



Heart  
&Stroke™

# A lifesaving gift, a legacy of hope

**Create your legacy today at Heart & Stroke and  
build a healthier future for generations to come**

I Love You



# Create your legacy at Heart & Stroke

Heart disease and stroke are a leading cause of death in Canada, **claiming a life every 7 minutes**. As long as lives are lost, there will always be a need for research, innovation, awareness and education – **but this cannot happen without you**.

A gift in your Will to Heart & Stroke will create a lifeline to a healthier future for all people across Canada. You can support the next medical breakthrough and create a future where **life is uninterrupted by heart disease and stroke**.

**Ken Scott**  
Leaving a legacy gift to Heart & Stroke



# Creating a legacy is within anyone's reach

A gift in your Will, no matter the size, will create a lasting legacy of hope for people in Canada – just ask Ken Scott.

When you meet Saanich, British Columbia resident Ken Scott for the first time, you can't help but notice his welcoming smile, gentle demeanor and his commitment to living an active lifestyle. At age 77, Ken is the epitome of someone who takes living a heart healthy lifestyle seriously – and he has a good reason.

When Ken's father, Ralph, was 70 years old, he had a heart attack. Thankfully, Ralph had a full recovery and lived to the incredible age of 97. Ralph's heart attack inspired Ken's mom, Dorothy, to become a Heart & Stroke canvasser to help fundraise in support of critical heart health research. Over the nine years Dorothy canvassed, Ken drove her on her canvassing rounds through central Saanich. Sadly, in 2016, Dorothy passed away at 92.

Today, Ken proudly displays the plaque that Dorothy received in 1999 for outstanding service. With a family history of heart disease and his mother's dedicated fundraising efforts, Ken understands how important it is to live a heart-healthy lifestyle and to help make a difference in the lives of other people affected by heart disease by raising awareness and funds.

**In this spirit of giving, Ken created his own legacy with a gift in his Will dedicated to Heart & Stroke. "When you are charitable, you help make the world a better place for everyone," says Ken.**

## Every legacy gift can save lives

Your legacy can **help us fund the research and innovation** needed to bring tomorrow's most important medical breakthroughs from the research lab directly to the recovery room for patients like Olivier.

Olivier Lanthier had his first cardiac arrest in 2019. He was 14 years old.

Unfortunately, Olivier was not new to heart disease. Diagnosed with heart failure at birth, he needed three open-heart surgeries before he was five.

"As a child, I thought that my scar proved that I was a superhero," says Olivier. "My parents always told me that I could try anything I wanted as long as there was no contact. So I played a bunch of sports, like hockey and baseball, but I had much less endurance and I was out of breath very quickly."

Olivier also had to deal with Wolff-Parkinson-White syndrome, an electrical problem between the chambers of his heart that led to episodes of tachycardia or speeding heart rate. "My heart could sometimes reach 260 beats per minute. I had to get shocks at the hospital to bring my heart rate back to normal."

At age 12, the tachycardia stopped so Olivier thought everything was fine. The respite ended abruptly one day at school, when he started feeling unwell. "I thought I was going to pass out."

In the following hours, Olivier had two more cardiac arrests. His heart was very unstable, so he had emergency surgery to implant a pacemaker using endovascular thrombectomy (EVT). This lifesaving stroke treatment pioneered by Heart & Stroke researcher Dr. Jacqueline Joza is now available in 25 hospitals across Canada and can reduce death from stroke by 50%.



**“ For you, it’s just everyday life. For me, it’s a life without restrictions, where anything is possible. ”**

**Olivier Lanthier**

A heart transplant saved his life

Two months after the operation, Olivier was still in the hospital. Despite the pacemaker, his heart continued to deteriorate. He needed a heart transplant. On the last possible day before he would have needed a mechanical heart, Olivier got the news that there was a heart for him. "It's impossible to put into words the emotions I was experiencing. It was the best day of my life!"

Today, Olivier, now 19, says he has a perfect life. His heart has given him new self-confidence. "For you, it's just everyday life. For me, it's a life without restrictions, where anything is possible. I can walk without being out of breath or worrying about fainting. I can even work out."

Looking back on everything he has been through, Olivier says that he wouldn't change anything, even if he could. "My heart problems have given me a different outlook on life. I know that I'm not invincible, but I have to live my life to the fullest.

With his parents by his side and his courageous outlook, Olivier can overcome anything and beat heart disease.

# Research is the backbone of any medical breakthrough

Since the 1950s, Heart & Stroke research funding has led to medical advances, including the first successful open-heart surgery, identification of the genetic link to premature heart disease and the discovery that babies can accept the hearts of mismatched donors.

