

# Research Update

Stay informed with news from Heart & Stroke

## NATIONAL

### 2019/20 Heart & Stroke Research Competitions are now OPEN!

The 2019/20 Heart & Stroke suite of research competitions were made available on the Heart & Stroke research website on June 29, 2018. Please follow the links below to access guidelines and application forms:

- [Grants-in-Aid](#)
- Personnel Awards:
  - [National New Investigator Award](#)
  - [Ontario Clinician Scientist Phase I & II Award](#)
  - [Ontario Mid-Career Investigator Award](#)
  - [Alberta New Investigator Award](#)

### Heart & Stroke Research Program update

Heart & Stroke has undertaken a strategy renewal initiative, touching all aspects of our mission, to set the future direction for the organization. While specifics of the strategic plan are still in development, we wanted the heart and stroke research community to know the broad themes of the coming research transformation in advance of the release of the strategic plan. Our vision for change is substantial.

Two things of note:

- There will be no changes to the 2019-2020 research competitions; changes will begin to roll out in 2019
- Our commitment to research excellence through peer review and investigator-initiated research will continue to be key principles of our research program

We encourage you to visit [hsf.ca/research](https://hsf.ca/research) to learn more, and as always, we welcome your questions and input at [research@heartandstroke.ca](mailto:research@heartandstroke.ca).

### Lives Disrupted: The Impact of Stroke on Women

The 2018 Stroke Report, [Lives Disrupted: The Impact of Stroke on Women](#), released last month, highlights how stroke disproportionately affects women. More women die of stroke, women have worse outcomes after stroke, more women are living with the effects of stroke and they face more challenges as they recover. Stroke also disrupts women's lives. It affects their roles at home, at work, and in



Lisa Meeches, stroke survivor

the community. It strains their relationships and threatens their independence.

Stroke affects women differently from men and they are at higher risk at key stages: during pregnancy, after menopause, and when they are elderly; some women are at greater risk than others.

Women experiencing stroke are often at a disadvantage. Many are under-aware of the signs and their personal risk factors. They do not always benefit equally from treatment and care, and they are under-supported in their recoveries with fewer opportunities for rehabilitation. They are also under-represented in stroke research, especially older women who face the greatest burden.

Differences between women's and men's brain health are just starting to be understood. Opportunities exist across the continuum of stroke care to better understand these differences and ensure equity for women's brain health. To learn more, please visit [heartandstroke.ca/strokereport](http://heartandstroke.ca/strokereport).

### **11th World Stroke Congress**

The 11<sup>th</sup> World Stroke Congress will provide a state of the art experience for stroke professionals, researchers and policy makers. An unparalleled educational and scientific program has been designed, covering epidemiology, prevention, acute care and stroke recovery.

The World Stroke Organization and the Canadian Stroke Consortium are excited to host leading experts in an international atmosphere surrounded by friends and colleagues in Montreal (Quebec) from October 17-20, 2018. [Register today](#) to learn about the latest science, exciting sessions and enjoy a taste of French-Canadian culture!

### **2018 Canadian Cardiovascular Congress**

The 2018 Canadian Cardiovascular Congress (CCC) is being held at the Metro Toronto Convention Centre in Toronto, ON from Saturday, October 20 to Tuesday, October 23, 2018.

Year after year, CCC continues to grow by bringing returning and new delegates to different locations across the country. Attendees say it's the most essential networking event of the year and the best opportunity to stay up-to-date on the latest Canadian research, policy and practice in the field, making it clear why it's one of Canada's longest running medical meetings.

Take advantage of [early registration rates](#) until August 7, 2018!

## **NOVA SCOTIA**

### **Applications are in for the 2018/19 *BrightRed Student Research Awards!***

Each year Heart & Stroke in Nova Scotia recognizes five excellent emerging heart and stroke researchers at differing stages of their career development. The *BrightRed Student Research Awards* provide financial support to students and trainees enrolled in research-based masters, doctoral, postdoctoral and doctor of medicine training programs at academic institutions in Nova Scotia. The impact of the awards is evident as recipients have gone on to show their support for Heart & Stroke through donating, volunteering or offering their expertise on the Research Advisory Council.

This year, a number of outstanding applications were submitted. Investigator topics ranged across a number of subject areas including: acute intervention, recovery, rehabilitation and reintegration, and health promotion.

Recipients of the awards will be notified in late June, followed by an announcement. For updates on the selected recipients of the Nova Scotia *BrightRed Student Research Awards* 2018/19 stay tuned to Heart & Stroke's social channels!

To celebrate and acknowledge these emerging investigators, the annual *BrightRed Research Reception* is planned for the afternoon of **Tuesday, November 20, 2018**, when Heart & Stroke donors, volunteers and friends are invited to attend and experience first-hand how research is supported.

## ONTARIO

### Heart & Stroke Clinical Update 2018: Emerging evidence that will change your practice

Through invigorating and engaging sessions by renowned researchers and experts from multiple disciplines, the Heart & Stroke Clinical Update will offer practical pearls, research updates and best practice discussions for the prevention and management of cardiovascular and cerebrovascular disease.

Learn what healthcare practitioners value most about this CPD event. Save your seat today while early bird rates are in effect and share with peers.

