing more than \$100,000 in support of Humber River Hospital.

**\$1,000,000**

Richkell Holdings

**\$1,000,000**

John C. & Sally Horsfall Eaton

**\$250,000**

Rogers Family Foundation

**\$250,000**

Ben & Rita Veneziano & Family

**\$130,000**

Rosamond Ivey

**\$110,000**

Roy & Joan Hintsä

**\$100,000**

Saul & Toby Feldberg and Family

**\$100,000**

The Linda Frum & Howard Sokolowski  
Charitable Foundation



**Dr. Stephen Halman**  
Chief of Surgery  
Humber River Hospital

## Dear Friends,

Now that the spring weather is upon us, I hope you are all feeling the sense of optimism and renewal that this new season brings.

The past two years spent battling COVID-19 have been difficult, and we have all been challenged personally, professionally and emotionally. However, times of adversity can often provide avenues to new thinking and innovation, which is exactly what we have been doing in our Surgery Program.

While the coronavirus thrust healthcare capacity into the public's attention, we at Humber River have worked to solve these problems. For decades, our Program has been at the forefront of innovations that have allowed us to treat more patients, in less time, and with better outcomes using new techniques, including robotic surgery, and enhancing our outpatient procedures. The ecosystem of patient focused innovation allow for an improved patient journey, while, in turn expanding internal capacity as more beds can be used for acute care all year, and in special circumstances, like a pandemic. This will help us as we clear the backlog of people who have had to wait for their surgeries due to pandemic shutdowns.

In this newsletter, we take a closer look at our robotics program and the plans for upgrading and expanding the surgical procedures. We also shine a light on women's health, and the outpatient services we have added so that more women in the community can get the care they need, with diagnosis and treatment in just a day.

Humber River's Surgery Program is a perfect example of what can happen when innovation and philanthropy intersect in healthcare. Thank you for supporting the Hospital and we hope we can count on you as we light new ways in surgery in our post-pandemic future.

Wishing you the best of health and many brighter months ahead,

**Dr. Stephen Halman**  
Chief of Surgery  
Humber River Hospital

# It's a Tie! Breast Health and ICU Win at WINK Den

On March 8, the evening of International Women's Day, the women of WINK (Women in Kindness) virtually gathered to hear directly from the two deserving Humber program finalists: Breast Health and the Intensive Care Unit (ICU). Rita DeMontis, Sun Media National Lifestyle Editor, was the special guest host.

It was a tough decision, but ultimately the final count resulted in a tie! Now, the \$110,000 gift will be split in half between the two programs. The ICU is planning to use their prize towards purchasing cardiac monitors and creating 12 new ICU beds as they provide care for the most critically ill patients in our community. Breast Health will use their gift



towards improving their breast cancer patient's experience through seed localization surgery – a procedure where a small, implantable seed is inserted directly into the patient's tumor, making this much more comfortable for them.

This season of WINK may be over, but we already have big sights set for next season. To be part of the next round of WINK, contact Laura Berardo at 416.242.1000 ext. 81525, lberardo@hrh.ca



## CO2 Laser Will Help Expand Women's Care



Back in December, Humber River Hospital hosted its first-ever "Dragons' Den" Event. Inspired by the TV show, members of Humber's surgical program gathered to present their pitches for new technology and equipment that would help our teams provide better care for patients. All were vying for \$100,000 in funding from Humber River Hospital Foundation donor Phil Evershed.

The panel of judges or "Dragons" crowned the CO2 Colposcopy Laser team this year's winner. This will help the Hospital further expand care for women, building on new services added just last year.

Our Women's Health Centre is an out-patient clinic that helps women experiencing abnormal uterine bleeding. While the causes are varied, our teams are able to diagnose and treat patients on the spot using minimally invasive procedures.

In 2021, Humber became the second site in Ontario to create an out-patient hysteroscopy suite. Moving these cases to the out-patient setting allows us to tackle the surgical backlog brought on by the pandemic by creating more time in the operating room for complex cases. This allows more procedures to be done in just a day without requiring an overnight stay in hospital.

With the addition of the CO2 laser, this type of technology will enhance gynecology into a full-service and comprehensive Women's Health Centre at Humber. The CO2 laser will allow

our team to utilize the most minimally invasive approach for treating pre-cancers of the lower genital tract, by vaporizing abnormal cells without resecting nearby normal tissue.

