

FALL 2023

vital

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UBC hospital
foundation

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YOUR LOCAL EXPERTS



Meet the world-class doctors caring
for the people of BC

Day in the Life:
Research Coordinator

Boost your health
through physical activity

Unbreakable will:
From injury to Everest

INTRODUCING VGH & UBC Hospital Foundation

VGH & UBC Hospital Foundation empowers our community of donors to create transformation on a scale that wouldn't otherwise be possible. You're invited to join us in transforming health care, together. It's together that we discover tomorrow's cures. Together, that we build the systems and spaces needed to serve a growing population. Together, that we recruit and retain the best talent right here in BC. And together, that we save and improve lives.



Vancouver General
Hospital



Vancouver Coastal Health
Research Institute



GF Strong
Rehab Centre



UBC Hospital




Vancouver Community
Health Services

Recent Initiatives

NORTH AMERICAN CARDIOLOGY FIRST AT VGH

VGH is the first site in North America to treat atrial fibrillation (an irregular heartbeat) with the state-of-the-art POLARx™ FIT cryoablation balloon catheter, setting a new standard of care. Dr. Jason Andrade and his team at the Peterson Electrophysiology Lab are the first to use this advanced generation of technology that allows for an increased personalized ablation procedure—a treatment to help irregular heartbeats regain normal rhythm. In addition to being a safer and more effective treatment, the amount of time required to perform this surgery has been shortened to approximately one hour, with patients being discharged home the same day.

 [Learn more: vghfoundation.ca/cardiology](https://vghfoundation.ca/cardiology)

MAKING THE LEAP IN LUNG CANCER

Lung cancer is the most commonly diagnosed cancer in Canada and is responsible for 24% of cancer deaths. Since January 2022, the two-year Lung Evaluation and Assessment pilot program, which was funded by Stuart and Della McLaughlin, has employed a nurse navigator to support more than 320 patients, alongside their families and caregivers, through the entire treatment process. It has expedited and improved care for more than 30 patients requiring referral to the BC Cancer Agency for life-saving treatment. There has also been a significant reduction in readmission rates and visits to the Emergency Department since the launch of the program.

 [Learn more: vghfoundation.ca/leap](https://vghfoundation.ca/leap)

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We acknowledge, with gratitude, that our Foundation offices are on the traditional unceded territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish) and Səlilwətaʔ/Selilwitulh (Tsleil-waututh) Nations.

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MESSAGE FROM THE CEO

Global expertise right here

V

GH, UBC Hospital, GF Strong, and our supported health care centres are home to world-leading clinician-scientists. Our researchers and doctors have expertise that is so widely coveted, they are frequently called upon for help on national and global stages. They are leading discoveries, heading professional organizations, advising on health policies, and as you will read, lending their expertise to humanitarian efforts, and more, around the world.

In Vancouver, we are fortunate to have these experts here, calling our hospitals home, ready to serve the sickest patients from across BC. Their expertise is applied to our loved ones in their times of need. Their research is informed by the broad diversity of patients they see at the province's most specialized health centres for adults. Their collaborations in national and global research provide patients here in BC with cutting-edge treatments and clinical trials.

Donor support ensures the best and brightest continue to live, conduct research and care for patients right here in Vancouver for the people of BC.

World-renowned research and treatment sites including BC's Gynecologic Cancer Research Team, the Vancouver Stroke Program, the Centre for Cardiovascular Innovation, the Vancouver Prostate Centre, and more have all been seeded by donor funding. Together, donors have provided funding to advance medical research through equipment,

facilities and salary support to these and other research centres. And every dollar that you provide in donations to medical research, is multiplied many times over through competitive research grants. Thanks to this incredible base of our support, our medical research centres continue to attract talented individuals from around the world who ensure the best possible patient care here in BC.