December 7-8, 2018  
Hilton Toronto Downtown Hotel  
145 Richmond Street West, Toronto  
[www.clinicalupdate.ca](http://www.clinicalupdate.ca)

## ALBERTA



*Dr. Sandra Davidge bringing research alive at the U of A Research To Life Tour*

### 2018 Heart & Stroke / University of Alberta and University of Calgary Research to Life Tours

The annual *Research To Life Tours* at the University of Calgary and University of Alberta deeply connect our donors and supporters to our mission by tangibly demonstrating how Heart & Stroke-funded research is making a difference in the lives of Canadians. In 2018, 192 enthusiastic guests enjoyed an up-close look at outstanding research underway in Alberta.

In total, guests toured 18 state-of-the-art research labs where researchers showcased sophisticated 3D imaging of the heart, mechanism of prevention of heart rejection following transplantation, the role of diet and exercise in prevention,

genetically engineered tissue-patches and ground-breaking research advancements that continue to save lives. Our heartfelt thank-you to the University of Calgary and University of Alberta planning teams who dedicated hours in delivering these important stewardship events in collaboration with foundation employees and to all researchers who deeply inspired and motivated our donors and supporters.

### Alberta Research Advisory Committee

The Alberta Research Advisory Committee provides expertise and strategic advisement for Alberta research investment. We welcome the new Alberta RAC chair – **Dr. Sean Dukelow** Associate Professor, Department of Clinical Neuroscience at the University of Calgary and Medical Director of Stroke Rehabilitation for the Calgary Stroke Program. Our sincere thanks to **Dr. Gary Lopaschuk** for his long-standing leadership as the chair and his service now as the past chair.

Members include Heart & Stroke research leaders, representing a broad range of disciplines, expertise and experience. We are very pleased to introduce the following RAC members in 2018:

- Dr. Sean Dukelow (Chair)
- Dr. Gary Lopaschuk (Past chair)
- Dr. Shelagh Coutts
- Dr. Margie Davenport
- Dr. Derek Exner
- Dr. Ed O'Brien
- Dr. Doreen Rabi
- Dr. Kim Raine
- Dr. John Spence
- Dr. Stephen Wilton



*Dr. Sean Dukelow, RAC Chair*

## BRITISH COLUMBIA & YUKON

### Research lab tours

On Tuesday March 15, the Heart & Stroke office of British Columbia & Yukon (BCY) hosted a research presentation and tour with **Dr. Tara Sedlak** at the Leslie Diamond Women's Heart Health Centre in Vancouver. Dr. Sedlak shared her practice and research on women's heart health and provided a tour of the women's heart clinic. In pursuing this avenue of research, she looks into how patient outcomes are affected by factors such as the care received for heart attacks at different hospitals, demographics and medication use. Results from Dr. Sedlak's work shed more light on sex-specific differences dictating the cardiovascular outcomes of women, facilitating better patient care and improved quality of life.



*Dr. Tara Sedlak leading the lab tour*



*Drs. Krahn and Lauck with tour participants*

On Monday May 14, a research presentation with **Dr. Andrew Krahn and Dr. Sandra Lauck** was held. Drs. Krahn and Lauck shared some of the recent advances in cardiology and how their positions are helping to advance care, treatment and research in heart disease.

Dr. Krahn is an expert in the management of cardiac arrhythmias (irregular heartbeats) and since 2012 he has been the head of the UBC Division of Cardiology, thanks to a partnership with Heart & Stroke, UBC, VGH and Providence Health, Cardiac Services. Dr. Krahn holds the Heart & Stroke Foundation of BC & Yukon Chair in Cardiology. Dr. Krahn's responsibility for building research and teaching capacity in cardiology will extend across the entire province.

In addition, Dr. Krahn undertook a national study funded by Heart & Stroke that detected rare genetic conditions in children and adults who have experienced sudden cardiac arrest, as well as family members who appear perfectly healthy. Once a genetic condition is identified, a potentially fatal cardiac arrest can be prevented through medication or implantable defibrillators.

Dr. Sandra Lauck combines her responsibilities as clinical nurse specialist of the Transcatheter Heart Valve Program at St. Paul's Hospital and her clinical leadership of the BC Structural Heart Program in her role as clinician scientist at the Centre for Heart Valve Innovation. Her program of research is focused on the delivery of health services to support the implementation of innovative approaches to cardiac disease, and the study of patients' experiences of minimally invasive treatment of valvular heart disease. In 2017, Dr. Lauck was selected to hold the St. Paul's Hospital and Heart & Stroke Foundation Professorship in Cardiovascular Nursing at UBC. This professorship will advance nursing research and education collaboration between university and hospital, to enhance cardiovascular nursing care at St. Paul's and across Canada between university and hospital. It will also help ensure future generations of nurses receive leading-edge practice education that improves cardiovascular health outcomes.



*Dr. Christiane Hoppmann during her research presentation*

On Monday, June 18, the Heart & Stroke BCY office hosted a research presentation on stroke and Dr. Christiane Hoppmann's PULSE study at the UBC Faculty of Psychology in Vancouver. Dr. Hoppmann is a UBC associate professor, department of psychology, and the Canada Research Chair in health and adult development. Her research examines how key psychological factors such as social relationships and goals contribute to the successful mastery of challenges and foster healthy aging. Her projects involve in-depth investigations of everyday processes using novel daily life assessments ('time-sampling') and track how such everyday life processes accumulate over time to manifest in long-term health outcomes. Dr. Hoppmann's research is currently funded by the Canadian Institutes of Health Research, the Social Sciences and Humanities Research Council of Canada, the Heart and Stroke Foundation of Canada, and the German Research Foundation. Almost all of her research is done collaboratively with different disciplines, local stakeholders and community organizations, and researchers from other Canadian and international universities.