

Planning for Kids

SickKids Gift Planning Newsletter

SickKids[®]

Surgery without a scalpel

Jack Campanile is a 16-year-old athlete who doesn't stand on the sidelines. Jack's journey began with a pain in his leg that was getting progressively worse. In order to cope with his daily activities, he was prescribed to take medication up to four times per day. After one year of debilitating pain Jack was diagnosed with a benign tumour called osteoid osteoma.

Until August 2014, typical treatment for this condition involved major surgery to remove the tumour. The invasive treatment requires scraping or burning the tumour from the bone. To follow the procedure was a long road to recovery with risk of infection, radiation exposure and bone fractures. Jack's healthcare team at SickKids provided him with an alternative. Dr. James Drake, Co-Lead, Centre of Image Guided Care at SickKids, used an ultrasound and magnetic resonance imaging (MRI) to eliminate his tumour without one single incision. MRI is used to precisely pinpoint the tumour, followed by a zap of heat-destroying ultrasound beams.

Jack is the first paediatric patient in North America to be treated using this cutting-edge technology. "We see huge potential in using this technology to develop new non-invasive therapies in a number of other medical and surgical areas, including the treatment of soft-tissue tumours, paediatric stroke and epilepsy," shares Dr. Drake.

Jack's family was hopeful that this specialized, non-invasive treatment would bring Jack's pain to an end. Only a few hours after the procedure Jack returned home tumour and pain-free. Today, the athletic teen is playing sports and enjoying life.

Jack's surgery, performed without a scalpel, is one example of the many innovative techniques SickKids has pioneered. A long, risky road to recovery has turned into a non-invasive, painless surgery for children with conditions like Jack's.

New treatments would not be possible without donations. Leaving a gift in your will, helps to create exciting new possibilities for innovative treatments at SickKids, so that kids like Jack, can go back to being just kids. These gifts often result in amazing discoveries which mean higher rates of recovery.



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Dr. James Drake, Co-lead, CIGC

Conquering the hurt at SickKids pain centre



“The Pain Centre continues to raise awareness about pain, promote pain education and research, and work to improve pain assessment and management practices in hopes of achieving our vision of improving pain outcomes for children at SickKids and beyond.”

**Dr. Bonnie Stevens,
Co-Director of the Pain Centre**

Emily, 15, was born with fibular hemimelia, a congenital disorder that resulted in missing bone below her knee and muscle in her legs. Before she reached her eighth birthday, Emily had more than 10 major surgeries, including a procedure to lengthen one of her legs. In April 2008, Emily was also diagnosed with complex regional pain syndrome, a chronic condition that affects her legs. The condition often causes Emily to miss school and she has required several admissions at SickKids to manage her pain.

Unfortunately, stories like Emily’s are not uncommon. One in four children in Canada suffers from recurring or chronic pain which can be associated with a serious disability. Seventy-seven per cent of children who visit SickKids each year list pain as a symptom of their illness, injury, or treatment, and families consistently report that pain is one of the worst aspects of their child’s hospital stay.

Whether it is helping an infant better cope with the pain of a vaccine needle or ensuring a child in palliative care is as comfortable as possible, at SickKids, we believe that no child should have to experience pain.

The Pain Centre was established in 2008 with the goal

of preventing and minimizing pain, and to improve the quality of life for all patients. SickKids has become a leader in the field of pain management, as it develops valid assessment measures and determines which pain-relieving strategies are effective and safe. Pain that is well managed leads to faster recoveries, fewer complications and overall enhanced patient care. “The Pain Centre continues to raise awareness about pain, promote pain education and research, and work to improve pain assessment and management practices in hopes of achieving our vision of improving pain outcomes for children at SickKids and beyond,” says Dr. Bonnie Stevens, Co-Director of the Pain Centre. The Pain Centre is completely donor funded, so without the generosity of current and future gifts, the centre would not exist.

Emily and many other patients rely on the pain centre to help them manage their pain. Although she continues to face many challenges related to pain, Emily remains positive, and is determined to not allow her condition to control her life. Your support is helping to keep SickKids at the forefront of research, education and care in preventing, assessing and managing pain in children.

See the difference your donations make

Paul Palen knows first-hand the great work that goes on at SickKids and the difference every donation makes in the lives of sick children.

Born in 1949, Paul suffered from severe eye problems as a child which caused him to see everything in multiples. Paul's mother tried everything from different pairs of glasses to eye patches in order to correct his vision—but nothing worked. Paul's poor vision affected all aspects of his life, the greatest of which was being unable to attend the same classes as other children his age.

