

Patch Adams  
p. 12

# PULSE

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THE NEWSLETTER OF THE  
SIR MORTIMER B. DAVIS  
JEWISH GENERAL HOSPITAL

## Fund-raisers welcomed with open arms and open house

In appreciation for their past and future efforts in the Weekend to End Breast Cancer, WEBC walkers were invited to a special open-house tour of the Segal Cancer Centre on July 12. Participants were taken on guided tours of the new facility and saw the product of their efforts, including new, state-of-the-art WEBC research laboratories, as well as the Cancer Treatment Unit, the Cancer Prevention Centre, Hope & Cope and other clinical areas.

*Cont'd on page 4*

## Segal family warmly thanked at launch of Segal Cancer Centre

Six months after the Segal Cancer Centre began its life saving mission of treating patients, conducting cutting-edge research and offering preventative programs and psychosocial support, more than 400 guests came together to officially celebrate the JGH's first landmark achievement of the 21<sup>st</sup> century.

On June 21, before an audience of lay leaders, benefactors and hospital staff, lead donors *Leonor and Alvin Segal*, along with members of their family, were showered with praise at the official launch of the Centre that bears their name.

Guests gathered for a cocktail reception in a magnificent tent adjacent to the Légaré entrance, and featured the premiere screening of a video about the Centre. The Segals were also presented with flowers and a commemorative album of post-cards bearing messages from patients who described their experiences and feelings about the Centre.

By offering diagnosis, treatment, therapy, counseling, research and more in a single, centralized location, the Segal Cancer Centre takes a focused and comprehensive approach to

*Cont'd on page 5*

AUG./SEPT.  
2006

IN THIS ISSUE

JGH Jazz returns  
p. 3

Bike Trek  
p. 6

Patch Adams pays a visit  
p. 12

Freedom from smoking  
p. 19



From left: Alvin and Leonor Segal, Dr. Gerald Batist, Lynne McVey and Dr. Richard Margoese (JGH Chief of Oncology) celebrate the launch of the Segal Cancer Centre.



## Care For All.



On prend soin de François MI TÖRÖDÜNK A SÄNDORRAL **ישראל** **Здравствуй** Aalagaan ka naming ng mabuti Corazon  
Ми бринемо о Јовани *Cuidamos de José* My opiekujemy się Marysią **לדאגן לאריתל** **We care for Allison**  
Chung Tōi chām sóc-Lam PRAN SOUIN GRAN'N LAMÈCI Θεραπεύουμε τον Γιώργο Noi ne ocupăm de Dino  
זארגן פאר גרשון **SABOTA OĞ VBAHE** **PRENDIAMO CURA DI CARLA** *Salud para Miguel* 我们照料李宇

## Mona Kravitz bids au revoir to JGH



**A**fter 10 years as Associate Executive Director (Nursing), **Mona Kravitz** has left the Jewish General Hospital to become an independent consultant in health care administration.

In an interview shortly before her departure in July, Ms. Kravitz expressed her "great pride in the Department of Nursing, which has become a magnet for recruitment and retention of well-qualified nurses. JGH nurses provide compassionate, expert, evidence based care. There is a seamlessness between the clinical, administrative and academic functions (teaching, basic and applied research)."

Ms. Kravitz said she was especially pleased about the high level of collegiality and collaboration achieved between nurses and physicians and other disciplines on the health care team. "Our clear focus on the needs of patients and families helps us answer two fundamental questions: What is the right thing to do? How do we do the right thing at a reasonable cost?"

**Henri Elbaz**, the hospital's Executive Director, praised Ms. Kravitz for having "followed in the footsteps of all of the wonderful Directors of Nursing the JGH has had since it opened 72 years ago. She is leaving behind a Nursing Department that is dynamic, vibrant and dedicated to the highest ideals of the profession—a Department that is stronger in basic values, stronger in caring, stronger in its commitment to patients, and stronger in its dedication to the nursing profession."

JGH President **James Alexander** said Ms. Kravitz "knows what it means to be a young student nurse in need of direction. She has felt the thrill of seeing her career advance, and has experienced the support of friends and colleagues. It is precisely for these reasons that she has extended that same encouragement to student nurses, that same camaraderie to colleagues who succeed, and that same compassion and tenderness to the patients in her care."

Ms. Kravitz said she was happy to have had the opportunity to build a relevant and dynamic Department of Nursing. The JGH has very low nursing vacancy rates—contrary to the trend of nursing shortages world-wide. More than 500 undergraduate and graduate students come to the JGH for clinical education and experience every year, she said.

"Visitors see something very special at our hospital. Unlike the situation at many teaching institutions, care of the patient and family never takes second place to academic activities at the JGH. We are more than bricks and mortar; we are a place where members of the staff care about patients and one another. We are responsible to the community of which we are a part."

This past spring, Ms. Kravitz received the first Prix Jeanne Mance, awarded by the Order of Nurses of Quebec to recognize her superior leadership and contribution to the development of nursing and health services in the province.

After receiving her Diploma in Nursing from the JGH School of Nursing, Ms. Kravitz earned her Bachelor of Nursing and Master of Science (A) degrees from McGill University's School of Nursing. From 1986 to 1996, she served as Director of Nursing, Medical Services, at the Royal Victoria Hospital. In this capacity, she received the first Physician-In-Chief Award ever given to a nurse. She has taught for many years as Associate Professor in the Master's Programs at the McGill School of Nursing and serves on its Executive Committee.

Ms. Kravitz's association with the Hospital will continue. "The JGH will always be in my heart," she said. "The JGH is my family. I grew up here, worked and played here. I will only say, goodbye for now".

SIR MORTIMER B. DAVIS  
JEWISH GENERAL HOSPITAL

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We apologize in advance for any errors,  
misspellings or omissions. Please note that to  
our knowledge at press time, all information  
in this publication was accurate.

## Lynne McVey appointed Director of Nursing

Lynne McVey has been named Director of Nursing of the Jewish General Hospital. In announcing the appointment, Executive Director Henri Elbaz praised Ms. McVey as "a strong advocate of a vibrant and productive collaborative relationship among nurses, physicians and the other medical professionals in the healthcare team."

Mr. Elbaz also noted that in her role as Co Director of the Segal Cancer Centre, Ms. McVey "has been and continues to be instrumental in ensuring that during the transition to the new facilities, patient care has proceeded without interruption, while nursing services are smoothly and effectively integrated into the new environment."

Shortly after joining the JGH in 1987, Ms. McVey was appointed Nursing Director of Medicine, Mental Health, Geriatrics and Cancer Care, a position she held until her promotion. She will also continue to co chair the hospital's Quality and Risk Management Committee, which ensures that the JGH achieves the highest standards of accuracy and quality in the delivery of patient services.

At McGill University, where she is an Assistant Professor in the School of Nursing, Ms. McVey has become known for guiding



students at the undergraduate and graduate levels toward fulfilling careers in the nursing profession. She is also one of the first graduates of the Direct Entry Master's Program at McGill's School of Nursing.

Ms. McVey said her "first priority is to ensure that patients' needs are met" through a strong bedside presence by nurses, combining compassionate support with professionalism based on research and the latest scientific developments. This care, she noted, takes into account the needs and feelings of the patient's relatives and loved ones.

Ms. McVey wants to continue the JGH's ongoing success in recruiting and retaining nurses. In addition, she is keen on further developing close collaboration between nurses and doctors, "because the better doctors and nurses work together the healthier patients will be. Research results demonstrate that patients experience fewer complications and lives are saved when these partnerships are supported."

Ms. McVey said she feels "privileged and honoured to serve the JGH in this new capacity. It's a challenge that I'm excited by and very much looking forward to. Throughout my career, I've been mentored by outstanding Directors of Nursing at this hospital and others and by forward thinking Directors of the School of Nursing at McGill. I feel that all of my professional experiences have prepared me well for this role."

## JGH Jazz Festival returns for an encore

Once again this summer, music filled the air outside the Côte-des-Neiges entrance, as music lovers enjoyed the seventh annual JGH Jazz Festival. Patients, visitors, staff, volunteers and passers-by gathered at the new picnic tables on the Côte-des-Neiges lawn for lunchtime concerts on the hospital's new stage. As promised, the event—from June 26 to July 7, on the theme of "Healing Through Sharing"—was bigger and better than ever. The jam-packed schedule included a jazz film series and indoor and outdoor concerts. Two new series, DJ and Musical Research, were also added to enable disc jockeys and musicians from a variety of backgrounds to share their favourite music (recorded and live performances). Other popular, new additions were a sizzling Salsa workshop with Angela Palumbo, an indoor lunchtime concert in the Atrium and a cafeteria barbecue with a side order of jazz.

