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“An Angel Whispered in My Ear”

Lisa Lester reflects on her recovery from a ruptured brain aneurysm

There’s a gleam in her eye. A joy in her voice. An outlook on life that is unabashedly positive. It’s difficult to fathom that less than two years ago, Lisa Lester was raced to HSC Winnipeg for emergency brain surgery with Dr. Anthony Kaufmann.

“I am so grateful for Dr. Kaufmann and everyone at HSC,” says Lester, 55. “They saved my life.”

On January 6, 2018, Lester took the stage at Jekyll and Hyde’s in Osborne Village despite feeling unwell for a couple of weeks. It was a birthday event for a local musician, and a few performers had already backed out because of a cold that was going around town. Lester didn’t want to let the organizers down.

After just one song, as 300 people in the audience watched—including members of the Crash Test Dummies and The Guess Who—Lester was struck by a sudden intense headache and had to leave the stage.

“It was so painful,” says Lester. “It felt like something had gone off in my head, like a volcano. And the whole room started spinning.”

“I am grateful for the gifted hands of the surgeons, the great Dr. Kaufmann who studied neurosurgery for years so that I could live, and for the tender care of the nurses.”

—Lisa Lester, thankful HSC patient



Dr. Anthony Kaufmann and Lisa Lester at the Peace of Mind Benefit Concert for Lester in April 2018.

She turned to the musicians for help and stumbled off stage as the headache intensified. People rushed to her aid, including a nurse who brought ice to ease the pain in her head while they waited for an ambulance. Lester was taken to the hospital where CT scans confirmed she had a ruptured aneurysm. She was then rushed to HSC for surgery.

“I didn’t know what an aneurysm was,” says Lester, a magazine ad sales representative. “I tell my story, in part, because I want people to know the signs and symptoms so they can seek immediate treatment.”

In its simplest terms, an aneurysm is a bulge in a blood vessel. It can happen anywhere in the body, but when it leaks or bursts in the brain, as it did with Lisa Lester, it can lead to a hemorrhagic stroke and death.

Symptoms of a ruptured brain aneurysm include a sudden and very severe headache, often described as the worst headache of your life, neck stiffness, dizziness, nausea, and often a pain behind one eye.

Lester doesn’t remember arriving at HSC, but she remembers waking up after a complicated seven-hour open brain surgery to clamp the aneurysm.

“I believe an angel whispered in my ear as I was coming out of the anesthetic,” says Lester. “I realized right away that I should start breathing deeply to get oxygen to my brain.”

Lester went home two weeks after her surgery and recovered successfully.

“I am grateful for the gifted hands of the surgeons, the great Dr. Kaufmann who studied neurosurgery for years so that I could live, and for the tender care of the nurses,” she says.

Lester credits her deep faith and her spiritual approach to life for helping her stay optimistic and positive throughout her recovery. She is grateful for her family’s support and love, especially her teenage son, Presley.

“I tell my story, in part, because I want people to know the signs and symptoms so they can seek immediate treatment.”

—Lisa Lester, former HSC patient



Lisa Lester: “The confidence I had in HSC was overwhelming.”

With two albums to her credit, Lisa is singing again and writing new songs. She plans to return to Nashville where she recorded her hit album, *I Have Arrived*. She is also writing her memoir to help raise awareness of brain aneurysms.

“The confidence I had in HSC was overwhelming,” says Lester. “There was never a thought in my mind that I would come out of this anything less than whole.”

Your generosity helps doctors like Anthony Kaufmann advance their clinical and research work and promote innovation at HSC. You can support Dr. Kaufmann’s work with a donation to the Centre for Cranial Nerve Disorders Fund at the HSC Foundation. To make your gift, contact the Foundation at 204-515-5612 or by email at info@hscfoundation.mb.ca.



680 CJOB's Geoff Currier and HSC patient Valeria Coiro chat about Coiro's courageous story on-air at the 2019 Hope to Life Radiothon.

Broadcasting Hope

Annual radiothon shares stories of strength

On January 24, 2020, you can make one of the most important calls of your life. Hope and healing unite with the power of storytelling for the Health Sciences Centre Foundation's 14th-annual Hope to Life Radiothon.

