Improving your odds against Canada's #1 killer.

HEART AND STROKE FOUNDATION OF ONTARIO

New techniques for Heart & Stroke patients in The New Millennium

Anybody who has read the paper lately has to be excited about the new techniques and procedures being applied to heart and stroke patients. More and more patients undergoing heart surgery are also being treated with medicines derived from gene therapy. For instance, too often after bypass surgery, the graft becomes prematurely blocked, and the procedure is rendered useless. New techniques now allow the implantation of special compounds that actively promote the production of new blood vessels into the heart tissue at the time of grafting. Early studies seem to indicate that this treatment improves the chances of having a successful grafting take place. It may also go beyond the graft and improve circulation in the heart muscle itself.

Pharmacology is making major contributions also. The newer medications for blood pressure control are significantly improved over the older ones. Not only do they reduce the risk of heart attack or stroke by reducing blood pressure, but they also improve the functioning of the blood vessels themselves, so that they are less likely to become blocked in the future. They do all this with fewer side effects (except perhaps increased cost!) and often only need to be taken once a day. The medications for reducing cholesterol are generally easy to take and very effective. They also have been proven in many cases to improve longevity — that's the bottom line! There are even effective medications that help us deal with our bad habits, such as smoking. We also have much more effective diets and medications that help us deal with metabolic diseases such as diabetes.

In the emergency room we have much better tools to deal with the acute problems such as heart attacks or stroke. We have clot busting drugs that literally stop a heart attack in its tracks. We are on the verge of developing much more effective ways of dealing with strokes, such as newer clot busting drugs and other drugs that acts to limit the damage done during a stroke. We also have tools that help us to better predict whether symptoms may or may not lead to a heart attack. This helps us to better and more efficiently use our valuable emergency room and intensive care unit time. Even diagnostic machines such as cardiograph machines and X-ray machines have much more sophisticated electronic controls to better help us make diagnoses.

Many of these devices and tests are also available in the physician's office to better help us make diagnoses. Many of these devices and tests are also available in the physician's office to better help deal with these problems on an ongoing basis.

Implicit in these technological improvements is the idea that medical personnel are much more highly trained than previously. This includes everybody from the paramedic who uses much more sophisticated equipment than he or she has ever used before, to the emergency room nurse who must keep up with the latest resuscitation techniques, to

Please turn to page 5



Hands helping Hearts

A collage of events that happened throughout the area this past year as fund raising continues. Dundas County folks are always willing to do their share and more in a good cause. Whether riding the Big Bike, providing garden tours ot taking blood pressure you can do it here and it benefits us all.

Courtesy Photos

Common sense approach works best for healthy living in Winchester... **2**

Miracles are performed at Ottawa Heart Institute. An Iroquois lady knows all too well... **3**

Life saving operation lets an Elma resident lead a normal life... **4**

Opportunity for a normal childhood after surgery for a Morrisburg man... **6**

Chesterville toddler diagnosed with heart problem at the tender age of five years old.... **7**

Common sense approach keeps Ormond man vigorous at 71

by Chris Zabel
Winchester Press

ORMOND -- It happened to be at a funeral in 1970 that, with a beer in one hand and a cigarette in the other, Doug Phillips realized that he was having a heart attack. "I sat down, finished my cigarette and then got my wife," he said. "I knew it was my last cigarette, so I finished it."

And it was Phillips's last cigarette, but it wasn't the end of his heart trouble. He still had two triple bypasses ahead of him in the '80s. Now 71 years old, he takes a common sense approach to maintaining his health. "To stay alive you follow your doctor's orders. Exercise and eat a low fat diet and it can be done," he said. "And have a wife that cares."

Phillips improved his diet and life-style after his first heart attack. He suspects that his continuing heart problems were due to the stress of his career as a high school teacher. From 1961-90 he taught biology, chemistry and math in Point Claire, Quebec.

He said that toward the end of his career, the changing attitudes of students in general began to wear on him. "Today it's a different ball game teaching. You used to be able to go into a classroom and just teach. Now you spend a half hour settling them down. I was very strict and didn't tolerate any nonsense," he said.

However, Phillips's past as a disciplinarian is no longer evident in the buoyant and energetic character of his now retired self. "My wife will tell you so. She thinks I'm a different person since I retired. The stress is gone," he said. "Lots of people think I'm in my early '60s."

Phillips said that while he was still teaching, he wasn't even completely aware that he was under a lot of stress. Through the '70s, people weren't as aware of the dangers of stress as they are now. He'd go to the doctor with symptoms of chronic fatigue and he'd be prescribed something for tiredness, but there weren't any real solutions at the time. He resigned his role as head of his department at the high school in 1987, and even that didn't prevent another triple bypass operation two years later.

He's not shy of pulling up his pant leg to show the scar from where his saphenous veins were removed, from ankle to groin in both of his legs, for his two triple bypasses. The first, in 1982, came not long after a morning on the golf course when he was on the first tee and found he was too week to pull his own golf bag. Seven doctors and three hospitals later, it was concluded that he had blocked arteries. He had his first surgery at Sherbrooke University Hospital.