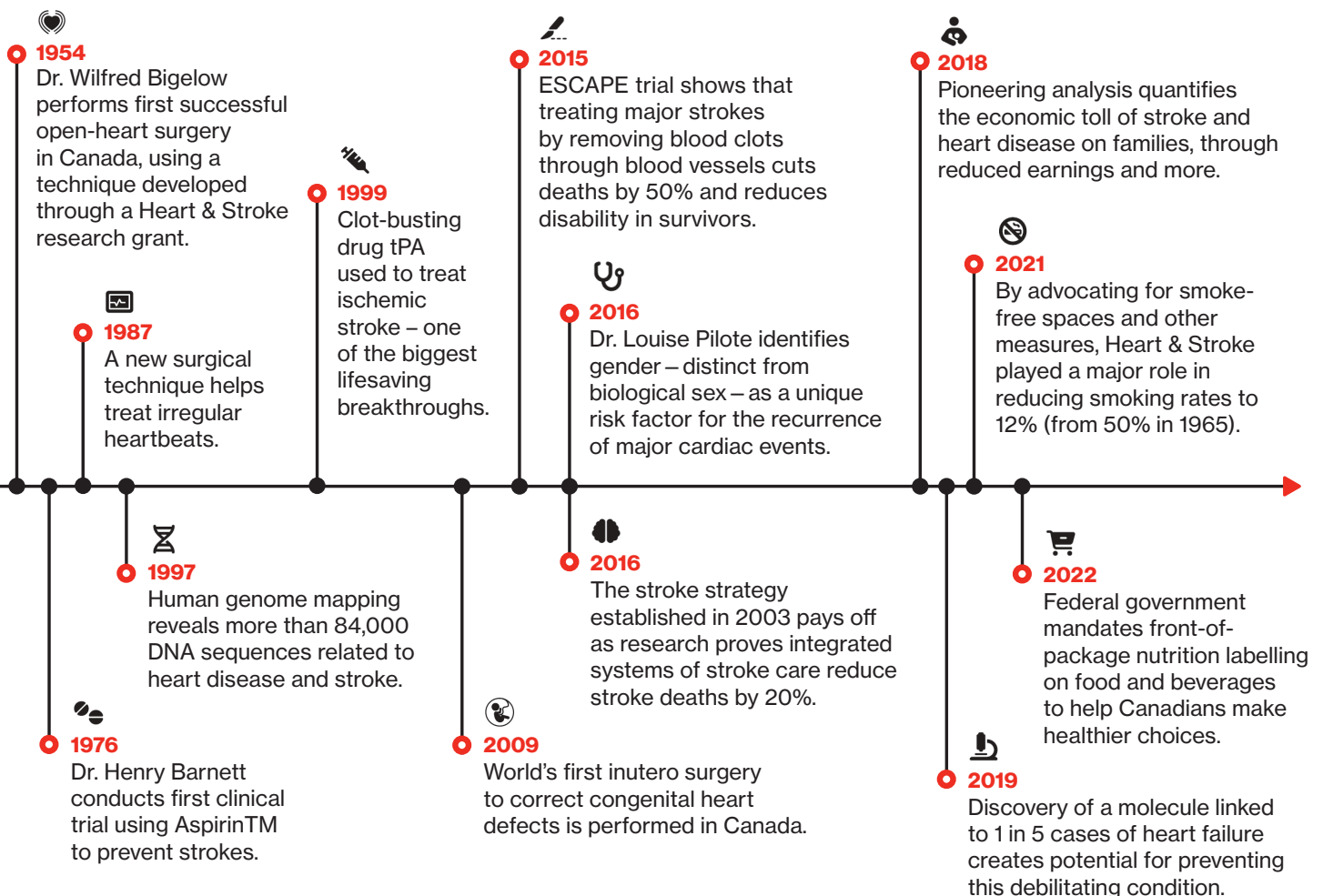
Heart & Stroke researchers are continuing on the path to new advances in many areas, such as improving outcomes for adult heart transplant patients, examining how protein can enhance outcomes in frail patients undergoing cardiac surgery, and the role of flaxseed in reducing the risk of heart failure in women who have taken breast cancer medication.



Over **\$1.7 Billion** invested in breakthrough heart and brain health research since 1952

## Breakthrough highlights since 1952

For over 70 years, Heart & Stroke has been dedicated to fighting heart disease and stroke. Our work has saved thousands of lives and improved the lives of millions of others. You'll probably run into someone today who is alive and well thanks to the countless people across Canada who have supported our cause with their time and donations.



# Join the fight to **beat** heart disease and stroke.

For more information, visit  
[heartandstroke.ca/legacygiving](https://heartandstroke.ca/legacygiving)



## Our legacy promise

Heart & Stroke guarantees that your legacy gift will be honoured according to your wishes. We are committed to responsible stewardship and investing your generous donation in a way that reflects your intention to support the organization's mission. We are dedicated to honouring your commitment to improving heart and brain health for people across Canada.



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