In this edition of *Vital*, you will meet some of these experts. By fostering an environment in which extraordinary research and treatment is possible, you have helped attract the greatest minds in medicine to care for us right here at VGH, UBC Hospital, GF Strong and our supported health care centres.

Thank you for this support and the impact you are having on health care. If you would like to share your own story, or if you have feedback on this publication, please get in touch at communications@vghfoundation.ca.

Happy reading.

Warmest Regards,



Angela Chapman
President & CEO,
VGH & UBC Hospital Foundation



Unbreakable wills: From injuries to climbing Mount Everest



THE BANNISTER FAMILY AT EVEREST BASE CAMP

Julian Bannister was having a great day. He was out skiing the mountains of Whistler, one of his favourite things to do. In fact, Julian loved the mountains, and was in training to conquer one of the world's greatest challenges: climbing Mt. Everest.

The ski day turned disastrous for the avid mountaineer when a serious fall broke his pelvis. First taken to Whistler hospital for examination, he was soon rushed to VGH because of the nature of his injury.

"I cracked my acetabula in half," says Julian. The acetabula are the sockets of the hipbone which the head of the femur fits into. "Within 24 hours of the accident, almost to the minute, I was in surgery."

Julian was brought under the care of Dr. Pierre Guy, Head of the Department of Orthopaedics at VGH. Dr. Guy surgically inserted a five-inch screw to bind the bones, and gave Julian a recovery plan. He was going to have to do extensive physiotherapy to rebuild the muscle. He wasn't allowed to walk for two months, and altogether the recovery would take at least six.

"Muscle atrophy was the biggest issue," says Julian. "Just trying to get back to walking and balancing the muscle strength of my legs after that. I did all the recovery work and within six months, I was back."

Almost one year later, his daughter Lexy Bannister was out in the Yukon for a skiing competition and similarly found herself in a dire situation. She took a jump and landed, hard, tumbling along the ground and cracking her pelvis in three places.

"Originally they didn't think much was wrong with me," says Lexy. "Some of the coaches were like, 'Okay, take a deep breath', and then I was like, 'No, I can't lie on that side.'"

Lexy was first taken to a local hospital in Whitehorse where she was examined and stabilized. After three days, she was well enough to be flown to VGH. In another twist of fate, Dr. Guy was on rotation the night Lexy arrived, and ended up caring for her too.

Lexy wouldn't need surgery, but like her dad, couldn't stand for two months and was given a physiotherapy plan to fully recover as well.

Both father and daughter's recovery plans went by the book. And in all that time, Julian never lost sight of his goal.

"He's been working his way towards Everest for a decade as a mountaineer," says Karen Sander, Julian's partner and Lexy's mother. Karen is also a member of the Foundation's Patrons' Council, an exemplary group of dedicated and passionate supporters who advise and assist in fulfilling our mandate.



IN A TWIST OF FATE, DR. PIERRE GUY, HEAD OF THE DEPARTMENT OF ORTHOPAEDICS AT VGH, SAW BOTH FATHER AND DAUGHTER AS JULIAN AND LEXY ENDED UP IN HIS CARE

“He wasn’t going to quit.”

In May 2023, after many long years of setbacks, trials and tribulations, Julian, Lexy, Karen, and their two sons finally flew to Nepal to support Julian’s attempt to ascend Mt. Everest. Julian and Lexy had recovered well enough after receiving care at VGH to be there—with Lexy alongside her mom and brothers hiking to base camp, and Julian to do the final climb of the world’s tallest mountain—all 8,849 meters.

Yet Julian’s focus never wavered. He had prepared for this for years. He had trained his body and his mind for the six-week journey, even running double Grouse Grinds back-to-back carrying a 30-pound bag of dog food on his back. He spent countless days in the Rockies and Coastal Mountains ice climbing, ski touring and mountaineering to prepare in every way possible.



JULIAN AND LEXY AT
BASE CAMP

He was ready.

After five of the longest days of his life, and years of preparation and training, Julian Bannister finally achieved the near-impossible.