Doug Phillips keeps active.

But even though the operation was a success, Phillips couldn't get away from the stress of his job. The promise that the operation should last 10 years came up a little short when he was back with the same problem seven years later, just before his retirement. "And who's to say it was stress," he said. His father died of a heart attack, so there could have been a hereditary factor. And there could have been any number of factors, like his all-day coffee drinking habit early in his career.

"They told me that I only have enough veins for one more," Phillips said, pulling back his shirt sleeves and tracing the veins in his arms. "They'll take these guys next." But he's not anticipating a return to the hospital. He takes Lescol to keep his cholesterol low and a blood thinner three times a week, and leaves the rest to healthy living.

As far as diet goes, he doesn't claim to have any special secret and doesn't follow any special plan. "They've changed from butter to margarine so many times it isn't even funny," he said. He credits his wife for improving his diet after his first heart attack, but now doesn't miss any of the foods he's ruled out of his diet. The common sense approach of simply avoiding fats seems to be working well for him.

And Phillips's exercise schedule isn't an arduous one. The only regular part of his regimen is bowling once a week and curling twice a week. Originally from the West Indies where ice is hard to come by, curling wasn't a natural choice for a pastime. But a friend convinced him to give it a try and he found he had a taste for it.

Besides that, there's hiking in the summer. His preference is for hilly regions like the Gatineaus, Laurentians and Adirondacks. And nice weather also allows for golfing. His wife, Marj, ran a golf tournament for Heart and Stroke last summer at Cedar Glen Golf Course. Phillips himself has canvassed for Heart and Stroke ever since moving to Ormond in 1995.

Besides sports, he mainly just tries to keep busy around the house. Phillips's garage is full of fire wood that he cut up himself from trees around his yard that were damaged in the ice storm. His arms aren't limber enough any more to swing an axe, but his chainsaw is more than enough to get the job done. Just this past summer he dug a six-inch trench down the side of his house to lay in 150 feet of drainage pipes.

"I don't mind walking up stairs. And I do the cleaning," he said. In all things he simply notes common sense. Stretching before any strenuous activity and careful attention to back safety are both things he follows. "I am very, very safety conscious in everything I do. It's part of being a chemistry teacher," he said.

But he doesn't take concern for safety so far that he lets it impinge on his doing the things he wants to do. He described other heart patients he's known who gave up things like sports and other physical activities after their operations. "You have to have the mindset that you get back in," he said.

VANGUARD DRUG MART
Nancy Franklin B.Sc. Phm.
Pharmacist Manager
2100 Dundas Street, Cardinal
657-3326

THE VILLAGE OF CARDINAL
Clerk's Office
613-657-3266

SHANLY ROAD HOME SUPPLIES
Hardware, Paint, Lumber
& Building Supplies
Sears Catalogue Agency
YOUR CARDINAL "PRO" HARDWARE
156 SHANLY RD., CARDINAL 657-3255

Third High Farms Ltd
Organic Waste Management & Storage
MOEE APPROVED
Glenn Swerdfeger
R.R.#2 Iroquois 652-2078

HW SUPPLIES
HYDRAULICS ▪ WELDING
FASTENERS ▪ STEEL
HENRY VAN DODEWAARD
613-652-4055 RR2 IROQUOIS ON K0E 1K0

Miracles are certainly performed at the Ottawa Heart Institute

by Sandra Lee Johnston
Chieftain Staff Reporter

Living through a severe heart attack and then undergoing open heart surgery all within a couple of months takes a toll, but Jean Shaver has endured and won the fight. As we speak she is looking forward to attending her first fitness activity in the water. "I go next Monday to the place north of South Mountain, Swim and Fit, it is supposed to help my heart and my arthritis," says this 65-year old who gets the most out of each day.

She lived her life with the knowledge that heart disease ran in her family, losing parents, brothers and sisters to heart attacks and learning that she had angina for some years, she endured chest pains that could have meant big trouble numerous times throughout her life to this point.

Jean explains that it was six years ago next month since her heart attack, a serious one that actually killed the bottom of her heart. She remembers bits and blurbs of the actual attack, from the feeling of indigestion, to the denial stage and then the severe pain that might have been a blessing in disguise. "I recall that my friend Shirley an RN was here and that the ambulance fellas could not get the stretcher in my room, they asked me to walk, which I guess I did. I don't know what I had on. I remember the oxygen mask on my face, hitting railway tracks enroute to the hospital...although I don't know where they were. I recall the siren a couple of times during the ride...perhaps it is best you can't remember details."

She is well aware how lucky she is and yet it bothers her that when open heart surgery is performed, you go on a machine and your brain does not always get enough oxygen and so some brain cells die. "They say they rejuvenate themselves, but not all of them come back. So there is some memory loss and I do have spots where I have no memory and this is frustrating."

She can remember pieces of her stay in Winchester and then coming home, getting the call from the Heart Institute for an angiogram...putting dye through an artery in her groin, with a minute camera that shows exactly where the blood flow is moving and where it is not. "The hardest part of this is you can't move and so I turned my head before they started and watched to see how bad it was, Barbara Kolff a gal from out home held my head throughout the entire process, it was nice to see someone I knew," Jean remarks.

