



# WE'RE SPREADING THE LOVE THIS FEBRUARY!

## Heart Month is here, and more exciting news from Dalhousie's Faculty of Medicine

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This February, we want to spread the love! As the Faculty of Medicine team at Dalhousie University continues to support incredible health research and medical education in the Maritimes, we are pleased to share the revival of our monthly e-newsletters! We wear our heart on our sleeve, and as one of our valued donors and friends, we want to make sure you're getting the most up-to-date news, right from the source!

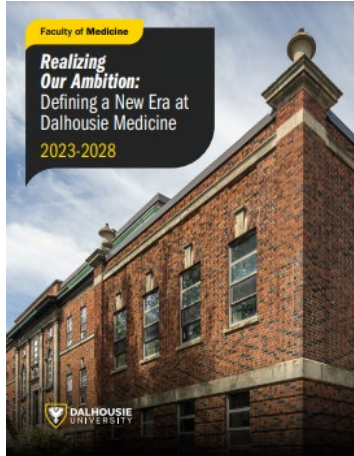
February is Heart Month in Canada. Did you know that cardiac research is one of Dalhousie's leading research waves? Known as DalCREW this interdisciplinary team of leading researchers are developing new treatments and improving health outcomes. Learn more about the exciting discoveries of researchers like Dr. Susan Howlett, who is investigating how testosterone, estrogen, and frailty impact heart health.

For the second year in a row, the Canada Rwanda Open-Heart Project (CROP) is excited to be leading a Halifax-based cardiac surgery team on an outreach trip to perform heart surgeries at the King Faisal Hospital, a teaching hospital in Kigali, Rwanda. Learn more about this and other exciting initiatives happening through Dalhousie's Faculty of Medicine below!



### Ask the Expert: How to Interpret Canada's New Guidance on Alcohol Consumption

Having a glass of wine this Valentine's Day? Maybe you enjoyed a beer while watching the Superbowl? The Canadian Centre on Substance Use and Addiction says you might have hit your weekly limit.



## Faculty of Medicine Launches New Strategic Plan

The Faculty of Medicine is embarking on a new era, one defined by ambition, boundless possibilities, and our commitment to impact.

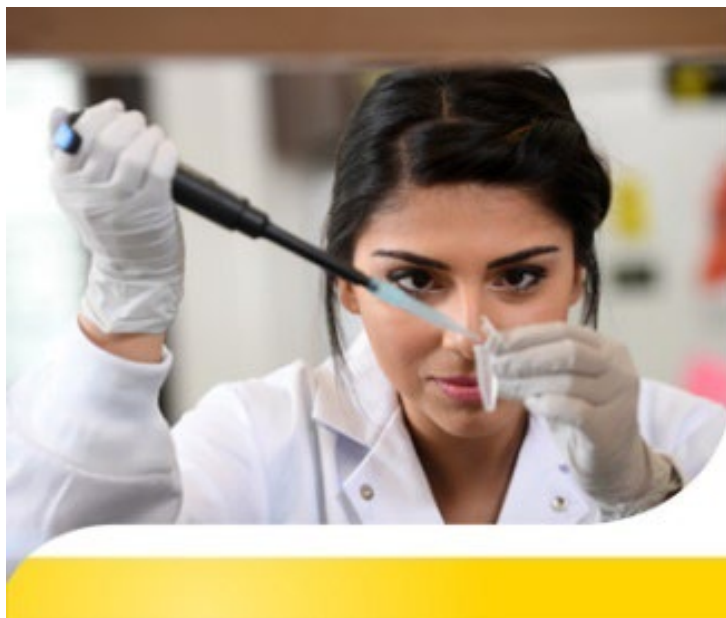
## Research is the Best Medicine: The 2023 Winter Molly Appeal

The cancer diagnostics and precision treatments of tomorrow, made today. Made at Dalhousie.



## Open Dialogue Live: Building strong health outcomes through research

Join our guest experts for a thought-provoking conversation on how Dalhousie is building strong health outcomes through research.





## Become an Informed Health Consumer, Attend Mini Medical School

Are you hoping to better understand your doctor? Learn why certain lifestyle choices are harmful or helpful? Find out how and why your body works the way it does. Join the Dalhousie Faculty of Medicine's Mini Medical School for our 17<sup>th</sup> season.

## Give to Live: The Big Ride

Give to Live is ready to Ride the Rock in stunning Gros Morne Newfoundland! The money raised from The BIG RIDE funds local cancer research trainees being trained at Dalhousie University's Beatrice Hunter Cancer Research Institute. Support a rider or register for The Big Ride today!





# AFRICAN HERITAGE MONTH

This February, Dalhousie is celebrating African Heritage Month, providing us with an opportunity to honour the culture, legacy, achievements, and contributions of African Nova Scotians and People of African Descent in the Faculty of Medicine.



## Dr. Leah Jones appointed first Academic Director, Black Health, at Dalhousie Medical School

The recently appointed Academic Director, Black Health, and family physician is hoping to change that for future students by creating a supportive, welcoming environment to work and learn.

## Dal scholars advance fight against anti-Black racism in medicine from pages of top journal

Until very recently, the pages of Canada's top scholarly medical journal were decidedly white — and not just the paper and screens they appear on.