Keep your dial locked to either 680 CJOB from 9 am to 6 pm, Power 97 from 11 am to 6 pm, or Peggy 99.1 from 11 am to 6 pm on January 24 to hear the stories of those who have benefited from your generosity. With the help of supporters like you, the HSC Foundation improves the care and facilities for patients who rely on the hospital.

Annually, more than 850,000 patients depend on HSC, with lives being saved every day. Among those patients is Valeria Coiro, breast cancer survivor, Hope to Life Radiothon 2019 guest, and monthly donor to the HSC Foundation. "You have so much support from HSC; you have group support and a lot of help to deal with your diagnosis," says Coiro. "A couple of days after my diagnosis, I was okay and ready to fight."

"I am glad HSC was here for me."
— Valeria Coiro, grateful HSC patient

Mastectomies and breast reconstruction often require two separate operations; however, HSC has the unique ability to complete them both at once. Coiro had both procedures done in two hours and was able to begin her healing process that much sooner.

Last year's Radiothon was our most successful yet, raising over \$184,000 to improve patient care at HSC, Manitoba's hospital. This year, Maric Homes returns as Presenting Sponsor, Johnston Group as Lead Supporter, and Wawanesa Mutual Insurance Company as Matching Partner, extending every dollar you donate.

To give today, please visit www.hscfoundation.mb.ca; otherwise, tune in, pick up your phone, and give from the heart on January 24.



Generous supporters donating to the 2019 Hope to Life Radiothon.

The Gift of a Lifetime

How do you want to be remembered?

Twelve passionate members of the community signed a pledge to support the HSC Foundation with a legacy gift.

On the morning of September 14, 2019, the HSC Foundation welcomed 12 new members to the Bannatyne Legacy Circle at the second-annual Bannatyne Legacy Circle Celebration, presented by Johnston Group and in partnership with Canad Inns.

Over 100 loved ones and well-wishers gathered over conversation, a delectable breakfast, and live entertainment, applauding the philanthropic commitment of the Circle's newest members.

Being a member of the Bannatyne Legacy Circle involves naming the HSC Foundation in your Will or naming the Foundation as the beneficiary of an asset you currently hold. Your commitment will be celebrated at the event and through a story written about you and your connection to the HSC Foundation and HSC. This story, approved by you, will be professionally written and presented to you in a special keepsake folder at the Bannatyne Legacy Circle Celebration.



The 2019 Bannatyne Legacy Circle members:
Back L-R: Pam & George Sigurdson, Glen Torgerson, Jonathon Lyon, Dr. Brock Wright, Tina Jones, Don Pharoah.
Front L-R: Deborah Thorlakson, O.M., Tannis M. Richardson, C.M., LL.D., Monique Levesque-Pharoah.
Missing: William S. Gardner, Q.C., Diane Hoskins.

"We can draw a straight line from the dollars we've raised to the lives that have been saved. That means a great

—Tina Jones, HSC Foundation Board Chair and 2019 Bannatyne Legacy Circle inductee

Deborah Thorlakson, O.M., Foundation Honorary Director and former Foundation Board Chair, was among this year's inducted members. "Our population is changing, as are our health care needs," says Thorlakson. "Research is imperative if we hope to address these issues as efficiently and effectively as possible."

"The greatest privilege is having a front row seat to the impact of philanthropy," says HSC Foundation Board Chair and 2019 Bannatyne Legacy Circle inductee Tina Jones. "We can draw a straight line from the dollars we've raised to the lives that have been saved. That means a great deal to me."

Thanks to the support of our Bannatyne Legacy Circle members, we can continue to provide the absolute best in patient care to Manitobans for years to come.

To learn more about planned and legacy giving and the Bannatyne Legacy Circle, please contact Irma McKenzie at imckenzie@hscfoundation.mb.ca or 204-515-5624.



Back L-R: Jack Wilson, Irma McKenzie, Lila Goodspeed Everett, Deborah Thorlakson, O.M.
Front L-R: Muriel Sutherland, R.W. (Bob) Cunningham, Tannis M. Richardson, C.M., LL.D.

A Breath of Relief for Manitobans

Nation-leading endoscopy unit opens its doors

On November 5, 2019, the HSC Foundation unveiled the Wilf Taillieu Thoracic Surgery Clinic and Endoscopy Unit.

With this new unit, HSC can diagnose lung and esophageal cancers faster and more accurately. Better and more timely diagnosis means faster treatment and better outcomes for patients.

