SPECIAL REPORT
PARKINSON’S DISEASE:
Hope and breakthroughs for patients
TOGETHER FOR A CHUM THAT THRIVES

Spring time, at long last! The frigid temperatures of the past few months have, thankfully, not chilled the hearts of donors to the Fondation and we wish to express our sincere thanks for the generosity they exhibit day by day.

Le donataire aims to make known all the energy shown by the staff of the hospital and the Fondation. We proudly present it to you and set forth in this edition a combined message that demonstrates the spirit of partnership behind our efforts and the willingness of our two organizations to work hand in hand to provide the best in health care!

Together, we deal with issues which are crucial for CHUM patients. As we prepare for their arrival in this brand new hospital facility, we need your support more than ever in this flagship project for the Quebec community.

Bonne lecture!

Jo-Anne Hudon Duchesne
Interim General Director
Fondation du CHUM

Dr. Jacques Turgeon
General Director
CHUM

HIGHLIGHTS!

A RESOUNDING SUCCESS

The 11th Charity Preview evening of the Montreal International Auto Show (MIAS) was held this past January and again it was crowned with success. The sum of $636,645 was raised for the benefit of six hospital foundations of Greater Montreal, ours among them! Thank you to all the car lovers who took part in this event.

POPPIES FOR THE FONDATION

Last January, artist Marcel Favreau made a very colourful donation: his painting Les coquelicots. This kind gesture is the unique way in which Mr. Favreau and his wife, Rose Tremblay, put their words into action in gratitude for the good care she received from specialists at the hospital. The painting was hung at the CHUM Research Centre (CRCHUM).

A GENEROUS DOCTOR

Dr. Pierre Mayer, respirologist and sleep specialist at the CHUM, recently donated over $11,000 to the Fondation. This initiative follows the 2012 publication of his book Dormir : le sommeil raconté. Dr. Mayer had decided to turn over the royalties from the sale of his book to the Fondation du CHUM, and he kept his promise! We pay tribute to his kind act which clearly shows that commitment to patients can go beyond the walls of the hospital.

POMIER-LAyarargues Award

This award, valued at $5,000, is intended to finance a research project to be co-directed by a researcher and a patient in the field of organ donation and transplantation. Dr. Agnès Räkel, endocrinologist and researcher at the CRCHUM, and Alexandre Grégoire, a patient who underwent a lung and liver transplant, are the first recipients. The financial backing for this award was made possible through the generosity of donors to the Fondation who gave nearly $300,000 in the course of a fundraising campaign specifically targeting organ donation and transplantation.
We were recently honored to announce the appointment of Daniel Johnson as Chairman of the Cabinet for the capital fundraising campaign *Giving Ourselves the Best in Health Care*.

Mr. Johnson heads a campaign cabinet committed to the health of Montrealers and Quebecers. His involvement is a significant step and a powerful rallying cry for people to gather around this major project: the new CHUM. More than ever before, the realization of this dream is underway with 75% of the hospital actually built to date. By the end of next year, patients will be received in a modern hospital, with a human dimension.

**A CAMPAIGN IN KEEPING WITH A LANDMARK PROJECT**

*Giving Ourselves the Best in Health Care*, one of the largest philanthropic campaigns across the country, appeals to the generosity of all citizens so that the Fondation du CHUM may carry through on its commitment to both patients and professionals at the hospital. With the support of people who care, more than 60% of the $300M goal has already been reached.

We would like to warmly thank Mr. Johnson’s predecessor, Guy Savard, who will continue his commitment as campaign ambassador.

“I am pleased to accept the challenge and dedicate my efforts toward the goal of the Fondation to bring to reality the new CHUM: this is one of the largest projects of its kind in America at the outset of the 21st century. We already anticipate with great pride the move, next year, of those first patients into the new facilities.”

Mr. Daniel Johnson

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**THREE PHASES OF THE NEW CHUM**

<table>
<thead>
<tr>
<th>Year</th>
<th>Phase</th>
<th>Description</th>
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<tbody>
<tr>
<td>2013</td>
<td>1st phase</td>
<td>Opening of the CRCHUM and the CHUM Academy</td>
</tr>
<tr>
<td>2016</td>
<td>2nd phase</td>
<td>Arrival of patients in the new hospital</td>
</tr>
<tr>
<td>2020</td>
<td>3rd phase</td>
<td>A fully operational healthcare facility</td>
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>> More on the Web: discover our campaign and our Cabinet at fondationduchum.com/en/campagne-majeure
PHILANTHROPY CORNER

TAX BREAK FOR CHARITABLE GIFTS

Donors make a difference in the lives of those who are undergoing great suffering. Each gift means well-being and healing. Contributions open the door to innovative treatment options which have already and which will save countless lives. For that, we want to express to you our deep gratitude.