JGH Jazz, a series of free concerts, features the musical talents of hospital staff members and local

musicians. Not only do the performances provide pleasant summer entertainment, the music's power also gives an emotional and spiritual lift to patients.

Returning performers included Latin jazz group Wendajam, JGH orderly Silvio Clauser, master Senegalese percussionists Sadio Sissokho and Trevor Ferrier, Ensemble Hassan el Hadi and Laurie Goodman, and Robert Ménard. Among the first-time JGH Jazz participants were reggae band Killawatt, Marianne Trudel, Marc Chenard, fusion group The Skunks, and All of Oyl.

During the JGH Jazz Tour, music therapist Bryan Highbloom and the Dr. Clown team of therapeutic clowns, spread jazz and laughter throughout the hospital by engaging in intimate and impromptu encounters with patients and staff.



Bryan Highbloom (right), organizer of JGH Jazz, jams with guest musicians.

## The Weekend to End Breast Cancer



[www.endcancer.ca](http://www.endcancer.ca)

### Please support these JGH teams

- Babes Busting for a Cure
- Best Foot Forward
- Boobie Savers
- Chicks that Heal
- Healing Resources
- Hope & Cope
- JGH Auxiliary
- JGH Foundation "The Power to Heal"
- L'équipe CSN
- The Lifesavers
- The Terminators II... We're back!
- Tickled Pink

For make a donation, please call 514-393-WALK (9255) or visit [www.endcancer.ca](http://www.endcancer.ca)

Centre du cancer Segal

### Open House for JGH Staff

Wednesday, September 6  
5:00 to 7:00 p.m.

Segal Cancer Centre

### Three cheers for the JGH pit stop



Rah, rah, rah! Even if you're not walking in the Weekend to End Breast Cancer, you can give the participants a much needed emotional boost. Come on down and cheer on your relatives, coworkers and friends at the JGH's Weekend to End Breast Cancer Pit Stop & Cheering Station on Aug. 26. It's a great way to show your appreciation and encourage the walkers as they pass the hospital during their incredible two-day journey. More details to come!

### Fund-raisers welcomed cont'd from page 1

Visitors gained insights into specialized research initiatives that are being funded by proceeds from the Weekend. They also met and posed questions to Dr. Gerald Batist, Director of the Segal Cancer Centre, Lynne McVey, Co-Director of the Segal Cancer Centre, and Dr. Marc Tischkowitz, recipient of the first Weekend to End Breast Cancer Distinguished Scientist Award. Dr. Tischkowitz, a clinician-scientist who studies hereditary factors that increase breast cancer risk, also provided walkers with information about genetic testing.

"It's really a boost to be able to see where the money is going," said Bryna Hersh, who will be walking for the second time at this year's event. "It's an unbelievable facility."

Dr. Batist explained that the Centre has "a large group of unusual people, in that we work in the lab and we're also clinicians. We know our patients depend on us, and with this local investment, the outcome of research could touch everybody and have a global impact."

He told the walkers the funds they raise is spent cautiously. "We take our expenses seriously, and after seeing where the money goes, we hope you'll feel a solid connection to the Segal Cancer Centre. The Weekend is not an easy walk—and you have made a really meaningful contribution."

Jane Hum, a JGH respiratory therapist making her first visit to the Segal Cancer Centre, noted that "the Centre is very open, very welcoming. It's encouraging to know our money went to specific areas. It was nice to see the labs— it makes me feel good to know that I contributed to them."

## Segal Cancer Centre cont'd from page 1

patient care, family support and scientific investigation.

Executive Director **Henri Elbaz** expressed his gratitude for the strong personal commitment by those who made the Centre's creation possible, including the lay leadership, volunteers, the administration, doctors, nurses, scientists, the multidisciplinary team and everyone on staff at the hospital.

"Today we all share a sense of pride as we celebrate this remarkable achievement—the latest extraordinary milestone for the Jewish General Hospital," Mr. Elbaz said. "May the Segal Cancer Centre continue to be a source of pride to us all, as we continue to build an institution that contributes to the well-being of our entire population, and to the betterment of our society."

After touring the Centre, JGH President **James Alexander** said the new facility has met and exceeded expectations. "I've seen patients receiving treatment and counseling in airy, sunlit rooms that boost their spirits while their bodies heal. I've seen medical researchers working on the most up to date equipment in



Alvin and Leonor Segal and members of their family gather to help launch the Segal Cancer Centre.



Alvin and Leonor Segal are honoured at the opening of the Segal Cancer Centre.

## WEBC medical crew needs YOU!

The WEBC crew is looking for skilled medical professionals specializing in:

- **Medical care**—medical doctors, registered or vocational nurses, paramedics and emergency medical technicians (requires license and certification or specialized degree)
- **Massage** (requires proof of certification or student status)
- **Podiatry** (requires proof of certification or student status)
- **Physiotherapy** (requires proof of certification or student status)

For information, please call 514-393-WALK (9255) or visit [www.endcancer.ca](http://www.endcancer.ca).

spacious laboratories—all of them looking for ways to eradicate cancer. And I've seen doctors, nurses and a wide array of other medical professionals working in very close collaboration to provide our patients with the best possible care."

None of this would have been possible without the generosity and support of the Segals, said **Morton Brownstein**, Campaign Co-Chair of the JGH Foundation. "Once Leonor and

Alvin stepped into the picture, we knew this dream would become a reality," he said. "They not only provided the hospital with its largest gift ever and thereby raised the bar, but perhaps more importantly, they inspired the entire hospital community and offered critical sustenance to our aspirations."

After the reception, guests were invited on guided tours of the research laboratories, Cancer Treatment Unit, Cancer Prevention Centre, Hope & Cope, Clinical Research Unit and other clinical areas. "To see treatment provided with such dignity, privacy and sensitivity, all in one facility—it's amazing," said visitor **Ruth Drazin**. **Saul Abracen**, also part of the tour group, said he was "amazed at how much they've accomplished. The building helps, but in the end, it's the people who make the difference."



## JGH celebrates VOLUNTEERISM

Whether they've spent a couple of months or several decades at the Jewish General Hospital, hospital volunteers have won high praise for their generosity and their willingness to help others.

"Each and every year, the Department of Volunteer Services has grown by leaps and bounds," **Barbara Lang**, Director of Volunteer Services, told more than 300 volunteers and JGH staff on June 6 at the Annual Volunteer Luncheon in the Samuel S. Cohen Auditorium. "I'm proud to say that we now have more than 850 volunteers devoting approximately 79,000 hours of service per year to the JGH. We really couldn't function without you."

**Myer Bick**, President and CEO of the JGH Foundation, assured volunteers their efforts are greatly admired and appreciated by everyone in the hospital. "Our volunteers are not paid—not because your work is worthless, but because your work is priceless!"

According to **Brahm Gelfand**, Past President of the JGH and the JGH Foundation, "not everyone can be a volunteer. You have to have that desire to be a do-gooder, that inner drive to do something for somebody else." He added that JGH volunteers can count themselves as

## Point the way for JGH visitors

Want to make visitors feel more at home in the hospital? Become a JGH Greeter! Friendly and dynamic volunteers are needed to help people find their way through the hospital and make the JGH more "user-friendly". The JGH Greeter's job goes far beyond just giving directions—it's about offering personalized attention to anyone who walks through the hospital's doors. The service is offered under the auspices of the Humanization of Care Committee. Info: local 3232.



members of "a very exclusive club: the Do-Gooders of the Jewish General Hospital".

JGH volunteers, noticeable in their blue jackets, spend anywhere from one to five days a week at the hospital, performing a wide array of tasks. Their duties include visiting and feeding patients, helping patients and visitors find

## BIKE TREK: The next generation



Ryan Stotland (left) and Daniel Klinger work on their bikes during their cross-Canada fundraising marathon.

Two young cyclists with family ties to the Jewish General Hospital are in the midst of an 8,000 kilometre, cross-Canada journey to raise funds for a skin cancer centre and tumour registry at the JGH's Segal Cancer Centre. Daniel Klinger, 20, and Ryan Stotland, 19, launched their bicycle trip on June 24 in Victoria, B.C., and hope to reach St. John's, Nfld., by the end

of August. They passed through Montreal and stopped by the JGH on August 3.

Mr. Klinger, grandson of JGH Past President Leonard Ellen, and Mr. Stotland, nephew of Foundation Chair Bernard Stotland, have also launched a website—

[www.8000km.org](http://www.8000km.org)—where visitors can make donations, learn more about skin cancer, and track the cyclists' progress.