**Julian climbed to the top of
Mt. Everest.**

Karen could breathe a sigh of relief.



JULIAN AND HIS TEAM ATOP THE SUMMIT OF MT. EVEREST

The journey was complete, and above all, Julian was safe.

Julian believes that VGH was essential to his remarkable achievement.

“After everything we went through, having the ortho team at VGH was incredible. They set us up for success,” says Julian.

“It’s pretty remarkable what we have available to us, and the support systems that are in place,” says Karen. “It’s a great place to put your philanthropic dollars with how much of an impact it has on everybody.”

PHIL & JENNIE GAGLARDI SURGICAL CENTRE

In 2021, 16 new state-of-the-art operating rooms were opened to the public thanks to the passionate support of thousands of donors across the province. These new spaces include cutting-edge technology to support even the most complex surgical cases in the province, reducing wait times, optimizing outcomes, and improving care.



Leave a legacy. Transform health care

Together, we transform the future of health care.

A gift in your will helps save and improve lives in BC. Leaving a gift in your will offers vital support to our world-class hospitals and health care centres. You empower critical research, equip our health care teams with cutting-edge technology, and help transform care for all British Columbians.



Learn more: vghfoundation.ca/legacy

A DAY IN THE LIFE

Passionate cook, hiking enthusiast, and Research Coordinator



MINA SALEHI, TRAUMA AND ACUTE CARE SURGERY RESEARCH COORDINATOR AT VGH

Mina Salehi has a joy for life. The Trauma and Acute Care Surgery Research Coordinator at VGH seems to cram everything she possibly can into her waking hours—Muay Thai and mixed martial arts training at dawn, working a 9 to 5 at VGH, studying in the evening, and in between finding time to pursue her pandemic-inspired passion for cooking.

She then spends her precious weekend down time finding new hikes to conquer around Metro Vancouver and the Fraser Valley with her boyfriend.

Her zest for life translates into her everyday work at VGH as part of the critical Trauma and Acute Care Surgery team. She joined the program in May 2021 after graduating with a Master of Science in Surgery at UBC. Since then, Mina has jumped headfirst into her

role as a research coordinator.

“I lead the Trauma Services research team along with our Director of Research,” says Mina, who began her role as a one-person team, and has since grown to 27 researchers, fellows, and students. “If we get new students, I have to train them. If we get new fellows, I have to train them. And then there’s the research projects which all need management.”

Leading the teams

Mina manages all 70-plus research projects happening within Trauma Services, at the time of this writing.

“Anything can happen. It’s completely unpredictable,” she says. “Some days I have back-to-back meetings booked and it goes exactly as planned. Other days, it



Mina's days are spent between hands-on work and managing people—those researchers, students, and fellows—to provide them with the knowledge, resources and tools necessary to do their work effectively.

takes me into a thousand different directions. And I love it.”

Mina's days are spent between hands-on work and managing people—those researchers, students, and fellows—to provide them with the knowledge, resources and tools necessary to do their work effectively.

Despite the sheer number of projects, she is excited to see where the fruits of their labour will take them.

Pursuing passions

In her two years since starting this role, Mina has discovered two areas she adores. First is the Global Surgery Lab (see more in our cover story, page 9), an interdisciplinary, inclusive, and diverse group that aims to improve knowledge of and access to surgical care

in underserved communities through innovative, anti-colonialistic, and equitable educational platforms and research projects.

The other is in Artificial Intelligence (AI) and digital health. Both of which Mina believes translate to improved care for rural and underserved communities. And she would know—she used to be a physician in rural Iran.

“There's really not much of equality or equity in health care for those in rural areas,” says Mina. “And I learned of this problem in my practice. But if we can merge AI and digital health together, we can really improve it.”

