

@ YOUR HUMBER**Toronto's First Fully Robotic Bladder Cancer Surgery: David's Story**

David was devastated to receive the news that he had bladder cancer. Immediate action was needed, and he was quickly referred to Dr. Kevin Leung, a Urologist at Humber River Health.



"Dr. Leung discussed the treatment plan, which involved the removal of the bladder, prostate, and lymph nodes," says David.

Dr. Leung offered robotic surgery as an option, emphasizing the quicker recovery rates. The da Vinci surgical robot was recently upgraded to the newest Xi model, thanks entirely to donor support. Without this upgrade, fully robotic bladder cancer surgery for David would not have been possible.

David chose the robotic surgery, which would be the first in Toronto—and yet another example of how Humber is lighting new ways in healthcare in our community. Dr. Leung notes that, "operating entirely with the da Vinci Xi allowed me to perform David's surgery in a much less invasive way compared to traditional bladder cancer surgeries. This meant less pain and a shorter recovery time."

David continues to undergo treatment, but recent tests show no cancer present. "I would rate my experience a 10 out of 10," says David. "The teamwork, expertise, and state-of-the-art technology made all the difference in my time at Humber!"

Hip Replacement – All in the Family

Shelley spent a decade in pain.

"My doctor believed the pain couldn't be serious due to my young age," Shelley recounts. Despite medication, the pain affected her daily activities and, "it affected my mental and emotional well-being."



Finally the pain became so intense, Shelley sought out emergency care. There, for the first time, a doctor suggested she needed a hip replacement – in fact, two.

Shelley describes her reaction to the news as both shock and relief. Someone had finally acknowledged how severe her condition was, and had offered a solution.

The prospect of surgery was daunting. Shelley was pleased to receive a suggestion from a neighbour who recommended Humber River Health's Dr. Sebastian Rodriguez-Elizalde. Soon after, Shelley read a newspaper article about the surgeon's success using the Hana Table. This surgical table, purchased thanks to donors like you, enables surgeons to position the patient so that smaller incisions can be made and no muscles are cut, resulting in shorter hospital stays and recovery time for patients.

Shelley travelled for hours to meet with Dr. Rodriguez-Elizalde, who confirmed that she was a good candidate for the innovative bilateral technique, which involves replacing both hip joints at the same time.

"The surgery under the skillful hands of Dr. Rodriguez-Elizalde was more successful than I had dared to hope," says Shelley. "I run a daycare, which is a physically demanding job, and being able to do this without pain is a joyous experience. Being able to engage fully with my grandchildren without pain has also brought me immense happiness."

Inspired by her positive experience, Shelley encouraged her mother to have her hip surgery at Humber River Health with Dr. Rodriguez-Elizalde.

"My mother's surgery was just as successful as mine," says Shelley. "I have so much faith in Dr. Rodriguez-Elizalde and the whole team at Humber River Health!"

Urgent Care Clinic Filling the Gap for Child and Youth Mental Health Care

Anara* was 17 the second time she came to Humber River Health's Jack & Pat Kay Emergency Psychiatric Unit. Several years earlier, she had attempted suicide. This time, although there were no safety concerns, she was overwhelmed by anxiety, mood swings and traits of personality disorder. Anara was referred to Humber River Health's Child & Adolescent Mental Health Urgent Care Clinic (UCC): an outpatient program for young patients who need support that can help prevent the need for inpatient care.



Dr. Jaqueline Holiff

The UCC team provided Anara and her parents with the information and support they needed to understand and manage her mental illness. The team helped her to improve her ability to cope with stressful and emotional experiences.

After a discussion about

medication options, Anara also agreed to try an antidepressant.

Through UCC, Anara was connected with a counsellor, and her mental health struggles improved. She was able to transition from UCC to a caseworker from a children's mental health organization. With this support, Anara was able to complete high school and is preparing for university. She continues to see Dr. Jaqueline Holiff at UCC every few months in order to manage her medication.

Innovative programs like the Urgent Care Clinic could not happen without generous donor support. "Our clinic is helping to fill a gap that has always been present in the community," says Dr. Holiff. "And despite huge system issues, we are helping to improve lives."

* Names have been changed for the comfort of Anara and her family.



UPDATE on the Robotic Surgery Expansion Campaign

Generous donors like you have already brought Humber River Health Foundation two-thirds of the way to our goal of \$10 million to purchase outstanding equipment to upgrade technology and expand our capacity to treat more patients.

Intellijoint HIP – Humber River Health is the first public hospital in Canada to utilize this unique piece of equipment. With superior accuracy of incisions and implant placement, we are now using this technology in 85% of our hip replacement surgeries.