The journey was originally intended as just another of the gruelling but rewarding cycling trips that Mr. Klinger and Mr. Stotland have enjoyed together for four years. In past summers, they travelled from New York to Montreal, and on one of their shorter hops, they sped from Quebec City to Montreal in a single day.

"Crossing the country was on our minds for a while, something we'd always talked about," says Mr. Klinger. "When it actually came to planning the trip, it occurred to us that this would also be a good way of raising money for a worthwhile cause. We spend a lot of time outdoors and we know about overexposure to the sun, so it seemed logical for us to help fight skin cancer."

their way around the hospital, assisting with clerical work, and comforting patients' relatives.

At 17, **Vimal Kirshnan** is one of the hospital's youngest volunteers, providing assistance at one of the nursing units. Getting a behind-the-scenes look at how a hospital works is teaching him what it might be like to become a doctor, he said. "I'm thinking about pursuing a career in the medical field. I wanted to work with patients and interact with them. It's not just theory—it's real life."

Volunteer groups, such as Hope & Cope, Meals on Wheels, the Stroke Team, the Sunshine Singers, the Emergency Department team and students from Summit School, were also recognized for their commitment to the JGH.

"Every organization would go bankrupt if they paid you what you are truly worth," said Auxiliary Co-President **Judy Shaicovitch**. "Thank you all for being here when we need you."

To find out about becoming a JGH volunteer, please call the Volunteer Services Department at local 5983.



Proceeds from the marathon will aid efforts by **Dr. Manish Khanna**, a JGH surgeon and dermatologist, to establish a skin cancer centre whose tumour registry will assist physicians across Canada in analyzing trends and risks associated with the disease. According to Dr. Khanna, an Assistant Professor of Medicine at McGill University and one of only 12 specialists in Canada who are trained to perform Mohs surgery, a cutting-edge skin cancer treatment, the current lack of statistics-gathering resources prevents doctors from precisely documenting the number and type of tumours that are treated each year.

Preparations for the trip were extensive, says Mr. Stotland, because the cyclists had to be fit enough to haul their own food, water, tents, sleeping bags and supplies. They also took an advanced course in bicycle repair and maintenance for their high performance bikes, which must be able to withstand more punishment than standard road or racing bikes.

When the trip ends, Mr. Kliger will head to Dalhousie University to study philosophy and international development, while Mr. Stotland is off to Tufts University in Boston to study economics. But both are certain they'll see each other again before long. "We went to the same elementary and high schools and the same summer camp for many years," says Mr. Kliger. "After riding together across Canada from end to end, you don't just say goodbye."

## Marty Taub: On duty at the crack of dawn

Even if he has to slog through a blizzard, thunderstorm or heat wave, **Marty Taub** always arrives at the Jewish General Hospital at 5:00 a.m. A JGH volunteer for the past six years, his is a friendly face that many staff members, patients and visitors look forward to seeing opposite the first-floor Pavilion C elevators.



Marty Taub

The Royal Canadian Air Force veteran, who owned his own business for many years, realized shortly after retirement that "free time" isn't for him. So he became a JGH volunteer, giving directions and a kind word at least three days a week. With a

constant flow of people passing his post, he can stay up-to-date on city events, and he even encounters childhood friends from time to time. "It's a nice way to have a reunion," he says. "This is a lovely place to spend your retirement."

At his JGH post, Marty maintains the same "open-door" policy he implemented in his company many years ago. Visitors, patients and staff of all ages and backgrounds make a point of stopping by to chat and enjoy his sense of humour. "The people here have become my family. Every person on staff calls me by my first name and I love it!"

But don't let his lighthearted demeanour fool you; Marty takes his role very seriously. "When patients come to the hospital, they're scared," he says, "and even their own visitors don't always know how to talk to them. I like to help lighten the mood. This is not a laughing place, but you've got to make them laugh."

According to Marty, what makes JGH volunteers special is "we're here because we want to be here. I'm the one getting the benefit out of being here. I get great pleasure out of seeing this repair shop operating at full speed, taking broken bodies and putting them together again. The way I can help is by extending a hand to someone who needs it."

# LOTS ABOUT CLOTS

## – a whole week's worth

Is an overseas traveller who spends hours on a cramped airplane at risk to get a potentially fatal blood clot? In some cases the answer is yes, says Dr. Susan Kahn, Director of the JGH's Thrombosis Clinic. People with pre-existing risk factors (stagnant or sticky blood, vein damage) may have an increased risk, and should consult a doctor before a long distance trip. But above all, don't worry, she added. "Although the risk is higher than not travelling, the actual risk is quite low."

It also makes good sense for all passengers on long flights to take precautions, Dr. Kahn said. Be sure to exercise your lower legs every half hour, avoid caffeine and alcohol since they increase dehydration, and consider wearing compression socks. The overall goal, she explained, is to keep veins healthy and clot-free.

Dr. Kahn's May 4 lecture was part of a panel discussion during the first Clotbusters: JGH VTE Awareness Week, May 1 to 5. The educational event focused on Venous Thromboembolism (VTE), blood clots in the veins of the legs and in the lungs. Specifically, the conditions are known as Deep Vein Thrombosis (leg clots) and Pulmonary Embolism (lung clots).

"VTE is the third most common cardiovascular condition after heart attack and stroke, yet the public has little knowledge about this condition," said Dr. Kahn. "Effective prevention strategies exist but are grossly underutilized. By raising awareness, we hope to ensure that more patients practice VTE prevention and the rate of fatal Pulmonary Embolism will be reduced."

During "Lots about Clots: What you Need to Know to Protect

Yourself Against Leg and Lung Thrombosis", a free panel discussion open to the public, JGH experts took an in depth look at VTE risk factors, symptoms, treatment and prevention. Among those on the panel were Dr. Marc Afilalo (Chief of Emergency Medicine), Jessica Emed (Clinical Nurse Specialist), Eva Cohen (Chief of Pharmacy) and Dr. Kahn. Dr. Afilalo reviewed the process of diagnosis in Emergency, including signs and symptoms that doctors and nurses



Visitors learn about VTE prevention and treatment at the Clot Busters information booth.

look for, such as chest pain and shortness of breath. However, he noted, these symptoms can also be found in other conditions. "A simple virus can give a patient the same pain. Don't be alarmed—just know what to look for."

Ms. Cohen outlined special factors to be considered in patients taking anticoagulants (blood thinners): Always

*Cont'd on page 9*



Sonia Zuker (centre) and members of her family celebrate her award from the Division of Child Psychiatry.

## Sonia Zuker: A JGH best-seller

To many staff members, patients and visitors, she's known simply as "the book lady". But Sonia Zuker's role has gone far beyond selling books at the Côte-des-Neiges entrance to raise money for The Auxiliary. In fact, she previously spent 10 years in the coffee shop—eight hours a day, four days a week—and her reward has been knowing that she is helping people.

For the past 20 years, Mrs. Zuker has also played an important role in the Division of Child Psychiatry. By collecting funds from family, friends

Cont'd from page 8

take the medication as directed, but if you miss a day, don't double the next dose. Don't make any drastic changes to your lifestyle, and don't start or stop other medications. Most importantly, if you start taking an anticoagulant, inform all of your other healthcare professionals (doctor, nurse, pharmacist, dentist) to prevent interactions with other medications, and even with food.

For example, "broccoli's high content of vitamin K decreases the effect of anticoagulants," Ms. Cohen said. "However, this doesn't mean you should stop eating broccoli. Your intake shouldn't increase or decrease dramatically, because medications are adjusted based on your regular diet."

According to Ms. Emed, "fatal Pulmonary Embolism is the most common preventable cause of death in hospital." She noted that important forms of prevention, like walking around, are "easy, cheap and effective, with no side effects." While active movements (of the legs, for instance) are best for hospitalized patients, passive movements (having someone else move the patient's legs) can also be effective. Wherever possible, walking the halls is recommended several times a day, as patients who are on bed rest for longer than three days are at increased risk. A daily injection of a blood thinner may also be used to prevent blood clots in at-risk patients.

Graduated compression socks can also help improve circulation, but they must be properly fitted. "Even if you're wearing compression socks, it's very important to stay active, whether at home or in hospital," Ms. Emed said. And if you've ever had a VTE, speak up! "All healthcare providers should be informed so they can take extra preventive measures."

Clotbusters: JGH VTE Awareness Week also included an information booth in the Atrium and staff lectures throughout the week. Among the highlights at staff lectures:

- On May 1, Dr. William Geerts, an international expert on the subject, reviewed studies on the evidence-based rationale

for preventing VTE. Dr. Geerts, Associate Professor in the Departments of Medicine and Health Policy, Management and Evaluation at the University of Toronto, also discussed physicians' compliance with the recommendations, and the effectiveness of different methods of promoting compliance.

