

Heart&Stroke

June 2009 • VOLUME 10 • ISSUE 2

heartsandminds

NEWS FOR FRIENDS OF THE HEART AND STROKE FOUNDATION OF BC & YUKON

JUNE IS **STROKE MONTH**

Managing the BC
Stroke Strategy

Raising Awareness of
Mini-Stroke

Foundation Funds New
Stroke Rehabilitation
Research



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STROKE
FOUNDATION
OF BC & YUKON

Finding answers. For life.

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Baby Gabriella suffered a stroke in utero. She is pictured with her parents Christine and Mike Bracaglia.

PHOTOGRAPHER:

Rob Moses Photography

GO GREEN!

If you wish to receive **heartsandminds** by email, please contact: Kathryn Sutton, Marketing and Communications Coordinator at ksutton@hsf.bc.ca

Welcome to Stroke Month 2009

Every June we celebrate Stroke Month and in this issue we have some inspiring stories of hope and courage.

For starters, you'll learn about two-year-old Gabriella Bracaglia, who survived a stroke in utero. Doctors believed then that she might never walk, see or hear. But her mother, Christine, never lost hope and ensured Gabi received the best therapies and treatments possible. Now, Gabi is active and full of mischief. In response, her family has formed a Big Bike team to raise funds for more stroke research.

Another young person who is inspiring many is 13-year-old Morgan Leung, who lost her father to stroke complications in 2006. This year, Morgan not only helped to coordinate the Foundation's Jump Rope for Heart program at her school – she also personally raised an amazing \$3,200!

Yet another story of hope in this issue is about the quest by Doug Querns to stay active after his stroke in 2007, the night before he was to run a half marathon at age 49. After three months battling for his life and being told he may be wheelchair-bound, Doug returned to physical training with a new passion. Two short years after his debilitating stroke, Doug is embarking on an 850 km tour on a recumbent bike.

You'll also read in this issue about the stroke rehabilitation work of one of our funded researchers, Dr. Janice Eng, as well as the leadership role of the Heart and Stroke Foundation of BC & Yukon in the BC Stroke Strategy. In addition, we're pleased to provide details of our \$4.5 million in funding for 42 research grants.

Please take time to learn about the signs and symptoms of a stroke, on the inner back page, and learn what to do if you or a family member or friend experience any symptoms.

Enjoy a safe and healthy summer.



*Bobbe Wood
President and CEO
Heart and Stroke Foundation
of BC & Yukon*



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Celebrating Gabi: A Family Gives Back

When Gabriella Bracaglia was born after a prolonged and difficult labour, her parents were relieved to have a healthy and beautiful daughter. But that relief gave way to fear when an ultrasound showed blood pools on baby Gabriella's brain. It was determined later at BC Children's Hospital that she had suffered a stroke in utero. Doctors thought it was possible that she might never walk, see or hear.

Now 22 months old, Gabi appears to have made a full recovery but her journey wasn't easy. After Gabriella's initial MRI, Gabi's mom, Christine, and her husband Mike prepared to care for a severely disabled child. It was a difficult time, as Christine tried to be an easy going, fun loving mom, while at the same time be as proactive in her daughter's care as possible.

"We still celebrate each milestone as if it's a miracle just because of her initial prognosis. It really is miraculous that she does not show any effects from the stroke as of today's date," says Christine.

Now that all that hard work has paid off and Gabriella is as active, funny, and mischievous as any two year old, the Bracaglia family have pulled together to give back to the Heart and Stroke Foundation, who supported them during their difficult times.

"In 2008 my mom got us involved in the Heart and Stroke Foundation's Big Bike fundraiser," Christine says. "We joined a team that was already started and it was a lot of fun. So this year we got a group together as a family. This is the first year we're going all together – family, friends, my husband's old elementary school teacher. We're going to keep doing this every year in honour of Gabi and how far she's come."



Gabriella Bracaglia is doing well despite an in utero stroke

Heart&Stroke

BIG BIKE

The Heart&Stroke Big Bike is making its way through 72 communities in BC, raising funds, awareness and laughs along the way. This is your chance to put your heart into it for a great cause and have a ton of fun doing it!

If you would like to register a team to participate, or if you would like to find out more about this exciting event, call 1-888-473-4636 or visit bigbike.ca.

The Big Bike is one of the Heart and Stroke Foundation's most FUN-raising fundraising events. Named after the *big 30-seat bike*, enthusiastic riders pedal through more than 200 communities, across nine provinces raising life-saving funds along the way.

So far baby Gabi's Big Bike team is up to 18 people and has raised \$3,500, with the goal of reaching at least \$5,000 in donations. Christine says her family has a great appreciation of the Heart and Stroke Foundation, which is why they will be participating in Big Bike every year.

"The Heart and Stroke Foundation has been a big part of part of my life for a long time. We're trying our best to be good role models for our daughter. I'm really looking forward to the day she can ride the bike with us. And I'm so grateful to know that day will come," says Christine.

