



# FRONTLINE FEBRUARY 5, 2018 TRIBUNE



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COMPASSION is our  
PASSION



The FRONTLINE TRIBUNE is a publication of the Public Affairs and Communications Office of Windsor Regional Hospital  
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## February Is Heart Month

Your heart is a muscle that gets energy from blood carrying oxygen and nutrients. Having a constant supply of blood keeps your heart working properly. Most people think of heart disease as one condition. However, heart disease is a group of conditions affecting the structure and function of the heart and has many root causes.

Coronary Artery Disease for example develops when a combination of fatty materials, calcium and scar tissue (called plaque) builds up in the arteries that supply blood to your heart (coronary arteries). The plaque buildup narrows the arteries and prevents the heart from getting enough blood.

### How to prevent heart disease?

Your best defense is controlling the risk factors that could lead to coronary artery disease, such as high blood pressure, high cholesterol, diabetes, smoking, stress, excessive alcohol consumption, and physical inactivity and being overweight.

If you've been diagnosed with a heart condition, there are treatments to help you manage your illness. You can further reduce your risk considering these heart-healthy steps:

- be smoke-free
- be physically active
- know and control your blood pressure
- eat a healthy diet that is lower in fat, especially saturated and trans fat
- achieve and maintain a healthy weight
- manage your diabetes
- limit alcohol use
- reduce stress
- visit your doctor regularly and follow your doctor's advice



Heart disease affects 1.3 million Canadians; however, with healthy behaviors, you can delay the onset of heart disease or stroke by as much as 14 years. Here is some important information:

**Angina** – is another word for chest pain. People with angina describe the pain as a squeezing suffocating or burning feeling. It's almost always a sign that you have blocked arteries and heart disease. It's a warning that without treatment, you are at risk for a heart attack.

**Arrhythmia** – There are many types of arrhythmia but they all stem from a heart that beats too quickly or too slowly. A normal heart beat is 60-80 times per minute. If your heart beats too slowly (less than 60 beats per minutes) it's called bradycardia. If it beats too quickly (more than 100 beats per minute) it's called tachycardia. A rapid, irregular heartbeat is called fibrillation.

Story continues on Page 2.

## WINDSOR REGIONAL HOSPITAL FRONTLINE TRIBUNE

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

Visit our website for more information at [www.wrh.on.ca](http://www.wrh.on.ca)



# UPCOMING EVENTS

- FEB 09** **W.E. Care For Kids Under The Big Top Gala**  
Caboto Club  
2175 Parent Avenue, Windsor
- FEB 22** **Windsor Spiffire Game For Hats On For Healthcare**  
WFCU Centre  
8787 McHugh Street, Windsor
- MAR 03** **Windsor Express Game For Hats On For Healthcare**  
WFCU Centre  
8787 McHugh Street, Windsor
- MAR 07** **Hats On For Healthcare Day**  
www.hatsonforhealthcare.com
- MAR 07** **WRH Charity Pasta Night**  
Riverside Sportmen Club  
10835 Riverside Drive East, Windsor
- MAR 08** **International Women's Day**  
Ciociaro Club  
3745 North Talbot Road, Windsor
- MAR 14** **WRH Charity Pasta Night**  
Riverside Sportmen Club  
10835 Riverside Drive East, Windsor
- MAR 21** **WRH Charity Pasta Night**  
Riverside Sportsmen Club  
10835 Riverside Drive East, Windsor
- MAR 28** **St. Clair College Pizza Luncheon**  
St. Clair Centre For The Arts  
201 Riverside Drive West, Windsor
- MAR 28** **WRH Charity Pasta Night**  
Riverside Sportmen Club  
10835 Riverside Drive East, Windsor
- MAY 24** **WRH Charity Golf Tournament**  
Essex Golf & Country Club  
7555 Matchette Road, LaSalle



When Contact Precautions must be used in a multi-bed room, dedicate equipment/toileting facilities or disinfect between uses, educate patients on precautions in place, and do not use gowns for more than one patient. The term cubicle is used to refer to the patient's bed space or area within the curtain.

## February Is Heart Month Cont'd...

**Atherosclerosis** – Your blood flows through your arteries like water through a hose. As it travels through your body, it delivers oxygen and nutrients. Artherosclerosis occurs when plaque builds up on the inside wall of an artery, making them thick and hard. This restricts the flow of blood and can lead to a blockage. The first symptom of coronary artery disease is often chest pain (angina).

**Atrial Fibrillation (Afib or AF)** – is when your heart beats fast or irregularly. This type of arrhythmia affects some 350,000 Canadians. If you have atrial fibrillation, your risk of stroke is 3 to 5 times higher than if you don't.