Riding down the hall on the stretcher towards the OR and then she woke up with tubes everywhere, in and out of her chest was her next recollection. "I wondered when they would operate and was told it was all over!" Aware of a menagerie of noises, she remains motionless when she awakens and notices a nurse at the end of her bed. As the family receives "the word" that all went well, an intern begins removing the tubes. She is clear about asking what the coloured wires are for and learning they feed directly into the heart in case it stops, they do not have to open you up again right after they have closed the chest up. "I felt them come out and there was no pain."

Then one of her doctors came in to explain what had been done. "He told me that he had held my heart right in his hand!! He went on to say they had cut the damaged portion, the bottom 1/3 of my heart away. He advised that I would not even realize it was gone. It was no use to me and would just cause trouble, and since it is a muscle it will grow back! I had all the confidence in the world in him and his team," says a smiling lady.

In order to come home afterwards, Jean explains that she had to turn over in bed (not an easy task), sit up on the side of the bed, walk the corridor with help, then alone (except for her "teddy"-a fat pillow that steadies the chest incision) everyday and tackle a flight of stairs. "Each stage hurts, but in order to get better, you have to get past the pain."

She recalls family members coming and applying cold cloths, walking with her, visiting and just making sure she knew she had their love and support and what a boost it was to her recovery. The discovery of a bleeding ulcer kept her in hospital longer than she liked, but she had no trouble achieving the levels required in order to get home. First try on the stairs and she was packing, a testimony to Doctors Beanlands and Bedard whom she entrusted her life.

Her life changed even now after four years. "Things I could once do, I can't. I had to quit farming; I can do just a certain amount of gardening, my favourite pastime; I can't push the lawn

Please turn to page 5



Jean (Mrs. Lee) Shaver and her plants.

PC 4 YOU
SERVICE
SALES
REPAIRS
UPGRADES
TUNE-UPS
PARTS
SOFTWARE
SUPPLIES
NEW NAME
SAME GREAT
SERVICE !
YOUR ONE-STOP
Y2K OK
PC HEADQUARTERS
PRESCOTT'S LONGEST ESTABLISHED PC STORE
Quietly Promoting Quality PCs as Prescott Computing, Since 1993
ANYONE Can SELL a PC, But THEN WHAT ?
OPEN : LUNCH until LATE !
YOU Needed It LAST NIGHT ?
WE WERE LIKELY OPEN !
(613) 925-0495
On the Web at WWW.PC-4YOU.COM

TOWNSHIP OF SOUTH DUNDAS
4296 County Road 31
P.O. Box 160
Williamsburg, Ontario K0C 2H0
535-2673

LEE & CO.
INTERIOR DESIGN CONSULTANTS
Margaret Lee
72 ELIZABETH DRIVE
IROQUOIS ON K0E 1K0
TEL 613-652-2329
FAX 613-652-9016

730 Truck Stop
& Road Ranger Restaurant
Box 852 Cardinal, Ontario K0E 1E0
Diesel - Washrooms & Showers
Exit 730 - Shanly Road, Cardinal, Ontario
Tel: (613)657-3019 Fax: (613)657-3837

Tilbar
R.R.1
CARDINAL, ONTARIO
K0E 1E0
Ph: 613-657-3122

Gilmer Pharmacy Ltd.
Iroquois Shopping Plaza 652-4379

CRUICKSHANK CONSTRUCTION LTD.
P.O. Box 780
Highway #2, Morrisburg, Ontario
K0C 1X0
Tel: 543-2978 Fax: 543-4141

UPPER CANADA MOTOR SALES LTD.
CHEVROLET Geo Oldsmobile
CORNER OF HWY. 2 & 31 • MORRISBURG • 543-2925

sds Kerr
SYBRON DENTAL SPECIALTIES
Morrisburg,Ont. (613)543-3791

Thompson
TIM-BR Mart™
Dundas Street
Iroquois, Ontario
(613) 652-4475
If Busy (613) 652-2500
Mon.-Thurs. 7:30-5:45;
Fri. 7:30-8, Sat. 7:30-5
Delivey Available
Visa & MasterCard Accepted

After life-saving operation, Susan Adams leads normal life

by Catherine Thompson
Leader Staff

ELMA--When meeting someone who has overcome obstacles in their life, people often say, "I would never have believed this person would have accomplished so much."

This trite expression is especially true in the case of Susan Adams who is well known today as an active community member.

Years ago, Susan's prospects were not so bright. In fact, when she was about three years old, it was doubtful she would attain adulthood.

But new surgery in the 1950s known as "cutting edge surgery" performed by the renowned heart surgeon Dr. William Mustard not only saved Susan's life, it gave her a new lease on life extending into the present.

As a young child, Susan was often sickly and couldn't walk very far without having to rest. She remembers herself at age four "trying to walk from the house to the barn (with an old blind dog) I would rest by the tree to catch my breath."

