



HEART &
STROKE
FOUNDATION

RESEARCH UPDATE

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OCTOBER 2016

NATIONAL UPDATE

Heart & Stroke research planning update

Thank you to the many researchers who've given us your thoughtful and considerable feedback as we work towards an updated strategic plan for Heart & Stroke research – focused on impact and sustainability. All input has been taken into careful consideration and has been fundamental as we continue to develop the strategy.

Our consultation process to date has been extensive. We've heard from you in many ways – including in a survey of 300 researchers in an electronic survey, face-to-face consultation sessions with close to 200 researchers, meetings with the Alberta and Ontario research advisory committees, presentations at the SRC meeting, engagement of staff and volunteer leaders from across the country, interviews with external research innovation experts and a cabinet of research leaders, and meetings at our Congresses.

In June, the Heart & Stroke board unanimously supported the framework of a new strategy – one which reflects what we heard from the researcher community – recognizing that further refinement will continue throughout the planning and implementation process. There will be no immediate changes to the Heart & Stroke research programs. As we progress, we will be mindful of the need for a realistic pace to introducing changes.

Research is at the core of Heart & Stroke. Our mission is urgent. We look forward to working together as we work towards this new, transformative approach to fostering research excellence in partnership with researchers and partners.

Don't miss our research webinar!

Did you miss the webinar earlier this week? Don't fret – there are still two sessions to come!

This one-hour webinar is an opportunity for you to hear more about the high level strategy, and provide input into the best way to organize and describe our research funding.

Click on the registration links below to sign up for the webinar date/time of your choice:

- Tuesday, November 1, 2016 from 10:30am ET to 11:30am EDT: Register [here](#).
- Thursday, November 3, 2016 from 3:00pm ET to 4:00pm EDT: Register [here](#).

2016/17 Competition Results

Competition results are now available on the Foundation's research website. Please follow the links below to view the competition results for each national HSF research program that was launched in 2015.

- **Grants-in-Aid**
93 new grants have been funded, with a funding success rate of **21 percent**. These newly awarded grants-in-aid represent a research investment of **\$21.9M** over the next three years.
- **Emerging Research Leaders Initiative**
The Emerging Research Leaders Initiative competition has led to the funding of **6 new grants**.
- **Personnel Awards**
A total of **11** personnel awards have been funded. This includes award recipients from the **National Personnel Awards** competition, as well as **provincial personnel awards**.

Congratulations to all grant and award recipients!

2016/17 Barnett Scholar

Heart & Stroke's Henry J. M. Barnett Scholarship is presented annually to a highly rated investigator working in the area of cerebrovascular research. This prestigious award was established to honour Dr. Henry J. M. Barnett's exceptional contributions to stroke research, education, and patient care in Canada. **Congratulations to Dr. Claudine Gauthier, the 2016/17 Barnett Scholar!**

2016/17 McDonald Scholar

The McDonald Scholarship was established in honour of Mr. Ewing (Mac) McDonald, Heart & Stroke's Executive Director from 1968 to 1987. Each year, the scholarship is awarded to the highest-rated applicant in the New Investigator competition. **Join us in congratulating Dr. Alexander Quinn, the 2016/17 McDonald Scholar!**

2014/15 Annual Research Report – available now!

Stay up to date with Heart & Stroke's research investments by viewing our annual research report, available on our [website](#).

Spotlight on Heart & Stroke scientists

Personal bar codes to prevent stroke: Dr. Guillaume Paré



Dr. Guillaume Paré

Researchers have discovered 10 genes that are associated with stroke. What if they could isolate the genes that put apparently healthy young people at risk of stroke? That's what **Dr. Guillaume Paré** and his research team at McMaster University are trying to do, supported by funds from Heart & Stroke donors.

They've already homed in on one mutation known as Notch 3, which shows up in many stroke survivors. Dr. Paré and his

team believe it could explain a number of young stroke cases. An estimated 0.3 per cent of Canadians – nearly 100,000 people – are living with the Notch 3 mutation. It increases stroke risk 2-3 fold, and makes carriers more vulnerable to hemorrhagic stroke.

His aim is to develop an individualized approach to reduce the risk in affected families. What about patients without a complete picture of their family history? Genetic screening will eventually help fill in the gaps.

"It's great being a physician and seeing one patient at a time, what's fantastic about being a researcher is being able to impact medical practice," says Dr. Paré. "It's like seeing 1,000 patients at a time."

As this body of work continues, we look forward to a time when this knowledge can be used to develop customized prevention and treatment plans to prevent stroke.

Watch our *Bringing Research to Life* [**video series with Dr. Paré**](#) where he explains his research in genetics and molecular epidemiology.

The Foundation's Bringing Research to Life video series features Heart & Stroke research that is at the forefront of protecting life's core: our hearts and brains. Our 850 Heart & Stroke researchers across Canada are a testament to the Canadian research community's commitment to scientific excellence and dedication in the Race to Save Lives.

2015 Report to Donors

Read about the life-saving innovations made possible our donors' generosity in 2015.

How our experts stay heart healthy

What's the secret to living a long and healthy life? It's no secret at all! A healthy lifestyle helps prevent 80 per cent of premature heart disease and stroke—leading killers of Canadians. And it's never too late to start leading a healthier life. We asked Heart & Stroke researchers for their top prevention tips. Visit our [**blog**](#) to see what they had to say.

QUÉBEC UPDATE

On October 13 2016, at the Québec Heart event, seven outstanding researchers received an award of excellence in research, an annual distinction granted by the Heart and Stroke Foundation, Québec, to highlight their exceptional work in cardiovascular and cerebrovascular health.

This year's award recipients include:

- **Dr. Céline Fiset**, from the Montreal Heart Institute, received the Jean Coutu Group award of excellence, given to an experienced researcher for its project on cardiac arrhythmia.
- **Dr. Marc Servant**, from the Université de Montréal, received the RBC Royal Bank award of excellence, awarded to a skilled researcher working on cardiovascular research.
- **Dr. Charles Bourque** received the John-J.-Day award of excellence, granted annually to the researcher from McGill University who received the highest evaluation at the grant-in-aid competition in cardiovascular research.

- **Dr. Catherine Martel**, from the Montreal Heart Institute, received the Jacques-de Champlain Foundation award of excellence, presented to a young skilled researcher.
- **Dr Norbert Schmitz**, from the Douglas Mental Health University Institute, received The Henry and Berenice Kaufmann Foundation award of excellence for his research project.#
- **Dr Nicolas Noiseux**, from the CHUM, received the Tony Molluso award of excellence for his research project on heart disease.
- **Dr Bruno Larrivée**, from the Maisonneuve-Rosemont Hospital, received the Louise Rousselle Trottier award of excellence presented to a young skilled researcher who received the highest evaluation at the grant-in-aid competition in cardiovascular research.

Congratulations to all award recipients!