



THE BULLETIN

HGH FOUNDATION NEWSLETTER - SPRING 2026



Thanks to you

LISE RECEIVED AN EARLY DIAGNOSIS

AND IT MADE ALL THE DIFFERENCE.

A powerful moment made possible by donors: Lise McDonell, surrounded by mammography technician Rosalie Savard and Dr. Roxanne Leblanc, posing beside the 3D mammography unit that you helped bring to HGH.

Photo by Vonroe Photography

The Mammogram That Changed Everything

Sitting across from me, Lise McDonell is radiant. It's hard to imagine that barely a month ago, she was completing her cancer treatments.

A geriatric nurse, Lise began her career at HGH 37 years ago. Last summer, she received a diagnosis that turned her life upside down overnight: stage 1 breast cancer. "I had just retired and was joyfully awaiting the birth of our first grandchild. I was so upset," she confides.

From her very first mammogram at HGH, the new 3D mammography unit detected an anomaly. Everything moved quickly from there. "Ultrasound, MRI, biopsy... I was so surprised at how fast everything was moving!"

In just five months, Lise went from her first mammogram to her last radiotherapy session — an exceptionally short timeframe. "It's a well-oiled machine," she says, still impressed by the speed and coordination of her care.

At every stage, she encountered compassionate staff who helped carry her through the difficult moments. "It was hard, but the people made things so much easier."

Among them was Rosalie Savard, a mammography technologist at HGH. Rosalie guided Lise through key steps made possible by the new 3D mammography unit: the mammograms, the biopsy, and finally the placement of markers before surgery. Her gentleness and clear explanations helped calm Lise during some of the emotional and challenging moments.

Later, Lise underwent a lumpectomy — a surgery to remove only the diseased breast tissue — performed at HGH by surgeon, Dr. Roxanne Leblanc. Known for her calm, attentive, and profoundly human approach, Dr. Leblanc reassured Lise and supported her with kindness at every interaction.

Radiotherapy required Lise to travel to The Ottawa Hospital every day for three consecutive weeks — a demanding routine that made her appreciate the value of receiving care close to home. "When you're sick, having to travel far is very difficult," she reflects.

Amid all the fear and uncertainty, one source of joy kept Lise moving forward: the arrival of her first granddaughter. That tiny new life sparked her courage and renewed her strength.

And once her treatments were over, Lise returned to work part-time at HGH. "I needed to move on, to close the door. Coming back to work was my way of saying: this is done — it's time to move forward."

When I ask Lise what she would like to say to the donors whose generosity made the 3D mammography unit possible, her eyes fill with tears. She takes a long moment before answering. "Thank you..." The words come out with difficulty, muffled by emotion.

She continues: "People donate, but they don't always realize the impact their gesture has on the lives of patients... For me, it was getting to see my granddaughter."



An emotionally charged moment: Lise, holding her grand-daughter for the very first time.

See, for Lise, the 3D mammography unit is more than just a machine — it changed the course of her life. Thanks to this technology, her tumour was detected early, early enough to limit the extent of treatment and prevent the cancer from spreading.

“I THINK WE ARE TRULY LUCKY TO HAVE THIS TECHNOLOGY HERE. WITHOUT IT, MANY WOMEN WOULDN'T BE DIAGNOSED SO EARLY. AND I THINK IT WOULD BE TOO LATE FOR MANY OF THEM...”

We often talk about the “machine”: its precision, its performance, its role in early diagnosis. But it's important to remember that behind the technology, there are women! Mothers, daughters, friends, colleagues... and new grandmothers like Lise, who can now look to the future with peace of mind.

So next time you think about supporting the HGH Foundation, remember that a donation can change a life. For Lise, your generosity represents a bright future — and the priceless joy of holding her granddaughter in her arms. “I am so grateful to the donors,” she says softly, her voice still thick with emotion.

And so are we, Lise. So are we.