"For years, I got every flu bug that went by, whooping cough, the measles. I had red measles twice, but I always had wonderful recuperative powers."

When Susan was about three years old, she was ill again with a high fever and her father, Ted Harriman took her to Dr. Howard Justus. After listening carefully to her heart, Justus, "didn't like the sound." When we went back in a week he examined her again, and said, "There's something wrong with her heart. That is out of my garden patch, but you can go to Montreal or Toronto," Herriman reported.

In the fall of 1958, parents June and Ted took Susan to see Dr. John Keith, a cardiologist at the Sick Children's Hospital in Toronto who worked with Dr. Mustard. Keith diagnosed her as having an "Atrial Septal Defect."

Normally the two upper chambers of the heart, the right and the left are separated by a wall called the Atrial Septum. Sometimes the wall is not complete and has a hole called the "Atrial Septal Defect." Normally blood flowing in the right chambers (atrium and ventricle) is separated from blood flowing in the left side by the atrial septum.

But when there is a hole in the wall, blood from the left atrium flows through the hole into the right side. The right ventricle receives blood from two places; the normal amount of impure blood from the veins through right atrium and extra blood through the hole in the atrial wall.

The ventricle has to work harder to pump the blood to the lungs and the lungs receive a larger amount of blood than normal, making breathing difficult and causing a high risk of infection. After years, the right ventricle may weaken from overwork and fail to pump out blood entering into a condition known as "heart failure."



Susan Adams
Operation lasted 11 hours

Even with this diagnosis, Susan had to wait until the spring of 1959 for her operation. This was during the period when Dr. Mustard and the surgeons at Sick Kids were perfecting open heart surgery with the use of the heart lung machine.

Operation lasts 11 hours

By spring, the medical team reported enough successes with the experimental surgery to go ahead.

Susan was about four and a half in May when she was operated on. Performed by Dr.Bill Mustard, the procedure involved stopping the heart with the use of the heart lung machine, a long chest incision and open heart surgery. The operation started at 8am and continued through the afternoon for 11 hours.

While it is not known exactly what method he used to close the hole, at the time, Dr. Mustard was working with pericardium grafts over septal defects and this has been the traditional method of closure. Currently, alternative methods have been tried, like the trans-catheter closure. A special thin tube is passed into the blood vessels through a small needlestick into the groin or the forearm and an umbrella-like device is pushed into the heart, across the defect and opened. The hole is blocked by the umbrella and fixed in place.

Once Susan's chest was opened, Dr. Mustard discovered another defect to repair. A "cleft valve" which acted like a slit between upper and lower chambers was not closing properly and allowing fluid to drain through.

The valve was stitched, but Susan's condition started to deteriorate after the operation was complete. A couple of hours later, around 11pm, the Herrimans were called and told Susan was not doing well. The medical staff thought she had aspirated to the lungs and performed a tracheotomy.

An intern suspected a blood clot in the chest cavity was the cause of the problem and suggested reopening the chest cavity. By this time, Dr. Mustard had left and the intern had to call the surgeon for advice over the phone. The incision was reopened and the clot removed, allowing Susan to breath normally.

She spent three weeks in recovery at Sick Children's and returned home. But after spending only several days at home, Susan came down with a staphylococcus infection and was sent to Winchester Hospital for a couple of weeks. The lingering nature of the infection necessitated a return to Sick Children's.

She recalls the kindness of the medical team at Sick Children's, "I was never frightened of Dr. Keith and Dr. Mustard. They were kind and Dr. Mustard made a fuss over me because he had a daughter named Susan," she said.

She also remembers the kindness of the nurses at both hospitals. "At Winchester, they made me a nurse's hat, folded out of paper and took me into the sun room at the men's ward, east end. I, being the gregarious sort as I am now, they treated me as a mascot," she said.

Both Susan and her parents credit Dr. Howard Justus for spotting the problem immediately, recognizing it was "out of his garden patch" and referring to specialists.

Although Susan was ten years old before she felt really strong, her health continued to improve. Dr. Justus continued to see her regularly and after he retired Dr. Duane Justus did the follow-up.

She was also asked to return to the Sick Children's once a year, then every second year for several years to check for possible genetic links and for long term tracking purposes.

Susan was told this was one of the most successful operations of its kind and the valve repair was the most successful at that time.

"Rarely were they able to repair valves as perfectly as they mended the rent in the valve so there was no leak. It was as good as new. And rarely, even today are we able to repair valves so

Please turn to page 5

CONTINUED

Adams

Continued from page 4

perfectly," she reported.

"The defects were like a lightning strike. Since there was no predetermined factor, I could have children." Neither of Susan's two younger sisters or their children displayed the same defect.

Now married to Dale and a mother of three sons, Joshua, age 21, Noah age 20 and Micah age 16, Susan leads a full and normal life. She works for the Heart and Stroke Foundation and for several years represented Morrisburg and Williamsburg as a trustee for the S.D.&G. Public School Board.

She describes herself as enjoying excellent health, "It's a trouble free prognosis at this point. Everyone else gets the flu, I don't. But I do need lots of sleep."

