

Lynn Walters' Story

My name is Lynn Walters and I have spent my life dedicated to the health and wellness of those around me. I worked as a nurse for 42 years, and currently I am a yoga teacher and fitness professional, and I have been leading a running group for 19 years. Running is a huge part of my life and I have completed 26 full marathons!

I have been blessed with three talented sons and five grandchildren, who always keep me busy and happy.

With such an active lifestyle, I never expected to become a patient at one of the very hospitals where I worked. But in March of 2016, I suffered a serious back injury that came close to changing

my life forever. What started as radiating pain in my hip, quickly escalated to numbness down my left leg, and excruciating pain. It reached a point where I was unable to sit or lie down without feeling pain. I was extremely concerned!

Imagine being a runner fearing you won't be able to walk. For three nights, I slept sprawled over an exercise ball in an attempt to ease the spasms and get a few moments of sleep. Finally, exhausted and completely overtaken by pain, I asked my husband to take me to Richmond Hospital's Emergency Department at 2:30am on a Friday morning. I can't express how important it is to have access to their 24-hour emergency care so close to home. Would you please give generously today to ensure others like me receive urgent care when an emergency strikes?

Thank you so much for your recent gift. Your generosity means that when people experience unexpected medical emergencies, they can count on Richmond Hospital for compassionate, expert care. Would you please continue in your support to provide the highest quality of medical care and help keep our community healthy?

After many sleepless nights of agonizing pain, I was completely exhausted, desperate, and fearful of my diagnosis. When Dr. Matthew Kwok saw me that morning, I was so relieved. His compassion and expertise instantly gave me comfort and hope.

From there, everything moved quickly. Dr. Kwok expedited an intravenous (IV) with medication for pain control, a CT scan and an MRI which revealed that I had a severely herniated disc that was pressing on my spinal column. As a nurse, hearing this was terrifying. I knew that, if left untreated any longer, the slipped disc could lead to permanent nerve damage, possibly causing loss to bowel and bladder control, weakness, limited mobility, and chronic pain.

Today, as I share my personal story, I'm asking you to please show support for people who are facing serious health problems. Life brings unexpected circumstances, and you never know when you or a loved one might need urgent care.

Thankfully, Richmond Hospital's medical team were able to intervene early enough which meant I wouldn't have to have surgery. Without generous support from people like you, I might not have been so lucky.



Generous gifts from the community helped Lynn and her family receive care in times of crisis. Your gift can do the same!

Dr. Kwok and the team at Richmond Hospital worked with me to create a long-term recovery plan, including intensive physiotherapy. After months of rest and physio, I was free of severe pain. The numbness in my leg dissipated, and soon I had regained most of my strength and range of motion in my left leg. The expert treatment I received through Richmond Hospital meant I could keep running, keep teaching yoga, and keep playing with my grandchildren— which for me, felt like a miracle.

It is so important for medical staff to care for vulnerable and compromised patients with all of their heart and energy. I was aware of this during my career as a nurse, then as a patient, however most keenly aware as a mother.

My family is everything to me. We've been in Richmond since 1986 and my husband's family since 1949. Over the years all of my sons and as well as my husband have been to Richmond Hospital at some point in their lives. Whether it was a soccer injury, or a cut that needed stitches, I always knew my boys were in excellent hands and frankly I expected nothing less.

When one of my sons experienced a very serious heart complication in 2001, the Richmond Hospital nurses and doctors took incredibly fast action which helped save his life. For this, I am forever grateful. As a mother, I would take on any pain or injury so my children could live their lives in perfect health, but we don't get to make that decision. So the next best thing is the assurance that your child is receiving the highest quality of care.

Richmond Hospital has always been there for my family and me. We know how important it is to give back in whatever way possible. My son Fraser, who sings in the renowned vocal group, The Tenors, decided to give back by participating in a past Richmond Hospital Foundation's Starlight Gala. We encourage everyone to find their own way to get involved and support our local health care.

I'm grateful to those who have given generously so that Richmond Hospital can continue to provide compassionate, expert medical care which we all depend on. I hope that my story inspires you to give to Richmond Hospital Foundation today. You could be helping save somebody's life.

Sincerely,

Lynn Walters

Lynn Walters
Supporter of Richmond Hospital
Foundation

P.S. Please give generously today.
Your donation will go far to provide
life- changing services to those facing
health complications in their own lives.

"If left untreated any longer, this slipped disc could have pushed into the spinal nerve, causing lasting complications in the function of my lower body."

"I can't express how important it was to have access to Richmond Hospital's 24 hour Emergency Department."

- Lynn Walters