- On May 3, JGH nurses, **Suzette Chung, Carla Strulovitch** and Ms. Emed, along with research coordinator **Elena Shulikovsky**, discussed the integral role of nurses in VTE prevention, assessing patients, recognizing signs and symptoms, administering treatment, planning the patient's discharge from hospital, and educating patients and families.
- On May 4, Dr. Kahn, Dr. Afilalo and Ms. Cohen presented and explained the rationale behind the JGH's VTE Prophylaxis Guidelines. Their discussion looked at applying this knowledge to hospital practice, and they brainstormed about factors that promote and prevent implementation.
- Finally, on June 8, Dr. Kahn, Dr. Afilalo and Ms.

Cohen presented a lecture at Surgical Grand Rounds on preventing VTE in the surgical patient.

## Are you a pack-rat?

If so, you might be able to help us.

The Department of Public Affairs and Communications is archiving copies of the JGH Annual Report and is missing issues from 1934-35 to 1952-53 inclusive, 1956-57, 1994-95, 1995-96, 1996-97 and 1998-99.

If you have any of these publications, we'd like to borrow them briefly and then return them to you. Please bring them to room A-106 or call local 5818. Your help would be greatly appreciated.



and acquaintances, she has helped the Division give its students holiday parties, small gifts and an end-of-year graduation ceremony, which she attends every June.

"I do what I can for the kids," she says, adding that she places collections boxes around the hospital for donations. "People give me \$10, \$20, and my family gives me \$2,500 for my birthday. I say, 'Give it to the children.'"

According to **Rosemary Short**, Head Nurse in Child Psychiatry, though school may be difficult for some of the kids in Child Psychiatry, Mrs. Zuker's contributions help to reinforce their good behaviour. At the graduation ceremony,

students and parents are really proud to see how far they have come. Mrs. Zuker, who collected \$600 for this year's graduation, is especially committed to making it a great celebration, she says. "It's a big occasion for these families."

A couple of years ago, in recognition of her many years of support, the Division honoured Mrs. Zuker at an event at the Montreal Museum of Fine Arts. "She's a role model to the kids—she teaches them about giving back and they see somebody who is making a difference," Ms. Short says. "She sees a need and figures out a way to make it happen. She brings real joy to their lives."



## Nurses shine during their special week

As nurses play increasingly prominent roles in the JGH's healthcare teams, their contributions are characterized by what **André Poitras**, Head Nurse in the Division of Nephrology, calls their "compassion and sense of caring—always advocating for our patients."

Nurses took special pride in their achievements during National Nursing Week 2006, May 7 to 13, featuring a barbecue that was free for nurses and open to the entire hospital staff. As a memento of the week's activities, each nurse was given a canvas bag sporting the motto, "JGH celebrates nursing". Candies and giveaways were also distributed throughout the week.

Other events included the Annual General Assembly of the Council of Nurses, and the nursing committees' information booths, where visitors viewed presentations that described nurses' achievements during the past year.

The celebration also commemorated the 400<sup>th</sup> anniversary of the birth of **Jeanne Mance**, co-founder of Montreal and a nursing pioneer. "Jeanne Mance was one of Canada's most inspirational nurses," said Mr. Poitras, Co-chair of the JGH Nursing Week Committee. Co-chair **Serge Cloutier**, Head Nurse in the Division of Adult Critical Care, added that "the JGH's nearly 1,300 nurses, along with almost 67,000 nurses across Quebec, are perpetuating Jeanne Mance's work and her vision."

JGH nurses can take advantage of state-of-the-art equipment, an excellent working environment and rich educational and research programs. The hospital strives to create a culture where nurses continuously expand their knowledge and skills, while maintaining a high level of patient care.

"Our nurses provide leadership in excellent patient care, and are role models in their partnership with physicians and other members of the healthcare team," said **Valerie**

**Frunchak**, Nursing Director for Maternal-Child Health and Staff Development. "They are a key link in the chain of excellence and are to be celebrated for their professional contributions to keeping the caring in healthcare."

"Thanks to the dedication of our nurses, the Jewish General Hospital not only provides quality care, but care with compassion and dignity," said JGH Executive Director **Henri Elbaz**.

"Our nurses reflect the talent, heart and soul of the hospital."

Nursing Week 2006 would not have been possible without the generous support of its sponsors, including IGA Cavendish – Alimentations Shnaidman Pagano,

Costco Marché Central, Roche Canada, Hospira, Arrow Pharmaceuticals and Servomax.

Whether they attended one or all of the Nursing Week events, the JGH nurses appreciated the recognition they received. "It's nice to have a week like this," said **Michel Dureau**, a nurse in the Division of Nephrology. "We are always recognized for our hard work at the JGH."



JGH Nursing Week co-chairs **Serge Cloutier** (left) and **André Poitras** (right) enjoy the barbecue with **Sandra Louissaint**, Head Nurse of 8 West.



Staff members in the Medical Records Department celebrate one million patients at the JGH.

## A million patients ...and counting!

On June 26, the Medical Records Department hit a major milestone when it issued patient number 1,000,000. The volume of new patients has increased five-fold since the Department adopted the unit number system on January 1, 1960, for new patients receiving care in the hospital.

Congratulations to staff and management of the Medical Records Department for their commitment to prompt and efficient service, and for seeking ways to meet the changing needs of patients and hospital staff.

## Have a heart:

### Don't give in to stress!

Imagine getting stuck in a traffic jam. Some people get stressed out—grumbling about running late and berating themselves for not leaving earlier. Others realize there's nothing they can do, so they relax and listen to the radio. While we all have different ways of coping with stress, not knowing how to deal with it effectively can adversely affect a person's physical health, especially if the potential result is heart disease or stroke.

"Stress may be a critical factor in cardiovascular well-being," CJAD radio personality Dr. Sydney Miller told a JGH audience on June 20 at JGH Heart & Stroke Health Day 2006. "Learning how to cope with stress may be the most important thing you can do, not only for your mental health, but for your physical health."

Dr. Miller, a clinical psychologist who hosts of CJAD's *Relax: Stress-Free Radio* and is Professor of Psychology at Concordia University, told surprised listeners that stress can affect people as young as 5 or as old as 85. Members of the audience also took a quiz which revealed that daily, stressful situations—for instance, dealing with a difficult boss or fighting with a spouse—are often more harmful than major crises, such as coping with illness, divorce or the death of a loved one.

So how do we cope? By using the sorts of stress-reduction techniques advocated by Ernest Godin, a clinical psychologist specializing in stress management. Mr. Godin, a lecturer in management at UQAM and in psychosociology at UQAR, led a deep-breathing workshop and noted that "stress can be triggered by external events, but it is mostly self-generated by the way we cope. Mindfulness is a skill that allows us to be less reactive to what is happening in the moment."

The fourth annual Heart & Stroke Health Day, a free public event presented by the JGH Divisions of Cardiology and Neurology, included information booths with representatives from some of the hospital's clinical departments and from community organizations such as the Heart & Stroke Foundation of Quebec, the McGill Cardiovascular Health Improvement Program and the JGH Stroke Team.

### Invitation to afternoon services

Jewish *minha* (afternoon) services continue to be held regularly in the JGH. However, there has occasionally been some difficulty in gathering a quorum of 10 men whose presence is needed before the service can take place. If you can spare a few minutes a day to help keep the *minha* service going, your participation would be greatly appreciated.

**When:** Every week, Monday through Thursday, 1:45 to 2:00 p.m.

**Where:** The Chapel, Pavilion B, sixth floor



### Libraries' catalogue now available online

The JGH libraries are pleased to announce that all of their books are now searchable online. This includes the Health Sciences Library, Dr. Henry Kravitz Library of the Institute of Community and Family Psychiatry, Lady Davis Institute Research Library, Hope & Cope Patient and Family Resource Centre, and Drazin Collection of Judaica and Medical Ethics.

The new catalogue allows you to search these collections together, separately or in various combinations.

To get to the catalogue, go to [www.library.jgh.ca](http://www.library.jgh.ca) and click on this graphic:



Please let us know what you think of our new look! Just fill out the "Comment on the HSL's website" and you'll receive one of the libraries' pens and a tote bag.

## Accreditation update

After months of hard work, the JGH's 12 accreditation teams have completed their reports. Final versions of their documents are being reviewed by the Accreditation Executive Committee and hospital managers, and will be sent to the Canadian Council on Health Services Accreditation on Sept. 15, in preparation for the site visit in November.