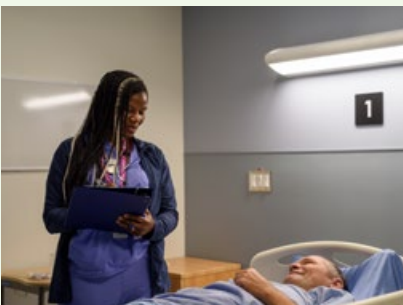
“If Uber can bring my food, we can bring health care to patients, too,” adds Mina. “These are the two big pillars of my work that I really love.”

DONOR-FUNDED TRAUMA RESEARCH PROJECTS



Can automated data analysis be used to better treat patients?

In a multi-centre collaboration across North America, researchers at VGH are looking at whether a real-time, digital platform can be used to better support patient care. Right now, they are comparing the program's recommendations to old-fashioned patient chart systems.



Can AI be used to predict a patient's length of stay?

Researchers are comparing the accuracy and precision of several AI algorithms, and judging if they are capable of predicting when patients at VGH may be discharged. If proven effective, this would better allow the trauma teams to more efficiently manage care, plan ahead, and save resources.

HEALTH CHECK

Boost your health through physical activity



Staying or getting active at any age has definite health benefits both physical and mental. When we inject physical activity into our lives, we stimulate an improved mood, better energy, and a body that's primed to tackle the joys of aging. It can help you stay mobile, and above all, prevent injuries and hospital admissions. Dr. Babak Shadgan, researcher with the International Collaboration on Repair Discoveries (ICORD) and an Olympic sports physician, shares his tips for appropriate physical activity to support healthy aging.

AEROBIC



Aerobics get your heart pumping, improve your energy and help maintain health through improved sleep. For older adults, especially those who have osteoarthritis, knee pain, back pain, or fibromyalgia, water exercise can be a great form of aerobics. You can walk and run in water, as well as jump or kick, without it stressing your joints, muscles, and spine. There are also plenty of classes to be found for any age group!

BALANCE



Maintaining good posture, improving coordination, and reducing the risk of falls—balance exercises are incredibly important, particularly as you age. I recommend trying these to start: hip circles where you hold onto a sink, counter, or back of a chair with both hands and begin making a big circle with your hips clockwise five times, then counterclockwise five times. Next, while still holding onto a sturdy item, alternate standing on one leg for up to one minute. If you feel confident, try outstretching your arms as well.

FLEXIBILITY & STRETCHING



Improving your full range of motion can help you function at work, socially, or even at home with tasks such as tying shoelaces or reaching a shelf. Most flexibility that seems to be lost through aging is caused by inactivity or lack of movement! The basics can help keep your body feeling fluid—calf stretches, groin stretches, or hamstring stretches should be done for five to ten minutes, trying to hold each stretch for 15 to 30 seconds. Breathe normally and try closing your eyes as you do so, it helps you relax! Be sure to take time to stretch before and after exercise to decrease your chance of injury.

STRENGTH



Despite the complexity of their makeup, muscles possess a distinctive capacity for regeneration and development throughout the aging process. Strengthening exercises help maintain muscle, strengthen bones, and protect knees and other joints from early degenerative joint diseases. Muscles become stronger through a three-step process: stress, rest, and repeated stress. To increase muscle fitness, try resistance training with rubber tubing or stretchable bands, light free weights or weight-training equipment, body exercise such as push-ups, leg lifts, squats and lunges, or even doing housework and yard work.



Read more about Dr. Shadgan's world-class local expertise in our cover story on page 10

FEATURE STORY

Your Local Experts

MEET SOME OF THE WORLD-CLASS DOCTORS CARING FOR THE PEOPLE OF BC

VGH & UBC Hospital are BC's largest teaching hospitals and home to a number of world-leading research centres, advancing medical discovery in areas from healthy aging to ovarian cancer, from spinal cord injury to kidney stones.

As knowledge and thought leaders, our experts impact health care around the globe: aiding in times of crisis, teaching specialized skills and techniques, informing standards of care, medical policies and practices, and uncovering medical breakthroughs.

