

# INSIDE HUMBER

Humber is your hospital, these are your stories.

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## Monthly Highlights



### Kevin O'Leary - Hip Replacement

In July, Kevin O'Leary visited Humber River Health for his hip replacement procedure performed by Orthopaedic Surgeon Dr. Sebastian Rodriguez-Elizalde. "I chose Humber because of their technology and track record," explained O'Leary. "I walked un-assisted 48 minutes after I woke up."

[Watch Here](#)



### New technology enhances cardiac care

Humber, in collaboration with TeleVU and OBIO's Early Adopter Health Network, is proud to announce the successful completion of an innovative project that leverages two platforms working in synergy: TeleVU's augmented reality (AR)/artificial intelligence (AI) TelePresence and BioVU Remote Patient Monitoring (RPM).

[Read More](#)

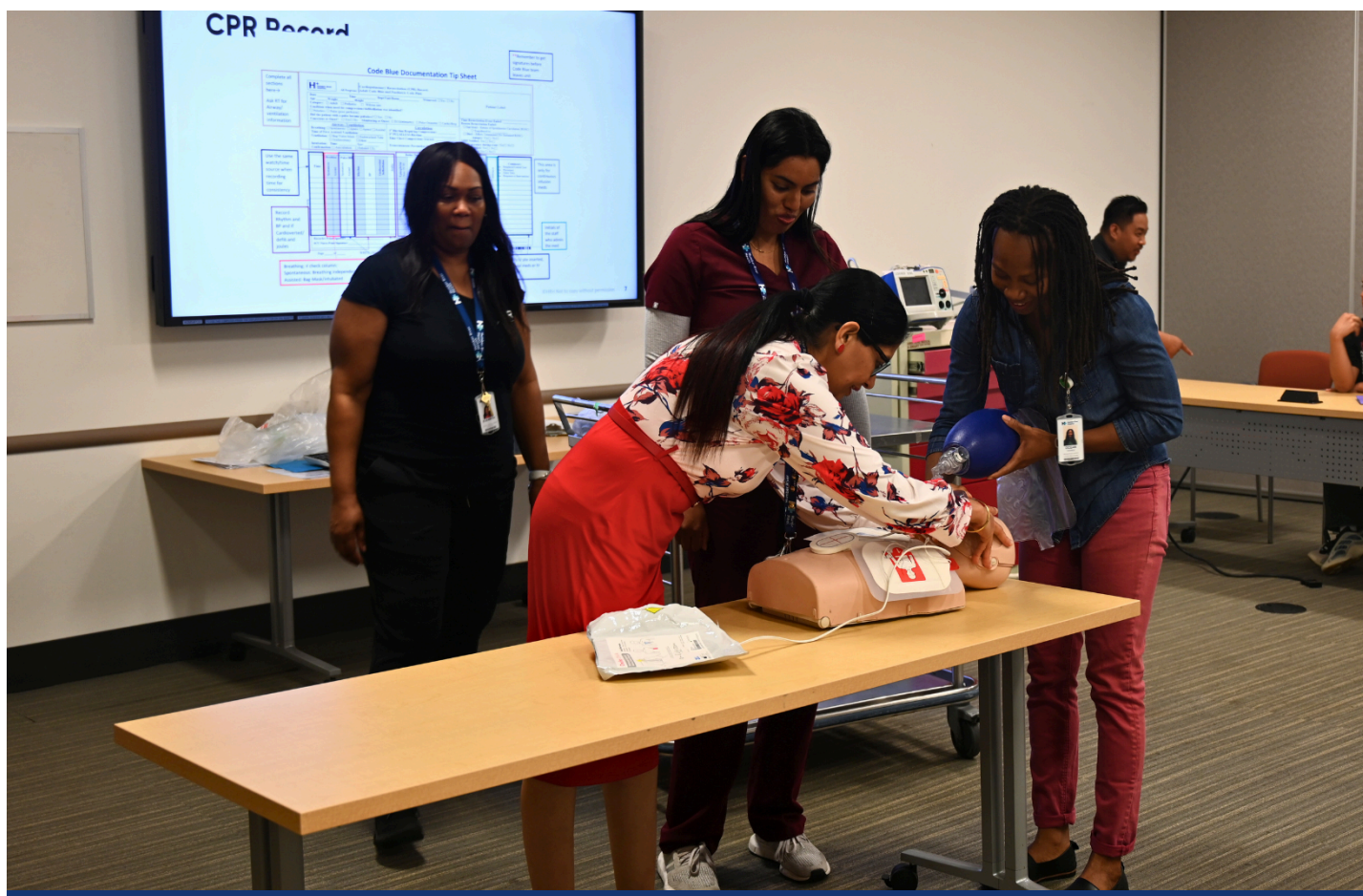




### Vaporizing the Path for Women’s Health

Dr. Lynn Sterling and Navdeep Badwal presented a proposal to acquire the UltraPulse® CO2 Laser at Humber’s Inaugural Dragons Den and were awarded the grand prize of \$100,000 in funding. On June 25, 2024, Dr. Sterling performed the first gynaecological procedure in Humber’s Colposcopy Clinic using the UltraPulse® CO2 Laser.

[Read More](#)



### World Youth Skills Day - July 15

World Youth Skills Day aims to raise awareness about the importance of equipping young people with the necessary skills for employment, decent work and entrepreneurship. Our Hospital accepts the highest number of students each semester from various disciplines across the GTA, accommodating between 700 to 900 students on average.

[Read More](#)



### Canadian Primary Care Today

The latest issue of Canadian Primary Care Today features an article written by Dr. Luke Fazio, Chief of Urology here at Humber. The article is titled Management of Benign Prostatic Hyperplasia in 2024. Click here to read the full article.

[Read More](#)



**Dr. Charles Radzinski**  
Urologist

### Doc Talks: Dr. Charles Radzinski

Dr. Charles Radzinski is a urologist who has been at Humber since 1993. In this interview, Dr. Radzinski talks about his role, what he enjoys most about his work, and what inspired him to become a physician.

[Watch Here](#)



## Breast Health

Navpreet Heer, our Oncology Breast Navigator, has created a breast health resource package designed specifically for newly diagnosed breast cancer patients, acting as a helpful, comprehensive tool for anything they might need. Watch the video below to learn more.



[Watch Here](#)