*Editor's note: As I write these words, I've just had my first mammogram. At 40, I'm now in the age group for whom the exam is recommended every two years. The experience was positive, and painless, and I feel fortunate — and reassured — to have access to this 3D technology made possible thanks to your generosity. So, on behalf of all the women who will benefit from it, **thank you from the bottom of my heart!***



A Small Pillow That Makes a BIG Difference

After her surgery, Lise was deeply touched when a nurse handed her a small heart-shaped pillow. She learned that when placed under the armpit on the operated side, it can help ease pain and provide comfort during healing. “It was such a kind and personal gesture. I keep it by my bedside table,” she says.

These pillows are lovingly handmade by Annette Jones and her daughter, Tiffany - two Foundation donors who chose to share their creativity and compassion to bring comfort to patients recovering from breast cancer surgery. Their thoughtful gift is a reminder that even the smallest acts of generosity can make a meaningful difference in a patient's healing journey.



GET READY! The HGH Foundation is thrilled to join the Kin Club of Russell's **Catch the Ace** lottery!

Starting in March, you can buy your weekly tickets online at kinclubofrussell.ca or right at our office by credit card only. Each ticket gives you a chance to win big and help create brighter futures in our community. A winner every week!

MAKE SURE TO PICK CHARITY #30 TO SUPPORT THE HGH FOUNDATION!



Tickets / Billets

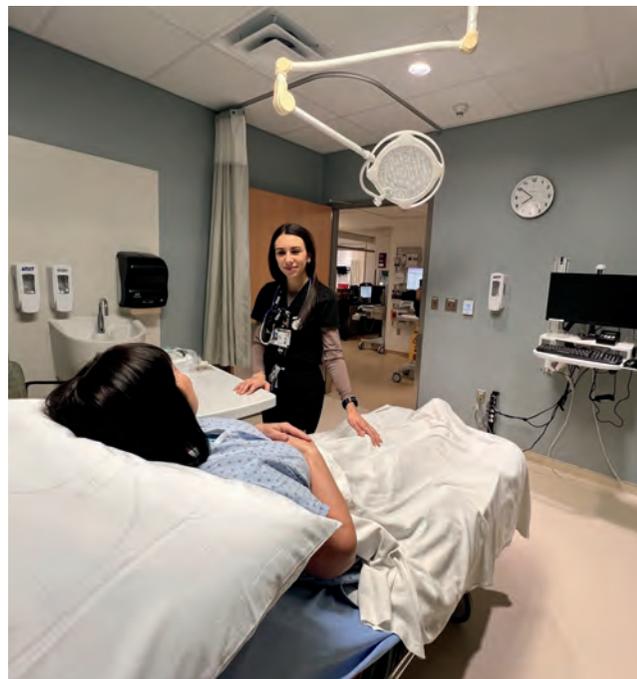
What's New at HGH

Bringing Cancer Care Closer to Home: HGH Launches Local BCG Treatment Program

Since September 2025, the HGH Medical Day Unit has been offering BCG treatment, a significant advancement for patients with non-invasive bladder cancer.

BCG (Bacillus Calmette-Guérin) is a form of immunotherapy widely recognized as the most effective treatment of its kind. It involves introducing a weakened form of the bacteria responsible for tuberculosis directly into the bladder. This process stimulates the patient's immune system to attack cancer cells, significantly lowering the risk of recurrence and disease progression.

Until recently, patients had to travel to Ottawa to receive this treatment. With the launch of this new local program, they can now receive BCG therapy closer to home, offering greater accessibility, comfort, and quality of life when they need it most.



Nurse Marie Trudel provides attentive, compassionate care during a BCG treatment.

The HGH Foundation needs your continued support to help bring innovative services and technologies to our community and improve patient care at HGH.

Support our mission in its entirety by returning this form, along with your tax-deductible gift in the enclosed postage paid envelope.

YES! I wish to make a donation of \$ _____ to the HGH Foundation
AND MAKE A CONCRETE DIFFERENCE BY BRINGING VITAL TREATMENTS CLOSER TO THE PEOPLE WE CARE ABOUT.

Please charge my credit card: **OR** Enclosed is my cheque, payable to **HGH Foundation**

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Number of the card: _____ Exp. date.: ____ / ____

Phone: _____ Email: _____

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Please send me information about leaving a gift in my Will

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Registered charity number: 118921592 RR0001

You can also make your donation

By calling us at 613-632-1111, ext. 21101

Online at www.hghfoundation.org