Each of these expert clinician-scientists is based right here at VGH, UBC Hospital and GF Strong, serving the medical needs of all of us in BC. When the global community needs their expertise, they volunteer their time or extend their research scope to bring the best in health care to the world.

The war in Ukraine mobilizes a volunteer team of North American clinicians to fly across the globe to provide direct patient care and inform burn trauma policy for a country under siege.



An expert in spinal cord injury and international sports physician prepares for his sixth straight Olympic Games.



A team of researchers confirms a standard of care practice for post-stroke patients that is transforming national and international health for aging populations.



A trauma surgeon utilizes local research and modern technology to share VGH's unique expertise with surgeons around the globe.



**CENTRE FOR
AGING SMART
AT VANCOUVER
COASTAL
HEALTH**



DR. JANICE ENG



Dr. Janice Eng is a world-class clinician-scientist who is changing our understanding of ways we can improve treatment and care for aging and chronic disease patients.

As Co-Director of the Centre for Aging SMART (Solutions for improving Mobility, Activity, Rehabilitation, and Technology), Dr. Eng and her colleagues have a shared passion for moving clinical trials into real-world application.

“A lot of research that we develop is very practical that we can actually implement today,” says Dr. Eng.

An example of this is the renowned GRASP exercise program. Based on Dr. Eng’s research and subsequent Canada-wide clinical trials, the program provides the therapist and their patient with a specific series of physical movements and exercises that improves arm and hand movement recovery after stroke.

The GRASP program is so effective, it has officially been adopted into Canada Stroke Best Practice guidelines, and is recognized and implemented in

more than 50 countries around the globe today as the standard of care post-stroke.

“That, for us, was fantastic,” says Dr. Eng. “Having our research positively impact the health of our communities. That’s the goal we try and achieve at Aging SMART.”

GRASP is one of many programs that have been, and continue to be, developed at Aging SMART.

The Aging SMART team focuses on improving treatments and care to promote quality of life and function as people age or recover from medical conditions or events such as fractures, falls, stroke, or brain injuries. Research at Aging SMART spans from understanding mechanisms of aging and disease to developing and implementing novel treatments and technologies to restore function and well-being.

Their work today will continue to inform the treatments of tomorrow, helping enhance the care of patients at VGH, GF Strong, and beyond.

VGH & UBC Hospital are BC’s largest teaching hospital, home to a number of world-leading research centres.

**BIO-SENSOR
EXPERT AND
OLYMPIC TALENT**



**DR. BABAK
SHADGAN**



Dr. Babak Shadgan is a principal investigator at the International Collaboration on Repair Discoveries (ICORD), where he is directing the Clinical Biophotonics Laboratory, developing novel wearable and implantable biosensors and collaborating with other superstars such as Dr. Brian Kwon, Canada Research Chair in Spinal Cord Injury and Marcel Dvorak Chair in Spinal Trauma.

As Assistant Professor in the Department of Orthopaedics at UBC, and an International Sports Physician he has presided over the United World Wrestling (UWW) Medical and Anti-Doping Commission. He joined UWW in 2003, and has since directed the medical commission for the wrestling competitions in Athens, Beijing, London, Rio, Tokyo, and will be doing so in Paris in 2024.

While at home in Vancouver, Dr. Shadgan’s time is spent collaborating with other experts at VGH and the Blusson Spinal Cord Centre to develop infrared and implantable bio-sensors to improve recovery from traumatic spinal cord injuries.

He also keeps his medical skills sharp serving on the medical team at the Olympics.

“During the Olympic Games, I lead a medical team that covers the medical care of Olympic wrestlers and officials. I also supervise the doping control of wrestlers during the Olympic Games,” says Dr. Shadgan.

He oversees the medical treatment of these Olympic wrestlers. He ensures they are on-weight, healthy, and intercedes any time someone needs care, particularly during competitions.

