



*Your Impact
in Action*

ADVANCING PREGNANCY
& NEWBORN CARE

See what care can do
for pregnant patients and babies

Thank you for supporting pregnant patients and babies



Founded through the tireless efforts of a group of women who canvassed door-to-door, collecting nickels and dimes to establish a maternity and convalescent home that would support the unmet needs of Toronto's immigrant communities, Mount Sinai Hospital was born a century ago.

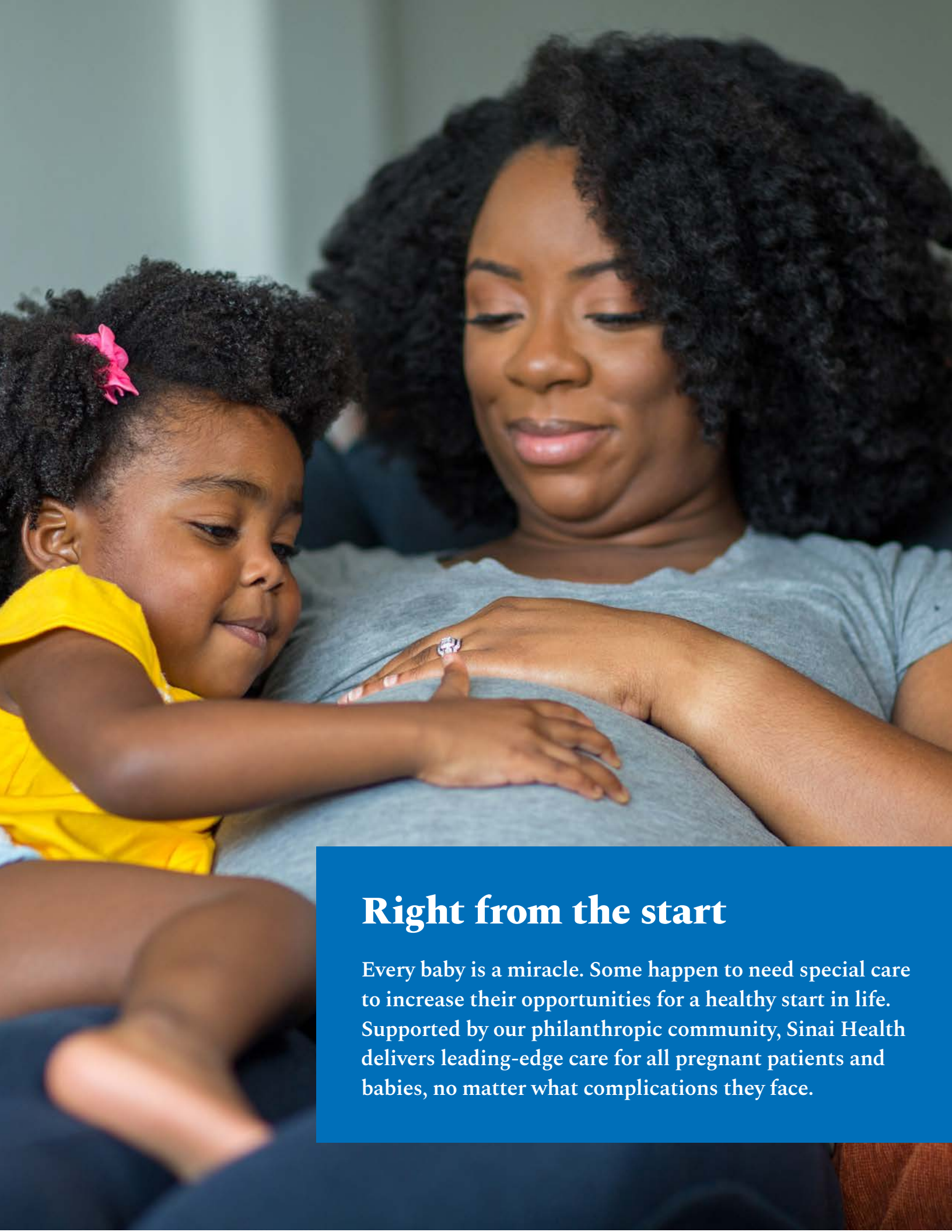
Over the last 100 years, philanthropy has continued to power the hospital's growth into one of Canada's largest and busiest birthing centres. With expertise ranging from fertility to general obstetrics and specialized care for every imaginable pregnancy complication, to leading-edge care for pre-term and critically ill newborns, Sinai Health's **Frances Bloomberg Centre for Women's and Infants' Health** stands today as one of only a small handful worldwide offering truly comprehensive pregnancy and newborn care.