## Injury Prevention Day - July 5

Interested in pickleball? According to Orthopaedic Surgeon Dr. Sagar Desai, over the past few years, there has been an increase in Achilles tendon injuries purely from pickleball. To avoid preventable injuries, Dr. Desai provides tips on how to play safely.



[Watch Here](#)

## World Hepatitis Day - July 28

More than 350 million people live with viral hepatitis and 9 in 10 people living with the condition are unaware of their diagnosis. Gabby De Nino-Reid, one of our Occupational Health and Safety Specialist, explains more!

[Watch Here](#)





## Fibroid Awareness Month

Dr. Lynn Sterling, an Obstetrician and Gynecologist (OB/GYN) in our Maternal and Child Department, has shared some insight into fibroids and how Humber's innovative practices, such as Hologic's Acesa ProVu® system, have been beneficial for women's health.



[Watch Here](#)

This Fibroid Awareness Month, we teamed up with Hologic to help the community stay educated on all things fibroids, including treatments to help. Elizabeth Coll, Senior Marketing Manager for the Surgical Division at Hologic Canada, explains more.



[Watch Here](#)

## Dr. Edwin Zhang

Recently, a 12-year-old patient came to Humber with an osteoid osteoma in his left femur. For more than a year, this benign tumor caused the young boy to experience constant severe pain, to walk with a limp, and unable to participate in Phys Ed, his favourite class.

Dr. Edwin Zhang, our Clinical Director of Interventional Radiology, performed a CT-guided radiofrequency ablation (RFA) of his tumor. One month later, the young boy is pain free and playing soccer again. He and his family have shown their gratitude for our Medical Imaging Team!





# Interprofessional Team Workshop

We hosted a productive and enlightening knowledge-enhancing workshop with our Interprofessional Team. The workshop centered on the essential components of effective mentorship and preceptorship in a healthcare environment, with the aim of supporting both students and new staff.





## Invitation to Join the EDI Advisory Committee

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**Are you eager to contribute to a culture of equity and inclusion at Humber? Apply to join the EDI Advisory Committee!**

Humber River Health is committed to fostering a culture of equity and inclusion to serve North West Toronto and its diverse communities. Our Strategic Plan highlights our commitment to "embrace equity, diversity and inclusion," and a key enabler is the support and input of the Equity, Diversity, and Inclusion Advisory Committee.