His work must be of the highest calibre to ensure the world’s greatest athletes are fit and healthy to compete at their best—something only one of the best sports physicians in the world could accomplish.

“I am honoured that I could improve the safety and health aspects of wrestlers around the world during the last 20 years by applying medical care, preventing injuries, modifying sports regulations, educating athletes and training wrestling physicians,” says Dr. Shadgan. “It is a lifetime achievement for a sports physician.”

INTERNATIONAL CRISIS AID



DR. ANTHONY
PAPP



Dr. Anthony Papp is the Medical Director of the BC Professional Firefighters' Burn Unit at VGH. His work at the hospital is divided between direct patient care, clinical research, and administration of the health care teams in the unit.

He sees the worst burns in the entire province, caring for patients hailing from as far away as the Yukon, helping heal any British Columbian in their time of need.

His skill, expertise and knowledge of burn and wound care is second-to-none. In 2022, he was invited as the sole Canadian member of a team of surgeons heading to Ukraine to help burn victims.

"For two weeks I worked in the burn centre in Lviv, which is the Western end of Ukraine about an hour from the Polish border," says Dr. Papp.

Dr. Papp stayed in a safe house with three other

surgeons from the US, and would be driven safely to the burn centre where he spent the next two weeks of his life, treating some of the toughest burn cases he had ever seen.

"The burns were in much worse shape than the ones at home," says Dr. Papp. "Instead of just treating burns, you're treating infected burns.

Aside from the challenges of treating burn injuries from battle, Dr. Papp also saw issues from the lack of protocols and policies in place. Noting no set policies in regards to hand washing, surgeries, resuscitation, nutrition, or pain and infection control, Dr. Papp and his team saw an opportunity.

They compiled a list of recommended protocols, which were then handed to the Health Minister of Ukraine, and if accepted, would become law.

Two weeks later, Dr. Papp returned home, changed forever.

GLOBAL SURGERY LAB



DR. EMILIE
JOOS



Dr. Emilie Joos is a trauma surgeon at VGH. Her work at the hospital puts her in front of a wide variety of patient injuries from falls, accidents, stab wounds and gunshots. And no matter how complex, damaged, or impacted her patients are, Dr. Joos has the skill and expertise to care for nearly any issue.

A strong believer in sharing local expertise to help rural and global communities, Dr. Joos helped launch the Global Surgery Lab (GSL). The Lab includes an interdisciplinary, inclusive, and diverse group of experts who aim to improve knowledge of and access to surgical care in underserved communities through innovative, anti-colonial, and equitable educational platforms and research initiatives.

"Worldwide, five billion people do not have access to surgery, and the gap is the widest in sub-Saharan Africa," says Dr. Joos.

Dr. Joos and the GSL team utilize modern technology to train physicians across the world—digitally. Educational resources and training modules to help upskill and certify non-specialized physicians, who then go on to provide surgical care in their communities. All they need is Internet access.

These same educational and training resources can also be used to improve care in BC's rural communities.

"Most surgeons are concentrated in urban areas," says Dr. Joos. "Interestingly, we found that family physicians with surgical skills were key in the delivery of surgical care in several of these communities, and we have since been working closely with this group to support their educational needs. Ultimately, recruiting, retaining, and maintaining surgical competencies in this group of physicians can significantly improve access to safe surgical care for rural and Indigenous populations in BC."

GLOBAL IMPACT, LOCAL BENEFITS

These are only a few of the many local clinician-scientists, surgeons, and physicians who are globally-recognized experts in their fields. They provide world-class care here in Vancouver for the people of BC, but their work has global impact. Through research, improving medical practice and knowledge-sharing, their work saves and improves lives.

It is thanks to donor-funded early-stage research, Chairs, and Fellowships that we continue to attract world-class medical and research talent.

Thank you for your critical support. Together, we are creating world-class health care right here in British Columbia.



