

Bust a Move 2011

Get ready to gyrate your glutes, shake your abs and work it out with **Paula Abdul** because Bust a Move for Breast Health is back.



On March 26, over 900 men and women will sweat through six hours of fitness at the brand new Canada Games Centre in Clayton Park. The day will be packed with snacks, breaks, laughs, and great entertainment.

Funds raised for Bust a Move 2011 will help create a world class breast health centre at the IWK. This new facility will provide Nova Scotians with state of the art care in a comforting, nurturing, and holistic environment.

Space is limited. Join today or sponsor a participant at bustamove.ca.

Support for Diagnostic Imaging Research

Over 900 people were taken on a fantastic voyage of discovery at the 2010 QEII Excellence in Research Gala on Friday, Nov. 5 at the Cunard Centre. This year's gala featured the Department of Diagnostic Imaging and its many accomplishments and triumphs. An impressive \$132,500 was raised to support diagnostic imaging research. The QEII Foundation thanks everyone who supported this gala. *Photo: Guests enjoy MC, Steven Patterson, host of CBC show, "the Debaters."*



New Procedure Revolutionizes Lung Cancer Treatment at the QEII

With a new diagnostic and therapeutic procedure - needle localization of lung tumours - surgeons at the QEII are now removing tiny lung tumours only millimetres in size.

This collaborative procedure between Thoracic Surgery and Interventional Radiology is a two-step process. First, a radiologist identifies a tiny tumour with the real-time imaging of the CT Fluoroscopy and with a needle inserts a small "fuzzy coil-wire" into the tumour to mark it. The patient is then sent to a surgeon who can now quickly find and remove the marked tumour. Without the wire the tumour would have been too small to locate.



Surgeons at the QEII in the process of removing a marked tumour from a patient's lung.

"You can only treat what you can see and find," says thoracic surgeon, Dr. Drew Bethune, "and now we can see and find smaller tumours within the lung. The earlier we find them, the better outcome for the patient. Key to the procedure is the CT Fluoroscopy equipment." The CT Fluoroscopy equipment is available to patients at the QEII as a result of a generous gift from the d'Eon-Langille family in 2007.

The advantages of this new method for removing lung cancer is thoracic surgeons can now catch cancer earlier and remove it with a minimally invasive procedure that heals faster and produces better results for patients.

"It's revolutionized the way we're treating lung cancer here at the QEII," says interventional radiologist, Dr. Robert Berry. He estimates the procedure is now being successfully conducted bi-weekly on patients at the health sciences centre. "And the technology allows us to target more than just lung cancer," he says. "We've even successfully identified and removed breast cancer that has metastasized to the lung."

Leukemia Live Raises SWEET Funds for Leukemia Patients

It was a sweet night for the hundreds of fans who packed the ballroom at Casino Nova Scotia in January to see the iconic British 70s band and support a great cause. The night raised \$10,000 for leukemia patients at the QEII in need of financial assistance.



Derek Caine and Charlie A'Court, a long time supporter of Leukemia Live, opened the concert for SWEET.

This latest concert is just one of the many Leukemia Live shows put on by former leukemia patient Derek Caine. Since 2004, Derek has been combining his passion for music and his philanthropic spirit to help leukemia patients at the QEII. Besides organizing concerts, Derek created his own band, Little Derek and the Haemo Blues Band, and raised funds through the sale of his band's two CDs. Over the last six years, Derek has raised over \$138,000 for leukemia patients at the QEII.

CAN-med Improves Lighting for Orthopaedic OR

Thanks to a \$56,000 donation of state-of-the-art operating room lights from CAN-med Healthcare, a division of IMP Group, orthopaedic surgeons are finding it easier to operate.

The Skytron Aurora LED lights are easier to manipulate, more energy efficient, include multiple light settings and offer better light focus. "The best part about these new lights is that the light can focus from any distance. Before, the lights would have to be moved close to the table in order for the surgeons to see clearly. This meant the lights were often in their way," said Heather Gill, OR Nurse.

These lights represent the latest technology available in surgical lighting, explained John Bonnell, Executive Vice-President of CAN-med Healthcare. "IMP Group and CAN-med Healthcare, as part of our five year commitment to the QEII Foundation, are very pleased that this year's donation of Skytron surgical lighting will help support the health professionals of the QEII Health Sciences Centre in their daily efforts to provide unparalleled care to Nova Scotians," he said.



Photo: (left to right) John Bonnell, Executive Vice-President of CAN-med Healthcare; Chris Erasmus, National Sales Manager; Heather Gill, OR Nurse; Dr. David Amirault, Orthopaedic Surgeon; Tim Daly, Sales Representative.

Supporting the Maritime Heart Centre's H2K

To help tackle the growing level of obesity among today's youth, donors to the QEII Foundation are providing \$10,000 to the Maritime Heart Center to help expand the Heart Healthy Kids Program (H2K) into ten elementary schools across HRM.



Grades 4-6 students from Fairview Heights take part in an H2K team building exercise.

The goal of H2K is to increase physical activity levels and heart health knowledge in children in grades four to six. The program involves providing students with pedometers and the task of

'virtually' walking across the country. This activity is integrated into the day-to-day curriculum of each grade level, so that all components of the program, from the science of heart health to the geography of the county, are taught in the classroom. Students in this program are also broken into small teams and assigned a peer mentor who meets with his/her fellow classmates bi-weekly to set goals, discuss and lead different physical activities, and motivate the group.

Results of last year's pilot study, which took place in one school, indicated that 64 per cent of participants increased their activity level. The Maritime Heart Center hopes to offer the H2K program in 50 schools by 2012.

Community Health Teams Up and Running

Residents in Dartmouth and the Spryfield area are getting better access to the knowledge and skills they need to become healthier and stay healthy, thanks to a new service called a Community Health Team (CHT), funded in part by donors to the QEII Foundation.



CHT participants from the Kiwanis Club.

The Community Health Teams provide a range of free health and wellness workshops tailored to the needs of the community. For example, one team may offer more programs and guidance focused on physical activity because it was identified as a need through community engagement sessions. The workshops are led by community organizations and healthcare professionals from CDHA and the IWK and cover topics from budget cooking to building better self esteem. The CHT also helps link participants, who may require more support, with already existing services, like addiction counseling or smoking cessation.

The Dartmouth CHT opened last April with locations on Tacoma Drive and the East Dartmouth Community Centre. The Chebucto CHT (serving communities from Armdale to the Pennants), opened this past December, and is located in the Spryfield Mall, within the new Community Wellness Centre.

For more information and a complete list of workshops offered at the two locations, visit communityhealthteams.ca.

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I would like my gift to remain anonymous Send me information on making a gift in my Will
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Please send this completed form and donation to the:
QEII Foundation, 1276 South Park Street, Centennial Building, Rm. 1-040, Halifax, NS B3H 2Y9
Charitable business no. 88646 3496 RR001 Vol.8 No.1

You may also give on-line at: www.qe2foundation.ca Talk to your employer about matching your gift.

cancer never waits

A QEII FOUNDATION CAMPAIGN FOR RADIATION THERAPY

As part of the governments' \$24 million wait-times guarantee project, the QEII Foundation has committed to raising \$4 million for the acquisition of new radiation treatment equipment. Donations to the Cancer Never Waits campaign will help ensure Nova Scotians receive the best care possible and in the most timely fashion.

For more information or to donate, please visit www.qe2foundation.ca.