

For Immediate Release

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Cardiac Doctor Swaps Scrubs for Mud

North Vancouver, B.C. Lions Gate Hospital's Head of Cardiology Dr. John Vyselaar will be running through 18KM of mud, sweat and tears at the Whistler Tough Mudder on Sunday, June 18 to raise funds for the new LGH Medical & Surgical Centre.

The father of two young girls will be giving up all the comforts of Fathers' Day on Sunday to try and raise at least \$1,000 towards the ambitious \$100 million campaign to build a new acute care tower to bring life-changing care to the North Shore.

"I see the ravages of heart disease every day in my patients, and the adverse effects of not enough physical activity. This has inspired me to be active myself, and set a goal of getting more and more physically fit every year," says Dr. Vyselaar.

"I am proud to support the Lions Gate Hospital Foundation and raise funds for our new Medical and Surgical Centre. This vitally important new facility will modernize our care and improve patient comfort and recovery. It will also significantly reduce surgical wait times and enhance the working environment for staff."

The 6'9" doctor, who is a big supporter of Lions Gate Hospital Foundation, will be running with a team of friends and support staff in the gruelling obstacle course which includes mud baths, icy pools, barbed wire and electric shocks.

As well as treating patients with heart problems at Lions Gate Hospital, the Deep Cove resident is the Cardiology Consultant for the Vancouver Whitecaps, the Canucks, BC Lions & the Olympic team.

Dr. Vyselaar can be sponsored at www.lghfoundation.com/projects/tough-mudder/

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A Photograph of Dr. Vyselaar is attached.

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