



“It was the difference between life and death.”

Kelly Rome didn't realize she was having a heart attack. If it wasn't for the Cardiac Stenting Program you made possible at Sault Area Hospital, things could have turned out very differently for her.

Kelly Rome's first warnings came from her watch.

The smart device, which monitors her heart rate, was telling her to “rest”. While she hadn't been exerting herself, she wasn't feeling well – so she took the tech tool's advice and laid down on her bed to call her sister. It was during the call that she felt sudden, sharp chest pain and she had trouble breathing.

“I could barely get the words out. I whispered to my sister that I'd call her later, and I hung up.”

Kelly was reluctant to rush to Sault Area Hospital. It was Spring of 2021, and a third wave of COVID-19 had hospitals across the province overwhelmed. Like many, Kelly was scared – but the feeling that something was wrong wouldn't go away. So the next day, she headed to SAH.

“As soon as I went in, from the first nurse in Emergency, I had immediate care. It all happened within a few hours.”

After a few quick tests, Kelly was rushed up to the Cardiac Catheterization Lab – where Dr. Bakar and his team was waiting for her. Kelly was having a major heart attack. The team worked fast to place a stent and, with it, saved Kelly's life.

Kelly spent 4 days in the hospital following her emergency stent, and her experience was nothing short of outstanding.

“There's no question: the people who work at this hospital are special. Everyone was calm, confident and skilled. You don't doubt for a minute that they know what they're doing and will take great care of you.”

Your support helped save Kelly's life.

Thanks to your gifts, Sault Area Hospital has had the tools to provide cardiac stenting services locally since August of 2018. If Kelly's heart attack had happened a few years earlier, she would've had to travel to Sudbury or Toronto for her stent – taking precious time she didn't have.

As a donor, Kelly understood the life-saving impact that the right equipment could have. Now she appreciates it on a different level.

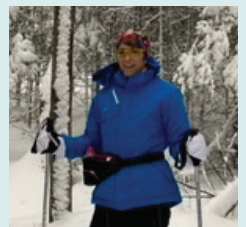
“We have personally donated for years, and I'm so happy it's helped so many people. It certainly saved my life.”

Kelly wants you to know how grateful she is for your support of SAHF, too! “Our hospital wouldn't be what it is today if people didn't give out of the kindness of their hearts. Thank you!”

“I can't believe YOU had a heart attack!”

Kelly Rome's heart attack is a surprise to most of her friends. While she's had other health issues, she strives to take care of herself – and enjoys Zumba, cross-country skiing, walking, biking, snowshoeing and yoga. Her heart attack was in her genes.

Heart attacks can present differently in women than they do in men. For Kelly, it was intense back pain and shortness of breath. “I didn't listen well to my body, and I should have. That's what I'm telling everyone, now: if it doesn't feel right, **DON'T WAIT** until the next day. Get to SAH!”



Kelly leads an active life.

“Sault Ste. Marie was so kind to us!”

Bob Scott was “just passing through” when he suddenly needed care at SAH.

Until recently, Bob Scott didn't have much of a connection to Sault Ste. Marie. The town along the Trans-Canada had really only been a convenient stop on the road from his daughter's home in Ottawa to his home, in Winnipeg. Bob and his wife, Janice, were making that trip in September 2021 when Bob started feeling unwell.

“We had stopped at the Tim Hortons in Blind River for a quick break, and when I got back into the car I started feeling pain in my lower right abdomen. It was nothing serious though, so we kept driving to Sault Ste. Marie.”

The couple arrived in the city, grabbed some dinner, and checked into their hotel for the night. Bob was feeling nauseated, but decided to lay down at first. Around 2am, when the pain wasn't passing, he searched the internet for care options nearby and drove to Sault Area Hospital.

Bob's care team at the hospital quickly found the source of his discomfort: a bowel obstruction – likely caused by scar tissue from a previous surgery. First, they tried to dissolve the obstruction. When that didn't work, they scheduled Bob for surgery.

Bob's memories of the hospital prior to surgery are fuzzy (due to the pain medication he was taking). His wife, Janice, assured him that his initial care in Emergency, as well as subsequent care on his floor, 3C, was excellent. It was above and beyond what they might have experienced. It left a huge and positive impression on Bob and his family.

One of his first memories after surgery was talking to Dr. Reich – his surgeon. The procedure had gone well, and the mood was positive. The two were able to laugh and joke together.

Bob was struck by the kindness and consideration of the care team on 3C. While visitor restrictions were in place, the team made sure Bob's wife, Janice, could

safely visit. They even helped set her up with a local hotel close to the hospital, which offered special rates to families of patients in the hospital.

As people learned about their situation, Bob and Janice even got two offers – from a fellow patient's family and from a Housekeeper – to take their laundry home and wash it for them.

The final kindness was from Dr. Allen – who took over Dr. Reich's rotation and was checking in on Bob. He and Janice had booked their flights home to Winnipeg, and Dr. Allen insisted they stop by his office before they left to have Bob's surgical staples removed.

Your kindness helped Bob too!

While you might not have helped with hotel stays or laundry, your thoughtful gifts ensured the caregivers at our hospital had the tools to help Bob. From the imaging equipment used to find the obstruction, to the IV that delivered his pain medication, to surgical table used in his operation: you were a part of Bob's outstanding care experience.