The only accommodation she has to make now is taking antibiotics before seeing the dentist, because mouth bacteria can affect the heart.

"Most don't recover as thoroughly as I did. Having gone through something so serious and not to have health ramifications is remarkable. To have a normal life and have my own kids is the biggest miracle," she said.

**(With medical research on Inter-Net by Dr. S. Sivasubramanian).*

Shaver

Continued from page 3

mower...just sit on the rider; I can't vacuum or reach over my head too much; but, I can still snowmobile and I enjoy that a lot." Her snowmachine has electric start and reverse so she does not have to lift or pull (She could not do these anyway, but then she could not have the enjoyment and freedom the machine and her time on the sled afford her). Bundled up against the weather, she spends time outdoors travelling the fields and trails that she has access to from her front door. "I walk outside when weather permits, use my treadmill and climb up and down the stairs as much as possible," says a lady who once felt she would not see her 60th birthday and is looking forward to her 66th now.

She shares the fact that she takes 9 pills everyday to keep functioning, 3-4 for her heart, and 2 aspirins a day to keep her blood thinner than normal. "I know I am better off than some heart patients in this respect, and I am thankful." With a bit of a grin, she confides that she does some things she knows she should not, like eating items not on her suggested list, but she tries to stay alert to what she eats and what activities she carries on and is excited about her Swim-Fit classes; "Moving against the water, the resistance helps you, they tell me, and it can't hurt!...we'll see!!"she says with a smile of anticipation.

She maintains her regular, now yearly checkups at the Heart Institute, and with her local doctor as well. A recent doppler test will explain how the blood flow and the valve operation in her heart are working. The leg where the vein was stripped to accomplish the by-passes continues to remain swollen and often painful, but she deals with it in her own quiet way. She remains cheerful, bakes, and cooks, crafts, attends meetings, does crossword puzzles, reads, volunteers and is the cornerpost of her family.

Jean is grateful to everyone and recognizes her doctors in particular and the nurses who seemed to possess all the patience in the world at times, "They are a wonderful bunch," says this lady as she retraces those tough times.

She believes that miracles do happen and is living proof that the Ottawa Heart Institute and the dollars that support the Heart and Stroke Foundation really do make a difference. "Most of my family were not able to benefit from the things I have and the facility and people who helped me."

Techniques

Continued from the front

the physician who must coordinate all these efforts in light of the latest medical knowledge, to the support personnel who must be aware of the latest technology in their particular field.

Information technology has grown by leaps and bounds, to enable health care personnel the easiest and quickest access to patient care information, and at the same time safeguarding the confidentiality of the individual patient. The dissemination of medical information has never been more widespread. At the same time, there is such a glut of information that one of the most coveted skills of the information age is the ability to separate fact from dross.

All of this adds up to each one of us having the potential to not only live longer lives, but to live more active and satisfactory lives. Not only has the quantity of our lives improved, but the potential is there to significantly improve the quality of our lives. How can we as individuals improve the quality of our lives even more? One way is to improve our level of satisfaction — satisfaction that comes from helping others. As you read this, think about how all the research funded by the Heart and Stroke Foundation helps to improve longevity — your longevity, and how this helps you to achieve all your life goals. Then, when the Heart and Stroke volunteer comes knocking at your door, give a donation commensurate with the improvements that have benefited you or your family. What's even better, though, (and I speak from personal experience), is volunteering some of your time to this organization or others like it in order to benefit your fellow human being. Thanks!

Graham Jacques M.D.

Heart health coalition working hard on cardiovascular health

Over the past two years, the Healthy Rhythm heart health coalition has been working with the groups of people throughout SD&G interested in improving the cardiovascular health of their communities. The coalition is presently receiving funds from the Ministry of Health to promote and develop healthy eating, active living and tobacco use prevention policies in different sectors of the community, i.e. schools, workplaces, general community.

Much of the interest in the SD&G communities is for youth programming. Teen Cornwall received funding to establish a permanent outdoor volleyball court and to organize their annual youth volleyball tournament.

Liz Waterfall set up a Moms 'n Tots exercise group in Winchester. She has 12 mums and 15 children exercising twice a week. The program was set up to help remove some of the obstacles women face when attempting to get into or back into shape after having children. With her program structure, Ms. Waterfall is lowering barriers by providing active child care, trained exercise instructors and safe, appropriate equipment and space.

Healthy Rhythm applauds the efforts of people who are interested in improving the health of the community and who have put in many volunteer hours to plan and organize their projects and activities. We strongly encourage anyone who takes his or her community's health to heart to contact Johanna Jennings, coordinator of the Healthy Rhythm Heart Health Coalition, at 613-774-2739.