The EDI Advisory Committee advises on key priority areas presented by the organization, including commemorative events, education and training, and addresses improvement areas from feedback streams such as corporate EDI surveys and focus groups. The committee serves as a platform for reviewing EDI initiatives, sharing developments, and providing a safe space for discussing and exploring relevant topics.

Membership will encompass diverse roles, lived experiences, and ways of working, as detailed in the Expression of Interest Form. All staff, physicians and volunteers are encouraged to apply for committee membership by submitting an Expression of Interest Form.

**To apply, click below and review the EDI Advisory Committee Terms of Reference and submit your completed Expression of Interest Form by August 12, 2024.**

We may receive more applications than we have membership availability. Submitting an application does not guarantee membership on the committee. To this extent, completing the expression of interest form in its entirety is highly recommended to ensure the breadth of your interest and experience is well reflected to support us as we select members.

We look forward to your participation in shaping a more inclusive environment at Humber.

[Click Here](#)

## Introduction To Creating Gender-Affirming Clinical Spaces Workbook

### TransCare+

Developed by TransCare+, this workbook aims to support staff, physicians, health professionals, and volunteers at Humber River Health in understanding and embracing gender identity and inclusion into their everyday clinical practice. By creating a compassionate and understanding medical environment, healthcare professionals can offer considerate and personalized care to all patients, ensuring their identities are respected and acknowledged. Click below to access the workbook.

[Click Here](#)



## The Stryker Environmental Excellence Award - Gold

Humber was presented with The Stryker Environmental Excellence Award in Gold for our outstanding performance in environmental sustainability and improving overall hospital quality through medical device remanufacturing and reprocessing. At Humber, we are thought leaders in environmental excellence and are committed to becoming the most sustainable hospital we can be. This past year, we have achieved 900 lbs. in waste avoidance and \$300,000 in savings, more than any other hospital operating room (OR) in Ontario.

We congratulate our dedicated OR teams and thank Stryker for the extraordinary recognition!



## Teaching Excellence Award

Congratulations to Dr. Raewyn Seaberg for being the recipient of the MD Program Teaching Award of Excellence for the 2022-2023 academic year!

The MD Program Teaching Award for Excellence was introduced in 2017 by medical students to recognize faculty, residents, graduate student teachers and clinicians in the MD Program that have attained exceptional Teaching Evaluation Scores in one or more of the teaching activities to which they have contributed.

This award honours Dr. Seaberg's invaluable contribution to the Temerty Faculty of Medicine's educational mission.





## 40th Annual Qualitative Analysis Conference

Last month, Research Associate Dr. Yasmin Lalani and Research Coordinator Sanvitti Dalmia, MDes, presented at the 40th Annual Qualitative Analysis Conference, where they shared methodological insights from their recent ethnographic study in our Apotex Emergency Department (ED).

In their novel approach, they combine traditional ethnographic methods with user experience design, allowing them to gain clarity on patient and staff experiences in the busiest ED in the province. This study is part of our Scale AI-funded initiative to develop and implement an online queuing system in our ED. As they continue to analyze their data, the results will give way to more insights to improve patient wait times, staff workflows, and more.



## 10th Annual Smilezone Celebrity Golf Tournament

On July 22, we were thrilled to attend the 10th Annual Smilezone Celebrity Golf Tournament hosted by the Smilezone Foundation. We are grateful for such a collaborative, ongoing partnership with our Hospital!



## Southlake Regional Health Centre Visit



On July 23, our Stroke Unit welcomed representatives from the integrated Stroke Unit at Southlake Regional Health Centre to discuss and learn how our Stroke Team maintains effective flow and manages volumes throughout the unit.



### Conquering Chronic Pain with the ROSA® Knee System: Georgios' Story

After battling knee issues for over 20 years and overcoming substance abuse, Georgios found hope through robotic-assisted knee replacement surgery.

Using the innovative ROSA® Knee System, Dr. Sebastian Rodriguez-Elizalde and the Orthopaedic team at Humber provided personalized care that transformed Georgios' life. "My recovery has been remarkable," says Georgios. "If anyone needs knee or hip surgery, Humber River Health is the place to be."



[Read More](#)

### Annual Report is now Live

A message from Barb Collins, Michael Iacovelli, Nick Simone and Sandra Sualim:

Over the past year, our collective journey at Humber River Health and Humber River Health Foundation has been defined by transformative growth, change and innovation.