**Cardiac Arrest** – is a sudden loss of blood flow resulting from the failure of the heart to effectively pump. Symptoms include loss of consciousness and abnormal or absent breathing. The most common cause of cardiac arrest is coronary artery disease.

Windsor Regional Hospital is a leader in the region related to heart and stroke care. It's Critical Care Services are staffed by a dedicated and highly skilled team of healthcare professionals providing the best in Critical Care to patients from Trauma, Neurosurgery, Neurology, Vascular Surgery, Renal as well as complicated medical patients suffering from respiratory and gastro-intestinal diagnoses.

Windsor Regional Hospital's Cardiac Angioplasty Department is the only PCI (Percutaneous Coronary Intervention) centre in the region where, patients experiencing heart attack like symptoms (STEMI) are transferred to the Catheterization Lab for immediate medical intervention.

The Windsor Essex District Stroke Centre team and its partners work collaboratively with many local organizations and disciplines to plan and implement strategies for improving stroke care in response to local, regional and provincial identified needs and priorities.

Windsor Regional Hospital's Cardio-Pulmonary Diagnostics offers Cardiac Stress Testing, Echocardiography, EEGs (Electroencephalography), EKG's (Electrocardiogram), Holter Monitoring, Pulmonary Function Testing and Pacemaker Analysis.

# VENDORS ON DISPLAY FEB. 5 - FEB. 9, 2018

**Met Campus:** Magnets for Health, E&C jewelers, Little Red Door, Galaxy Medical Alert, One Source for Seniors, Sweet Occasion Chocolates, Hooks & Needlecraft, Thermal Clothing Corp, Diane's Gifts.

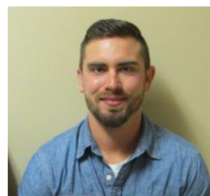
**Ouellette Campus:** Freak Parade, Home Instead, Thermal Clothing Corp, Galaxy Medical Alert, Just Jewellery, Little Red Door, Coconut Oil of Canada.

\*Please note: Vendors subject to change.

## INTRODUCING NEW FACES AT WINDSOR REGIONAL HOSPITAL



**Dawn Moody**  
REGISTERED PRACTICAL NURSE  
MEDICINE



**Josh Strong-Gates**  
REGISTERED NURSE  
MENTAL HEALTH



**Hala Alhasan**  
PHARMACIST  
PHARMACY



**Dr. Matthew Rochon**  
PHYSICIAN  
DIAGNOSTIC IMAGING



# CHARITY PASTA NIGHT



**\$8.00**  
per person

Dinner includes  
Pasta, Salad  
& Roll

Riverside Sportsmen's Club  
10835 Riverside Drive East

March 7, 2018 / March 14, 2018  
March 21, 2018 / March 28, 2018

5:00pm - 8:00pm



Proceeds to support the Neonatal Intensive Care Unit (NICU) at Windsor Regional Hospital.



For more information, please visit [wrh.on.ca](http://wrh.on.ca)

## WRH Wireless Upgrade

Windsor Regional Hospital in partnership with TransForm, have embarked on an upgrade to the current wireless network equipment at both the Met and Ouellette campuses. This work will lead to better and more stable connectivity to the wireless network across both campuses.

The project will be implemented in two phases. Phase 1 began January 29th, 2018 and will see the current equipment removed and replaced with new wireless equipment. This work is expected to take roughly two months to complete. During the replacement, brief network outages in specific areas will be required. These outages will be communicated ahead of time through the normal TransForm-issued Planned Downtime process/notices.

Once complete, the second phase will begin. It is during this phase that TransForm will begin mapping the network for signal gaps and dead zone areas. Once all access issues are identified, a plan will be put together to improve wireless connectivity in the areas that require it.

We appreciate your patience and cooperation during this improvement initiative and will provide updates as to the progress of this initiative.



## Blood Donors Urgently Needed

Collecting blood during the colder winter months can be challenging – cold weather increasingly keeps many of us indoors more of time, while other blood donors are away on a winter escape out of the country.

The need for blood however does not diminish and Canadian Blood Services is encouraging residents of Windsor and Essex county to give life by donating blood in the upcoming days.

They estimate that more than 640 blood donors are strongly needed at upcoming Windsor Blood Donor clinics through to February 12th.

You can donate blood at the following location and times:

Windsor Blood Donor Clinic  
3909 Grand Marais Road East, Windsor  
Monday, Tuesday, & Wednesday: 3 p.m. – 7 p.m.  
Thursday: 11:30 a.m. – 7:30 p.m.  
Friday & Saturday: 8 a.m. – 12 NOON

Canadian Blood Services thanks you for helping ensure a steady supply of blood for people who need it in Windsor and Essex County.