Upper Canada Chiropractic Centre
Dean A. Summers, B.Sc., D.C. Frank W. Waytowich, B.Sc., D.C.
Michael W. Domanko, B.Sc., D.C.
5 Plaza Drive, Iroquois, ON, K0E 1K0.
Tel: 613-652-2177 Fax: 613-652-2948

G. T. AUTOMOTIVE
AUTOPRO
Garry Tracey
Owner
GT Automotive
G.T. Automotive
3018 John Street
Cardinal, Ontario K0E 1E0
Telephone: 657-3116
BRAKES
MUFFLERS
FRONT END
SUSPENSION
FRONT-WHEEL DRIVE

St. Lawrence Corporation
24 Bath Rd., Iroquois,
Ontario KOE 1KO (613) 652-4816

CASCO
INC.
CARDINAL, ONTARIO

ROSS
Switchers, Keyers,
& Terminal Gear
P.O. Box 220, 8 John Street, Iroquois, ON, Canada K0E 1K0
Tel: (613) 652-4886 Fax: (613) 652-4425 Web: www.rossvideo.com

WINCHESTER DISTRICT MEMORIAL HOSPITAL
566 Louise Street, Winchester, Ont. K0C 2K0
Phone (613)774-2422 Fax (613)774-0453
PROVIDING QUALITY HEALTHCARE IN PARTNERSHIP WITH OUR COMMUNITY

SEAWAY VALLEY PHARMACY
Operated By Bel-Pharm Limited G.Lane, Inc.
MORRISBURG, ONT. 543-2823

JIM'S Performance Plus Ltd.
Jim & Sandra Primrose
Just when you think you've seen it all...
Flagg Rd. R.R. #1, Iroquois, Ontario
Phone (613) 652-2245 Fax.: (613) 652-2561
Repairs to Snowmobiles, Cars, Light Trucks, Boats, AC Repairs & Vehicle Inspections
ski-doo

Marianne & David MacDonald
MADMACS Furniture & Appliances
The Home of Fine Furnishings
2069 DUNDAS ST., P.O. BOX 700 CARDINAL, ONT. K0E 1E0
BUS. (613) 657-3037 RES. (613) 657-3230

AUTOPRO MECHANICAL
BETTER SERVICE IS OUR BUSINESS
WINCHESTER AUTOMOTIVE SERVICES
Hwy. 43, West of Hwy. 31
P.O. Box 703, Winchester, Ont.K0C 2K0
613-774-3189
MORRISBURG AUTOPRO
Hwy. 2, East, Box 604,
Morrisburg, Ontario, Ont.K0C 1X0
613-543-CARS (2277)

Surgery gave Shane Gillard opportunity for normal childhood

by Nelson Zandbergen
Chieftain Staff Reporter

Shane Gillard can vaguely remember the toy room at CHEO and the yellow doors leading into the surgical area at the Ottawa Civic Hospital.

He was just three years old in June 1978 when he underwent surgery to repair a congenital heart defect. Today, at 24, Shane can't regale his interviewer with tales of crushing chest pain and shortness of breath, the typical middle-aged speed bumps on the way to a heart surgeon's scalpel. Rather, his story is about having the opportunity to grow up healthy in the first place, and assuming a normal, everyday life.

He bought his first home last July, an 1890 rambling brick house in Morrisburg, and lives there with his common-law wife, Julie Croteau, 23, a cashier at Valu-mart. They've been together four years and have two children: Brennan, 3, and Drew, 2. He works a good paying job at Nestle's in Chesterville, where he's been since graduating from Seaway in 1993. His hobbies include volleyball, fishing and "going to the shows and movies," he says, thinking a moment.

"I'm as active as anyone else."

"And he's got lots of energy for his kids," Julie points out.

He's also keeping busy with renovations to the old house. So far, the couple have redone the kitchen, with its beautiful tin ceiling.

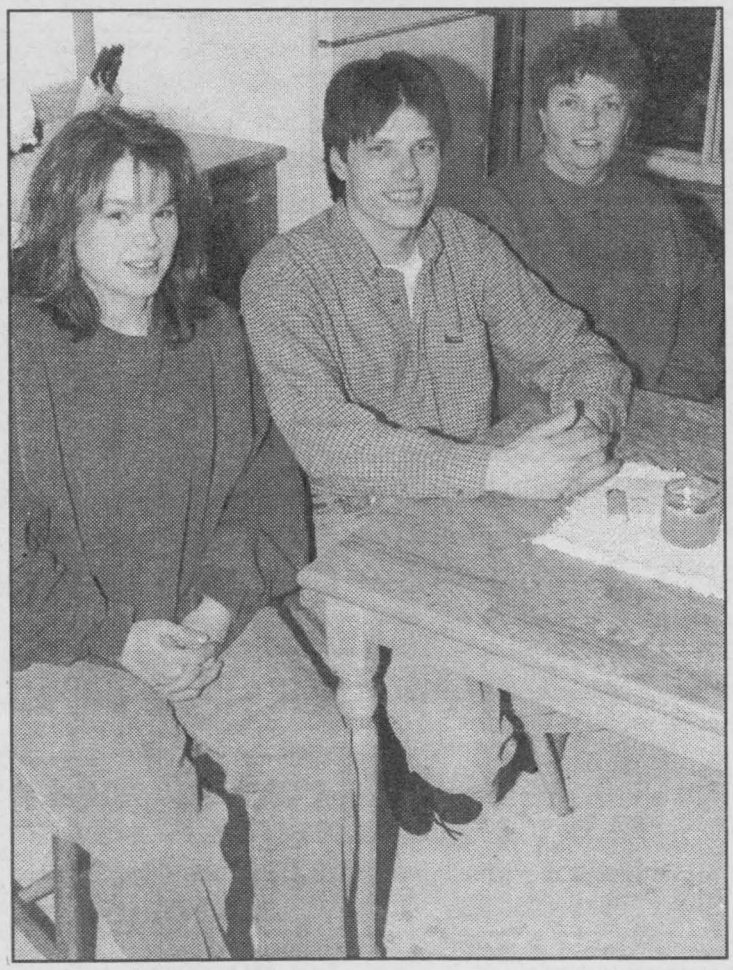
This success story was put on track during a routine visit to the family doctor in 1978. "Shane had the cold or the flu and we took him to Dr. Rosenquist. He noticed something wasn't quite right with Shane's heart," his mother, Janice Gillard, a grade 6 teacher at Elma Public School, says.