Stroke Survivor Spreads The Heart Truth



From left to right: Sue Woods, Brenda Cross, Marianne Hansen (Deep Cove Lions Club), Noelette Douglas and Debbie Mah

Noelette Douglas understands heart disease and stroke more than most. As a registered advanced cardiology technologist, she interacts with heart patients every day. But when she had her own TIA (mini-stroke) in 2000, she, like many women, was hesitant to seek help.

So when Noelette heard about The Heart Truth, the Heart and Stroke Foundation's campaign to raise awareness about the risk of heart disease and stroke for women, she was motivated to act.

She knew personally how easy it is for women to dismiss their symptoms and, professionally, she knew how a little information could save lives. So, with

the help of the all-female Deep Cove Lions Club, she made it her mission to support The Heart Truth in whatever way she could.

"I deal with a lot of women and I see the difference between their symptoms and those presented by male patients," Noelette says. "I still come across many people who think 'I'm a woman; I don't need to worry about heart disease.'"

"It's a true joy to educate people and you see this light come on – that little spark." – Noelette Douglas

Noelette says that she felt the same way when she had her TIA. Despite being in the hospital where she worked at the time of her TIA, she says that she waited 24 hours to seek treatment.

Motivated to make a difference in other women's lives, Noelette turned to Marianne Hansen at the Deep Cove Lions Club and Sue Woods at the North Shore Area Office of the Heart and Stroke Foundation of BC & Yukon to set up a series of mini-lectures for women about heart health.

"It's a true joy to educate people and you see this light come on – that little spark," Noelette says. "I've had people tell me that they're exercising more and keeping tabs on their cholesterol after a talk, and that's really gratifying."

Donations are collected at Noelette's speaking events and in April she and the Deep Cove Lions Club presented a cheque for \$500 to the Heart and Stroke Foundation's North Shore area office.

"There's still a lot to learn about how heart disease and stroke manifest differently in men and women," Noelette says. "I'm pleased to do what I can to empower women to take charge of their heart health like I was able to take charge of mine."

GRASPing for Answers to Stroke Rehabilitation

For the more than two-thirds of patients who experience impaired movement of their upper limbs after a stroke, extensive physiotherapy is their best chance at regaining their independence. Unfortunately, the hours of daily rehabilitation necessary can be prohibitively expensive. That's why the Heart and Stroke Foundation of BC & Yukon is funding Dr. Janice Eng, Professor, Dept. of Physical Therapy, UBC, and her research team at GF Strong Rehab Centre.

Dr. Eng is pioneering **GRASP (Graded Repetitive Arm Supplementary Program)**, a self-administered exercise program using commonly available and inexpensive supplies.

"We know that more therapy results in better outcomes," Dr. Eng says. "The best results come from intense therapy: about six hours a day. But in our current healthcare model in Canada, we just can't do it. It's not going to happen. Our patients normally get about one hour a day."

So Dr. Eng and her team set out to tackle the problem with some rigorous research – and a stop at the local dollar store.

"We put together our kits from the local dollar store," Dr. Eng says. "They include all sorts of household items that everyone would have – cups, paper clips, and a small towel. Things like that."

The researchers then devised a rehabilitation program for upper limb recovery that patients could do alone and with the help of their families. This way, they were able to increase the hours of repetitive goal-oriented tasks without increasing costly therapy time or requiring expensive equipment.

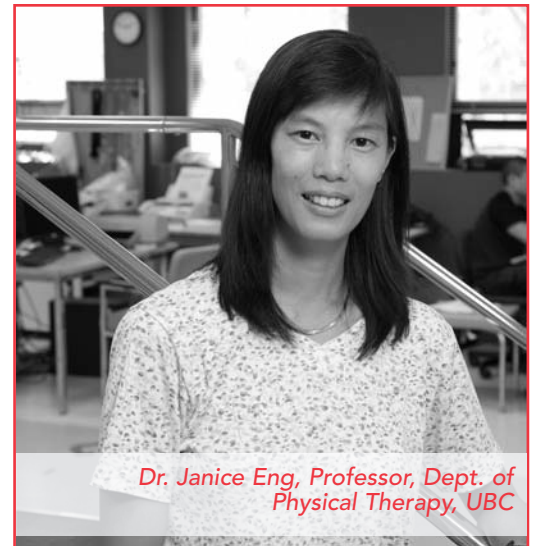
"The professionals are still very important in this program," Dr. Eng said. "They select the type of therapy the patient needs to focus on and teach them how to properly do each of the exercises, but most of the hours of therapy are logged when the patient would otherwise be resting or just watching TV. Hospital stays can be very boring, so it's great to find a way to make better use of that time."

The program has shown great success. Patients who participated in the study showed increased arm function and reported using their arms more in day-to-day life compared to patients who only went through standard therapy. Interestingly, the group that did GRASP also had fewer depressive symptoms.

Now that GRASP is set to impact stroke care across Canada and beyond, the Heart and Stroke Foundation of BC & Yukon will be funding a similar lower limb rehabilitation, which will likely be out by fall.

"There's the potential here to really deliver better care, particularly in rural areas," Dr. Eng said. "We see huge potential for this program and its impacts on the everyday lives of stroke patients."