We announced our 2023 - 2026 Strategic Plans and adopted our new name to reflect our growing presence within the community. This put us on course for a year marked by embracing change and continuing to boldly light new ways in healthcare.

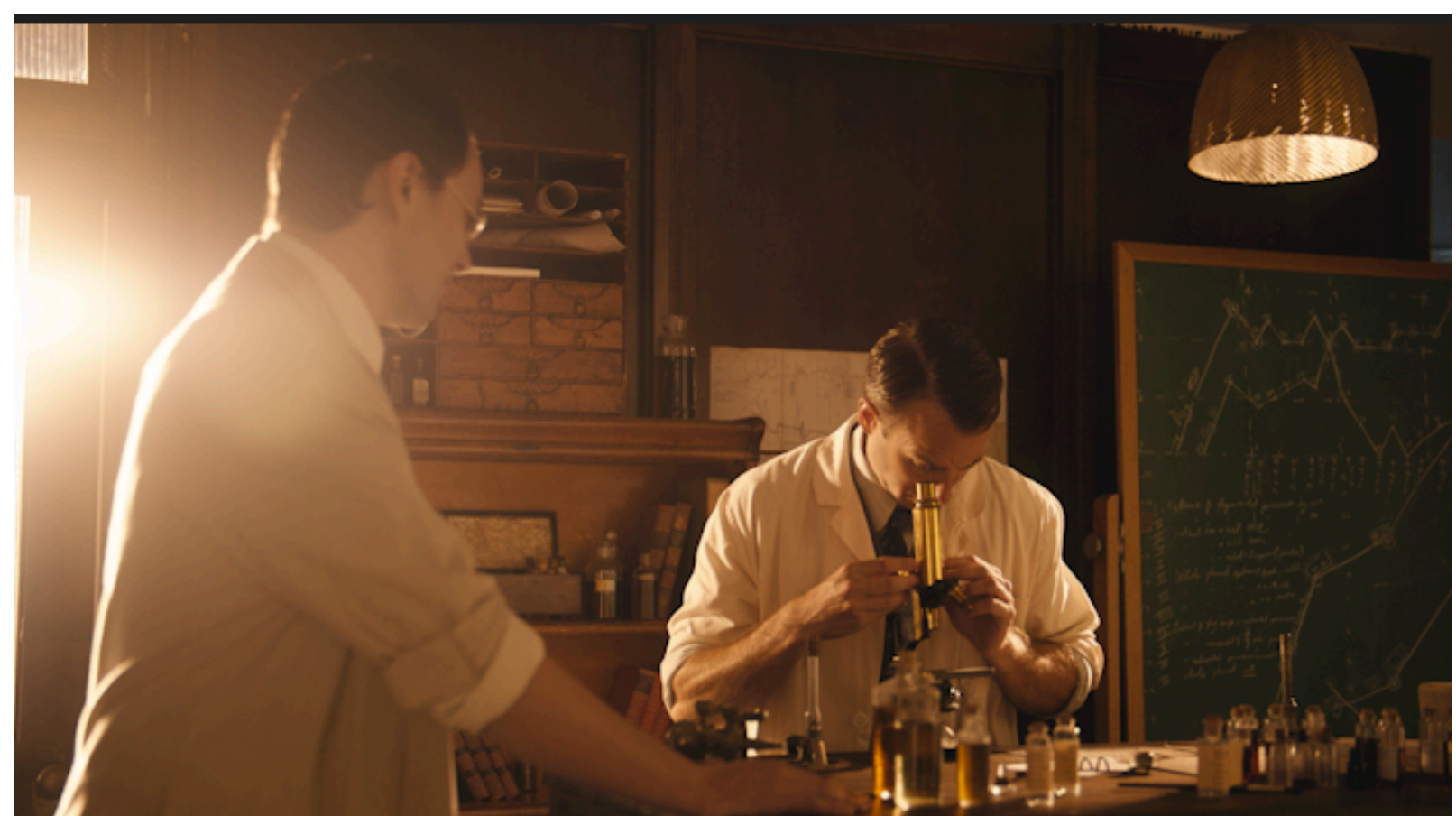


[Click Here](#)

### Filming at Humber River Health

Lights Camera Action! From June 25-27, Humber River Health Foundation filmed and shot an extensive production which took place over multiple time periods and locations! This marks the culmination of a year of strategic development and creative ideation.