As outlined in the following report, your generosity — together with the support of other donors — continues to strengthen our ability to deliver world-class care for pregnant patients and babies in our community and from across Canada, while advancing standards to benefit patients and families around the world.

As we pause to mark this centennial year, there is no better time to thank you for your generous support. We truly could not do it without you.

Dr. Mathew Sermer
Obstetrician and
Gynaecologist-in-Chief

Dr. Prakesh Shah
Paediatrician-in-Chief



Right from the start

Every baby is a miracle. Some happen to need special care to increase their opportunities for a healthy start in life. Supported by our philanthropic community, Sinai Health delivers leading-edge care for all pregnant patients and babies, no matter what complications they face.



Dr. Sebastian
Hobson

“ Beyond the training and research they support, donors are helping us make these complications less frightening for pregnant patients and their families. That’s also very important to our patients’ wellbeing. ”

Dr. Sebastian Hobson, Head of Obstetrics

Advancing care for high-risk pregnancies

Of the more than 7,000 babies born at Mount Sinai Hospital each year, nearly two-thirds are from pregnancies deemed high-risk.

Pre-existing health issues in patients who are pregnant or planning to become pregnant, are among the factors that can heighten pregnancy risk. New medical concerns can also emerge in otherwise healthy individuals, after they conceive.

From cancer to heart disease, obesity, neurological disorders or rare blood conditions, our maternal-fetal medicine specialists are experts in navigating the complexities of treatment when the health of pregnant patients and their babies hang in balance.

Supporting the leadership of Sinai Health’s maternal-fetal medicine team, the newly established **Canerector Foundation Research Chair in Medical Disorders in Pregnancy** will advance research, education, and patient care in these and other pregnancy complications.

Dr. John Kingdom, the inaugural chairholder, specializes in complications associated with

the placenta – the organ responsible for nourishing the baby and ensuring successful pregnancy progression.

Supported by many grateful patients, Sinai Health’s Placenta Clinic provides expert assessment, monitoring and delivery planning to minimize pre-term birth and the life-threatening risks associated with fetal growth restriction, high blood pressure in pregnancy (pre-eclampsia) or premature placental separation (abruption).

Some placental conditions require expert surgical management during Caesarian-section delivery, to restrict life-threatening blood loss or other complications. A generous contribution from **Jordan Prokopy and Matthew Killi** supports Sinai Health’s unique Fellowship program in Complex Obstetric Surgery, which is training the next generation of experts from across Canada and around the world in this important and growing field.

Life-saving care for babies before they're born



Mount Sinai Hospital serves as the home site for the Ontario Fetal Centre (OFC). Formalizing a longstanding collaboration between Sinai Health's fetal therapists and specialists from SickKids, the OFC was established in 2018 to improve access to life-saving medical and surgical fetal therapies for patients from across Canada.

Thanks to a recent gift from **the Drimmer Family**, the OFC has recently acquired a new, ultra-premium imaging platform. This high-tech ultrasound unit is enabling our fetal therapists to visualize their patients more clearly, supporting faster, more accurate diagnosis of fetal conditions and facilitating precise placement of instruments for therapies delivered directly into the womb.

Swing for Sinai

On June 20, 2023, young professionals across Tech, Real Estate, Professional Services and Retail/Marketing came together to compete at Toronto's annual Battle of the Business golf tournament in support of Mount Sinai Hospital.

Together through the 2023 tournament, they raised over \$104,000 to support the Ontario Fetal Centre. We are grateful!



Dr. Paul Bernstein



“ I love Dr. Bernstein. So does every other woman I have ever met who has ever been in his care.

He’s the father you never had, the guardian angel watching over you and your baby, the constant calm bringer of light, reminding you that there is a world outside of your anxious pregnancy. ”

Sarah Polley, OC
Actress, director and writer

Leading the way in general obstetrics and routine pregnancy care

While high-risk pregnancies account for the many babies born at Mount Sinai Hospital, our obstetrics program is also proud to deliver general obstetric care. Many families appreciate knowing their care is the hands of highly skilled experts.