Dr. Lynn Sterling, OBGYN Physician and Colposcopy lead at the Hospital, who pitched the CO2 Laser at the Dragons' Den Event with colleague Navdeep Badwal, Program Manager of the Surgical Clinic, said:

"Receiving that kind of institutional support reflects very highly on Humber River Hospital as a place that prioritizes women's health... it speaks really well to our values and desire to care for our community as a whole. We value our patients' time. It takes a lot for a patient to attend a consultation, undergo a biopsy, and wait for a result. Currently, we need to refer some of these patients out for treatment to other institutions, which can be stressful and inconvenient. Once we acquire the CO2 laser, we will be able to keep women with their care providers at Humber, which has a very positive impact."



# Expanding Care for Women: Beverly's Story

When Beverly noticed she was having irregular bleeding, she visited her family doctor to get tested. The results showed a polyp in her body and Beverly's family doctor immediately recommended she see gynaecologist Dr. Grace Yeung at Humber River Hospital.

On the day of her appointment, Dr. Yeung discovered that Beverly's polyp was imbedded and she would need a hysteroscopy to remove it. Beverly mentally prepared herself to be on the waiting list for months, which is very typical for this kind of procedure. But at Humber, she was able to get the procedure done in one week.

"I received a call from Dr. Andre LaRoche saying that he could see me and do the procedure because he works alongside with Dr. Yeung," Beverly said. "They called me in on a Thursday, then called

me again on Monday to confirm my procedure and was booked to come in that Friday of the same week to have the surgery."

On the day of her appointment, Beverly arrived at Humber River Hospital's Centre for Women's Wellness. This one-stop shop is an out-patient clinic for women experiencing abnormal uterine bleeding. Our teams are able to diagnose and treat patients right on the spot using minimally invasive procedures that do not require general anaesthetic. In doing so, this eliminates the need for an operating room, which allows more procedures, like Beverly's, to be done in just a day and does not require an overnight stay in the Hospital.

After going into the recovery room for her post-surgery checkups, Beverly went home that same day. She was



instructed to take it easy for the next 48 hours and rest. Beverly said that she was back to her regular routine by Monday morning.

"I felt like I couldn't go on with my normal life, truly. I just wanted it done and of course, I had that fear that it could've been something worse or it could turn out to be something more serious," she said. "I was very glad to have that opportunity to go to Humber and get the procedure done right away."

## No Pain, All Gain: SKiP Program



Dr. Kyle Waldman

For the past two years, Humber River Hospital has been offering SKiP, a same-day knee replacement program that uses a safe and highly effective nerve-block system to block pain sensation. Patients can usually return home the same day as their operation, and pain at the surgical site is blocked for three days using a continuous drip that runs from a bottle attached to a catheter in the patient's thigh.

The SKiP Program has been a remarkable

collaboration between our Surgery and Anaesthesiology teams, offering our patients the ability to recover comfortably at home.

"Back when I did my surgical training, knee replacement surgery and recovery was very painful. We would have patients in the hospital for a week or more," says Orthopaedic Surgeon Dr. Barry Cayen. "SKiP uses surgical techniques and advanced practices that allow us to numb the knee and provide continual pain relief for 72 hours. Patients can leave the hospital the same day to recover at home, with regular communication with their medical team."

SKiP patients don't have to worry about pressing buttons or changing the nerve-block bottle. They simply leave it alone while they heal from surgery.

Humber River Hospital provides a similar service – called COIN – to shoulder replacement patients.

"From my perspective as an Anaesthesiologist, SKiP is an elegant procedure because patients receive very little narcotics and have drastically reduced pain scores," says Dr. Kyle Waldman. "When I think of surgery, I think of the 'the mum test.' I ask myself if I would want my mum having this surgery here, and Humber is the only place I would want to send my loved one."

During the pandemic and now as we work our way through the surgery backlog, surgical procedures that decrease patient length of stay and minimize the use of post-operative pain medication are playing a vital role in Humber's ability to ramp up surgical services again.

# Enhanced Fellowship in Community Urology

Starting this July, a unique training program (in partnership with the University of Toronto) is coming to Humber River Hospital's Urology Program to help shape the next generation of surgeons.

The program is called, "An Enhanced Fellowship in Community Urology" and will see one chosen Urologist who has already graduated and is certified to take their skill and training to the next level. Humber's team of highly trained Urologists will take them under their wing for a year, exposing them to the many facets of Urology in a community setting.

"This is an exciting Fellowship and different from other hospitals because it uniquely involves everything including,

Endourology, female urology, Blue Light Cystoscopy, Green Light laser treatment and robotics," explains Dr. Jack Barkin, a renowned Urologist and Robotic Surgeon at Humber for decades, and the architect of this fellowship program.