THEN & NOW

Every day, our hearts pump roughly 7,500 litres of oxygen-rich blood throughout our bodies. A good 20 per cent of that is funneled directly to the brain in order to keep it—the body’s most complex organ—functional. Our thoughts, dreams, feelings, and ability to process the world around us and react to it are all functions that stem from the brain. It stores much, if not all, of what we would consider “us”.

Disruption of this vital process can cause stroke, either from blockage of blood flow (ischemic stroke) or rupturing of blood vessels (hemorrhagic stroke).

A stroke has the potential to destroy so much of who we are. And up until the 1990s, there was extraordinarily little that could be done.

“In the ‘80s and leading into the early ‘90s, stroke was a leading cause of disability for adults,” says Dr. Samuel Yip, Head of the Vancouver Stroke Program at VGH, the largest acute stroke program in BC. “Canadians weren’t as adept at recognizing the signs of stroke, and stroke itself wasn’t thought of as a medical emergency.”

Treatments were also not available, and in fact focused instead on helping people manage difficulties after a stroke such as speech impairments, eating challenges, or lasting weakness.

Then in the 1990s, a revolutionary treatment—and with it, a new hope—emerged: tissue plasminogen activators (TPA), a medication that breaks up blood clots that cause blockages

of blood supply to the brain (ischemic strokes) which make up roughly 85 per cent of all strokes.

“This is still the standard of care for ischemic strokes,” says Dr. Yip. “Applying TPA as soon as possible is critical. Decades later, this still completely changed how stroke is treated. And we’ve grown tremendously since then.”

The success of TPA has acted as a catalyst for further interest in stroke research leading to significant advancements in acute stroke treatment in recent years, including breakthrough treatments such as endovascular thrombectomy and new clot-busting medications like Tenecteplase (TNK). These advancements have greatly improved patient outcomes.

Today, stroke care continues to be iterated and improved upon at the Vancouver Stroke Program, whose research has been propelled by passionate philanthropists. Clinician-scientists such as Dr. Yip and his fellow stroke neurologists like Dr. Philip Teal and Dr. Thalia Field have improved treatments of not only common strokes, but also rare forms such as cerebral venous thrombosis (CVT), which mostly strikes young women. Post-stroke care has also improved thanks to neurorehabilitation research by Dr. Janice Eng (see cover story, page 10).

Stroke treatments have and will continue to transform thanks to donor support. Stroke care has dramatically improved since the early 1990s, and there is still so much more that can be done. All of this means better care and outcomes for our family, friends and loved ones across British Columbia.

DID YOU KNOW?

VGH is the provincial referral centre for stroke and the primary care centre for Vancouver stroke patients. The VSP is the only stroke program in BC with specially trained stroke neurologists who are on call 24/7. They lend their expertise to health care centres across all of BC. **And it’s made possible with donor support.** RIGHT: DR. SAMUEL YIP, HEAD OF THE VANCOUVER STROKE PROGRAM



Your Impact

"As a lifelong Vancouverite, I am deeply passionate about advancing health care in our community. Recently, I had the privilege of making a substantial contribution to VGH—supporting a cutting-edge MRI machine and a fully equipped operating room. I firmly believe that early diagnosis is the key to early treatment, ultimately enhancing patients' survival rates. By donating these essential medical resources, I hope to play my part in improving health care outcomes for those in need. I encourage fellow community members to join me in supporting our hospital and uplifting the well-being of our fellow citizens. Together, we can make a meaningful impact on the lives of patients and their families."



Tony Ma
Grateful patient & donor

"On Valentines Day 2023, I celebrated 14 years as a healthy, happy liver transplant recipient. I am alive because of VGH. I graduated from UBC with two degrees. I'm alive and thriving because of VGH and UBC Hospital. I want my money to keep VGH alive and thriving after I pass on to support transplant research."