Janice Eng will be speaking about her work in Richmond on June 15. For details, see inside back page, events in your community.



Dr. Janice Eng, Professor, Dept. of Physical Therapy, UBC

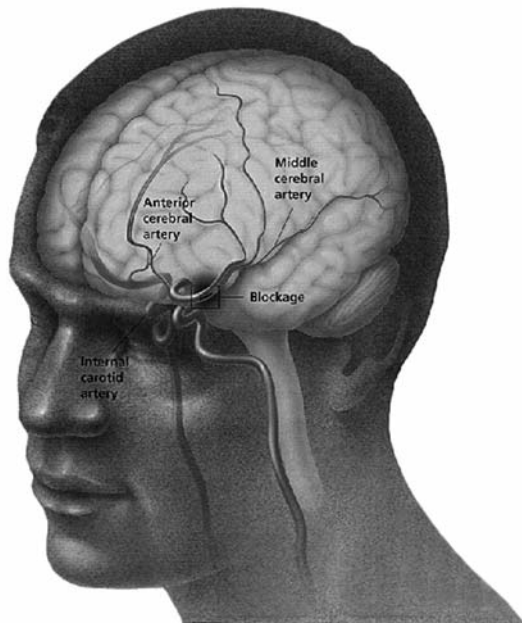
ZOOMPHOTOGRAPHICS

COMING SOON

The Heart and Stroke Foundation's Report Cards on Health shed light on major issues impacting the well-being of Canadians.

Keep your eye out for our Stroke Month Report Card, due out on June 10!

Raising Maximum Awareness of Mini-Stroke



TIA (Transient Ischemic Attack or mini-stroke)

Some DVDs feature your holiday home movies, your neglected workout videos, or your favourite actions flicks, but others can save your life.

The Heart and Stroke Foundation of BC & Yukon and Fraser Health Authority are collaborating on a DVD to reduce the incidence of stroke in BC by educating the public about Transient Ischemic Attack. Due out in Summer 2009, the DVD will be played in BC emergency rooms and be available online and to patients as they are discharged from hospital.

Transient Ischemic Attack, known as a TIA or sometimes called mini-stroke, happens when a clot stops blood from flowing to the brain for a short time. The symptoms of TIA are almost the same as the symptoms of a stroke except they go away within a few minutes or hours. Symptoms include sudden weakness, trouble speaking, vision problems, headache, and dizziness.

"Approximately one in 20 patients diagnosed with a TIA will have a stroke within the next 48 hours," says Lisa Hutcheon, Manager, Patient Programs, Heart and Stroke Foundation of BC & Yukon. "Patients need to know that TIA is a warning sign of an impending stroke, which can be devastating or even fatal so rapid assessment and intervention is required."

Having a TIA tells you that you have a higher risk of having a stroke. The greatest risk happens immediately after the TIA and for a year later. The good news is that a TIA warns you of this higher risk and gives you a chance to take action to reduce your risk.

"The risk factors that cause TIA are the same that will cause a stroke," Hutcheon says. "Managing those risk factors is important because it will reduce a patient's risk of a future stroke."

It's for that reason that the Heart and Stroke Foundation and Fraser Health have developed this educational DVD. The DVD explains how TIAs happen, their symptoms, and why it's so important to seek medical help immediately.

"Knowledge is power," Hutcheon says. "We hope this DVD will empower patients to take control of their health and, as a result, reduce the number of strokes in BC."

Online Patient/Caregiver Message Board

The Heart and Stroke Foundation of BC & Yukon provides a valuable resource for Patient Programs: a Patient/Caregiver Message Board.

This online tool is accessible from the Foundation's website: www.heartandstroke.bc.ca.

The message board is intended to unite patients, survivors and caregivers throughout British Columbia, providing them a means of exchanging tips as well as stories and personal patient or caregiver experiences.

People are encouraged to sign up, free of charge, and share their experiences while learning valuable heart healthy advice on everything from caregiver tips to stress management information to resuscitation-related resources.

Heart&Stroke
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CAREGIVER
MESSAGE
BOARD** 

Jumping into Philanthropy with Both Feet

Some people let adversity get them down and others use it to spur themselves towards greatness. Morgan Leung is only 13 years old, but she already falls into the latter category.

Morgan's spirit of philanthropy shines brightly in spite – or perhaps because – of the devastating loss of her father to complications from stroke when she was nine years old. Now 13 and in grade seven, Morgan is one of the Heart and Stroke Foundation's greatest champions, and has amazing fundraising skills to boot.

This year Morgan raised \$3,200 at Southpointe Academy's Jump Rope for Heart event, a national school fundraising program that gets kids physically active and raises vital funds for the Heart and Stroke Foundation. That's not including the thousands more dollars she has raised over her past seven years participating in the event.

"Jump [Rope for Heart] is a lot of fun and it's also something I can do to remember my dad," Morgan says. "It's important to my whole family to donate to the Heart and Stroke Foundation."

But Morgan is more than a great fundraiser; she's an inspiring role model too. Morgan worked as a leader to coordinate her school's Jump Rope for Heart day. They arranged simpler events for the kindergarten students ("We just wiggled a rope on the ground and they jumped over it") to advanced double Dutch and choreographed routines for the older kids.