Supported by numerous grateful patients, the Dr. Paul Bernstein Mount Sinai 100 Chair in Mother and Baby Care honours one of the hospital’s most beloved general obstetricians. Dr. Bernstein helped deliver over 15,000 babies during his 40+ year career – including Mount Sinai Hospital’s first quintuplets.

Focusing on leadership in general obstetrics, Bernstein chairholders will rotate to support other fields and specializations that care for patients in labour, such as obstetric anaesthesia.

The birth of a child is a life-changing moment, and at Sinai Health we strive to deliver the best possible care for every pregnant patient and baby. Many family members and close friends choose to honour and celebrate a new baby with a gift to our Labour of Love program. Through the generosity of **David and Stacey Cynamon**, Labour of Love gifts are matched to double their impact.

Your generosity enhances Sinai Health’s ability to discover and deliver excellent care for babies and families. Thank you for your generous support.



Supporting the tiniest patients

The Newton Glassman Charitable Foundation Neonatal Intensive Care Unit (NICU) cares for 1,200 babies each year. This includes babies who underwent surgery before they were born, as well as some of Canada's smallest newborns.

A father hand-feeds his preemie in Mount Sinai's **Newton Glassman Charitable Foundation NICU**

Dr. Shoo Lee



Through the generous contributions of several grateful families and other donors, the Dr. Shoo Lee Mount Sinai 100 Chair in Neonatology will provide enduring support for our continuing research leadership, powering future advances in care for pre-term and other critically ill newborns.

Championing Quality Improvement in NICU Care

Through pioneering initiatives – such as the establishment of the **Rogers Hixon Ontario Human Milk Bank** and the development and launch of an innovative model of family integrated NICU care now employed by hospitals across Canada, Australia, the United Kingdom and the United States – Sinai Health experts are improving NICU care for babies in Toronto, across Canada and around the world.

Sinai Health's Maternal-Infant Care Research Centre (MiCare) serves as the coordinating hub for a number of national and international networks dedicated to sharing clinical outcomes data and quality improvement (QI) research. These include the Canadian Neonatal Network (CNN), Canadian Preterm Birth Network (CPTBN), Neonatal Hemodynamic Research Center (NHRC) and the International Network for Evaluation of Outcomes (iNeo) in neonates.

QI initiatives led by our experts have helped extremely preterm and other critically ill newborns survive and go home sooner, with significantly lower rates of life-threatening gut complications, vision problems (retinopathy of prematurity) and chronic lung disease.

Over the past two decades, these initiatives have helped Canada's smallest and most fragile preemies achieve a **25% improvement in survival without major health complications**. These results place Canada first among peer countries to experience such a significant improvement in preemie outcomes during this period – testament to the leadership and impact made possible by our donors.



Point-of-care, ultra-high frequency ultrasound brings the highest resolution imaging to the bedside, enabling our NICU team to diagnose health issues with minimal disruption to the smallest, most fragile preemies.

What's Next: Neuro Critical Care

Discharge from the NICU is often thought to be end of an ordeal, yet for too many families it's only the beginning.

Developmental milestones such as rolling over, sitting up, crawling, first steps and first words hold deeper significance when a baby faces heightened risks for developmental delay and disability that may take years to emerge.

That's why our experts are now focusing on developing a new tier of highly specialized care for the smallest and most fragile newborns—the ones who face highest risk for lifelong disability as a result of the bleeding to which tiny newborn brains are most prone.

A generous contribution from **Moray and Joanne Tawse** has helped equip the NICU with state-of-the-art, point-of-care infant ultrasounds and specialized newborn imaging technology. These tools enable our newborn care specialists to rapidly detect, diagnose and intervene to manage emerging concerns.

In time, the NICU team hopes their research and learnings from these technologies will translate into more accurate prognosis and timely support to help babies grow up healthy.

One especially grateful family is also stepping up to extend their support for the vision of our NICU team with their fourth annual **Maliyah's Hike**. Coinciding this year with World Prematurity Day, the Riches family is marking Mount Sinai's centennial anniversary with a 100 km hike along the Humber River to raise funds in support upgrading the NICU's fleet of newborn monitors with state-of-the-art, non-invasive brain activity measuring technology.

The hike is named for Maliyah Abigail Riches, who was healthy and robust enough to be discharged home with her family after two weeks of round-the-clock intensive care.