Love Is...  
**A Heart-Shaped Pizza\* from Antonino's and supporting local Heart Care**

**AVAILABLE FEBRUARY 1 TO 28**

- \*HEART-SHAPED PIZZA
- \*HEART-SHAPED NUTELLA PIZZA
- \*HEART-SHAPED CINNAMON STICKS

4310 HOWARD AVENUE  
519-969-1959

1695 MANNING ROAD  
519-979-9759

6535 MALDEN ROAD  
519-978-250



*The Best Pizza in town or your money back...Every Penny!*

[originalpizza.ca](http://originalpizza.ca)

\* \$1 from the sale of each Heart-Shaped menu item will be donated to the Windsor Regional Hospital Cardiac-Angioplasty Program.



[wrh.on.ca](http://wrh.on.ca)



Get your "Hats On" and make a difference for healthcare in your community!



## HATS ON FOR HEALTHCARE WEDNESDAY, MARCH 7, 2018

2018 CAMPAIGN SUPPORTING THE NEONATAL INTENSIVE CARE UNIT (NICU)  
AT WINDSOR REGIONAL HOSPITAL

The 9th Annual "Hats On For Healthcare" is a fundraising initiative supporting Windsor Regional Hospital.

Participating individuals and organizations, together with their employees, members and clients are invited to put on their unique and creative head attire, make a donation and take part in many entertaining activities to help raise funds for the Neonatal Intensive Care Unit (NICU) at Windsor Regional Hospital.

Participating in the 2018 "Hats On For Healthcare" is a great way to show the community that you and your employees care about healthcare in Windsor-Essex.

[www.hatsonforhealthcare.com](http://www.hatsonforhealthcare.com)

## Pomegranate, Kale, and Wild Rice Salad With Walnuts & Feta

Makes 4 servings / Preparation: 30 min

Cooking Time: 15 min



### INGREDIENTS (SALAD)

- 1 cup pomegranate seeds
- 2 cups chopped baby kale
- 2 cups cooked wild rice
- 1/4 cup toasted walnuts
- 1/4 cup feta cheese (omit for vegans)

### DRESSING

- 1/2 cup minced onion/shallot
- 2 tsp honey or agave
- 1/2 tsp salt
- 2 tbsp olive oil
- 1/2 tbsp apple cider vinegar
- 2 tbsp water
- 1 squeeze lemon/orange juice

### DIRECTIONS

Prep the salad ingredients (chop, rinse, toast, etc). Chill the ingredients in the fridge while you're making the dressing if you want a cold salad. Mince the shallot or onion and sauté in 1/2 tablespoons olive oil to reduce the bite. When soft and fragrant, remove from heat and transfer to a food processor. (If you want a stronger flavor for your dressing, skip the sautéing altogether. The shallot in particular works well for this.) Pulse the onions or shallot with the remaining olive oil, water, honey, apple cider vinegar, salt, and orange juice until smooth and creamy. Taste and adjust. Add additional olive oil or water to keep the mixture moving through the food processor. Toss the salad ingredients together with the dressing just before serving.

### NUTRIENTS Per Serving: (Salad with 1Tbsp dressing)

Calories: 295; Protein: 7g; Total Fat: 14.8 g; Carbohydrates: 37.8g; Sugar 16.5g; Fibre 5 g; Sodium 385.3mg

## WRH Took Part In World Hijab Day!

Information booths were set up by the WRH Diversity Committee at each campus for this event on February 1, 2018, allowing visitors to try on a Hijab and learn about why it is worn, and where around the world.

According to WorldHijabDay.com, the overall mission of WHD is to create a more peaceful world where global citizens respect each other.

For many people, the Hijab is a symbol of oppression and segregation. By opening up new pathways to understanding, Nazma hopes to counteract some of the controversies surrounding why Muslim women choose to wear the hijab.

Thank you to everyone who stopped by our booths set up at each campus. We believe that understanding our different cultures will assist us in living up to our goal of "Compassion is our Passion."



Photo above: WRH staff participating in World Hijab Day.

**SAVE THE DATE**

**UNDER THE BIG TOP**

**KIDS GALA**

**CALL TODAY FOR THIS SELL OUT EVENT**  
~Sponsorship packages and tickets released Nov 20th, 2017~

**FRIDAY FEBRUARY 9, 2018**  
WE CARE FOR KIDS Office: 519-985-2608 | Email: Ashley.Weeres@wrh.on.ca  
**CABOTO CLUB WINDSOR**

ACT QUICKLY, PURCHASE YOUR EARLYBIRD TICKETS!