Morgan Leung raised \$3,200 jumping rope

"Everyone had a lot of fun," Morgan said. "It's a fun day and everyone really gets into it."

***"Jump Rope for Heart is a lot of fun and it's also something I can do to remember my dad."
– Morgan Leung***

Morgan has seen some of the amazing research her dollars are funding. She and her family went to UBC to see the work of Dr. Lara Boyd who is leading the effort to understand what therapies positively alter patterns of brain activity after stroke. It's some pretty complicated and cutting-edge research and, so far, it has Morgan's approval.

Morgan has recently been nominated for a new Rotary Youth Award, which is being presented for the first time this year. The award is given to a young person who has made a positive contribution to the community and Morgan certainly fits the bill.

"I don't know if I feel like I've done anything special," she says. "It just feels good to do something positive to remember my dad – something he'd be proud of."

Working Towards Better Stroke Care for British Columbians

For two years, the Heart and Stroke Foundation of BC & Yukon has been overseeing and managing the BC Stroke Strategy, and momentum is growing. Across the province, partners have developed prototype projects in key areas and additional project funding has been requested from the BC Ministry of Health Services. These projects cover the continuum of care – from prevention through acute care to rehabilitation. A key overarching element is accurately measuring and evaluating outcomes, making sure that health care resources are used as efficiently and effectively as possible.



Here's an update of several Stroke Strategy initiatives:

TIA Rapid Assessment Clinics

A Transient Ischemic Attack (TIA or mini-stroke) occurs when blood flow to part of the brain is blocked or reduced, often by a blood clot. After a short time, blood flows again and the symptoms go away.

Unfortunately, most people don't recognize a TIA as a stroke or heed the warning: within 30 days, 10 per cent will go on to have a full-blown stroke. TIA Rapid Assessment clinics specialize in identifying and treating TIAs, helping prevent more serious strokes.

As part of the BC Stroke Strategy, new TIA Rapid Assessment clinics are coming on line and existing ones are expanding. In February, the Fraser Health Authority launched three clinics. Vancouver Island Health Authority expanded hours at the TIA clinic in Victoria, and recently opened a new clinic in Campbell River. Vancouver Coastal Health is expanding hours of the Vancouver General Clinic and has opened an outpatient clinic at St. Paul's Hospital. Northern and Interior Health Authorities are looking at options for TIA clinics.

Stroke Facts:

- ♥ There are 6,500 new strokes every year in BC.
- ♥ Strokes are the third leading cause of death in BC.
- ♥ The average length of hospital stay is 14 days.
- ♥ Stroke is the number one cause of acquired long-term disability in adults.
- ♥ 23 per cent of male stroke patients and 18 per cent of female patients are between 45 - 64 years of age.
- ♥ A conservative estimate puts the cost of stroke in BC at over \$330 million per year.
- ♥ Between 40 and 50 per cent of strokes are preventable.

Telestroke

Telestroke brings together stroke therapies and telemedicine, allowing stroke specialists to support other health professionals in the evaluation and management of stroke, especially acute stroke, using information and communication technologies. The BC Telestroke Team is working closely with Health

Authorities and clinicians to enable service delivery in two Vancouver Island and two Lower Mainland referring hospitals. The project's first phase runs until Spring 2010.

Rehabilitation and Community Reintegration

This team has proposed four priority projects to evaluate and improve the level of rehabilitation and survivor services available to patients recovering from stroke. The projects would:

- identify the standards and levels of stroke care patients can expect in hospitals across the province;
- help patients receive rehabilitation services at home after they've been discharged from hospital;
- improve access to community resources and supports for stroke survivors returning home; and
- build on the Telestroke initiative by developing and introducing Telerehab, giving therapists in rural or remote communities access to specialists in larger centres.

The BC Stroke Strategy has asked the BC government for funding to initiate these projects, and is awaiting a response.

Emergency Department Protocols

The BC Stroke Strategy continues to support the implementation of stroke/TIA protocols in Health Authorities across British Columbia. These protocols will help support a consistent response and treatment for patients arriving in emergency departments with stroke symptoms.

Hyperacute Stroke

This project would see hospitals across BC designated as either comprehensive, regional or primary stroke centres, helping stroke patients receive the right care in the right hospital. Ambulance transportation protocols and training will be developed, ensuring that ambulance personnel know the best response for stroke patients. Providing rapid stroke diagnosis and treatment means more patients will receive tPA, an innovative and effective clot-busting drug. A provincial consensus statement has been developed for optimal acute cerebral vascular care and the Strategy team is seeking approval and funding from the Ministry of Health Services and Health Authorities.

Measurement and Evaluation

Measurement and evaluation of Stroke Strategy initiatives are key to identifying what projects work and why. This team has developed an improved methodology to ensure reliable and consistent stroke data. The resulting revised stroke registry will help gather comprehensive information about strokes, mini strokes, incidence, prevalence, treatment and outcomes. As a result, it will be easier to measure the overall performance of stroke care in BC as well as assess the impact of prototype projects on key stroke indicators.