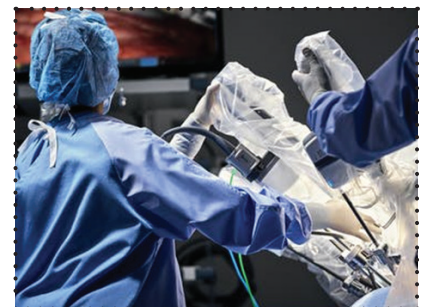


The ROSA Knee System

– Our second ROSA has been in use since last year, and we have now used it in more than 1000 surgeries. It has doubled our capacity to conduct knee replacements. This means consequently less pain for our patients.



da Vinci Xi Surgical Robot – David's story (pg. 1) illustrates the value of the updated Xi version of our surgical robot. It provides greater precision, range of motion and 3D visualization for surgeons. This has expanded the range of surgeries that can be performed, which means more patients can experience its reduced recovery time and minimal scarring. This technology is already in place, but we are still raising funds to cover the \$7 million cost.



Gifts of Heart – Monthly Giving



Saneh



Is this the year you become a monthly donor? If you haven't already, please consider doing so. This impactful way of giving helps us plan for the future, while reducing our administrative costs. Best of all, it's a convenient way to support your community Hospital, one manageable gift at a time.

Foundation employee Saneh Singh is also a monthly donor! She explains why...

“Since I started working at Humber River Health Foundation seven years ago, I have seen firsthand the influence that monthly donors have in our community. Our gifts are invested in leading-edge technology and innovation and help us provide the very best in patient care. I was so inspired after seeing this impact that I decided to become a monthly donor as well. Giving back to my workplace and my community Hospital has been a fulfilling experience and I am proud to stand with you today, as a member of the Monthly Gifts of Heart program.”

To learn more, please contact Saneh Singh at 416.242.1000 ext. 81517 or see the coupon enclosed with this newsletter.

Aspen Grove Society - Legacy Gifts

Leaving a legacy gift in your Will is a generous way to take care of your family and make a lasting impact on Humber River Health and its patients.

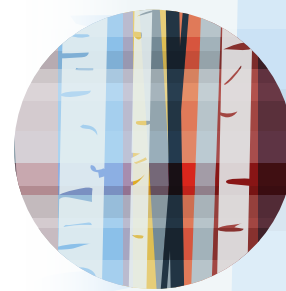
And the tax receipt that your estate will receive from a charitable gift can be a real benefit: partly offsetting what may be significant taxes owed by the estate, which could otherwise reduce the amount of money available to pass on to loved ones.

Your lawyer can help you determine the best structure for a charitable gift in your Will. This could include: a specific, residual or contingent bequest.

If you are generously considering including Humber River Health Foundation in your Will – thank you! Please get in touch so we know about your planned gift, and can provide you with the correct information that should be included in the Will to ensure that your wishes are followed.

By leaving a legacy gift, you will become a member of the Aspen Grove Society, a group of dedicated donors who are connected by generosity and a commitment to the future health of our community. Members receive recognition, exclusive Hospital updates, and invitations to special events.

To learn more about the Aspen Grove Society, please contact Caterina Magisano at 416-242-1000 ext. 81516 or cmagisano@hrh.ca



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Ramikissoon Family

Allan Ramkissoo began working as a baggage handler for the GTAA at age 17, going on to study avionics and work in many roles at the airport. In 2010 he formed Airside Security Access, which provides security and other services to airports, construction sites, industrial and retail locations.

Soon his wife, Chandra Narayan, got involved and

Family Plans \$1 Million Legacy

they built their company. At the same time, they raised their four children, encouraging them to understand and help with the business, and to value family and their community. That's why the family is determined to give back through a legacy gift to Humber River Health Foundation.

“Leaving our gift through life insurance made sense from a financial perspective,” says Allan. “We know that one day we will pass on, and this way we can help as many people as we can.”

In recognition of the family's generosity, their donor signage will be proudly displayed on 9 East, reading: Allan Ramkissoo, Chandra Narayan & Children Inpatient Unit East. Allan and Chandra's daughter, Omisha says, “Our whole family feels grateful knowing we can do this, making a difference, and touching people's lives.”

Donor Generosity in 2023

In 2023,

5,279 donors 

 gave **\$9.5 Million** to HRH Foundation

Including **440**  monthly donors.

In the fiscal year 2022-23, donor support enabled Humber River Health to **invest \$3 Million** in our Robotic Surgery Program and **\$10.7 Million** in other surgical and monitoring equipment.

This supported:

a **23%** increase in operations

including:

13% increase in cancer surgeries

705 surgical robotic cases completed.

Thank you for your generous support of Humber River Health Foundation!