He was taken to CHEO where Dr. Vlad, now retired, inserted a wire in the youngster's groin to send a probe up to his heart. The doctor found a constriction in Shane's aorta.

Surgery to correct the problem was performed at the Heart Institute in the Ottawa Civic Hospital. Dr. Goldstein, a colleague of Dr. Keon's, performed the operation. (On the day of the interview, Dr. Keon announced he was returning to head the Institute, a decision wholeheartedly supported by the community, including the Gillards.)

Janice recalls she lived in the nurses' residence at the hospital for about a week while Shane recovered. He was the only child heart-surgery patient scheduled at the Civic during their stay.

"I was very pleased with the way they did things. They made all the arrangements," she says.



Julie Croteau, Shane Gillard, Janice Gillard

Recovery from the operation seems little more than an afterthought all these years later, but Janice does remember when the stitches came out. Shane says he still has the scar, which runs from the centre of his back, in a semi-circle under his arm, to the centre of his chest.

His mother adds, chuckling, that the doctor who took the stitches out jokingly offered to refer her boy to a plastic surgeon, "in case he wanted to become a male model or something."

Return trips to the doctors occurred every two years until his late teens. His final heart probe occurred when he was 12, and Shane saw the organ for himself as it flickered on a TV monitor.

The operation gave him a normal childhood. Baseball, swimming lessons, and the usual Beavers and Scouts thing, he did them all. One exception: contact sports weren't allowed, making him one Canadian kid who couldn't play hockey. He has since taken up water-skiing as an adult, however, a sport he admits was originally off limits.

Other than his good health, there have actually been very few repercussions from the surgery performed on him as a tot. He doesn't need to take any special drugs, but he does have to be careful about getting infections through his gums any time he has dental work — because certain bacteria can infect the heart through the mouth.

And his children, he points out, had to be checked over for any congenital heart problems when they were born. Shane's defect was a surprise, of course, but the Gillard side of the family has a history of heart problems.

His loved ones agree Shane's success story comes from the good fortune of being born in the latter part of the 20th century, when the fruits of heart research were available.

"I'm happy that they knew what to do what they did," Shane says, "or I may not be here."

February is Heart and Stroke Month
Please give.
HEART AND STROKE FOUNDATION OF ONTARIO
Improving your odds against Canada's # 1 killer.

Chesterville boy, Shawn Crook required a major heart operation

by Sandy Bierworth

CHESTERVILLE - One could say Chesterville's Shawn Crook has a big heart. The bubbly, energetic young boy, who will turn five this April, is also quite considerate toward others. But in this case, the expression is true.

When Shawn was only two months old, the family's physician, Dr. Darbyshire, heard a faint murmur in the newborn's heart and recommended his parents, Bill and Donna Crook, take him to a cardiologist at the Children's Hospital of Eastern Ontario in Ottawa.

After a series of tests, doctors told the first-time parents the bad news: Shawn had Ventricular Septal Defect, a hole in the heart through which blood was leaking, causing an otherwise healthy heart to beat twice as fast just to circulate the blood.

The cardiologist suggested waiting to see if the problem would fix itself, as most children are born with the defect that usually closes up after about a year.