To keep up to date on progress with the BC Stroke Strategy, bookmark our website (www.bcstrokestrategy.ca). We're in the process of expanding the site, turning it into a one-stop shop for professionals, patients and our partners.

Food Retailers Serve up Groceries and Generosity

BC's food retailers are serving up more than just dinner in their aisles: some of them are dishing out vital funds for heart and stroke research too.

Some of British Columbia's favourite grocery stores have opened their hearts to the Heart and Stroke Foundation with generous in-store fundraising efforts. These efforts make the vital work we do possible.



Buy Low and **Thrifty Foods** locations across the province have spearheaded their own



unique fundraising efforts that empower consumers to make heart healthy purchases while helping a great cause. Buy Low donated 25 cents from the sale of every tub of Becel margarine between February 9 to 16 to the Heart and Stroke Foundation of BC & Yukon. Similarly, Thrifty Foods donated 50 cents from every tub of Becel sold between February 4 and 17, 2009.

Smaller grocery chains have put their heart into fundraising, too. For 27 years **Cooper's Foods** has been donating 50 cents for every bag of groceries purchased on Valentines Day to the Heart and Stroke Foundation.



This year, Cooper's locations in Kamloops, Kelowna, and the Tri-Cities area raised \$6,668. But that's not all. Inspired by the grocery chain's philanthropy, Cooper's employees have put together a Big Bike team to raise even more money for the Heart and Stroke Foundation. Big Bike is a 30-person monster bike pedaled in over 200 communities, across nine provinces, raising laughs and vital funds along the way.



Victoria's **Country Grocers** raised \$4,506 from the sale of red hearts during Heart Month and their Nanaimo and Saltspring locations raised a further \$1,638 to a total of \$6,144.

T&T Supermarkets throughout the Lower Mainland have recently got on board to host a Heart&Stroke Support Day, which will raise funds for – and awareness of – heart disease and stroke. T&T specializes in Asian foods, which makes this a great opportunity to raise awareness of the cause in the Asian community. On August 15, Chinese language heart health brochures will be available in store, along with other resources.

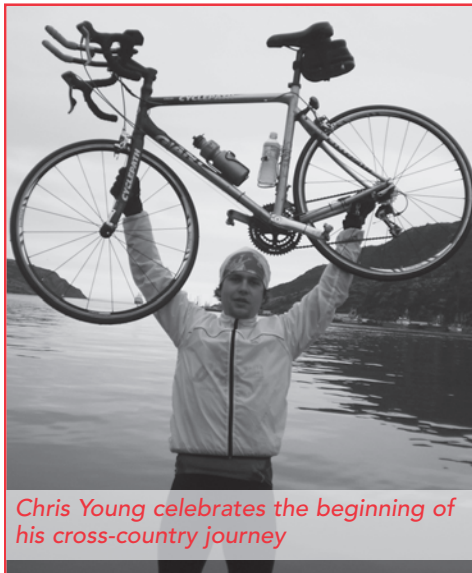


These promotions not only raise vital funds for the life-saving research of the Heart and Stroke Foundation, they also provide an opportunity to engage with the community and educate them on the fundamentals of heart-healthy living.



"Many of the promotions run by food retailers feature a **Health Check™** item," says Daniel DeSouza, Manager, Corporate Relations, Heart and Stroke Foundation of BC & Yukon. "This is a great way for supermarkets to promote healthy food choices in their stores while supporting a great cause. Our partnerships also give employees an opportunity to get involved in other HSF programs like Big Bike, the Person to Person campaign and others."

Big Hearted Cyclist Rides for Mom



Chris Young celebrates the beginning of his cross-country journey

A young cyclist from Kelowna, BC has left St. John's, Newfoundland on a cross-Canada journey to raise money and awareness for heart and stroke research.



zero2zero4heart.com
PutYourHeartIntoIt.ca

In an ride he's calling Zero2Zero4Heart, Chris Young, 20, is raising money for the Heart and Stroke Foundation, a charity close to his heart since his mother, Lorna Young, had emergency quadruple bypass surgery in 2007. She will be driving a support van for her son and says she wants to ensure there are more success stories with heart disease.

"Chris Young is an amazing young man and so inspiring to us all here at our Kelowna area office," said Suzanne Pugh, Kelowna Area Office Manager, Heart and Stroke Foundation of BC & Yukon. "He is truly our heart health hero."

The Youngs hope to have raised at least \$5,000 by the time they reach Victoria on July 21, 2009. You can follow Chris' blog or donate at www.zero2zero4heart.com.

Journey of Recovery



Doug Querns survived a stroke in 2007 and now he's set to bicycle 850 km

What Doug Querns thought was a bad case of food poisoning turned out to be a life-altering stroke. But this former marathoner knows a thing or two about taking on a physical challenge, and now he's preparing to hit the road on an 850 km bike tour to raise funds to help others rehabilitate after a stroke.

Doug was 49 and the picture of health before his stroke in February 2007. It didn't cross his mind that he was having a stroke when he awoke in the middle of the night, unable to move. In fact, he worried that he may have contracted botulism. After first struggling for survival, it took Doug months to begin to regain his mobility.