### JGH Patient Safety Goal

The SMBD - Jewish General Hospital is committed to promoting and providing safe care and service delivery to all patients, families, visitors and staff. Safety is everyone's responsibility. It is valued as a fundamental right and expectation.

Oh, joy!

## DR. PATCH ADAMS pays a visit



Dr. Patch Adams shares some joy with Joelle Berdugo Adler of Diesel Canada, principal benefactor of the Wellness Centre.

Count on Dr. Patch Adams to defy tradition and convention, especially when it comes to the medical profession. "I never say laughter is the best medicine," the unorthodox clown physician told an appreciative audience at a lecture in honour of this fall's launch of the JGH Hope & Cope Wellness Centre. "Friendship is the best medicine!"

Patch, who was the subject of a 1998 movie starring Robin Williams, told listeners at Centre Mont-Royal on May 15 that opting for happiness must sometimes be a deliberate decision—a choice that many people are simply unwilling to make. "People do not want to give up their bad days. We love suffering—it's at the heart of life on this planet. The biggest offenders today are the media. They celebrate pain and suffering as The News: 'Hey, you woke up! That's front-page material!'"

Patch is the founder of the Gesundheit! Institute, a communal environment in West Virginia where he lives and works. The Institute welcomes five to 50 patients per night, who stay at the commune along with the 20 permanent residents, who include members of Patch's family. At the Institute, patients receive compassionate care from the doctor and trained clown who has devoted more than 30 years of his life to incorporating joy, creativity and humour into the healing process.

Proceeds from the lecture are going to the JGH Hope & Cope Wellness Centre, where "every donation, big and small, will build this dream," said Hope & Cope's Program Director, Suzanne O'Brien. "This Centre is a testament to dreamers—people who believe in the power of dreams and the power of hope."

Principal benefactor of the Wellness Centre is Diesel Canada, with a generous donation made by Joelle Berdugo Adler and Mitchell Adler in memory of the late Lou Adler. The Wellness Centre will focus on living well, during and after cancer treatment. Located at 4635 Côte Ste-Catherine Road, just west of the Jewish General Hospital, the Wellness Centre will be the set-

ting for several of Hope & Cope's existing services, such as its support groups and coping skills training. Also included will be complementary therapies (such as yoga and meditation), a built-in exercise room, demonstration kitchen and landscaped garden. A fully integrated research component will investigate issues related to cancer and the healing process. The free, bilingual programs will be available to all Montrealers.

Even if you don't know how to help someone who is suffering, you'll make a difference just by showing up, Patch said during his lecture. "That's what they'll tell you at Hope & Cope. Hope & Cope is a creation around the suffering of human illness. Those of us that work in these types of situations have the golden ticket. It's a privilege to support those with profound illness."

Patch recounted how, at the age of 18, he made a life-changing choice. "I was hospitalized three times in one year because I wanted to die. Then, in a ward of a mental hospital, I made a decision that I would never have another bad day. When I left I loved life."

From a medical perspective, joy is good for your health, he said. Patch's prescription: "Be so happy that it shows. I'm not talking about a moment in time—this is a platform on which you launch your life."

*Cont'd on page 13*

## Wit and wisdom from Patch Adams

- **On depression:** "For me, depression is never an illness—it's a symptom of loneliness." Instead of prescribing a pill for depression, Patch says, "Only one thing gets rid of loneliness: a friend."
- **On boredom:** With a world full of fascinating things—a spider web, for instance—how is it possible to be bored? "At our hospital, boredom is a medical emergency! I've never been bored. It's an insult to life if you even say you're bored."
- **On creating joy:** "Be grateful—it's hard to be bummed out when you're grateful!—and be upfront and personal about all the things you're grateful for. I'm astounded that patients will often ignore gratitude in order to have a bad day, even when there's so much to be grateful for. If you have food and a friend, what are you complaining about?"
- **On friendship:** "Try to get to know a person well enough to know what's going on in their head. Think of the one thing you never wanted anyone else to know, and then tell it to 10 people."

Patch Adams cont'd from page 12

As a family doctor, Patch insists on a four-hour interview with every new adult patient he sees—"I want to know you as well as a friend does"—and encourages patients to experience communal living to counteract feelings of fear. "We feel safe when we are collective," he said. "All of the poor world knows that we need one another. If you want to get rid of fear, band together."

For 23 years, Patch has been advising people to take the time to play in life and to remember that joy can be found everywhere, even in line at the grocery store or in an elevator. He noted that he's often amazed when he walks down a crowded street and finds that people have all found a way to ignore one another. "When I teach clowning, I tell everyone to laugh three times a day in public for no reason. At least one of those times should be in places where your inner voice says 'not here!'"

Simply bringing a smile to someone's face can make him or her forget about an illness, even if it's only for a moment. Patch said he will do anything that's not violent in order to help patients find joy and to notice the moments when they are not in pain, if only for a second or two. "Simply be happy because you noticed that you were born and can't believe what a gift it is to be alive."

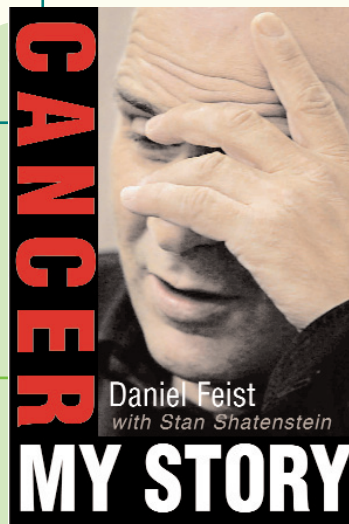
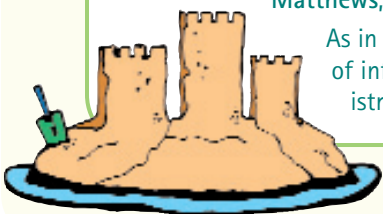
## JGH welcomes French delegation

Executive Director **Henri Elbaz** and members of the JGH senior management team have met with delegates from seven healthcare facilities in France for a close up look at the hospital's activities and the partnerships the JGH has forged between nurses and physicians in management programs.

The most recent delegation from the *École Nationale de la Santé Publique de France* visited the JGH on April 4 to discuss co-management of medical and nursing teams in Emergency, Cardiology, Neonatology, Intensive Care, Oncology and other areas. They also toured the new Segal Cancer Centre.

The benefits of nurse-physician partnerships in managing hospital programs were described by members of several JGH clinical teams, including **Dr. Marc Afilalo**, Chief of Emergency Medicine; **John Marsala**, Nursing Coordinator for Emergency Medicine; **Dr. Denny Laporta**, Chief of Adult Critical Care; and **Geraldine Matthews**, Nursing Coordinator of the Intensive Care Unit.

As in previous years, the French delegation's visit provided a springboard for an exchange of information and know-how, as well as a deeper understanding for the French administrators about the population served by the JGH and the Quebec health care system.



## Cancer: Daniel Feist's story

When Daniel Feist, the popular Montreal broadcaster and journalist, was diagnosed with lung cancer in

2004, he decided to share the experience with readers in a series of articles for *The Gazette*. His moving account of the emotional rollercoaster of the cancer experience was recently reprinted in book form, along with additional health information, photos and tribute messages written after his death in 2005. Part of the proceeds of *Cancer: My Story* will go to the JGH Divisions of Pulmonary Oncology and Palliative Care, where Mr. Feist was treated. The book, which includes important health information written by Mr. Feist's friend and fellow journalist, Stan Shatenstein, was launched in June and can be ordered online at [www.canwestbooks.com](http://www.canwestbooks.com) or at 1-866-870-3428 for \$19.95.





- **Upgrade of the elevators in Pavilions A and D:** The Pavilion A elevator is expected to be completed by the end of November. The next phase will be the complete renovation of the Pavilion D elevators, including the control system and elevator cabins.
- **Renovation of the fifth floor, Pavilion C:** The renovation has been completed, and users will move into the new Post Partum unit in August. Total rearrangement of this floor included background renovation, and a complete upgrade of the engineering services and the cosmetic appearance of the unit.
- **Renovation of the fourth floor, Pavilion C:** After completion of the new Post Partum unit, the next phase of Pavilion C's renovation is expected to begin at the end of August.
- **Creation of a new Bronchoscopy Unit in Pavilion G:** The new facility is up and running.
- **Replacement of the Hemodynamic Laboratory:** In keeping with ongoing improvements to the Division of Cardiology, this facility is being renovated to accommodate installation of a new, state-of-the-art hemodynamic machine. The project, a collaboration between Technical Services and Biomedical Engineering, began in July and is expected to last up to six months.
- **Pre-dialysis unit in Pavilion H:** This marks the completion of the first phase of the opening of the new Hemodialysis Unit in Pavilion H. The second phase, which begins in August, will mark the end of the renovations for this unit.
- **Cardiovascular Prevention Centre in Pavilion H:** This multi-disciplinary clinic is in the final phase of construction and is expected to be completed in August.
- **Layout of a new anti-HIV laboratory for remedial treatment:** This laboratory will be used not only for basic research, but for the development of vaccines. Construction is now under way and we are planning on building two new floors above the link to the Emergency unit. Erection of the new two-floor structure will start in August and should be completed by January. Cranes will regularly have to be placed in the Emergency parking lot.