Katherine
Grateful patient & legacy donor



"I have the best job in the world. There is no better feeling than seeing someone you and your colleagues helped out in the world again. Yet you make a difference just as much as we do. Your support impacts the care we are able to offer. From the equipment we have on-hand in the ICU, to the research that uncovers new treatments to save and improve lives, and so much more. Thank you."

Dr. Myp Sekhon
Neurointensivist



"It is a real gift to be able to care for patients. And the opportunity to actually provide care that gets people back to a better functioning, higher quality of life is a real privilege. And this is possible because of people like you. The selfless generosity of donors who support the work my colleagues and I do every day, to ensure we can provide the best care for you and your loved ones."

Dr. Brian Kwon
Spine surgeon



"Donors who have supported neuroscience, clinical care and research have directly impacted my life and ability to provide care to people. It helped fund my education. It propelled me into the specialty care I'm now able to provide to British Columbians. And it will fund the next medical breakthrough. Thank you."

Dr. Lily Zhou
Neurologist

SURVEY — ENTER TO WIN

Complete a short survey on *Vital* magazine and be entered to win a prize! Your opinions will help us provide you with the best possible content.



Take the survey online at
vghfoundation.ca/vital-survey





TIME TO SHINE GALA

CO-PRESENTED BY

Peterson | Viva

TIMELESS IMPACT

On June 3, 2023, over 400 philanthropists, health care and community leaders joined together and raised \$4,123,500 at the *Time to Shine* gala co-presented by Peterson and Viva Pharmaceutical Inc.

"The Chinese-Canadian community of Metro Vancouver has once again left us in awe of their commitment, passion, and support of health care for all British Columbians," says Angela Chapman, President & CEO, VGH & UBC Hospital Foundation.

"We are incredibly grateful to partner with this community of donors, who are helping create transformation on a scale that wouldn't otherwise be possible."

Thank you to the community of donors, sponsors, volunteers and supporters for helping create an evening to remember. Patients, families and their loved ones' health will be saved and improved because of you.

Together, we transform health care



By supporting VGH & UBC Hospital Foundation you are supporting more than hospital care—you are supporting the most specialized adult health care in BC.

Together, our health care centres provide both day-to-day care in our community and treat the most complex cases from across BC. Join us, as we come together, to create a better health care system. Centred on people. Doctors. Patients. Nurses. And you.

Thanks to you—our community of donors—care, equipment and research save and improve lives in our hospitals, health care centres, and communities.

TOGETHER, WE RAISED \$115.8 million 2022-23



- 51% Charitable contributions
- 26% Lotteries
- 16% Investment and other income
- 5% Rental income on properties
- 2% Events

TOGETHER, WE SUPPORTED Four key areas



- 47% Equipment and capital projects
- 26% Patient care and other
- 25% Research
- 2% Education

SOME OF THE CRUCIAL EQUIPMENT AND RESEARCH FUNDED BY YOUR GIFTS AND LOTTERY TICKET PURCHASES

Wolf Urology Scopes \$280,410

ICU Beds \$56,082

Simulation manikins \$180,649

Wound Care Chair \$39,904

Home health monitoring study
\$75,000

Secondary brain injury study
\$75,000



Learn more online at:
vghfoundation.ca/your-impact



Together, we transform urologic research & care

VGH & UBC Hospital Foundation is working together with a team of world-leading clinician-scientists, business leaders, passionate philanthropists, and you to transform Urologic Sciences for all British Columbians.

The Vancouver Prostate Centre team at VGH is widely considered a global leader, ranked amongst the top in the world. VGH is the main provincial referral site for complex urologic care and the only research and training centre of its kind in BC.

With a goal of \$35 million, this campaign will drive the creation of new research centres, attract and develop clinician-researchers and improve patient care in kidney and bladder cancer, kidney stones, bladder and pelvic health, kidney transplant, sexual and reproductive health and adolescent transitional urology.

Together, we will recruit, train, and inspire the future leaders of Urologic Sciences.

vghfoundation.ca/urology

VGH+
UBC hospital
foundation