Over the years, Humber's Urology Program (a sub-specialty of the Surgical Program) has grown in terms of size and innovation. Today, we have 10 Urologists on staff, three of whom are female, which is rare. Thanks to our donors, our suite of technology like the daVinci robotic system, Blue Light Cystoscopy and more helps our team of surgeons operate on a wide range of Urologic surgical cases, from routine to complex, all right in our Humber community.



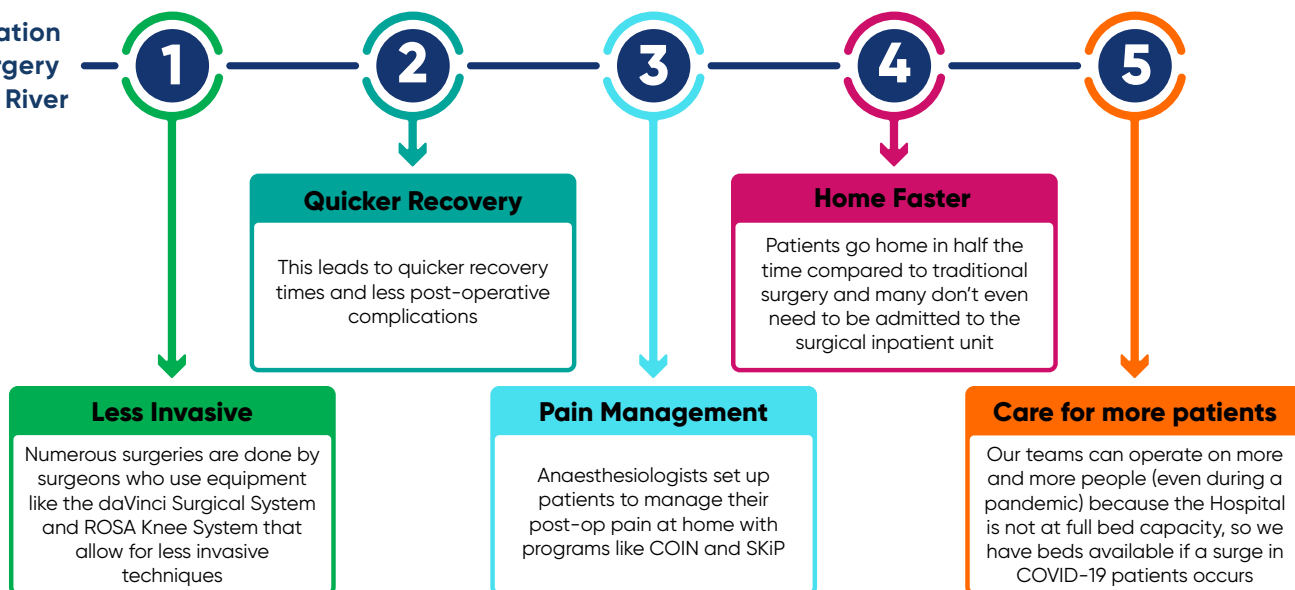
**Dr. Jack Barkin and  
Dr. Luke Fazio (Head of Urology)**

"I'm happy that universities are realizing that the vast majority of healthcare provided in this country is done so through community hospitals – most physicians will work in a community setting, not academic hospitals," says Dr. Barkin. "This practical training that our Fellowship provides will help future generations of surgeons provide the quality care to the masses and help attract the best new talent to Humber."

## How Innovation Powers Surgery at HRH

One of the most used words in our vocabulary these days is "innovation." So many organizations, including hospitals, lay their claim in the innovation space. But what does this actually mean? Well, at Humber, it means a whole lot to our patients, their families and the Hospital system as a whole. Here's a look at the tangible ways innovation powers surgery at Humber:

### How Innovation Powers Surgery at Humber River Hospital



Donor support today will help us upgrade our daVinci Surgical Robot to the newest Xi model, and will help bring a second ROSA to Humber. But most importantly, you will make sure every patient who comes to Humber for robotic surgery gets back to their lives sooner with a quicker recovery, minimal pain and almost no time spent in the Hospital.

*For more information on our Robotics Campaign, contact Dave Welbourn at 416.242.1000 ext. 81535, [dwelbourn@hrh.ca](mailto:dwelbourn@hrh.ca)*

# From Grateful Patient to Aspen Grove Society: John and Brenda Bradlow

John Bradlow couldn't believe the difference. Within a day from his second knee replacement surgery at Humber River Hospital, he was walking without the use of a cane. His surgeon, Dr. Sebastian Rodriguez-Elizalde, told him to expect this, but John was skeptical, having had his other knee replaced by the same doctor at the same hospital four years prior.