The film production was extensive, featuring three different historical periods with a cast and crew of over 70 people, including volunteers, hired talent, and esteemed HRH staff, physicians and surgeons. Thank you to all who joined us! We are excited to bring this project to life. More exciting details to come! Stay tuned.





## Fundraising Updates

### Parkdale BBQ

On Thursday, July 11, Parkdale Novelty hosted a BBQ to celebrate their 80th anniversary. For 80 years, Parkdale Novelty has always been about the children and their love of toys! This year's BBQ raised over \$2,700 in support of Humber's Paediatric Department.



### Team Revolution Movie Night in the Distillery District

On Saturday, July 15, 90 riders, sponsors and supporters came out to enjoy a reception and the movie **The Natural**, at the Distillery District. Funds raised will go towards Team Revolutions ambitious fundraising goal of \$1M.



### Split the Pot Lottery

HRHF's participation in the Split the Pot Lottery continues, in support of participating hospitals across Ontario!

Split the Pot Giveaway ran from June 24 to July 8 as a thank you for supporting Split the Pot and Humber River Health. Those who purchased a ticket in the past could enter for a free chance to win cash prizes.

1 winner = \$5,000 and 5 winners = \$1,000, both with a matched donation to the hospital of choice. One of the \$1,000 winners was a Humber community member! Tickets for the next round of Split the Pot can be purchased starting August 7 at [splitthepot.ca](http://splitthepot.ca).



### Upcoming Events

#### Run for Toronto

On September 22, Mercy 4 Mankind is launching the first annual Run for Toronto in support of Humber River Health. This family-friendly event offers a 1K walk and 3K run, which is open to all ages and all levels of experience. Interested in organizing a team within your department? Contact the Foundation for more information!

Let's walk and run together to help Humber!

To register or support a runner, please click here.

[Click Here](#)





## LIVE: Illuminate: A Diwali Celebration

Join us on Thursday, October 24, 2024, 6:00 p.m. at Paramount EventSpace, for an unforgettable evening of music, entertainment, and delicious cuisine in support of Humber River Health and our areas of greatest need, including the Schulich Family Medicine Teaching Unit. Don't miss out – solidify your sponsorship or tickets now and make this Diwali truly unforgettable.

For sponsorship inquiries, please contact Judene Stewart at [justewart@hrh.ca](mailto:justewart@hrh.ca) or visit our website at [hrhdiwali.ca](http://hrhdiwali.ca).



[Click Here](#)

## Awesome Volunteers

We are excited to be returning to Oakdale Golf & Country Club, Monday, August 19, 2024.

We are looking for volunteers for our annual Awesome Invitational Golf Tournament presented by Pace Law. This event helps to raise critical funds for the areas of greatest need at Humber River Health, including our renowned Robotic Surgery Program. Join us in creating an unforgettable experience while supporting a great cause. Sign up today and be part of something special!

For more information and to sign-up, click below.



[Click Here](#)

## Gifts of Gratitude

Gifts of Gratitude is our grateful patient program, created to give Humber patients and their families another way to thank a nurse, doctor, staff member, or department. When a donation is made in honour of someone at Humber River Health, they receive a special recognition pin and personalized card, and the donation helps future patients receive great care.

Congratulations to everyone at Humber River Health whose exceptional care inspired a donation in the last month:

13W Nurses, 14 Nurses, 8W Nurses, Princess Aquino, Dr. Steven Bernstein, Emergency Department, Dr. Marko Erak, Lichelle Johnson, Dr. David Kreaden, Dr. Steven MacLellan, Dr. Ilan Medad, Dr. Douglas Ng, Dr. Uri Sagman, Ajay Sehdev, and Dr. Herpreet Sohi





