

Volunteer receives recognition from Lieutenant Governor

By Maryanne Matthews

It's no wonder Anthony Kadikoff was chosen to be one of Ontario's Senior Achievement Award winners. The award honours those who have made outstanding contributions to their communities after turning 65. Kadikoff is a Director on the board of the Thunder Bay Regional Health Sciences Foundation. He is also a long time member of the Elks club, involved in Kiwanis, as well as countless hockey organizations.

Kadikoff's contributions to our community have been immeasurable, especially in the area of cancer care. "Few people touch as many lives as Anthony. Cancer patients and their families have been impacted by his kindness and generosity," says Michael Power, Vice President of Regional Cancer Care Services at Thunder Bay Regional Health Sciences Centre.

Kadikoff works hard to improve cancer care because he knows from experience just how important it is. His late wife had cancer and he was with her every step of

the journey. Being from Fort Frances, they stayed at Amethyst House throughout her treatments – the former lodge facility for patients and families who travel from regional communities to receive cancer treatment in Thunder Bay. After seeing the positive impact Amethyst House had on cancer patients, he agreed to join the 'Home Away from Home Campaign' to raise money for the new Tbaytel Tamarack House.

Kadikoff's participation in the campaign was integral to its success. "We can credit Anthony with raising at least \$100,000 in funds through his personal support and rallying service clubs and individuals across our region," says Glenn Craig, President and CEO of the Health Sciences Foundation.

"Anthony does more than would seem humanly possible throughout the vast region of Northwestern Ontario. He works tirelessly and selflessly in support of cancer patients and their families," says Judy Tibbs, cancer patient and Tbaytel Tamarack House resident.

Kadikoff's devotion to raising funds is strengthened by his kind and caring

disposition. He is always willing to lend a helping hand and offer support and encouragement to those who need it. He was a big help to Tibbs when she was diagnosed with cancer. He reached out to her, spoke to her about cancer and its treatment, and helped her access Tbaytel Tamarack House. "Anthony is more than helpful; he is inspiring and genuinely cares for others," says Tibbs.

The hard work and dedication Kadikoff puts forth makes our community a better place. His devotion to cancer care truly makes hope possible here in Northwestern Ontario. He is more than deserving of such as honour as the Senior Achievement Award.

Anthony Kadikoff shows off his Ontario Senior Achievement Award. He and 11 other recipients were honoured at a special ceremony held at Queen's Park.

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Thunder Bay Researcher contributes to early detection of breast cancer

By Kim Latimer

The technology used to find cancer is quickly and dramatically evolving. Dr. Alla Reznik says these fast paced changes in medical imaging are improving the quality of life in patients and this is the reason why she loves her job. Dr. Reznik is a scientist at Thunder Bay Regional Research Institute, an Assistant Professor of physics at Lakehead University, and a Canada Research Chair in Physics of Molecular Imaging. On first impression, her passion for research is apparent.

"What we do is something very human because we are ultimately contributing to improved rates of survival in people. I have had the opportunity to contribute to the quality of life of breast cancer patients and I would like to show others, including my students, how rewarding it is to work in health-related physics," she explains.

Born in Kiev, Ukraine, Dr. Reznik says she enjoyed learning about science from a young age. She grew up in a culture heavily influenced by Russian traditions and she is proficient in four languages including Russian, Ukrainian, Hebrew and English. She earned her graduate degree in physics and later went on to study solid-state physics; the branch of physics that deals with the physical properties of solid-state materials. Dr. Reznik later completed her PhD in Solid-State Physics at the Israel Institute of Technology; the Israeli equivalent of Massachusetts Institute of Technology (MIT).

Although she now has a high-level career as a medical imaging scientist in Canada, she says it was a steep learning curve from her beginnings in solid state physics. She was headhunted by GE Medical Systems in 1999, where she witnessed the rapid changes in technology first-hand.

"When I started in Functional Medical Imaging at GE, the technology was based on bulky vacuum electronics. For example, think of the old TVs with the old bulky vacuum tubes compared to the new flat screens. The new TVs rely on solid-state electronics because they have a number of advantages. Same goes for medical imaging - we are now developing



Dr. Alla Reznik's research aims to improve the sensitivity of advanced detection devices such as MRI and PET/CT. The goal is to find cancer as early as possible.

solid-state medical imaging technology for a variety of applications," she explains. "Medical physics has come a long way and my contribution to the new technology is why I am where I am today," she adds.

Dr. Reznik contributed to the first solid state gamma camera. The gamma camera is capable of measuring the metabolic activity of a tumour to find it as early as possible. It is used in combination with devices like the x-ray detectors, PET/CT and MRI. She was involved in the development of a solid-state gamma camera dedicated to breast imaging to help detect breast cancer. The gamma camera has improved resolution, sensitivity and specificity making it capable to detect smaller lesions in breast. Her gamma camera contribution to breast imaging is now used at the Mayo Clinic and around the world.

"Mammography (breast x-ray) can't always tell the difference between scar tissue and tissue that is suspicious or potentially cancerous. If a woman has had a lumpectomy for example, x-ray mammography can't always differentiate

between those tissues. Our gamma camera detector for functional imaging is capable of differentiating, so it is often used in follow-up or for women with dense breast tissue," says Dr. Reznik.

"I remember when my first gamma camera detector was able to find cancer in a patient. I didn't know this patient and never met her, but I was so moved that we were able to contribute to her life and ultimately help her survival," she explains. The scientific work Dr. Reznik is doing at Thunder Bay Regional Research Institute will benefit patients in Northwestern Ontario first. And, she says it is important to understand that her science is contributing to building better technology that allows clinical teams to find cancer before it advances.