## CSN holds a "Barbecue for a Cause"

The CSN Union of the JGH held its annual "Member Appreciation Day" on July 14, in support of its Weekend to End Breast Cancer team, "L'équipe CSN". Hospital staff were invited to enjoy a great barbecue for a great cause on at the Côte-des-Neiges entrance and a good time was had by all.

"As a CSN union, our aim is to improve the lives of our members and society as a whole, and the Weekend to End Breast Cancer is a splendid opportunity to do both," said **Wilma Duncan**, the Vice President of Information at the CSN, who will be walking with CSN Treasurer **Joseph Weekes** and **Gloria Sandy**. "The barbecue was a great success and we thank everyone for their donations."

To support "L'équipe CSN", please visit [www.endcancer.ca](http://www.endcancer.ca)



## Library services continue despite closure

The JGH's Health Sciences Library is closed for major renovations until November, with library staff relocated to room A-212. However, during the construction period, the following services will be available:

- Document delivery/interlibrary loan service
- Current journals
- A small selection of frequently requested reference material
- Routing of journals

To enable users to stay up to date on their reading, the library will continue to receive current journal issues and display them in room A-212. To have a title sent to you, please contact **Francesca Frati** at local 5929 or [ffrati@gmail.com](mailto:ffrati@gmail.com). The document delivery service for interlibrary loans will continue as usual. The form can be found on the library's website at

## Focusing on the human side of cancer

As new research discoveries and experimental approaches to the treatment of cancer continue to grab headlines, the human side of cancer is often forgotten. To help restore the balance, the Canadian Association of Psychosocial Oncology kicked off its annual conference on May 3 with addresses by keynote speakers Sheila Kussner, O.C., O.Q., and Dr. Jimmie Holland.

Mrs. Kussner, founder and Chairman of Hope & Cope, discussed her personal experiences with cancer, her passion to make a difference, and the remarkable impact that Hope & Cope has had, and continues to have, in providing emotional and informational support to cancer patients and their families.

Recognized as a pioneer in psychosocial oncology, Dr. Holland is the Wayne E. Chapman Chair in Psychiatric Oncology at the Memorial Sloan-Kettering Cancer Centre in New York. Dr. Holland shared her insights, acquired through more than 25 years' experience in measuring the impact of the distress that cancer patients feel. She also emphasized the importance of helping patients to cope with the entire cancer experience.

The public lecture was co-hosted by Dr. Zeev Rosberger, Chief of the JGH Division of Psychology and Director of the Psychosocial Oncology Program at McGill University; and Suzanne O'Brien, Program Director of Hope & Cope. It was sponsored by a generous donation from the Lazarus family, in memory of Maxine Lazarus.

[www.library.jgh.ca](http://www.library.jgh.ca) under "Document Delivery, Request a Journal Article or Request a Book". Some reference materials will also be brought to A 212 for circulation.

The upgrade of the Health Sciences Library is a result of a \$1.35-million gift that has lifted BMO Financial Group into the ranks of the hospital's leading benefactors. The BMO Financial Group Initiative in Medical and Health Sciences Education, unveiled at an April 20 press conference in the library, will support development of the JGH Teaching Centre and creation of a Surgical Education Program, a Program in Nursing Education, and a Teacher Scholar Program in Medical Education. Also included is the amalgamation of teaching programs in the Departments of Medicine, Nursing and Surgery.

Please consult [www.library.jgh.ca](http://www.library.jgh.ca) for further details on the library renovations. Thank you for your cooperation during this period. Member of the library's team look forward to serving you better in the new JGH Teaching Centre.



Dr. Jimmie Holland (left) and Sheila Kussner emphasized the importance of going beyond research and treatment to provide psychosocial support to cancer patients.

## Even near mistakes should be reported by staff

While many healthcare professionals know how important it is to report medical errors, the same must also be done for near-mistakes, Dr. Joseph Portnoy, Director of Professional Services, told employees at the JGH Staff Forum in June. "If it almost happened to you, it probably happened to someone else," he said. "Medical errors occur as a result of something that was bound to happen. We have to change the system to make the hospital a safer place for our patients."

The forum in the Block Amphitheatre gave staff an opportunity to raise issues of concern with senior management, including Mona Kravitz, Associate Executive Director (Nursing); Jean-Marie Mallet, Director of Human Resources; Kotiel Berdugo, Chief of Technical Services; Glenn J. Nashen, Director of Public Affairs and Communications; Myer Bick, President and CEO of the JGH Foundation; and Dr. Portnoy.

Mr. Nashen reminded staff that the provincial ban on smoking is now in effect, and new, specially designed ashtrays have been installed at every entrance, just beyond the no smoking zone. After years of complaints about cigarette butts and ashes littering the pavement and grass near the hospital, "these new ashtrays, which resemble black genie lamps, let users drop the butt down a narrow tube without leaving a mess." Mr. Mallet noted that smoking illegally on hospital premises may result in fines—and not just for the smoker. "The hospital can be fined, too," he said.

According to Mr. Berdugo's update on construction projects, completion of renovations to 5 West will be followed by extensive improvements to 6 North, 4 West, 3 West and 2 Main.

Mr. Bick reported that the JGH Foundation's "Power to Heal" fundraising campaign has reached a milestone: a total of \$102 million, with \$98 million remaining to be raised. The campaign is providing much-needed support for the Health Sciences Library, Department of Neonatology, Division of Plastic & Reconstructive Surgery, Department of Radiology and Division of Nuclear Medicine, among others. A hospital-wide staff campaign will also be launched in the near future, he said. "We are hoping for a very positive response from our colleagues and staff."

## In the NEWS

Congratulations from everyone at the JGH to:

- **Dr. John Antoniou** (Department of Orthopedics) and **Dr. Johanna Choremis** (Department of Ophthalmology) on the birth of their son, **Anthony**. Kudos to Dr. Antonio on his appointment as Associate Professor of Surgery (tenured) at McGill University.
- **Sylvia Pehlivanian** (Administrative Technician, Department of Nursing) on the birth of her son, **Jeremy**.
- **Tali Chemtob-Silverman** (Director of Special Events, JGH Foundation) on the birth of her son, **Gabriel**.
- **Dr. Cleve Ziegler** (Department of Obstetrics and Gynecology) on the birth of his son, **Matthew**.
- **Philippe Castiel** (Assistant to the Executive Director) on the birth of his son, **Noah**.
- **Kara Rosberger** (Department of Social Services) on the birth of her son, **Joshua**. Proud grandparents are **Dr. Zeev Rosberger** (Chief, Division of Psychology) and **Gabi Rosberger** (Occupational Therapy Department).
- **Rosalie Johnson** on her appointment as Chair of the Humanization of Care Committee.
- **Geraldine Matthews** on her appointment as Nursing Coordinator of the Intensive Care Unit.
- **Brahms E. Silver**, (Department of Social Services) on receiving his Master of Social Work degree from McGill University. He began formal studies toward his second career in social work in 2001, earned his Bachelor of Social Work in 2003 and went on to complete the requirements for a Master's degree in 2006. Mr. Silver is part of the multidisciplinary team on 7 NW, where he works with cancer and internal medicine patients and their families.
- **Dr. Miguel Burnier** (Chief, Department of Ophthalmology), **Dr. Eddy Lang** (Department of Emergency Medicine), **Carmen Loiselle** (Department of Nursing) and **Dr. April Shamy** (Division of Hematology) on being named to the McGill University Faculty Honour List for 2006-07.
- **Dr. Michael Bond** (Chief, Department of Psychiatry) on his appointment as full Professor at McGill University.
- **Dr. Ernesto Schiffrin** (JGH Physician-in-Chief) on his recent induction into the Royal Society of Canada, Canada's oldest and most prestigious scholarly society. He will be formally inducted at a ceremony to be held in Ottawa in November.
- **Dr. Jamie M. Rappaport** (Associate Chief, Department of Otolaryngology) on receiving the Outstanding Teacher Award from McGill University's Department of



Otolaryngology, in recognition of his excellent quality of teaching McGill Otolaryngology residents, HOPS students, medical students, fellows, and residents from all specialties who come to ENT for rotations.