A sincere thank you for your support, undeniably important for such major projects!

Moreover, because we are now in the 2014 tax period, we consider it our duty to inform you that, since 2013, new donors can take advantage of a tax break called “First-Time Donor’s Super Credit” (FDSC). Be aware that you can benefit retroactively from this tax measure if your first donation was made after March 20, 2013.

This tax measure is, in other words, a temporary supplement to the non-refundable income tax credit for charitable donations by individuals. In this way, a first gift will receive:

• A 60% credit, if it is $200 or less.
• A 78% credit for any part of the gift over $200.

**REMEMBER**

- Given that the FDSC is a temporary credit, it is possible to request it just once between the 2013 and 2017 tax years inclusively.
- Only monetary donations made after March 20, 2013 will qualify for the FDSC.
- Donors may claim a maximum of $1,000.
- An individual will be considered to be a first-time donor if neither he nor his spouse or common-law partner has requested a non-refundable tax credit for charitable donations during the previous five years.

**HERE ARE TWO EXAMPLES TO FACILITATE THE UNDERSTANDING OF THIS CREDIT**

**1st example:** a first-time donor declares $100 in donations in 2013. All donations are monetary. As the amount is under $200, the non-refundable income tax credit for charitable donations (CDTC) and the FDSC will be calculated as follows.

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
<th>Percentage</th>
<th>Credit</th>
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<td>Federal tax credit, $100 charitable donations</td>
<td>$100</td>
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<td>Provincial tax credit, $100 charitable donations</td>
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<td>20%</td>
<td>$20</td>
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<tr>
<td>First-Time Donor’s Super Credit</td>
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<td>$25</td>
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<td><strong>Total of CDTC and FDSC</strong></td>
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<td></td>
<td>$60</td>
</tr>
<tr>
<td><strong>Net cost of the donation</strong></td>
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</table>

**2nd example:** a first-time donor declares $500 in donations in 2013. All donations are monetary. The CDTC and the FDSC will be calculated as follows.

<table>
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<td>Federal tax credit, $200 charitable donations and more</td>
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<td><strong>Total of CDTC and FDSC</strong></td>
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<tr>
<td><strong>Net cost of the donation</strong></td>
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<td><strong>$146</strong></td>
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Learn more at: [http://www.cra-arc.gc.ca/gncy/bdgt/2013/qa01-eng.html](http://www.cra-arc.gc.ca/gncy/bdgt/2013/qa01-eng.html)

**Become a new donor today or invite others to do so!**

Don’t hesitate to contact us, we will gladly answer all your questions regarding charitable donations:

Tel.: 514 890-8077 ext. 36491
philanthropie@fondationduchum.com
A few months after the inauguration of the first phase of the new CHUM, namely the Research Centre, the CHUM Academy officially opened its doors last November. Located inside the CRCHUM, this is the largest centre for simulation learning in North America.

Targeting especially staff members, physicians, students and trainees, the Academy covers 3,400 square metres of space. Invited guests for the occasion, among them Daniel Johnson, Chairman of the Cabinet for our capital campaign and Marie-Berthe Des Groseillers, our board chairwo man, took part in clinical simulation exercises carried out with the help of robotic manikins, actors and virtual simulators.

A BIGGER THAN LIFE DEMONSTRATION!
To top it all, a simulation was carried out with five members of cardiologist Pierre Laramée’s team. Reality was brought home by an actress who was present along with a true-to-life manikin that could cry, shout and even breathe. The entire audience was shocked when Dr. Laramée’s team stopped the resuscitation process out of respect for the patient’s wishes.

TEACHING, A KEY ELEMENT IN THE CHUM’S MISSION
Medical simulation is an essential aspect in the training of doctors and health professionals. Setting up the CHUM Academy enables the hospital to take centre stage in caring for Quebec’s population, by developing qualified workforce able to deal with health issues which are proving increasingly more complex. As always, patients well being is the main focus.

“In a hospital: you have to be good! When patients arrive in a situation of total vulnerability, it is an act of trust. They expect the staff to be well trained and able to provide them the best care.”