"The science I am doing is not focused on finding a cure for cancer. It is focused on helping physicians find cancer earlier so they can develop a better, stronger treatment approach. We are trying to find it before it becomes metastatic (spreads) and this may be as close to a cure for many types of cancer as we can get."

New director brings experience and passion to Foundation board

By Katherine Frappe

Kyle Shaen may be new to the Health Sciences Foundation Board of Directors, but he's certainly well known by staff and volunteers. His work on the organizing committee of the Freedom 55 Hockey Celebrity Golf Tournament for 5 years was his first introduction to the Foundation. This incredibly successful tournament sells out long before it is advertised and has raised \$170,000 for the Foundation's Northern Cancer Fund. An avid golfer and hockey player (locally, and in Ottawa, British Columbia and Toronto), Kyle was a natural fit for this tournament. Since 2005, Kyle has joined the Foundation's Gift Planning Sub-Committee and now is a director for the Foundation.

Born and raised in Thunder Bay, Kyle understands the ever-growing healthcare needs of our community. "I've had friends and family have to travel to receive care and it's hard for them – new cities, new facilities, and new care providers can be scary," reflects Kyle. "Knowing that the Foundation makes better healthcare available for our region is one of the reasons I wanted to join the Board."

In addition to working on the golf tournament, Kyle's family owns Swartz Fine Fashion and hosts an annual fundraising shopping event each year. "Believing in outstanding healthcare is a family affair," says Kyle. The third annual event was October 29 and sees a portion of sales donated to the Northern Cancer Fund.

In addition to the Board of Directors, Kyle is the chair of the Gift Planning Sub-Committee. He lends his professional expertise as an investment advisor and owner of Shaen Wealth Management to help create resources for people interested in making planned gifts. "It's important for people to understand the impact their planned gift can make for family and friends in the future."

Kyle lights up when he discusses the difference breast MRI will make for patients in Northwestern Ontario. "The Linda Buchan Centre's ability to offer



Kyle Shaen brought professional and personal expertise when he joined the Health Sciences Foundation's board of directors in September.

breast MRI will change lives. The Foundation was able to fund the equipment for this program because donors believe in better care."

A newlywed, Kyle and his wife, Melany, have been touched by cancer. Kyle recalls being a part of his mother-in-law's diagnosis and treatment for breast cancer at Regional Cancer Care Northwest. "Simple things make a huge difference," recalls Kyle. "The space is warm and inviting – you hardly feel like you're in a hospital. You don't expect to see sunshine when you're going to radiation therapy but we have natural light in our treatment areas. And I can't say enough about how supportive the nurses, doctors and staff have been throughout her care."

"I'm looking forward to participating in the Board of Directors at the Health Sciences Foundation," says Kyle. "I've been a part of the Foundation for a long time and am excited to learn more and continue to help make a difference."

November is the time for planning

By Terri Hrkac

Director of Major and Planned Giving
Thunder Bay Regional Health Sciences Foundation

Each year, hundreds of thousands of patients turn to the Thunder Bay Regional Health Sciences Centre for care. Northwestern Ontario residents of all ages rely on the exceptional care available at our Health Sciences Centre. Whether in need of emergency treatment, a life-saving medical procedure or routine lab testing, you and your loved ones can rely on our Health Sciences Centre to provide the best care possible.

Our Foundation raises funds to support equipment and initiatives to make exceptional care possible for everyone in this community. Those who want to ensure that care is always in place for family, friends and neighbours can plan their giving to maximize the impact of their donation and the benefits to themselves.

November is Make A Will month. It's an excellent time to plan ahead for yourself, your family, and the people of Northwestern Ontario.

Plan a gift for tomorrow.

You can help ensure that patients always have access to the best care and medical equipment available. Medical equipment has a limited lifespan and advances in technology are constantly providing new and effective options for diagnosing and

treating patients. Your planned gift ensures funds are always in place for future medical equipment and technology needs.

Some people think they do not have an estate, that only the wealthy can be benefactors. This simply isn't true. Everyone has an estate, and the better you plan for its eventual use, the greater and more beneficial it can be.

In fact many people find that, once they have provided for their family and dependents, they still have something left to donate to an important cause that has or will touch their lives or the life of a loved one.

A bequest to the Health Sciences Foundation in your Will can create a lasting legacy which will help care for patients even after your death. Gifts of a specific cash amount or asset or a percentage of the remaining estate are popular bequest choices. Your estate receives a donation receipt for the value of your gift, providing a tax benefit for your estate.

Planned Giving can result in important tax savings for you and is an effective way to ensure that the Health Sciences Foundation is always able to meet the equipment needs at our Health Sciences Centre so that patients can receive the best treatment.

Your gift can literally save the lives of patients in Northwestern Ontario. While each contribution can enrich your heart



Terri Hrkac

and the care provided to all patients, different types of donations have different income tax and legal implications for the donor.

A Society of Gift Planning Advisors works closely with the Foundation to assist with planned giving decisions. These professionals can provide valuable information and guidance. More information about the Society of Gift Planning Advisors and planned giving is available at www.healthsciencesfoundation.ca. You can also contact me with your questions at 345-4673.



**Your roommate,
your brother-in-law,
your son.**

Research today impacts healthcare solutions tomorrow. Your donation supports our scientists as they investigate new drugs and innovative therapies.

Together, we bring discovery to life.



**Health Sciences
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