“We can do approximately eight to 15 more scopes a week and have been able to see around an extra 30 to 50 patients weekly,” says Dr. Larry Tan, Head of Thoracic Surgery.

Blaine Hadaller, one of the first patients treated in the new clinic, recounts: “The wheels turned quickly. The whole experience was seamless, efficient, and very impressive. I’m free from cancer and feeling good. From the visit to my own doctor, to tests, to diagnosis, to surgery, and the all-clear from Dr. Tan. It was about three months. That’s it.”

In addition to treating more patients, the new unit features navigational bronchoscopy, a device that works like a GPS system for the lungs. First, a CT scan is used to create a 3D map of the lung.

“The whole experience was seamless, efficient, and very impressive. I am free from cancer and feeling good.”

— Blaine Hadaller, thoracic surgery patient

Then, the navigational bronchoscopy system helps the surgeon guide a scope right to the tumour.

With such extreme precision, surgeons will use this scope to inject chemotherapy, radiation, and tumour vaccines right into the tumour, making it a more reliable and efficient way to treat cancer. This device will also help surgeons perform better and safer biopsies.

This new, advanced unit is just one of the ways the Foundation brings innovation to life.

“Donors from throughout Manitoba contributed over \$3.2 million to a special campaign to open this unit. They learned of a profound need at the hospital and stepped forward to address it,” says Jonathon Lyon, President and CEO of the HSC Foundation. “The campaign met its target months ahead of schedule, thanks in large part to the volunteer fundraising efforts of Mavis Taillieu. Mavis was the wife of the late Wilf Taillieu for whom the clinic is named. We are grateful for her tremendous work and for the generosity of all of our donors.”



Guests gathered in November to celebrate the unveiling of the Wilf Taillieu Thoracic Surgery Clinic and Endoscopy Unit: “The campaign met its target months ahead of schedule,” says HSC Foundation President and CEO, Jonathon Lyon.



Blaine Hadaller, grateful patient, says: “I stand before you as a living example of how your support makes a real and significant difference in the lives of Manitobans. Without the new clinic and endoscopy unit, my story could have been quite different. I might still be waiting for surgery.”

A Breath of Relief for Manitobans

“With the establishment of the Wilf Taillieu Thoracic Surgery Clinic and Endoscopy Unit—and the generosity of our donors—we’re able to lead. We’re just getting started and we’re hoping to keep leveraging what we have to help our patients, other departments, and other hospitals even better,” says Dr. Larry Tan.

Help us to continue setting the standard in health care by donating to our annual campaign: Innovation HSC.

You will help HSC save lives, change lives, and provide comfort to families throughout Manitoba—year after year. To donate or learn more, please visit

“The campaign met its target months ahead of schedule, thanks in large part to the volunteer fundraising campaign efforts of Mavis Taillieu.”

—Jonathon Lyon, President and CEO of the HSC Foundation

www.hscfoundation.mb.ca



Dr. Richard Liu, Thoracic Surgeon, leads a tour of the Wilf Taillieu Thoracic Surgery Clinic and Endoscopy Unit on November 5, 2019.



Jonathon Lyon, President and CEO of the HSC Foundation, addresses honoured guests, HSC Foundation donors, and the media at the clinic’s unveiling.

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The Doctor Is In

Unlocking Urology with Dr. Jeff Saranchuk

For many, the relief of relieving oneself is often taken for granted.

The HSC Urology Unit currently sees over 5,000 Manitobans every year. Unfortunately, many of these patients need to return multiple times for interim treatments and pain relief while they wait for their surgical procedures. These return visits and the overall wait times mean that not everyone who needs care is getting it in a timely way.

With the proposed Manitoba Urologic Centre, HSC will be able to move many urology procedures out of regular operating rooms and into a designated clinic space, reducing wait times significantly.

HSC estimates that up to 10,000 people a year will be seen in this new centre as prostate issues and kidney stones are very, very common. The space is available; plans are underway to develop the space and purchase new equipment; and the HSC Foundation is raising \$8.2 million to make it happen.

Dr. Jeff Saranchuk, Surgeon and Head of the Section of Urology at HSC, shares a few thoughts about urology, the field of medicine that focuses on the disorders and activity of the urinary system.