Dr. Marie-Josée Dupuis
Director of education and of the CHUM Academy
ADVANCED TREATMENTS FOR A ONE-OF-A-KIND PROGRAM

Parkinson’s disease is neurodegenerative, in other words, it causes the breakdown of the nervous system. It affects the area of the brain known as “black substance” which contains those cells that produce dopamine. Dopamine acts as a messenger between brain cells involved in the control of movement. When the cells which produce dopamine die, the first signs of the disease appear. The most common symptoms of this condition are tremors, sluggishness, problems of balance and muscular rigidity. As a result, those people affected undergo a loss of autonomy linked especially to complications stemming from the disease as it progresses.

For example, walking, eating and dressing oneself are daily activities which become more and more difficult. It is still possible, thankfully, to live a good many years despite the disease; it develops at varying rates from one person to the next. Unfortunately, no cure exists at present.

Our hospital is a leader in the treatment and monitoring of neurological pathologies.

THE ANDRÉ BARBEAU MOVEMENT DISORDERS UNIT

Located at Notre-Dame Hospital, this unit offers highly specialized services in neurological sciences and clearly stands out as a point of reference in the field of medicine. The department is co-directed by Drs. Michel Panisset and Sylvain Chouinard, who take interest if neurological conditions, such as Parkinson’s and Huntington’s disease, Tourette’s syndrome, dystonias and tremors.

The aim is to concentrate these specialized services within one setting, in order to increase their efficiency and offer the population the best services possible.

THE RENATA HORNSTEIN EVALUATION CENTRE

This centre, joined in 2007 to the André Barbeau Movement Disorders Unit, is a further example of success in the concentration of services. It is dedicated exclusively to the evaluation and treatment of Parkinson’s disease. The only one of its kind in Quebec, it was founded as the result of a generous gift from the Hornstein family. It is the largest centre of its kind in western Quebec and welcomes each year nearly 5,000 patients.

AT PRESENT, THE CHUM TREATS THE LARGEST NUMBER OF PEOPLE WITH MOVEMENT DISORDERS IN QUEBEC.

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Our hospital is a leader in the treatment and monitoring of neurological pathologies.

PARKINSON’S DISEASE*:

• 100,000 Canadians
• 25,000 Quebecers
• Average age diagnosed: 55 years of age
• 5% to 10% are under 40 years of age

* Source: Parkinson Society Québec

“The CHUM stands out because of its involvement in research, both basic and clinical, as well as in teaching.”

Dr. Sylvain Chouinard
Neurologist and co-director of the André Barbeau Movement Disorders Unit
GIVING PATIENTS BACK THE CONTROL OF THEIR LIFE

Since 2007, the CHUM has been able to receive patients suffering from Parkinson’s disease at the Renata Hornstein Evaluation Centre (RHEC), where the approach is interdisciplinary and comprehensive. It is here that each patient is evaluated and his or her treatment plan is worked out, following a consultation with various experts.

Nurses Benoît Gagnon and Nathalie L’Écuyer play a role in this interdisciplinary team. Both have been involved for several years in treating persons with Parkinson’s. They help those with decreased autonomy to again take control of their life.

“This disease is responsible for numerous grieving issues. One day, you are eating, dressing yourself, tying your shoe laces all by yourself. The next, just getting out of bed takes a major effort. Your body isn’t listening any more to what your brain is telling it in order to carry out the most basic of everyday tasks,” explains Benoît Gagnon.

The work of Benoît and Nathalie does not end inside the walls of the hospital. They prepare patients for a return to their own living environment.

“We represent the link between the hospital and the outside world. For patients who are not hospitalized, we have to provide them with tools for their home situation, recommendations, life lessons, exercises. It’s a question of promoting their independence and assuring them that we are always there for them,” to quote Nathalie L’Écuyer.

These two nurses often deal with people who are anxious or depressed since the cause of Parkinson’s disease is still unknown and lots of uncertainty exists as to its nature and the forms it can take. Moreover, the lack of dopamine (present in all those with the condition) has an impact on their mood.

“As soon as the symptoms begin, all we can do for patients is to direct them to the best specialists available at the CHUM to find the treatment that fits them and reassure them,” declares Benoît Gagnon.

The two professionals end on a positive note: “There are many studies underway at present on the subject. Donations combined with the efforts of researchers will, we are sure, lead researchers to new advances in the coming years!”