Fostering collaboration and knowledge exchange with tomorrow's NICU leaders

Recognizing the benefits of national and international knowledge exchange, as well as the NICU's global leadership, several donors have stepped forward to foster new and continued collaborations through MiCare, as well as international research and training initiatives.

In addition to their extraordinary support for the Dr. Shoo Lee Mount Sinai 100 Chair, **the Drimmer Family** have also made a generous contribution towards neonatal research and advancement of academic activity in the NICU. This includes MiCare's national and international research collaborations to better understand how different practices and risks affect long-term outcomes of preterm infants.

The **Moez and Marissa Kassam Fellowship Program** is an exciting partnership that provides opportunities for neonatologists from South Asian countries to deepen their clinical skills and experience in our NICU.

In addition to sharing our expertise with future clinical leaders from India, Pakistan, Sri Lanka, Bangladesh and other countries, these Fellows contribute their valuable knowledge and insights to Mount Sinai's NICU team, enhancing the care and support we provide to patients from South Asian communities.

Your support for Mount Sinai's NICU and the MiCare research centre touches countless tiny lives across Canada and around the world. We couldn't do it without you.



Renewing hope

Supported by the generosity of our community, Sinai Health offers counselling and support for patients who are struggling to conceive, as well as those seeking insight and information to inform future family planning.



Advancing prenatal genetic diagnosis



“ Until now, Canada has not had this kind of power in the hands of a clinical lab. We’re grateful to be able to provide timely answers and hope for more families. ”

Dr. David Chitayat, Head,
Prenatal Diagnosis & Medical Genetics

In Canada, about 1 in 25 babies is born each year with a congenital anomaly – commonly known as a birth defect. There are several hundred separate congenital anomalies and, for most of them, the cause is unknown.

Birth defects are a leading cause of miscarriage, stillbirth and infant death, bringing untold heartache to too many expecting parents each year.

Sinai Health’s Prenatal Diagnosis and Medical Genetics Program is a leader in providing anxious couples with answers: answers that can tip the balance when faced with difficult treatment choices; answers that offer hope for couples looking to try again; and, sometimes, answers that help our newborn care specialists zero in on treatment to set a critically ill baby on the path to better health.

Uncovering the genetic underpinnings of disease

For decades, scientists have studied human DNA, seeking the genetic mutations that lead to birth defects and heritable disease. In early days, this work cast light on illnesses like cystic fibrosis and Huntington’s disease, which are caused by a single, aberrant gene.

Yet scientists now know that many genetic conditions arise from the collusion of tens or even hundreds of genes. Sophisticated technology is required to uncover the genetic causes at the root of these conditions.

Thanks to the generosity of an anonymous donor, the Prenatal Diagnosis and Medical Genetics Program has acquired two of the most powerful genetic sequencers available today. Using this technology to perform comprehensive fetal genomic analyses, the team is now able to bring Sinai Health families more fulsome answers. Leveraging the new sequencers and their expertise, they are also working to secure pilot funding to make more accessible and timely prenatal sequencing available to families all across Canada.



Dr. Jonathon Solnik prepares the da Vinci Xi surgical robot to perform a minimally invasive gynaecologic surgery

Cutting-edge surgery for infertility

One in six couples experience infertility in Canada. Endometriosis, scarring and fibroid tumours are some of the common gynecologic conditions that can interfere with conception.

Sinai Health's gynecologic surgeons are highly skilled in the minimally invasive procedures often employed to treat these conditions. In addition to restoring patients' fertility, these approaches are associated with faster, less painful recovery.

Through the generosity of the **Krawczyk Family Foundation** and the **Honey & Barry Sherman Legacy Foundation**, Mount Sinai Hospital recently acquired the most advanced surgical robotic system in Toronto – the fourth generation da Vinci XI.

"We now have the ultimate tool to conduct cutting-edge surgery," says Dr. Jonathon Solnik, Head of Gynaecology. "It elevates the profile of our world-class program in advanced gynaecologic surgery, attracting talented trainees and future leaders to help deliver care for our patients."



Your Impact in Action by the numbers:

7,000+

babies born at Mount Sinai
each year (2/3 delivered from
high-risk pregnancies)

35,000

clinic visits supported
annually by our maternal-fetal
medicine specialists

2,000

therapeutic procedures
performed annually on
developing babies before
they're born

1,200

pre-term and critically ill
babies admitted to the
Glassman NICU each year



For more information, please contact:

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