- **Dr. Jacques Corcos** (Chief, Department of Urology) on his appointment as President of the Palais des congrès de Montréal Ambassadors' Club
- **Dr. Walter Gotlieb** (Department of Obstetrics and Gynecology) on being the honouree at the Israel Cancer Research Fund's 2006 Gala
- **Dr. Mel Schwartz** (Chief, Department of Dentistry) on receiving the Award of Merit from the Association of Professional Orders of Quebec
- **Dr. Zeev Rosberger** (Chief, Division of Psychology) on receiving the 2006 Canadian Association of Psychosocial Oncology (CAPO) Award of Excellence in recognition of his outstanding contributions to psychosocial oncology at the provincial, national and international levels. "Dr. Rosberger has an extensive history of clinical service in psychosocial oncology, noteworthy scholarly research, the promotion of graduate research training, and tremendous efforts to develop psychosocial oncology in Canada and in Québec," said Esther Green, the President of CAPO.
- **Dr. Naomi Paltiel Lowi** (Department of Family Medicine), who recently celebrated her 80<sup>th</sup> birthday and her 56<sup>th</sup> year at the JGH (including 49 as a staff member)
- **Sheila Davallou, Maria Ambrosio and Fernanda Alves** (JGH Physiotherapy Department) on receiving Long Service Awards at the McGill University School of Physical and Occupational Therapy's recent Spring Clinical Day. The JGH Physiotherapy Department has played an important role in the clinical education of McGill's physiotherapy students for more than 40 years.
- **Dr. Michael Kapusta** (Clinical Director, Department of Ophthalmology) and **Carmen Arseneault** (Ophthalmic Technician), who will appear with actor Leslie Nielsen in the



Dr. Michael Kapusta (left) will appear with actor Leslie Nielsen in the upcoming series, *Doctor-ology*.

fiction portion of *Doctor-ology*, a 13-part documentary series about a variety of medical disciplines. The series is produced by Galafilm Productions for the Discovery Channel. Special thanks to Grace Cunsolo (Secretary to the Clinical Director) for helping to coordinate the film shoot in the Department of Ophthalmology. Also appearing in the series are Dr. Albert Cohen (Chief, Division of Gastroenterology) and Dr. Cleve Ziegler (Department of Obstetrics and Gynecology).

- **Mona Kravitz** (recently retired Associate Executive Director [Nursing]) on receiving the first Prix Jeanne Mance awarded by the Order of Nurses of Quebec, in recognition of her superior leadership and contribution to the development of Nursing in Quebec.
- **Pino Virgillo** on his appointment as Information Services Coordinator.
- The Department of Public Affairs and Communications, in association with the Infection Prevention and Control team, the Department of Nursing and the Housekeeping Department, on receiving a Certificate of Merit from the Healthcare Public Relations Association of Canada for the *Frequently Asked Questions about C. Difficile* booklet (available at [www.jgh.ca](http://www.jgh.ca) – click on "Illness Alert").

**Condolences from everyone at the JGH to:**

- **Dr. Richard Margolese** (Chief, Department of Oncology) on the loss of his beloved mother, Harriet Gold.

**Farewell to these recent retirees:**

- **Gaetano Marziatico** (Technical Services Department) after 35 years at the JGH. Thanks to Mr. Marziatico, JGH staff, patients and visitors have enjoyed the beautiful gardens surrounding the hospital for many years.
- **Lorna Duke** (Clerk, Department of Emergency Medicine) after 44 years in the Department.
- **Ruby Levy** (Assistant to the Director of Finance) after 33 years at the JGH.

**Welcome to these recent newcomers to staff:**

- **Dr. Jerry Zaharatos** (Division of Infectious Diseases): A Montrealer who received his medical degree from McGill University, Dr. Zaharatos is certified in Internal Medicine, Infectious Diseases, and Medical Microbiology, and underwent post-doctoral training in HIV research at the Aaron Diamond AIDS Research Center in New York, where he concentrated on HIV pathogenesis and viral replication kinetics and immune control. His return to the JGH allows him to meld his basic science HIV expertise with his clinical proficiency to improve patient care and promote research into HIV and related viruses.

- **Dr. Tim Brewer** (Division of Infectious Diseases): After receiving his medical degree at New York Medical College, Dr. Brewer was certified in internal medicine in Cambridge, Mass., before specializing in infectious diseases at Massachusetts General Hospital. He also earned an MPH degree at the Harvard School of Public Health and became Assistant Professor of Medicine at Harvard in 1999. Dr. Brewer is Program Director of the International Society for Infectious Diseases and a member of the PROMED-mail Policy Committee. He is based primarily at the MUHC as Director of the International Health Office, but provides in patient consultation services as a full member of the JGH's Division of Infectious Diseases.

- **Dr. Richard Payne** (Department of Otolaryngology): Dr. Payne recently completed a fellowship at the University of Toronto. He has expertise in thyroid surgery and has an interest in managing patients with obstructive sleep apnea.

**We'd like to hear from you**

If you're celebrating a special event or have an achievement you'd like to publicize, Pulse would like to hear from you. Maybe you're getting married, have had a baby, are on a winning amateur sports team, or have received an award. To share your news with everyone at the JGH, just e-mail [communications@jgh.mcgill.ca](mailto:communications@jgh.mcgill.ca) or phone local 5818, and then look for your name in the "In the News" column.



**Department of Dietetics Survives Passover**

**Norma Ishayek**, Chief of the Department of Dietetics, would like to thank the mashgiach (Jewish dietary inspector), managers and staff of the Department for their dedication and hard work prior to and during the Jewish festival of Passover. Every year, incredible amounts of energy and time go into sterilizing the kitchen and cafeteria, and implementing a Passover menu. Thanks are also extended to the Technical Services staff, who are always on hand to extinguish the "fires".



# JGH

## Mini-Med School

### Need infection protection? Wash your hands!

Amid all the concern over possible outbreaks of avian flu and *C. difficile* bacteria, one piece of old-fashioned, time-tested advice remains the best: Wash your hands!

This recommendation may sound boring and unfashionably low-tech, Dr. Andre Dascal, a JGH expert on infectious diseases, told the audience in the spring session of the JGH Mini-Med School. Nevertheless, he said, this simple precaution—to be taken after coughing or sneezing, before handling or eating food, and after using the toilet—is still the best line of defense against many common illnesses.

Dr. Dascal, a senior infectious disease physician and microbiologist in the JGH's Division of Microbiology, and Associate Professor of Medicine in Microbiology and Immunology at McGill University, said many "bugs" are spread through personal contact. For example, touching an infected doorknob, chair or kitchen utensil, and then rubbing one's mouth or nose. Hand washing breaks this chain of potential infection.

Dr. Dascal's lecture kicked off the JGH Mini Med School's most recent, sold-out series in May and June. Each of the six

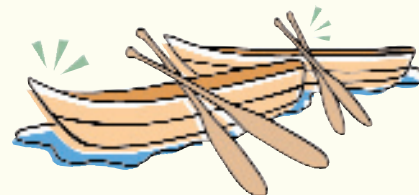
weekly English presentations was delivered in engaging and non technical language, featuring practical advice and insight into contemporary issues from leading medical professionals at the JGH. At the end of the series, members of the audience received graduation diplomas, commemorative T-shirts and the honorary title of "mock tor".

In April, a four-part French series of the JGH Mini Med School featured Dr. Dascal, Dr. Nancy Morin (Colorectal Surgery), Dr. Jacques Corcos (Chief of Urology), Dr. Jean François Morin (Cardiac Surgery). It was emceed by Geraldine Matthews, Head Nurse in Adult Critical Care.