EXPERTS AT THE RHEC
- Occupational therapist
- Nurse
- Nutritionist
- General practitioner
- Speech therapist
- Psychotherapist
- Social worker
In 2000, at the turn of the century, André Veilleux began a well-earned retirement. He travelled widely, but always in connection with his work. This time, he promised himself it would be “to enjoy life” with his wife Claudette.

His dream was shattered abruptly when he was diagnosed with Parkinson’s disease.

It was his wife who noticed the first signs. “A former colleague had this condition and she saw the same symptoms in me.” In André’s case, a stiffening of the skin on his face, leaving minimal options for any facial expression announced the beginning of his symptoms. When he consulted his hepatologist, he was referred to the Movement Disorders Unit at the CHUM. “It was a surprise and, in fact, a relief at the same time. I was afraid I had cirrhosis of the liver. Parkinson’s disease still gave me, at least, a few more years ahead of me!”

In truth, patients affected with this disease can now hope to live some 30 years without being too inconvenienced. And such is even more the case since the arrival in Quebec of the drug Duodopa®. Administered as a gel it delivers dopamine to the body and is injected at regular intervals through a portable pump into the small intestine. Except for some sluggishness of movement and stiffness in the joints, André Veilleux can live a relatively normal life since he is now attached, from morning till evening, to the device which delivers the Duodopa®.

“I had become increasingly disabled over these last years. I felt extreme fatigue; I had lost weight, my driver’s permit had been suspended and it sometimes seemed as though I were intoxicated. Now everything has returned to normal and I only need to visit my neurologist two to four times a year to regulate my medication and check my general state of health.”

The staff members of the Movement Disorders Unit are highly dedicated, but they cannot do everything necessary to ensure that patients adapt to their new lifestyle. At this point, the support of loved ones becomes crucial. “I’m lucky. I have an attitude which is basically positive, but the support of my wife Claudette and my two children is what has most affected my re-adaptation. I will always be grateful to them.”

“I am thankful to the CHUM and the donors to its foundation for the improvement to my quality of life.”
YOUR VALUABLE DONATIONS BRING INVALUABLE RESULTS!

In connection with the Renata Hornstein Evaluation Centre, we are delighted to make known the support offered by our donors behind this avant-garde centre, the first of its kind dedicated exclusively to the evaluation of Parkinson’s disease and equipped with the best performing tools. Mention is due, of course, to the outstanding generosity of Renata and Michal Hornstein, who have lent their name to this centre.

JUST A FEW EXAMPLES OF WHAT HAS BEEN ACQUIRED THANKS TO YOU...

- Scale enabling assessment and balance training in a variety of conditions. In the case of Parkinson’s patients, it helps analyze their postural control on both stable and unstable surfaces.
- Stretcher to facilitate the movements of patients who are often called to see several specialists over the course of a single day.
- Bed which can be set to different heights to reproduce what the patient has available at home. It allows for an assessment of the day-to-day obstacles and to make recommendations to optimize the patient’s functionality in their own surroundings. It is also used to teach caregivers techniques for moving a patient.
- Treadmill for walking analysis equipped with sensors to measure the various spatiotemporal characteristics in walking and enable a detailed analysis of the individual patient’s walking pattern.

“Each gift carries deep meaning for the Fondation du CHUM. We are forever grateful for your contribution. As you can imagine, the collective value of your giving is immense! Your commitment is essential to enable our hospital professionals to carry on their revolutionary progress. Thank you to every single one of our donors!”

Yvon Deschamps
Volunteer spokesperson for the Fondation du CHUM
Several months ago in these pages, you read the story of Alexandra Beaudry, a young CHUM patient who was waiting for a lung transplant. We are thrilled and relieved to announce that she has finally received the new lungs she was awaiting last October.

THE UNEXPECTED CALL...

It came October 20, 2014 late in the evening. After 10 months in hospital at the CHUM waiting for a transplant which seemed more and more unlikely, Alexe got a phone call that would change her life. Her new lungs... she had been on the waiting list for nearly 12 months, and at long last the chance to live again would become a reality.

“When I got the call from Dr. Silviet-Carricart, I simply couldn’t believe it. She had promised to call me personally with the news, but I didn’t realize that it would finally be my turn. My mother was with me, and she was overcome with emotion! I was stunned…”

Dr. Ferraro, who would do the surgery, had put together his team. And then, everyone came into my room: nurses, attendants, respiratory therapists. They took me in their arms, some with tears in their eyes.”