So what was the difference? John's second knee was operated on with the assistance of ROSA, a surgical robot. His wife, Brenda, who was by his side through it all, noticed the incredible difference too.

"I was struck when John came home after the second surgery. I was all ready to help him, support him, and help him walk, but within a day he was not using a walker or cane," Brenda said. "The general care from the beginning to end, everybody at the Hospital – the surgeons and staff were wonderful to deal with and it makes a difference."

## The Importance of Funding for Robotics

John has developed a strong and deep connection to Humber because of the personal care he's received.

"Both knee replacements gave me the opportunity to experience the outstanding care that I believe the Hospital provides," John said. "That is the entire Hospital, not just the surgical team, but also the nursing care and the general efficiency with which things were managed."

Due to the profound difference in recovery from his first knee replacement

**"It made me realize the importance of donors to hospitals like Humber River"**

surgery and his second, John and Brenda wanted to learn more about the innovative technology that changed his life.

A few months ago, they attended Humber's robotics showcase and were surprised to learn that currently the government does not fully fund robotics. This is where donors come in. Realizing that they were in a position to give back to Humber, John and Brenda both made the decision to support the Hospital by contributing on an annual basis, but to also leave a gift in their Wills. This makes them part of the Aspen Grove Society, Humber River Hospital Foundation's legacy giving program.

"It made me realize the importance of donors to hospitals like Humber River," Brenda said.

## From Grateful Patient to Aspen Grove Society

John and Brenda made the decision to leave a gift in their Wills as it was his



personal experiences that motivated them to give back to Humber River Hospital, but also the hope that the donations will help other people have the same experience as well.

"We would like to support other people so that they have the same life-enhancing experience that John had," Brenda said. "John's a very active person and he is now able to be as fully active as he was before his surgeries. It's wonderful to see and we would like to share that experience and opportunity with others."

John added that living in Canada for 45 years after immigrating from South Africa also factored into their decision.

"Canada has been very good to us. We've had an excellent life here, and we've become reasonably prosperous, and we are grateful to the country for providing us with opportunities. We think in our Wills particularly, not just the annual giving, is appropriate that we provide something back."



# Take Root

Many of you, our generous donors, support Humber through donations, pledges and gifts of stock. Your generosity lights the way for our innovation and programs in such impactful ways. But did you know there are a variety of benefits by giving another way? Leaving a legacy at Humber River Hospital can take root in a variety of different ways and this is the place where we will explore topics related to planned giving.

In every edition of Take Root, we answer a question from a donor on anything from leaving a gift in their will, to giving through RRSPs, RRIF and more! In this edition, our friend Mark Halpern, CEO of WEALTHinsurance.com, shares his expertise.

**Q:** I'm 67 years young and I'm so grateful for the life I've built. My kids are all grown up and independent and my family is in a really good place. Recently, I was reviewing my Life Insurance policy that's up for renewal, but I'm not really sure it fits my life anymore. Instead of cancelling it, is there a way to donate it to charity instead?

**A:** Absolutely, yes! The benefits of giving through Life Insurance are many. Donating with cash, cheques, or credit cards is not always the most tax-efficient way to be generous. A gift of Life Insurance can be the most cost-effective way to give, typically costing about 12 cents per dollar. For a relatively small investment, you can make a considerable impact in the future. There are a few ways to do this.

When a donor purchases a new policy, all they have to do is name Humber River Hospital Foundation as owner and beneficiary. You will receive a tax receipt for premiums paid each

year and Humber will receive the proceeds of the Life Insurance policy upon your death and use the funds to support their important programs. Many policies can provide an annual dividend payment to the charity while you are alive, so the Life Insurance policy can help them each year and not just at death.

If a donor has an already existing policy, all they have to do is designate HRHF as the beneficiary. Humber will receive the death benefit, and your estate will get a charitable tax for that amount. For every \$2 you give to charity, you will save \$1 of tax.



*Do you have a question you would like answered by our experts? If you'd like to learn more about this type of giving, please contact Caterina Magisano at 416.242.1000 ext. 81516, [cmagisano@hrh.ca](mailto:cmagisano@hrh.ca).*

*This information does not replace advice from your professional financial advisor. Please contact them with questions about your specific financial plan.*



## August 22, 2022 | Islington Golf Club

We hope you're tee'd up because the Awesome Invitational Golf Tournament is back at the ultra-swanky, members-only Islington Golf Club. We are planning a truly Awesome (and COVID-19 safe) day for you and your guests. Trust us, everything is certainly up to par. Limited spots available. To book contact **Laura Berardo** at [iberardo@hrh.ca](mailto:iberardo@hrh.ca)

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