Slowly Doug built back his strength and coordination. He was able to walk again and even completed the 2009 Sun Run, a 10 km race. But despite this amazing recovery, he was forced to confront the idea that he would never ride a bike again due to lack of balance. Never one to give up, Doug bought himself a recumbent bike that provided the physical workout of cycling, but with increased stability.

Now Doug is using his physical prowess to help in others' stroke recovery. He's conquering the annual Tour BC bike tour, an 850 km trek across the province. His journey will raise funds for much-needed equipment for the North Shore Stroke Recovery Centre.

Doug will track his inspiring journey of recovery on his blog www.candobiketour.blogspot.com.

BC's Own Bobbe Wood Receives HSFC Chair's Award

Heart and Stroke Foundation of BC & Yukon President and CEO, Bobbe Wood, was honored with the Heart and Stroke Foundation of Canada Chair's Award in February during the national Annual General Meeting in Ottawa.

The award recognizes the tremendous contribution of a local, provincial, or national Heart and Stroke Foundation staff member. It honours the individual's commitment, dedication, and excellence in fulfilling the Heart and Stroke Foundation of Canada's mission.

Bobbe was recognized for continually searching for ways to strengthen the organization and increase the impact of its work throughout the province and country. The most recent example of Bobbe's passion and perseverance is her work in launching The Heart Truth Campaign across Canada.

Congratulations to Bobbe for this well-deserved recognition!



Bobbe Wood receives the Chair's Award

Becel Concert - Songs From the Heart

On April 23, the Becel Love Your Heart Benefit Concert brought together some of North America's top female recording artists, including Diana Krall, Chantal Kreviazuk, and Deborah Cox in Toronto and Isabelle Boulay in Montreal, to support the Heart and Stroke Foundation's The Heart Truth™.



The historic event, simulcast to 109 Cineplex Odeon and Empire Theatres across Canada, attracted approximately 35,000 registrants coast to coast. Becel donated \$1 per PIN (found on select product purchased) to the Heart and Stroke Foundation's The Heart Truth on behalf of consumers. The Heart and Stroke Foundation of Canada is indeed grateful to Becel and to its consumers.



Eric Slabaugh, Unilever; Jon Affleck, Unilever; Margaret McKellar, Becel Canada; Cheryl Hickey; Diana Krall; Chantal Kreviazuk; Deborah Cox; Bobbe Wood, President & CEO, Heart and Stroke Foundation of BC & Yukon; Sally Brown, CEO, Heart and Stroke Foundation of Canada; Christopher Luxon, President & CEO Unilever Canada at the historic concert

The Heart Truth campaign is a national public health education program designed to increase awareness around women's risk of heart disease and stroke and empower women to take action to protect their heart health. More information can be found at www.thehearttruth.ca.

Leaving a Legacy: Remembering Barry Boris Derlago



Barry Derlago's legacy lives on

Barry Derlago was a businessman, an avid fisherman and boating enthusiast, and in later years, an outstanding painter. He lived in Vancouver for about 60 years, and according to his brother, was generous to all he met. Barry experienced poor health himself, and as a result, was very sensitive to the physical well-being of others.

On February 26, 2004, Barry Derlago made a choice that will forever change the lives of British Columbians everywhere. He made a will in which he remembered the Heart and Stroke Foundation of BC & Yukon. Through a "residual bequest," Mr. Derlago gave part of his remaining estate to the Foundation, after specific provisions were made for family and friends.

Cardiovascular disease is the number one cause of death among the people of BC and the Yukon, and across Canada. The gift of Barry Derlago continues, through the lives he is helping to save, by advancing critical research, health educational programs, and patient support. We forever remember the generosity of Barry Boris Derlago with deep gratitude.

If you or a loved one are considering how to leave a life-changing legacy, please contact:

Linda Netherton, Director of Personal Gifts, Heart and Stroke Foundation of BC & Yukon, 604-737-3421 or lnetherton@hsf.bc.ca.

\$4.5 million in Funding for BC Researchers



Dr. Pamela Hoodless at work in her lab

The Heart and Stroke Foundation of BC & Yukon has announced \$4.5 million in funding for 42 grants for cutting-edge heart disease and stroke research. "The projects we are funding this year reflect the quality of advanced science that has made BC a leading centre for cardiovascular disease," said Bobbe Wood, President and CEO, Heart and Stroke Foundation of BC & Yukon.

These projects range from a clinical study of differences between men and women in outcomes for treatment of heart attack to an investigation led by Dr. Pamela Hoodless, a Senior Scientist at the BC Cancer Research Centre, into the genetic underpinnings of pre-natal heart valve formation that will point the way toward prevention of valve defects in later life.

In total, the Heart and Stroke Foundation of BC & Yukon funds more than \$7 million a year for cardiovascular research, most of which supports operating grants for researchers at BC universities and institutes.