Q: What are common misconceptions about urology?

A: Urology isn't just about elderly men. We see the same number of women as we do men when it comes to kidney stones. Further, many young patients have kidney stones, as well as pregnant women. Among other negatives, this causes a loss of productivity from work and is extremely painful. An infected kidney stone is a life-threatening condition, regardless of your age.

Q: Who does your unit see and what type of care do they need?

A: Patients with urinary retention due to the prostate, kidney stone removal, and treatment for certain types of bladder cancer, among other conditions such as urinary obstruction due to many types of cancers.

Q: What types of procedures are currently being done on the urology unit?

A: Urethral stricture treatments, kidney stone surgeries, and bladder cancer scopes are common procedures.

Q: How important is the proposed Manitoba Urologic Centre to health care?

A: It's paramount to advance health care here in Manitoba, particularly for northern communities, as it will save patients from travelling back and forth to appointments at HSC. With the new

centre, we can treat the patient the same day or within the next few days.

The new centre will significantly reduce the number of opioids used, as those are currently being used as a temporary solution until the patient can have definitive treatment.

Currently, for transurethral resections of the prostate (TURPs), patients wait four to five months after their initial appointment. With the new centre, patients can have the procedure done in less than half of the time. The wait for kidney stone surgery will be cut at least in half, dropping the wait from four to five months to one to two months.

To donate to the campaign, or for more information on the Manitoba Urologic Centre, please call 204-515-5612 or visit www.hscfoundation.mb.ca.

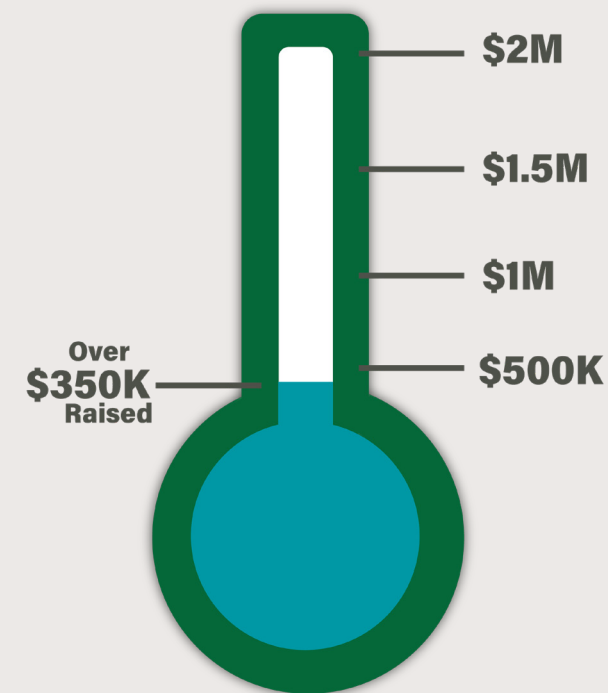


A C-arm machine, like the one pictured here, will provide effective imaging and allow for more precise, minimally invasive treatment.

Innovation HSC

An annual campaign for health care excellence

Help us reach our \$2 million target for 2019-2020!



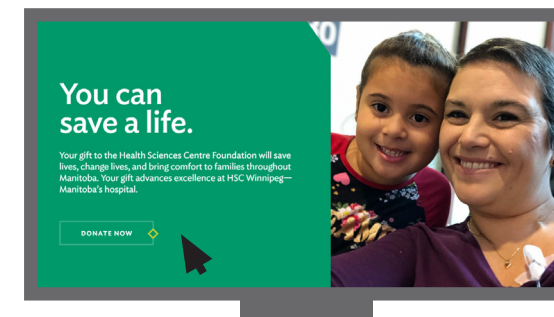
Your annual campaign gift allows HSC to:

- ◆ Implement changes to systems and facilities to reduce wait times and improve outcomes as the health care needs of Manitobans change;
- ◆ Acquire the latest technology to diagnose and treat patients more quickly; and
- ◆ Initiate and advance important health care research, and create opportunities to keep leading medical talent in Manitoba.

The Innovation HSC campaign is your opportunity to make a difference and help HSC save lives, change lives, and provide comfort to families throughout Manitoba—year after year.

Please give generously today.

For your family. For you. For all Manitobans.



Check out our new website.

Your online connection to inspiring stories, news and updates.



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