Then, when Paul was eleven years old, his mother took him to see a specialist at SickKids where it was determined that the only option left to improve Paul's eyesight would be surgery. While most children are often scared or nervous at the idea of having surgery, Paul remembers being full of excitement that he might finally be able to see like other children.

The surgery was a success, and follow up visits confirmed that Paul's vision had greatly improved, allowing him to see properly. "I could finally see for the first time in my life — it was a miracle." Later on in life Paul did have to start wearing glasses; however the terrible vision problems he experienced as a child never returned. Paul often looks back on his time that he spent at the hospital fondly, "I can't even put into words the difference SickKids made."

It was because of this life-changing surgery that Paul has decided to include The Hospital for Sick Children Foundation in his estate plans. "If I can help somebody else, I will." Gifts like the one Paul has made in his will, allow SickKids to recruit highly talented researchers and physicians to diagnose and treat the most complex cases, and to continue as a world-class leader in clinical care, research and education.

Because every child deserves a chance to see the world around them through healthy eyes.



"I could finally see for the first time in my life — it was a miracle."

**Paul Palen,
Donor and former patient**

Four great reasons to let SickKids know about your legacy gift:

1. With over 86,000 registered charities in Canada, it is important you include our proper legal name — *The Hospital for Sick Children Foundation* in your will.

You may also wish to designate your gift to a certain area of the hospital. Our team of experts can help ensure that your gift will be used as you intend by providing suggested bequest wording for your will, which you can bring to your lawyer.

2. No matter how big or small the amount, we invite all those with future gifts to join our J.P. Bickell Society. The Society is our way of saying thank you to our donors for their future commitment. Members are offered the chance to be recognized on our Donor Hall of Honour, receive updates on the important work being done at SickKids, as well as our Planning for Kids newsletter. Members are also invited to exclusive donor events such as our annual luncheon. You may also choose to remain anonymous. It is completely up to you.

3. By telling us about your future gift to SickKids now, you can help us plan the life-saving research of tomorrow and fully commit to funding our scientists' critical work today. Legacy gifts ensure SickKids can continue to make medical discoveries and breakthroughs that help children and their families, in Canada and around the world. Please know that by telling us about your gift, makes it in no way binding. We understand that circumstances change, so please just notify us if that happens.

4. To say thank you! We are extremely grateful for your gift and would love to express our appreciation.

Creating a Will: Your Life on Paper

Everyone understands the importance of having a will, but only about half of Canadians actually have one. May is Leave a Legacy month, making this is a great time to think about creating a will if you do not have one, or to review your existing will to make sure it is up to date.

A will is an important way to document your wishes and serves as an opportunity for you to have an impact on future generations by leaving a gift to the people and causes you care about. Including a gift to SickKids in your will is an easy, yet incredibly impactful way to help ensure a healthy future for all children. Legacy gifts allow SickKids to continue the ground-breaking research that translates into first-class patient care, while educating future leaders of paediatric health.

If you decide to leave a gift to SickKids in your will, please contact us. We are happy to provide sample bequest wording to share with your lawyer, information on how to designate your gift and discuss recognition opportunities now and in the future. But most importantly, it is a pleasure for us to be able to say thank you!

No matter how big or small, your gift will make a significant impact on the children and families here at the hospital. Every gift in every will makes a difference.

To learn more about how to create a legacy, please contact us at 416-813-8271 or gift.planning@sickkidsfoundation.com.

Sincerely,



Catherine Denise Malcolm Brittany Ella



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Call us: 416.813.8271 or 1.800.661.1083 ext. 8271
Email us: gift.planning@sickkidsfoundation.com
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Bequest Information

SickKids Foundation is the hospital's parallel charity which raises money, performs estate administration and manages endowments on behalf of The Hospital for Sick Children (SickKids).

Do your estate plans include SickKids Foundation? Let us know! If you plan to make a bequest, the name you should include in your will is:

The Hospital for Sick Children Foundation.

Privacy

SickKids Foundation respects the privacy of its donors. Please read our full privacy policy at www.sickkidsfoundation.com.

About Planning for Kids

Planning for Kids is a charitable gift planning newsletter published twice a year by SickKids Foundation. The information provided is general in nature and not intended to be a substitute for professional legal and financial planning advice. The Foundation encourages donors who are planning a significant donation to seek legal and financial planning advice.

Share with us

We invite you to share your comments and ideas with us. If you have an idea for a story or would like to make a general comment or suggestion about the contents of the newsletter, please send an email to: gift.planning@sickkidsfoundation.com or call us at 416.813.8271.

About the cover photo

Liam, 3, was diagnosed with hypoplastic left heart syndrome (HLHS) shortly after he was born. He has since undergone multiple heart surgeries at the Labatt Family Heart Centre here at SickKids.