While Bob and Janice probably won't be making the drive to Ottawa anymore, he now feels a newfound connection to Sault Ste. Marie. “On the flight home from Toronto, I was watching the flight tracker and we flew directly over! I looked down and gave a little wave. I think that's something I'll continue to do whenever I fly over.”



Bob Scott is Grateful!

With Gratitude to *Dr. Allen and Dr. Reich*

Bob Scott chose to thank his surgeons at SAH by making a donation. Not only did Drs. Reich and Allen receive a card and a pin acknowledging Bob's gratitude, but his gift will continue to help future patients – by purchasing critical medical equipment.



To learn more about the Grateful Patient program, visit sahfoundation.com/grateful



Technologists Kelin and Devdoot with the new Gamma Camera

Seeing the Big Picture: Medical Imaging

Almost 30% of expected equipment needs at SAH are related to Medical Imaging.

Medical Imaging (also known as Diagnostic Imaging) is a critical area of Sault Area Hospital. From ultrasounds to x-rays, CAT scans to MRIs, Medical Imaging helps our caregivers see what's going on inside a patient's body.

This department will need over \$14 million in new equipment over the next 10 years. That's almost 30% of the \$50 million total needed by our hospital.

In 2021, you helped this department bring in almost \$1.7 million in necessary equipment!

In October, your support helped us get a new *Mammography Unit*. This is a critical tool for diagnosing and monitoring breast cancer. The new unit came with a remote control that allows the patient to adjust settings, and increase their comfort level, during the test.

In November, your gifts brought in two brand new *Ultrasound Units*. The new units replaced machines that were in use for over 10 years! Not only are they easier to adjust – they provide incredible image quality.

And in December, you were part of purchasing a new *Gamma Camera*. This device detects the presence of radioactive tracers in the body. Tracers are swallowed or injected, and are used to help assess the function of organs and systems. The new camera is more intuitive to use, and provides clearer images. It also produces images a bit faster – reducing patient discomfort during the test.

These items were just a few from a long list that also included several new ECG carts, radiology monitors (featured in our July 2021 newsletter), and Echocardiography units (shown in our October 2021 newsletter). None of these pieces would have arrived without your help and support! Thank you!



Breast Health Team with Mammography Unit



Technologists with new Ultrasound Unit

In 2022, Sault Area Hospital will get a new MRI.



This MRI is now 10+ years old, and needs to be replaced.

At an estimated cost of \$3.2 million, the MRI is one of the most expensive pieces of equipment in our hospital.

This critical tool produces detailed images of the inside of the body. An MRI can help our care teams diagnose and monitor treatment for countless issues: getting clear pictures of tumors, looking for organ damage, finding abnormalities, and so much more!

The latest MRIs can also perform more detailed scans in less time. That may mean less time per patient – allowing more patients to receive an MRI in a day. Over time, this could shorten the wait for MRI services.

Watch for more information about how you can help with our new MRI!

UPCOMING NEED: Expecting the Unexpected

What happens when
equipment stops working,
without warning?

Sault Area Hospital does its best to plan for replacement of aging equipment, but not every purchase can be planned.

Sometimes tools just stop working. Sometimes parts aren't available, or repairs cost as much as replacement. Sometimes we don't have time to wait to replace critical equipment. That's why Sault Area Hospital Foundation always plans for "emergency" purchases.

Emergency requests can come from anywhere in the hospital. Most medical equipment has a useful life of 8-10 years, and our "new" hospital is now over 10 years old. As our hospital (and our equipment) gets older, we expect to see more emergency requests each year.

Your general donations, or gifts to the "Area of Greatest Need", help to fund these purchases.



If equipment is in good condition, SAH will always consider repair before replacement.

Your gifts have already helped fulfill \$234,499 in emergency requests over the last year.

Your support helped us swap out three bladder scanners that stopped working. Your kindness brought in a new specialized obstetric stretcher instead of making costly repairs to a 10+ year old one. And your generosity replaced an ultrasound unit that was unexpectedly damaged. These are only a few of over a dozen items we were able to purchase, thanks to you!

This year, SAHF will set aside \$300,000 to fulfill emergency requests. This commitment is only possible thanks to your continued support. When you fund purchases like this, you ensure our hospital has the tools to keep caring for our community without missing a beat.

THANK YOU!

Because of you...

Patients are more **comfortable** during their renal dialysis treatments.

The old chairs in our dialysis area were in rough shape: vinyl was splitting and peeling, they didn't adjust properly, and they were just worn out.

Thanks to your support, we now have 6 new chairs which are more comfortable for patients, and easier for staff to adjust and clean. Thank you!



A patient receives treatment in a new specialized renal dialysis chair!

When you give, you make outstanding care possible.

While we would normally love to see you, our office is currently closed to visitors.

Our team is still working, but most of us are working from home. Whether you want to make a gift, or just to chat, you can still reach us a few ways:



Visit our website:
sahfoundation.com

Make a secure gift, or find more information about our programs.



Call our main line:
705-759-3848

We aren't in the office, but leave a message and we'll call you back.



Send us mail:

**750 Great Northern Road
Sault Ste. Marie, ON P6B 0A8**

We've included a postage-paid envelope with this newsletter for whenever you need it next.

We look forward to the next time we can see each other!

SAHF

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