OUR HEARTFELT THANKS

Caring Heart Circle donors who generously gave \$1,000 and over from December 1, 2008 – March 31, 2009

Some donors wish to remain anonymous

INDIVIDUAL DONORS

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Jim and Deb Yeates
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In Memory of Henry Chung
In Memory of John Hanrahan
In Memory of Norman Lowe
In Memory of Doug Mowatt
In Memory of Shek Tien Pun
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In Memory of Mr. A.C. (Al) Sibley
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In Memory of Ken Swain
In Memory of Mr. Keith Wright and
Mr. James Carey

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Tryntje J. Van Herwaarden
Ernest Frederick Warwick
In Memory of Charles Davis &
Dora Davis
In Memory of Frank Fairley

EVENTS IN YOUR COMMUNITY

Kamloops

- June 28 – West-Can Auto Parts presents “Heart Day in the Park”, Riverside Park, 11 am - 3 pm

Northern BC & Yukon area

- June 17 – Big Bike, Prince George, Coast Inn of the North, 777 Brunswick St.
- June 13 – Big Bike, Terrace, George Little Park, 4610 Park Ave.
- June 15 – Big Bike, Fraser Lake, Fraser Lake Secondary, 110 Chowsunket St.
- June 16 – Big Bike, Vanderhoof, Riverside Park, 3100 Burard Ave.
- June 18 – Big Bike, Dawson Creek, Dawson Creek Mall, 8th St.
- June 19 – Big Bike, Tumbler Ridge, Tumbler Ridge Recreation Centre, 340 Front St.
- June 22 – Big Bike, Fort Nelson, Community Rec Centre, 5500 Simpson Trail
- June 23 – Big Bike, Fort St. John, North Peace Leisure Pool, 9505 100th St.

Vancouver area

- June 24 & 25 – Big Bike, D/T Burrard Station, 10 am
- June 28 – Scotiabank Half Marathon & 5k, UBC to Stanley Park, 7 am - 3 pm

Vancouver Island/Nanaimo area

- June 20 – 16th Annual Rotary Club of Nanaimo North, Golf for Heart&Stroke, Nanoose Bay, Fairwinds Golf Club, 1:30 pm
- June 20 – Big Bike, Courtenay, Driftwood Mall, 2751 Cliffe Ave.
- June 21 – Big Bike, Comox, Comox Road, Port Augusta Road
- June 22 – Big Bike, Powell River, Town Centre Hotel, 4660 Joyce
- August 19 – Annual HIM Walking Club BBQ, Qualicum Beach, Rotary Park, 10:30 am

Victoria area

- June 12 – Big Bike, Langford, TBD

Richmond/Delta/New Westminster area

- June 15 – Stroke Recovery for the New Millenium, Richmond Cultural Centre Auditorium

DO YOU KNOW?

SIGNS OF A HEART ATTACK

One or more of these:

- Chest pain or discomfort.
- Pain in arm, neck, jaw, or back.
- Sweating.
- Nausea.
- Difficulty breathing.

SIGNS OF A STROKE

One or more of these:

- Sudden weakness, numbness.
- Sudden trouble speaking.
- Sudden vision problems.
- Sudden severe headache.
- Sudden dizziness.

KNOW WHAT TO DO

If you or someone you know is experiencing a heart attack or stroke,

CALL 9-1-1

or your medical emergency number immediately.

For your free Warning Signs wallet card, call
1.888.HSF.INFO

THE HANDY

directory

Here's a list of useful contact information to keep on hand:
Heart and Stroke Foundation of BC & Yukon Regional Offices

Vancouver

1216 West Broadway
Vancouver, BC V6H 3V1
Tel. 604.736.4088
Fax. 604.736.4087

North Shore/Burnaby

400-935 Marine Drive
North Vancouver, BC V7P 1S3
Tel. 604.983.8492
Fax. 604.983.8493

Tri-Cities/Fraser Valley

2239C McAllister Avenue
Port Coquitlam, BC V3C 2A9
Tel. 604.472.0045
Fax. 604.472.0055

Surrey/Langley/White Rock

218-13569 76th Avenue
Surrey, BC V3W 2W3
Tel. 604.591.1955
Fax. 604.591.2624

Richmond/Delta/New Westminster

260-7000 Minoru Boulevard
Richmond, BC V6Y 3Z5
Tel. 604.279.7130
Fax. 604.279.7134

Victoria

107-1001 Cloverdale Avenue
Victoria, BC V8X 4C9
Tel. 250.382.4035
Fax. 250.382.0231

Vancouver Island

401-495 Dunsmuir Street
Nanaimo, BC V9R 6B9
Tel. 250.754.5274
Fax. 250.754.5275
Toll-Free. 1.888.754.5274

Northern BC & Yukon Area

1480 7th Avenue
Prince George, BC V2L 3P2
Tel. 250.562.8611
Fax. 250.562.8614

Kamloops/Cariboo

201-635 Victoria Street
Kamloops, BC V2C 2B3
Tel. 250.372.3938
Fax. 250.372.3940

Okanagan/Kootenays

4-1551 Sutherland Avenue
Kelowna, BC V1Y 9M9
Tel. 250.860.6275
Fax. 250.860.8790
Toll-Free. 1.866.432.7833



You took the lead and put your heart into it.