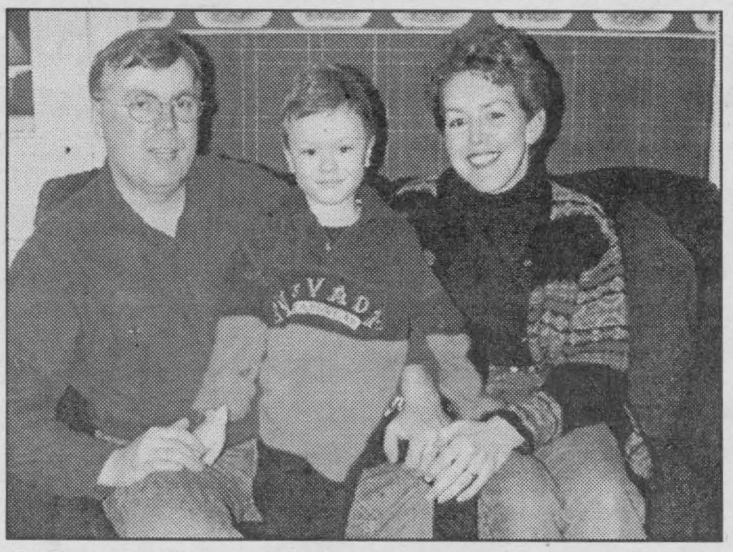
But instead, the hole got bigger. And by the beginning of last year, the hole had begun to 'suck down' on an aortic valve and doctors decided there was no choice but to operate. By that time, Shawn's heart had grown to the size of an eight-year-old child's. Without an operation, it would continue to outgrow his body and would shorten his life expectancy to about 35 or 40 years old.

Shawn went into the operating room on March 1 last year for an operation that would last about five hours.

"That, of course, is the medical side of the story," Donna explained. "What we went through was a completely different story. When I found out that he had this defect, I couldn't believe it. I have never smoked, never done drugs, I didn't event take aspirin when I was pregnant with him. All I could think was, 'why is this happening to us?' And he never showed any signs of being sick. He never turned blue or anything. As far as I was concerned he was completely healthy, except when you put your hand on his chest and you could feel his heart vibrating."

She described the day of the operation as 'the longest day of your life.'

"There were four doctors in white coats telling me to hand over my baby," she said. "It was really hard. But the staff at CHEO were very good. A nurse came out every hour to give us a progress report. When it was over, we went in to see him and they had tubes sticking our of him every place imaginable. I almost fainted. You think you're so strong until you see your baby so vulnerable."



CHEO helps with heart problem.

Before the operation, the parents lightened the situation by promising Shawn a hotdog when he gets out. The first thing the youngster asked when he opened his eyes was, "when can I have my hotdog?"

Shawn spent five days in the hospital, his mother sleeping at his bedside every night.

"A child needs their parents at a time like that," Donna explains.

He has only vague memories of playing in the playroom with his roommate, with whom the family still keeps in touch, and of the piles of cards and flowers from friends and neighbours that decorated his room.

Since the operation, visits to the cardiologist have been progressively fewer, with the youngster now going in for checkups once a year.

During the ordeal, the family also welcomed their second child to the world, daughter Lauren. Now 15 months old, she had no heart problems.

But even with the ordeal behind them, the Crooks say the experience is one they won't soon forget.

"We wouldn't want to go through that again," Donna said. "It's very stressful, and when we agreed to the operation, we kept asking ourselves, 'are we doing the right thing?'"

Bill added, "It's worked out for the best so far."

And they won't forget the other patients they met at CHEO.

"No matter how bad your situation is, there is always somebody worse off than you," said Donna. "There were so many sick children in CHEO."

Bill also recalled the family's experiences in the hospital.

"I don't think people realize just how many children go to CHEO and how sick some of them are. There was this one kid who was born with a crooked spine and they were trying to straighten it out We saw kids with leukemia and cancer."

To anyone going through a similar situation, the Crooks offer these words of advice.

"Ask a lot of questions, and don't be shy. No question is a silly question when it comes to your child. Get as much information as you can about the condition," said Donna. "I talked to a few different doctors and I looked it up on the Internet."

Eventually, Shawn, who is in Junior Kindergarten at St. Mary's Catholic School, will grow into his heart, which remains large enough for someone twice his age. And his parents can rest assured they will have their energetic son around for a long time, thanks to the "fine doctors and staff at CHEO."

HEART AND STROKE FOUNDATION OF ONTARIO

February is Heart and Stroke Month

Please give.

Improving your odds against Canada's # 1 killer.

SHUR-GAIN

ROONEY FEEDS LTD.

IROQUOIS 652-4382 KEMPTVILLE 258-1567

MARSDEN & MCLAUGHLIN FUNERAL HOMES LTD.

Iroquois 652-4452 | Williamsburg 535-2339 | Cardinal 657-4848

FUNERAL DIRECTORS:

Charles W. Marsden - Daniel J. McLaughlin
David Lapier

THE ROYAL CANADIAN LEGION

BRANCH 370
IROQUOIS, ONTARIO

The Hartford

Retirement Centre

KAREN JONES

Administrator

3 Fifth Street West
Morrisburg, Ontario
K0C 1X0

(613)543-3984

GRENVILLE PHARMACY

"Prescott's Prescription & Home Health Care Centre"

Hugh Gallaugher B.Sc.Phm.
Beth Gallaugher B.Sc.Phm.

290 King Street W.
Prescott, Ont. K0E 1T0

925-2891

Au Rythme du Coeur
Healthy Rhythm



Our Mission: The Healthy Rhythm coalition will support individuals and communities in adopting / engaging in heart healthy lifestyle choices while keeping with the bilingual culture of Stormont, Dundas, Glengarry, Prescott and Russell.

For information call Johanna Jennings at 774-2739