Here are some other highlights from the English series:

- **Dr. Walter Gotlieb**, Director of Gynecologic Oncology and Colposcopy at the JGH and Associate Professor in Obstetrics & Gynecology and in Oncology at McGill, said that, contrary to popular opinion, women who use the oral contraceptive pill do not need to temporarily stop taking the pill in order to give their bodies a rest.
- Botox injections, commonly used to eliminate facial wrinkles, are gaining acceptance as an alternative to surgery in treating an enlarged prostate gland, explained Dr. Jacques Corcos, Chief of Urology at the JGH and Professor of Surgery (Urology) at McGill.. Dr. Corcos said that in many cases, one or two injections a year can cause a swollen prostate to shrink and then maintain its reduced size.
- **Dr. Martin Black**, the JGH's Surgeon-in-Chief and a specialist in head and neck surgery, emphasized the importance of the salivary glands, the prime source of lubrication in the mouth. Dr. Black, Director of the McGill Head and Neck Oncology Program at the JGH and the Royal Victoria Hospital, said the glands, which make chewing, swallowing and speaking possible, produce approximately 1,000 to 1,500 cubic centimetres (35 to 50 fluid ounces) of saliva per day.
- Colorectal screening, a test that detects the presence of cancer-causing polyps in the intestinal system, should be performed every five years for most people over the age of 50, Dr. Nancy Morin advised. Dr. Morin, Attending Staff in the Division of Colorectal Surgery and Assistant Professor of Surgery at McGill, noted that the relatively simple procedure of excising a polyp at an early stage is almost certain to prevent the development of colorectal cancer at that spot.
- **Dr. Samer Abi Nader**, of the Department of Dentistry and Assistant Professor and Chair of McGill's Prosthodontics Department, said dental implants—in which titanium roots are installed in the jaw and topped with tooth-like bridges—are considerably more expensive than dentures, but far preferable. He said the implants have a much firmer grip on the jaw and actually help to strengthen the bone.

This program is made possible by an unrestricted grant from Pfizer Canada Inc.



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# Stop smoking

## No ifs, ands or butts!

Ask any former smoker about the hardest thing they've ever done, and the answer will invariably be quitting smoking. The cravings are hard to manage, the emotional rollercoaster affects every aspect of life, and it's hard to think about anything else. While most people are aware of the health benefits of quitting, this isn't always enough to get a smoker to become smoke-free.

Before she quit, "I didn't go to movies—it just wasn't worth it," said Arlene Hodess, a former smoker. "Nothing was so good that I had to be without a cigarette for two hours." Ms. Hodess and other graduates of the JGH's Smoking Cessation Program gathered on May 31 to commemorate this significant accomplishment at Celebration: Freedom from Smoking!

A free panel discussion, presented by the JGH's Cancer Prevention Centre, enabled smokers, non-smokers and ex-smokers to learn about the psychological and physical components of nicotine addiction, the harmful effects of second-hand smoke, the impact of smoking on cardiac health, the legal ramifications of Quebec's new anti-tobacco law, and effective strategies to help people kick the habit.

The panel included Ms. Hodess, Dr. Mark Eisenberg (JGH cardiologist), Maitre Bruce W. Johnston (attorney, Trudel & Johnston), Dr. Perry Adler (JGH Clinical Psychologist) and Joseph Erban (JGH Smoking Cessation Counsellor). The event was moderated by Dr. Michael Dworkind (Director of the JGH Smoking Cessation Program).

Me. Johnston, who has been involved in a smoking-related class-action lawsuit in Quebec, said the May 31 ban will motivate smokers to try to quit. "I think this new law makes it less normal to smoke. For those who are already in the trap, they are now deprived a little bit more of the dignity they felt when smoking was more of a normal thing."

According to Dr. Adler, the addictive nature of cigarettes affects the body psychologically and physiologically. "What cigarettes do is help you not feel worse due to the side effects of withdrawal," he said, adding that when a person quits, sneaking the occasional cigarette as a reward is not an option.

"Total abstinence is essential. Typically, it takes about three months for ex-smokers to feel comfortable with their new lifestyle. Identify the triggers that are specific to you and change that pattern. Set a quit date and tell others." The more people who know you're trying to quit, the easier it will be to follow through, he explained.

Initiatives like the JGH Smoking Cessation Program can help, Dr. Dworkind explained. "One of its significant aspects is its non-judgmental nature. It's an empowerment process and it helps you value your life and your health. It's a real honour to celebrate the graduates of our program today."

Ms. Hodess agreed. "We really are winners," she told her fellow graduates, who were given certificates of merit. "Good for us!"

The JGH Smoking Cessation Program is a free, four-week accelerated program conducted by a qualified smoking cessation counselor. Participants are encouraged to design a personalized recovery plan with their own goals in mind, using strategies that make them feel comfortable.

The program consists of two group sessions per week and includes maintenance support sessions to help graduates remain smoke free. English and French sessions are available, and the program is approved by the Quebec Lung Association. Registration is required. For information, please call 514-340-8222, local 3870, or visit [www.jgh.ca](http://www.jgh.ca).



## No-smoking policy:

### A reminder

Smoking is strictly prohibited by law anywhere in the hospital and within the marked "smoke free" perimeters at every entrance. A zero-tolerance policy will be observed for all employees, medical professionals, volunteers, patients and visitors

## MDC Corner

### New multidisciplinary executive members

The Multidisciplinary Committee (MDC) is pleased to welcome three new members to the its executive committee: Stephanie Sitruk (Physio-therapist), Gina Mills (Speech Pathologist) and Dr. Sylvain Néron (Psychologist). The MDC wishes them an enriching and successful experience. Watch for updates from the multidisciplinary professionals in the "MDC Corner" feature in future issues of *Pulse*!

## Dates

### to remember

- ◆ August 16, 11:00 a.m. to 2:00 p.m.: Cafeteria BBQ, Côte-des-Neiges entrance (weather permitting)
- ◆ August 16, 11:00 a.m. to 2:00 p.m.: Auxiliary book sale, Côte-des-Neiges entrance
- ◆ August 22: Hope & Cope's 25<sup>th</sup> Anniversary Gala honouring founder Sheila Kussner, Queen Elizabeth Hotel. Info: local 8255
- ◆ August 25–27: Weekend to End Breast Cancer. Info: 514-393-WALK (9255) or [www.endcancer.ca](http://www.endcancer.ca)
- ◆ August 26: JGH Weekend to End Breast Cancer pit stop and cheering station. Even if you're not walking, come cheer on your relatives, coworkers and friends as they pass the hospital during their incredible two-day journey! Info: local 5818.
- ◆ August 30, 11:00 a.m. to 2:00 p.m.: Cafeteria BBQ, Côte-des-Neiges entrance (weather permitting)
- ◆ All of September: National Arthritis Month
- ◆ September 1–4: Retreat Yourself, a Montreal retreat for young adult cancer patients from across Canada, sponsored in part by Hope & Cope's Young Adult Division and organized by Real Time Cancer. Info: [www.realtimercancer.org](http://www.realtimercancer.org) or 1-877-571-7325
- ◆ September 4: Labour Day
- ◆ September 6, 5:00 to 7:00 p.m.: Segal Cancer Centre Open House for JGH staff.
- ◆ September 10: The Alzheimer Groupe Inc. and Alzheimer Society of Montreal present Memory Walk 2006 to benefit research at the JGH Memory Clinic and McGill Centre for Studies in Aging, Mount Royal Park. Info: 514-485-7233 or 514-369-0800, or visit [www.alzheimergroupe.org](http://www.alzheimergroupe.org) or [www.alzheimermontreal.ca](http://www.alzheimermontreal.ca).
- ◆ September 11–15: JGH Pain Management Week: *Pain Management: What a relief!*
- ◆ September 12: 37<sup>th</sup> Annual General Meeting of the JGH Foundation's Board of Directors
- ◆ September 13, 11:00 a.m. to 2:00 p.m.: Cafeteria BBQ, Côte-des-Neiges entrance (weather permitting)
- ◆ September 16, 9:00 a.m. to 10:15 p.m.: Second annual Lila Sigal Hockey Marathon Tournament in support of the JGH-based McGill Cancer Nutrition-Rehabilitation Program, Bonaventure Arena. Info: local 8251.
- ◆ September 18–24: Prostate Cancer Awareness Week
- ◆ September 20: JGH Foundation presents the fifth annual HSBC Golf Tournament, Royal Montreal Golf Club. Info: local 3986 or 5467.
- ◆ September 21: World Alzheimer's Day
- ◆ September 22: Second Cup, Atrium Coffee Shop and Maison de la Presse are closed for Rosh Hashanah
- ◆ September 23–24: Rosh Hashanah (Jewish New Year)
- ◆ September 26–29: 16<sup>th</sup> International Congress on Care of the Terminally Ill, Palais des congrès. Highlights include a major symposium co-chaired by Suzanne O'Brien and Dr. Bernard Lapointe and a seminar with a panel featuring Hope & Cope founder Sheila Kussner. Info: [www.pal2006.com](http://www.pal2006.com)
- ◆ September 27, 11:00 a.m. to 2:00 p.m.: Cafeteria BBQ, Côte-des-Neiges entrance (weather permitting)



## Food 'n fun under the sun

Enjoy great hamburgers, hot dogs, corn on the cob and vegetable brochettes at the JGH cafeteria barbecues. Weather permitting, they'll take place every second Wednesday until the end of September at the Côte-des-Neiges entrance.

