

## John Yap, MLA Richmond-Steveston

My name is John Yap and I'm the Member of the Legislative Assembly (MLA) for the Richmond-Steveston community. In December 2014, when I started having trouble walking more than two blocks before needing a rest, I took this as a clue that something was very wrong. My family doctor recommended that I see Dr. Andrew Jakubowski, one of Richmond Hospital's caring and compassionate cardiologists. Dr. Jakubowski very quickly diagnosed me with a blocked artery condition and scheduled an angiogram for me. I learned that I had 11 blockages—up to 90% in some areas of my arteries—and was set up for a quintuple bypass surgery.



**John Yap, MLA in Richmond-Steveston is grateful that Richmond Hospital's Healthy Heart Program gave him a new lease on life.**

My surgery was a huge success, but afterwards, I was weaker than I'd ever been before and fighting a lot of pain. I was anxious as I tried to remember what it was like to feel normal, and I knew I needed to build new, healthy habits so that I'd never have to endure something like this again. But I couldn't do it alone. Dr. Jakubowski highly recommended Richmond Hospital's Healthy Heart Program for my rehabilitation and because of the people in the program, I gained the strength to change my lifestyle and a new outlook on life. Would you please give generously today to provide more people like me with a new lease on life?

Thank you for your recent support. Your generosity is the reason that Richmond Hospital is able to provide such expert care to patients like me. Would you please continue in your support, and help keep our community healthy?

Because of Dr. Jakubowski's quick diagnosis, I believe my life was saved. While I had blockages, I didn't have a major heart attack and thankfully, none of my heart muscle was damaged. I felt that I'd been given a second chance at life.

As I'm sure you can imagine, I spend a lot of time travelling for my job as an MLA. And I'm the first to admit that my devotion to health and fitness had declined over the years, as life and work became increasingly busy. I'd developed bad habits that were putting my life at risk!

Today, as I share my personal story of recovery, I'm asking you to show support for those in need now and into the future. After all, you never know when an emergency might arise for you or someone you love.

You see, the community of Richmond means a lot to me. My wife and I have lived here for 30 years. Our children were both born in Richmond Hospital and we were grateful for care even back then. Because of some complications while she was pregnant, my wife needed to spend two months on bedrest at the hospital, leading up to our son's birth. He was born

prematurely and needed to stay in the hospital for another two months after he was born, so that he could be carefully monitored by doctors and nurses.

Richmond Hospital truly is a family hospital, and it's always been there for my family. We're all healthy and happy today because the community pulls together to support our local health care.

More recently, when I turned to the Healthy Heart program for my rehabilitation, I was impressed with how much care and effort each member put into the program and my own personal recovery. But they wouldn't have been able to focus on such incredible care without support like yours.

I received personalized compassionate care from a team that included a registered nurse, a dietician, a physiotherapist and a counsellor who provided me with the education and guidance I needed on nutrition, stress management and exercise. Just as importantly, I was supported in building my own healthy routines for the future. The care I received both saved my life and dramatically improved it.

As spring approaches, I realize that it's been almost a year since I finished the cardiac rehabilitation program, and over a year since February 8, 2015, when I started walking one hour each day to devote myself to a healthier lifestyle. I can't help but be overcome with gratitude for the strength I was given to make these life-saving changes.

Last year in our Legislative Assembly in Victoria, I stood up and expressed publicly how thankful I am for Dr. Jakubowski and each of the staff members at Richmond Hospital who helped save my life and turn it around. The opportunity to recover fully is something that I cherish every day. I'm also incredibly grateful for people like you, in our community, who have given generously so that Richmond Hospital can improve care for all of the patients it serves, whether it's for surgical services, cancer care or emergencies that might strike at any moment.

I feel blessed by my community and grateful that Richmond Hospital is so close to home. I hope that my story inspires you to give to Richmond Hospital Foundation today.

Sincerely,

A handwritten signature in black ink that reads "John Yap". The signature is written in a cursive, flowing style.

John Yap  
MLA, Richmond-Steveston, Supporter of Richmond Hospital Foundation

P.S. Please give generously today, and help keep the community of Richmond healthy! Your donation will go far to bring new life to those who are recovering from health complications in their own lives.