



**LEADING EDGE
WOMEN'S HEALTH CARE,
CLOSE TO HOME**



SOUTHLAKE
FOUNDATION





WOMEN, HEALTH & YOU

From powerful positions in business to leadership driving communities forward to caregivers for multiple generations of family, women's strength is fundamental to the future.

There is nothing more important for our families and our communities than women's health. Our mothers, our sisters, our spouses and our daughters... all the women in our lives deserve the best care possible.

You deserve more.

**IT'S TIME TO DELIVER THE
BEST POSSIBLE CARE FOR WOMEN.**



SOUTHLAKE NEEDS \$6.3 MILLION TO MEET WOMEN'S HEALTH NEEDS.

By coming together and investing in the Women's Health Initiative – led by women, for women – you can help address the urgent need to deliver leading edge health care for the mothers, sisters and daughters in our communities, when they need it most.

Your investment and demonstration of leadership through philanthropy will send an important message about the power of women, and the importance of keeping everyone our communities healthy.



“

I feel proud when women stand up and show their power in supporting meaningful causes. We depend on donor generosity to fund the purchase of vital tools and equipment. And we need that kind of powerful, dedicated support from individuals who share our vision for the future.”

Arden Krystal, President & CEO
Southlake Regional Health Centre



WOMEN WILL BE THE BENEFICIARIES OF YOUR GENEROUS INVESTMENT, BUT IT'S OUR ENTIRE COMMUNITY THAT WILL WIN.



With your leadership, our cardiac, cancer and gynecological teams will have the tools and equipment they need to provide the women in our communities with faster, more accurate diagnoses, access to more minimally-invasive procedures and improved outcomes.

But there's no time to wait.

Our population is both rapidly growing and ageing. This places an unbearable strain on our resources. With every passing day, with every new neighbour we welcome, we are faced with more challenges in delivering the care our communities need, when they need it most.

Southlake, just like all hospitals and health centres in Ontario, doesn't receive funding from the government for most new and replacement equipment needs. This means that in order to advance the level of care we provide using the latest in cutting-edge technology, Southlake is dependent upon the generosity of our communities and individual donors like you.

By investing in Southlake, you will have a tremendous impact on women's lives by helping reduce pain, discomfort, stress and the risk of complications and infections.

When you join our Women's Health Initiative, Southlake's clinical teams will be able to stretch our limited resources even further. You will also help ensure that Southlake can attract and retain the most skilled medical professionals — gifted people who would otherwise only consider building careers in downtown hospitals. Like general surgeon Dr. Sara Temple, who applied to come to Southlake while still finishing school because she knew of its reputation for delivering leading edge care. Dr. Temple is just one of Southlake's talented female clinicians providing leadership to the Women's Health Initiative. "As a woman I obviously think women's health care is very important," she says. "Women are the backbone of our communities. Keeping them healthy keeps us all healthy. By coming together and focusing on women's health, we will strengthen the entire community."

By investing in new and better equipment and the latest advanced processes — you'll allow us to target improvements in health outcomes for all women.



“

Women are the backbone of our community. Keeping women healthy keeps society healthy. By focussing on women's health, it's going to strengthen the entire community.”

Dr. Sara Temple, General Surgeon

THE IMPACT YOU CAN HAVE

At Southlake, we pride ourselves on our dedication to providing leading edge care close to home for our patients and their families. But there is still work to do to ensure that the women in our communities are getting the advanced care they need, when they need it most.

That's why we're spearheading a Women's Health Initiative. We must address the relentless growth in demand that is straining our capacity to deliver the best care possible. We must ensure access to the latest advances in equipment and technology. And we must do this for everyone, including women.

There's no time to lose in raising healthcare for women up to the standard we expect at Southlake. While we currently offer a high level of care, we can do better. We must do better.

Through thoughtfully-targeted investments in diagnostics and minimally-invasive procedures, we will see immediate improvements in our ability to diagnose diseases with new equipment and methods, we will increase patient compliance for screening, shorten wait times, increase efficiency and allow medical professionals to focus more on their patients and less on the process. And with more minimally-invasive surgeries and procedures done faster, we will see less risk of complications and faster recovery with less discomfort and stress. With new equipment, patients at Southlake – our mothers, sisters, daughters and friends – will be able to get back to living their lives sooner.

Your generous investment will contribute to the most urgent priorities including:

ADVANCED CARDIAC CARE AND TREATMENT

As a recognized leader in cardiac care with the fourth largest Regional Cardiac Care Program in the province, Southlake has invested deeply in the most up-to-date innovations in treating cardiovascular disease. But there is more we can do to reduce pain, scarring and infection for women receiving surgical cardiac care.

Vein Harvesting Tower and Trays: To meet the growing demand for minimally-invasive cardiac procedures our cardiac team needs a second Vein Harvesting Tower and Tray. This innovative piece of equipment allows for the harvesting of leg or arm veins during cardiac surgery through a 2 cm incision, rather than through a traditional incision that runs the full length of an arm or leg. This technique greatly reduces scarring and aids in faster recovery, with less post-operative pain, reduced risk of infection and greatly reduced number of return visits to the hospital for additional care post-surgery.

