

A case for support | 2019



Quicker Diagnosis.  
Faster Treatment.  
Better Patient Care.

Through the HSC Foundation,  
you can help create  
this new reality.

## The Proposed Manitoba Urologic Centre

*Working toward enhanced care for men and women*



Health Sciences Centre  
**FOUNDATION**

**Simon is in his late 60s and lives in the north.** He has lived his whole life on the land. A hunter. A fisher. A passionate outdoorsman. At a local health centre in 2017, a catheter was inserted to empty his bladder while he waited for a TURP procedure at HSC to address his enlarged prostate. Despite the discomfort of the catheter, he still spent as much time outdoors as he could. On colder days, *the urine in his catheter would actually freeze.* He would have to retreat indoors to thaw the bag and tube with his hands. Even the simple pleasure of being outdoors was taken away from Simon while he **waited seven agonizing months** for his TURP. It's an unacceptable wait. With your support, we can ease the burden for patients like Simon.<sup>1</sup>

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**Donald is a retired sales manager.** In 2018, at the age of 73, he had trouble breathing. A doctor at a walk-in clinic said he had pneumonia and gave him antibiotics. Donald's breathing got worse to the point he had to sleep sitting up. He finally went to an emergency room and learned that he was retaining fluid. A catheter was inserted while he waited for his TURP. **Donald waited three months for the procedure and even got bumped once after checking in at a community hospital for the procedure.** For over three months he lived with the anxiety of having his bag leak; he needed help with showering; he avoided intimacy; he risked infection. With your support we can shorten wait times.

# Manitoba Urologic Centre

## The campaign in brief

- This is an \$8.2 million dollar campaign to develop and equip a **comprehensive, world-class urologic centre** at the Health Sciences Centre.
- The Manitoba Urologic Centre will occupy GH1, the unit that will soon be vacated by Interventional Angiography, which will move to a more suitable space on the HSC campus.
- The people treated in the Manitoba Urologic Centre will be patients requiring transurethral resection of the prostate (TURP); kidney stone removal; and treatment for certain types of bladder cancer, among other conditions.
- Currently, TURP and some kidney stone procedures are scheduled for conventional operating rooms. The waits are long, and **patients are often bumped** for emergency surgeries for life-threatening conditions.
- Under the current system with long wait times, patients typically need to make **multiple visits to the hospital for pain management** and other interventions. For rural and northern Manitobans, this is particularly disruptive and expensive.
- It is expected that about **10,000 patients a year** will visit the new Manitoba Urologic Centre. Up to 4,000 of these patients will undergo more timely procedures for urinary retention, kidney stones, and bladder cancer.
- **Wait times would likely drop from an average of four or five months to weeks and days.** For rural and northern patients, HSC would be able to work toward performing the required procedure on the same day they arrive at HSC.
- With your support, HSC urologists will have much less need for a conventional operating room, thereby increasing efficiencies at the hospital. **The reduced waits will also mean less stress and juggling for patients and their families, and less time off work.**



<sup>1</sup>Patient names in this document have been changed (as well as other potentially identifying information) to preserve the anonymity the patients have requested.

# Today. Tomorrow.

## Your support will significantly improve care

Broadly speaking, the proposed Manitoba Urologic Centre will serve three acute patient types:

1. Men who are **retaining urine**, typically due to an enlarged prostate.
2. Women and men with painful **kidney stones**.
3. Women and men with **bladder cancer**.

*These are among a myriad of other complex cases managed by HSC urologists.*



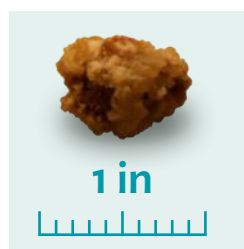
A C-arm machine, like the one pictured here, will provide effective imaging and allow for more precise, minimally invasive treatment. The walls in GH1 are already lined with lead, thereby allowing for the use of imaging equipment.

### Urinary Retention

As men get older, urinary retention and enlarged prostates are more common. Up to 30% of men in their 80s experience this condition.