# Social Media Highlights

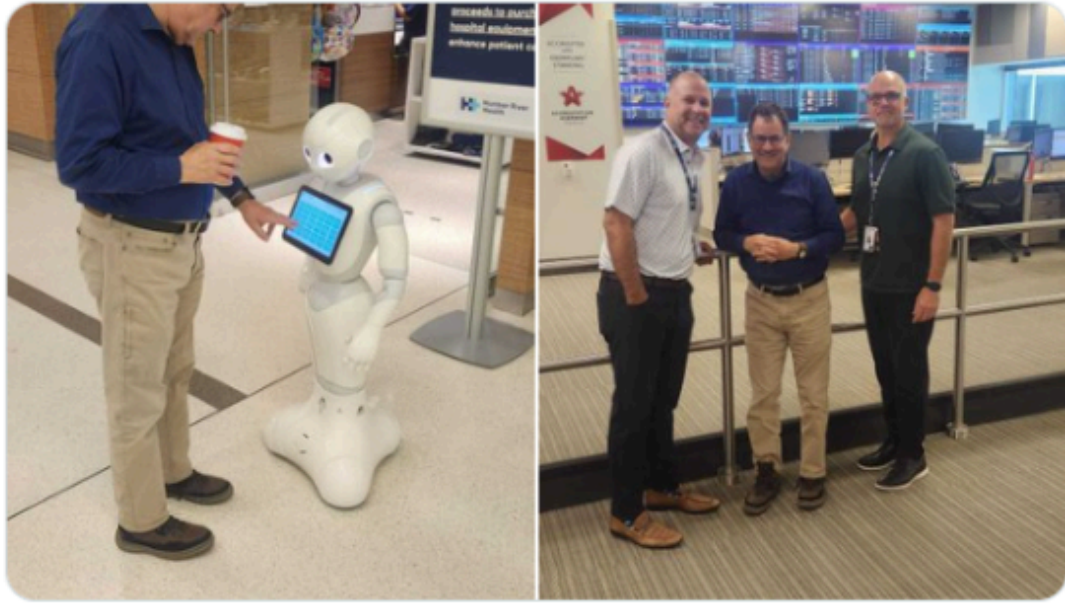
**Humber River Health**  
@HRHealth\_

Happy #CanadaDay! Thank you to all our staff, physicians, and volunteers working this long-weekend. We express our gratitude for your commitment to excellence and to caring for our patients!



**James Pasternak**  
@PasternakTO

Met with @HRHealth\_ Director of Public Affairs Joe Gorman and Vice President of Clinical Programs Peter Voros to learn more about the great ongoing developments and special initiatives at Humber River Hospital in #yorkcentre. #toronto #ward6



**Humber River Health**  
@HRHealth\_

Our Surgical Program is a leader in regional-based surgical care and practice, comprised of a highly skilled, engaged team of surgeons, anaesthesiologists, nurses, advanced practice nurses, and allied health team members committed to the application of patient-centered care.



**Humber River Health**  
@HRHealth\_

After battling knee pain for over 20 years and overcoming substance abuse, Georgios found hope with the innovative ROSA® Knee System. "My recovery has been remarkable," says Georgios. "If anyone needs knee surgery, Humber River Health is the place to be." [hrhfoundation.ca/blog/conquerin...](http://hrhfoundation.ca/blog/conquerin...)



**Humber River Health**  
@HRHealth\_

At Humber, our newly hired nurses feel welcomed and supported as they embark on their journey through our Simulation-Based Nursing Orientation Program. Together, we build confidence, critical thinking skills, and foster excellence in patient care.



**Humber River Health**  
@HRHealth\_

As healthcare providers, we're here to care for you when you need us most. We proudly work together to provide you with the compassionate, innovative, safe, equitable healthcare that you deserve.

But please remember we're human too. Kindness goes a long way.





## Religious/Spiritual Days

**AUGUST  
1**

**Lammas/Ludhnasadh/Lughnasad** is a Wiccan celebration that is associated with the grain harvest and New Harvest.

**AUGUST  
12-13**

**Tisha B'Av** is an annual day to fast and pray in Judaism, and commemorates the destruction of both the First Temple and Second Temple in Jerusalem.

**AUGUST  
13-15**

**Obon** celebrates three days of festivities where the Japanese welcome the spirits of their dead ancestors and rekindle their connections.

**AUGUST  
15**

**Feast of the Assumption of Mary into Heaven** marks the occasion of the Virgin Mary's bodily ascent to heaven at the end of her life.

**AUGUST  
19**

**Raksha Bandhan** is a Hindu festival that focuses on the love and duty between brothers and sisters.

**AUGUST  
20**

**Khordad Sal** celebrates the birth of Lord Zoroaster. Zoroastrians gather in Fire temples for prayers and then celebrate with feasting.