A BREATH OF FRESH AIR... FOR THE FUTURE

The transplant was scheduled for the following morning and, despite the anxiety, Alexe was full of confidence. Dr. Nicolas Noiseux, a cardiac surgeon, would be present beside pulmonary surgeon Dr. Pasquale Ferraro.

“Dr. Noiseux had already saved my life once the previous June. I ran across him by accident before my surgery and he said to me: ‘Everything will go well, my dear. My daughter’s name is Alexandra too: that’s a sign!’ His words gave me reassurance.”

When she woke, three days after the operation, she was faced with several challenges, but it was a huge relief for her loved ones to know she was alive. A few days later, she was able to go home... for the first time after almost a whole year.

“That evening, when I was sitting alone on my bed, I started to cry. I was finally home, alive and breathing without a tube, without oxygen.”

Today she understands her good fortune and her goal is now to make as many people aware as possible about the importance of organ donation. She also wants to encourage and help strengthen other patients so they will keep up the fight.

To support Alexe, sign your health card and talk with your loved ones about organ donation.

>> More on the Web: to contribute to transplantation and organ donation at the CHUM go to fondationduchum.com
Dr. Danielle Perreault, a general practitioner at the Clinique Santé-voyage de la Fondation du CHUM, flew off during the holiday period to Sierra Leone. In so doing, she joined the battle against the onslaught of the Ebola virus, the most devastating one since its discovery. This human experience, no doubt inspiring and a landmark in her own life, is a natural response on the part of this seasoned volunteer.

What first led you to get involved in international cooperation?

I think the desire to explore the world is part of my DNA. When still very young, I already wanted to leave to discover Africa!

It was a trip to Ghana that gave me the energy to study medicine. I felt the need to bring practical assistance to the local people.

I feel that we are all responsible for lending a hand in life’s critical situations when we have the chance.

What motivated you to get involved specifically in the struggle in Sierra Leone against Ebola?

As a Red Cross delegate, I take part every year in a humanitarian aid response. The experiences I’ve had personalize for me the suffering experienced by all those families that have been decimated. There was a crying need for doctors in Sierra Leone, especially during the holiday period, and I couldn’t not go!

It’s a real privilege to be able to bring help to patients and medical personnel alike when the situation is so critical. Human relationships are laid bare and we all feel the gratitude of the people.

What role did you play on your arrival?

In addition to caring for people, it was necessary for me to build trust with the people and the personnel.

I was confronted with a crisis: a massive outbreak of Ebola in Koidu, a rural town in the east where I had been transferred. I was the only doctor there at the screening centre. Alongside the amazing local staff, I had to decide which patients to send to the better equipped installations, five hours away by road, and which patients to keep, as they would not survive the trip.

To reassure patients, I asked a nurse to sing gospel songs to them... very beautiful and touching!

Could you share an incident during your stay that was particularly meaningful for you?

There were many, but I think often of Hélène, a young woman, 22 years old, whose story illustrates well all the burden of decisions that had to be made in the screening centres. Feverish, probably suffering from malaria, she was sent to a treatment centre where she contracted Ebola.

The blood tests confirmed that she had not had it initially before. So, what do you do when a patient who is possibly affected arrives at the screening? It’s a big dilemma. If you let her return to her community, you take the risk that the disease will spread. Yet, while waiting for blood test results, she could become infected during her stay in isolation. Unfortunately, Hélène did not make it...

Do you have a message for our readers?

It’s important to know that the situation, as it is in West Africa, is due in part to the great economic insecurity of this region. The contributions of many countries, organizations and individuals has helped to greatly reduce the number of Ebola cases: proof that in working together, in remaining positive, we can have a huge impact in the midst of a difficult situation.

My work at the Clinique Santé-voyage enables me to always stay in touch with what is going on around the world and, at the same time, to make a contribution to the mission of the Fondation du CHUM.”
THIS SPRING, PUT SOME LIFE BACK IN YOUR SKIN!

Choose from among our skin exfoliation treatments

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› Scarring
› Age spots and vascular lesions
› Dry skin and dull complexion

Consultation is free!

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Buy 3 sessions and get a 4th* at no extra cost.*
A gift twice as generous!

All profits from the Cliniques are turned over to the Fondation du CHUM.
Visit cliniquesfchum.com for further information or call 514 890-8332.

*Non-cumulative. Cannot be combined with any other offers. Valid until May 31st, 2015.

Yes, I want to support the CHUM and its patients by making a donation*: $

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I would like my donation to remain anonymous.

Thank you for your generosity!

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