Intra-Aortic Balloon Pumps: For patients who have had a recent heart attack, heart inflammation, or who have difficulty coming off bypass after open heart surgery, our cardiologists urgently need Intra-Aortic Balloon Pumps. Using a minimally-invasive technique, surgeons can quickly insert a tiny tube through a small incision on the patient's leg and thread a small inflatable balloon through an artery all the way to the entrance of the heart muscle. The balloon is programmed to inflate and help push the blood with more force than the patient's damaged heart can pump on its own. With the balloon in place, the heart has a chance to heal and get back to pumping blood through the body on its own.

ADVANCED BREAST CANCER CARE AND TREATMENT

As one of the top ranked Regional Cancer Care Programs in the province, we offer the high-quality treatment women need, close to home and their support network. But there are innovative new procedures and equipment that can help us provide even better outcomes for women.

Magnetic Breast Seeds: These remarkable medical devices, less than 1mm across, help guide surgeons to accurately locate tumors, which in turn reduces incisions and tissue removal, resulting in less scarring and greater patient comfort. This helps speed up pre-operative patient preparation, allowing surgical teams to perform more surgeries in a single day. Ultimately, this means more help for women facing cancer when time is of the essence.

Mammography Machines: Screening equipment for breast cancer has come a long way. With the latest advances in mammography machines, Southlake's clinicians will be able to offer patient-assisted compression for the first time. This new equipment allows women to directly control the paddles that position the breast for imaging and to manage their own breast compression, which results in improved image quality with less pain and discomfort. By making patients more comfortable and less anxious, they are more likely to return for their next mammogram – a critical factor in successfully detecting and treating breast cancer.

Digital Surgical Biopsy Specimen Imaging System: When a mammogram uncovers suspicious tissue, patient stress increases enormously and they need answers fast. Using a state-of-the-art micro-x-ray machine, suspect tissue can be located quickly and risks can be determined. Immediate identification of tissue allows for tumour removal to be done much more accurately, reducing patient pain, discomfort and stress. This special imaging device will also allow Southlake to run more efficiently thanks to reduced time spent in the operating room. And because the machine allows for such precise tissue removal, it minimizes the deep physical and psychological impact that often comes with major changes to the appearance of a patient's breast due to cancer surgery.

ADVANCED GYNECOLOGICAL CARE

Advanced Hysteroscope Trial: In order to better treat uterine fibroids and polyps, and take biopsies to diagnose fertility issues, Southlake needs to purchase new scopes to support a trial of this new technology. This advanced hysteroscope is a special lighted tube that allows a physician to see the cervix and inside the uterus to facilitate the delicate removal of harmful tissues, without having to burn it off, which can cause damage to the uterus. This critically-needed approach helps minimize risk and provide better patient outcomes with faster recovery times.



**WILL YOU STAND WITH AN INCREDIBLE GROUP OF THOUGHTFUL AND SUCCESSFUL
WOMEN TO IMPROVE WOMEN'S HEALTH CARE FOR OUR COMMUNITIES?**

“

As a woman, I see this as an opportunity for us to stand up proudly together and have a direct impact on the health and well-being of women of all ages in our communities. This is our chance to engage our shared passion and make sure the women in our lives have access to extraordinary health care, when it matters most.”

Susan Mullin, President & CEO
Southlake Foundation

TOGETHER, WE CAN MEET THE NEEDS OF OUR COMMUNITIES.

Show your leadership, your strength and your ability to make positive change. Your investment in the Women's Health Initiative will improve the health and well-being of all the mothers, sisters, wives and daughters who rely on Southlake for care. Your gift will also help ensure that we're here for you too, when you need us most.

Advanced health care for women is within our grasp. Stand with us and you will place critically-needed, healing tools right into the hands of Southlake's incredibly talented physicians, nurses, technicians and their highly trained clinical teams.

YOUR GENEROSITY TOUCHES SO MANY

Your investment in Southlake will bring joy, relief and support to worried spouses, children, parents, friends, neighbours and employers in our communities and beyond. You'll also show our caring and compassionate clinical teams how much they are appreciated, and ensure that you yourself have access to the best care possible, close to home.







SOUTHLAKE
FOUNDATION

**SUPPORT
LEADING EDGE CARE,
CLOSE TO HOME.**

INVEST TODAY.

Southlake Foundation

Medical Arts Building
581 Davis Drive, Suite 102
Newmarket, ON L3Y 2P6

T: 905.836.7333

F: 905.836.5651

TF: 877.457.2036

foundation@southlakeregional.org



facebook.com/SouthlakeFoundation



[@SouthlakeFndn](https://www.instagram.com/SouthlakeFndn)



[@southlakefndn](https://twitter.com/southlakefndn)



Accreditation is given to charities and nonprofits that have taken action through the Standards Program to bolster trust with the public by identifying and reducing organizational risk, improving board governance practises, being transparent and accountable with finances and fundraising, and fostering a strong workforce.

The Trustmark is a symbol of excellence and leadership in the charitable sector.

Charitable Business Number: 13179 7540 RR0001