On February 11th, business leaders and BC celebrities came together for a morning of networking, inspiration and fun and raised \$100,000 to support the work of the Heart and Stroke Foundation of BC & Yukon.

We would like to express a heartfelt thank you to participants, donors, sponsors and volunteers for your contribution in making this event a wonderful success.

<p style="text-align: center; font-size: small;">presenting sponsor</p> <div style="text-align: center;">  </div> <p style="text-align: center; font-size: small;">speaker sponsor gold sponsor</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p style="text-align: center; font-size: small;">silver sponsors</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p style="text-align: center; font-size: small;">bronze sponsors</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <p style="text-align: center; font-size: small;">media sponsors</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <div style="text-align: center; margin-top: 20px;">  <p style="font-size: x-small;">Finding answers. For life.</p> </div>	<p>in-kind donors</p> <ul style="list-style-type: none"> BC Fresh Eggs Boston Pizza Canadian Diagnostic Centres Fairmont Hotel Vancouver Horseshoe Press Inc Heath Check Sharp's Audio Visual Think Profits.com Woodbridge by Robert Mondavi Zen Shiatsu <p>silent auction donors</p> <ul style="list-style-type: none"> BC Lions BpTRU CBC Television Fairmont Hotel Vancouver Float Relaxation Park'N Fly Peter Ladner Richard Zokol Robert Mondavi Vancouver Canucks Vancouver Fire and Rescue Services <p>event manager</p> <ul style="list-style-type: none"> Mary Wallace Poole Braveheart Events Management <p>graphic design</p> <ul style="list-style-type: none"> Senenki Studios Graphic Design 	<p>VIP table purchasers</p> <ul style="list-style-type: none"> Canadian Direct Insurance Central 1 Credit Union <p>table purchasers</p> <ul style="list-style-type: none"> AstraZeneca Cardiac Services BC Davis LLP Deloitte & Touche Foundation Canada Impark Karyo Edelman Nicola Wealth Management Odlum Brown Providence Heart + Lung Institute Provincial Health Services Authority Retirement Concepts Sanofi-aventis / Bristol-Myers Squibb Stirling Mercantile TSI Terminal Systems Incorporated UBC Western Compensation & Benefits Consultants ZLC Financial Corporation <p>volunteers</p> <p>décor: June Williams</p> <p>volunteer coordinator: Sheila Charneski</p> <p>VOG - off-stage announcer: Doug Lucas</p> <table border="0" style="width: 100%; font-size: x-small;"> <tr> <td>Lydia Balciar</td> <td>Hassan Merali</td> </tr> <tr> <td>Diane Basarich</td> <td>Helen Mui</td> </tr> <tr> <td>Dawn Becker</td> <td>Teresa Neri</td> </tr> <tr> <td>Tracy Brown</td> <td>Pamela Oram</td> </tr> <tr> <td>Adam Charneski</td> <td>Shani Rifayee</td> </tr> <tr> <td>Jocelyn Chee</td> <td>Erv Schaad</td> </tr> <tr> <td>Art Cooke</td> <td>Roy Sumpter</td> </tr> <tr> <td>Joe Doucet</td> <td>Lois Tomlinson</td> </tr> <tr> <td>Pat Doucet</td> <td>Kim Trehan</td> </tr> <tr> <td>Maureen Fitzgerald</td> <td>Gale Woo</td> </tr> <tr> <td>Heather Fleming</td> <td>Jordan Worrall</td> </tr> <tr> <td>Dot French</td> <td></td> </tr> <tr> <td>Johanne Geoffrion</td> <td></td> </tr> <tr> <td>Maureen Glover</td> <td></td> </tr> <tr> <td>Phyllis Harber-Murphy</td> <td></td> </tr> <tr> <td>Liz Hardy</td> <td></td> </tr> <tr> <td>Sandy Hollenberg</td> <td></td> </tr> <tr> <td>Maria Holman</td> <td></td> </tr> <tr> <td>Nancy Kenna</td> <td></td> </tr> <tr> <td>Jeanne Krabbendam</td> <td></td> </tr> <tr> <td>Rosemary Lear</td> <td></td> </tr> <tr> <td>Michael Lee</td> <td></td> </tr> <tr> <td>Irene Loughran</td> <td></td> </tr> <tr> <td>Michelle McCrae</td> <td></td> </tr> </table>	Lydia Balciar	Hassan Merali	Diane Basarich	Helen Mui	Dawn Becker	Teresa Neri	Tracy Brown	Pamela Oram	Adam Charneski	Shani Rifayee	Jocelyn Chee	Erv Schaad	Art Cooke	Roy Sumpter	Joe Doucet	Lois Tomlinson	Pat Doucet	Kim Trehan	Maureen Fitzgerald	Gale Woo	Heather Fleming	Jordan Worrall	Dot French		Johanne Geoffrion		Maureen Glover		Phyllis Harber-Murphy		Liz Hardy		Sandy Hollenberg		Maria Holman		Nancy Kenna		Jeanne Krabbendam		Rosemary Lear		Michael Lee		Irene Loughran		Michelle McCrae	
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