



Dear Friends and Neighbours,

This letter is concerned with matters of the heart. And though it is not a love letter, its message affects all of us, including our loved ones. We all have a story of the heart—either our own or someone’s close to us.

Heart disease comes in many forms—some we are born with, some we develop over many years, and some strike us suddenly with little or no warning. These conditions affect us all, regardless of age, ethnicity, gender or geography.

As cardiovascular researchers and clinicians here in the Maritimes, we see the heavy toll of heart disease in our region. Not only do 90 per cent of us have one or more risk factors for heart disease, but 40 per cent of us have at least some degree of cardiovascular disease, and 20 per cent of us die from it.

The good news is, research is already saving lives and improving quality of life for people with heart disease. Yet there is still a long way to go. We need better diagnostics and safer, more effective ways to prevent and treat cardiovascular disease—especially here in the Maritimes.

We are grateful the 2015-16 Molly Appeal is dedicated to supporting cardiovascular research at Dalhousie Medical School in Nova Scotia and New Brunswick.

Dalhousie Medical Research Foundation’s (DMRF) annual fundraising campaign is named in honour of **Molly Moore**. Inspired by Molly’s first gift and her strong belief that “**if we all give what we can to support medical research, together we can make a big difference,**” DMRF launched the appeal in 1980. Generous gifts from donors like you have supported medical research ever since, **helping lead the way to new discoveries and better care.**

100% of every dollar raised through this year’s Molly Appeal will be devoted to collaborative cardiovascular research uniting researchers in New Brunswick and Nova Scotia in a shared mission. With your support, we and our colleagues will embark on a series of projects that will improve health care and quality of life for our patients, while working toward revolutionary new methods of preventing, diagnosing, treating and reversing heart disease in the future.

Past research has led to effective new drugs and procedures. Far fewer people are dying of heart disease in their 50s and 60s these days. Many are living better, well into their 70s, 80s and longer.

Randolph Da Costa, a 69-year-old with coronary artery disease, is doing well thanks to several procedures, an active lifestyle, and medications that help him manage his symptoms and risk.

Your support for the Molly Appeal will help us determine how we can work with patients before and after heart surgery to ensure the best results. It will also provide us with a bank of tissues, blood samples and clinical information, which will be an incredibly rich resource for studying many types of heart disease, from many different angles, for many years to come. *(cont’d)*



DALHOUSIE MEDICAL RESEARCH FOUNDATION

phone 902.494.3502 toll-free 1.888.866.6559 website: mollyappeal.ca

1-A1 Sir Charles Tupper Medical Building 5850 College Street, P.O. Box 15000, Halifax NS B3H 4R2



I support cardiovascular research with my gift of:

\$35 \$50 \$75 \$120 other \$_____

Name: _____

Street Address: _____

Town: _____ Province: _____

Postal code: _____ Phone: _____

E-mail: _____

Please make your cheque or money order payable to:

THE MOLLY APPEAL

I prefer to use my: VISA MC AMEX

Card Number: _____

Expiry Date: _____

SIGNATURE: _____

I prefer my donation to remain anonymous. I do not wish to have my name appear in the DMRF annual report or have my gift publicly acknowledged in any donor recognition program.

A postage-paid envelope is included for your convenience.

MA15U

Registered Charity BN# 11922 9318 RR0001



Our cardiovascular researchers will work together to:

- discover the biological mechanisms that lead to irregular heartbeats, scarring of the heart muscle, hardening of the arteries, and heart failure
- learn how diet, genetics, gender and other factors contribute to obesity, diabetes, heart disease and frailty
- develop sophisticated ways of assessing patients' frailty before cardiac surgery, so preparation, treatment and follow-up can be personalized to ensure their utmost safety and well-being
- learn how heart disease and frailty are different for men and women and how prevention and treatment could be customized to yield better results for everyone
- identify mechanisms that could be developed into groundbreaking new ways to diagnose, prevent, treat, manage and reverse heart disease—including genetic screening, gene and stem-cell therapies, and nanotechnologies.

Marc Drisdelle has a strong family history of heart disease and suffered his first heart attack at age 31. Now 44, he knows how crucial research is for him and for his adolescent son.

Heart disease continues to be the leading cause of disability and death in the Maritimes. It is up to all of us—citizens, researchers, clinicians—to help solve this urgent problem. Together, we can make the difference that leads the way to better care and better lives for our loved ones and ourselves, now and in the future.

Sincerely,

Dr. Ansar Hassan

Prof. Dept. Surgery, Div. Cardiac,
Dalhousie Faculty of Medicine
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Dr. Jean-François Légaré

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Dr. Robert Rose

Prof. Dept. Physiology & Biophysics
Dalhousie Faculty of Medicine
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P.S. Please give generously to this year's Molly Appeal, to save lives and support better care for the sake of all of our hearts.

Brittany Lawrence understands how research opens the door to living life fully, without fear.



Cardiovascular research put Brittany's heart and soul back on the dance floor.

Brittany loved to dance, until a congenital defect of her heart's electrical pathways got in the way. Thanks to improved diagnostics and less-invasive treatments, she's back teaching dance and working as a radiology technologist at the New Brunswick Heart Centre. This year's **Molly Appeal** is funding collaborative **cardiovascular research** at Dalhousie Medical School in Nova Scotia and New Brunswick. Now, that's what you call good dance partners!



For ways to help, please go to: mollyappeal.ca

MOLLY APPEAL MONTHLY CONTRIBUTIONS

I wish to make a monthly contribution of: \$10 \$15 \$20 \$25 other \$ _____

*Contributions will be processed on the 20th of each month.

Method of Payment: Pre-Authorized withdrawal (I have enclosed a void cheque)

Pre-Authorized payment VISA MasterCard AMEX

Card Number: _____ Exp. Date: _____

Signature: _____ Date signed: _____

This authorization may be cancelled/changed at any time upon written notice.

Allow 2 to 4 weeks for processing of first payment. You will receive one cumulative tax receipt at the end of each calendar year.

I have remembered the Foundation in my will.

Please send me information on writing my will.



Dalhousie 
MEDICAL RESEARCH
Foundation

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