**Today**, when a man comes to HSC unable to urinate, a catheter is typically inserted until a transurethral resection of the prostate (TURP) can be scheduled. The wait is typically four to five months due to demands on HSC operating rooms. During the wait, a patient experiences discomfort and anxiety, and risks infection. Home care is required for monitoring the catheter and replenishing supplies. Additionally, the bladder can become deconditioned and never recover.

**Tomorrow**, with the new Manitoba Urologic Centre in GH1, wait times will be reduced dramatically as TURP procedures will move to the new clinic space and will be performed under spinal anesthetic. Recovery is simplified with most patients going home the same or next day.



Kidney stones of all sizes can cause excruciating pain for patients. Without immediate, definitive treatment, patients risk infection and irreversible kidney damage.

### Kidney Stones

Kidney stones are formed when various chemicals and minerals crystallize into hard substances. The stones can be small enough to pass through urination, or so large that surgical procedures are required. Kidney stones cause severe pain, are increasingly common across the entire population, and, in recent decades, have markedly increased in prevalence and incidence among the elderly.<sup>2</sup>

**Today**, when a patient needs surgery to deal with kidney stones, the wait can be four to five months long.

During that time, a patient often requires narcotics for pain control and several trips to hospital. The pain is debilitating and many patients cannot work while they are waiting. The province has one "lithotripter" machine that can fragment stones into smaller pieces through shockwaves, but it is not suitable for all patients and one machine is not adequate to meet the demand.

**Tomorrow**, the new Manitoba Urologic Centre will feature procedure rooms with additional lithotripsy machines and other state-of-the-art equipment to perform "percutaneous nephrolithotomies", a procedure where certain stones can be removed through the skin using a local anesthetic and sedation. With the new Manitoba Urologic Centre, HSC will be able to provide definitive, complete, minimally invasive treatment of kidney stones with a significant reduction in wait times and days spent in hospital.

### Bladder Cancer

Patients who come to the emergency room with symptoms of bladder cancer—typically blood in the urine—often require a cystoscopy (a scope of the bladder) to arrive at an accurate diagnosis and a treatment plan. Nine out of 10 people with bladder cancer are over the age of 55; the average age at diagnosis is 73.<sup>3</sup> In 2017 in Canada, 6,700 men and 2,200 women were diagnosed with the disease.<sup>4</sup>

**Today**, the wait for this simple scope can be up to six weeks, thereby dangerously delaying the start of cancer treatment. Scopes are now performed in a conventional, high-demand operating room.

**Tomorrow**, the new Manitoba Urologic Centre will include space and new cystoscopy equipment. In the new centre, certain therapies will be administered and, for some patients, their tumours can be removed in whole or in part. For these patients, life will be extended and discomfort will be reduced as treatment will be offered in a more timely way than is possible now.

<sup>2</sup>Moudi, E. et al. (2017). Nephrolithiasis in elderly population; effect of demographic characteristics. *Journal of Nephropathology*. Mar; 6(2): 63–68.

<sup>3</sup>American Cancer Society

<sup>4</sup>Canadian Cancer Society

With your support, the new Manitoba Urologic Centre will allow HSC to:

- Treat **more patients** with urologic conditions;
- Treat patients **much sooner** than is possible now;
- Offer **more effective** treatment, and more treatment options.

Your support will allow HSC to:

- Develop new clinic space, enhanced procedure rooms, and recovery rooms;
- Purchase new lithotripsy equipment, percutaneous nephrolithotomy equipment, and new imaging equipment;
- Produce remarkable efficiencies and cost savings for the health care system.

Your support will make better urologic care a reality.

**Your gift will change lives.**

*About the Health Sciences Centre Foundation:*

Health Sciences Centre is Manitoba's flagship hospital with specialized support for trauma, neurosurgery, burns, transplants, and psychiatric health. Donations to the HSC Foundation enable HSC to improve care in these and other areas through important research initiatives, training opportunities for health care staff, the acquisition of cutting-edge medical equipment, and the development of new state-of-the-art facilities.



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