



Renewed Life

NEW LIFE

The Newsletter of
UNITED ORGAN TRANSPLANT ASSOCIATION

A Public Benefit, Non-Profit, Charitable Organization

Volume 10

Issue 2

Fall 2006



A Tribute to Richard Wilson

July 4, 2006 was a sad day for UOTA friends and members as Richard Wilson passed away. Born and raised in the Ontario area, Richard attended Ontario schools and Cal Poly Pomona. Richard worked in the banking industry and his last work position prior to medical retirement was Senior Vice-President of Home Savings and Loan. In May of 1998, Richard received a donor liver which he promptly named "Olivia" (a female). A longtime UOTA member,

Richard was UOTA newsletter editor and former Corporate Secretary, wore brightly colored Hawaiian shirts, always had a smile and endless conversation. At home with his pet dog "Lacy", Richard would enjoy cookies; one for Lacy, two for Richard.

Among his many accomplishments, Richard was a HICAP Volunteer, a OneLegacy Ambassador and a Literacy Volunteer for the Chino Library. He will be greatly missed.

Team Up With Your Transplant Team

An Educational Service by Roche Pharmaceuticals

A successful transplant is a team effort. So it is important for you to meet the medical experts on the team, and to know what questions to ask them.

An important member of your transplant team is your doctor specializing in your particular organ, nephrologists for kidney, cardiologist for heart, or hepatologist for liver.

- Helps decide if you qualify for a transplant
- Often refers patients for transplant surgery
- Helps care for you before and after surgery.

The transplant nephrologists, cardiologist or hepatologist is a doctor who specializes in treating kidney, heart or liver patients at the transplant center. As a member of the transplant team, this doctor:

- Manages medical problems immediately before and after surgery, including kidney failure, high blood pressure and diabetes or any other condition that may complicate the transplant surgery.
- Helps identify and manage transplant rejection and prescribes and manages your medication after surgery.

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A Healthy Heart

Kaiser Permanente News Letter

There are several things you can do to keep your heart or your new transplanted heart in tip top healthy condition. All transplant patients can benefit from these suggestions:

- **Don't Smoke** – Smoking restricts blood vessels, increases blood pressure and of course affects your general good health. Smokers risk having a heart attack 19 years earlier than non-smokers.
- **Control your blood pressure** – Cut down on sodium, salt and alcohol. The **systolic measurement** is the pressure of blood against your artery walls when the heart has just finished pumping. It is the first (top) number of your blood pressure reading. The **diastolic measurement** is the pressure of blood against your artery walls between heartbeats, when the heart is relaxed and filling with blood. This is the second (bottom) number of your blood pressure reading.
 - High Blood Pressure 140/90
 - High-Normal Blood Pressure 130/85
 - Normal Blood Pressure 120/80
- **Control your blood cholesterol** – Limit your daily cholesterol intake to no more than 200mg. Get no more than 25% to 35% of your daily calories from fat, mostly from unsaturated sources. Limit calories from saturated fat to less than 7% of your total calories.

IDEAL CHOLESTEROL LEVELS

<i>Blood Level (mg/dl)</i>	<i>What it Means</i>
Total Cholesterol	
Less than 200.	Desirable
200-239.	Borderline High
240 or more.	High
LDL ("Bad Cholesterol")	
Less than 70.	Optimal
70-100.	Near Optimal
100-139.	Borderline High
139-159.	High
160 or more.	Very High
HDL ("Good Cholesterol")	
Less than 40.	Low
40-59.	Acceptable
60 or more.	Optimal

- **Control your weight** – Eat healthy, balanced, nutritious food.
- **If you have diabetes, monitor and control your blood sugar levels** – Check your blood sugar often.



Transplant Recipient Re-Birthdays

September

Don Goss – Heart '93
Richard McCullough – Heart '94
Muriel Kuna – Heart '97
Philip Ardron – Liver '98
Alex Ortiz – Liver '98
JoAnn Arroyo – Kidney/Pancreas '98
Carolynne Judzewicz, Liver '99
Patricia Skilleren, Liver '01

October

Arlene Vollmer – Liver '90
Tom Veltum, Heart '90
Cass Salazar – Liver '93
Robert Helm – Heart '94
Daniel Narvaez – Kidney '98

November

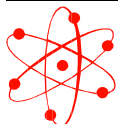
Peter Rauch – Heart '89
Mike Carrasco – Liver '92
Joe Hurley – Heart '93
Barbara Leddy – Heart '96
Jim Carbonetti – Heart '98
Teresa Cuellar – Liver '99
Frank Folisi, Liver '01
Sylvia Gentile, Liver '01
Robert Aceves, Liver '01
Joel Aceves, Liver '01
Ann Skinner, Liver '01

If we missed your anniversary, please e-mail, write or phone
United Organ Transplant Association
2738 S. Cucamonga Ave. Ontario, CA (909) 923-7114
dmorgan@UOTA.org

I Am Thankful

From Our Internet Friends

For the wife who says it's "hot dogs tonight" Because she is home with me, and not out with someone else.	For the husband who is on the sofa being a couch potato, because he is home with me and not out at the bars.
For the teenager who is complaining about doing dishes because that means she is at home, not on the streets.	For the taxes that I pay because it means that I am employed.
For the mess to clean up after a party Because it means that I have been surrounded by friends.	For the clothes that fit a little too snug because it means I have enough to eat.
For my shadow that watches me work in my garden because it means I am out in the sunshine.	For the lawn that needs mowing, windows that need cleaning, and gutters that need fixing because it means I have a home
For all the complaining I hear about the government because it means that we have freedom of speech.	For the parking spot I find at the far end of the parking lot because it means I am capable of walking and that I have been blessed with transportation.
For my huge heating bill because it means I am warm and cozy.	For the lady behind me in church that sings off key because it means that I can hear.
For the pile of laundry and ironing because it means I have clothes to wear.	For weariness and aching muscles at the end of the day because it means I have been capable of working hard.
For the alarm that goes off in the early morning hours because it means that I am alive.	And Finally... For too much E-mail because it means I have friends who are thinking of me.



Popular Science

From Reader's Digest

Found floating through cyberspace: A major research institution recently announced the discovery of the heaviest element yet known to science. Tentatively named "**Admistratium**", the new element has 1 neutron, 12 assistant neutrons, 75 deputy neutrons, and 111 assistant deputy neutrons, giving it an atomic mass of 312. These 312 particles are held together by a force called morons, which are surrounded by vast quantities of peons.



The Mind Does Fabulous Things

From Our E-Mail Friends

Maybe you don't realize just how well your mind can accommodate language and help you read.

Acccdnrig to rscheearch at an Elingsh uniervtisy, it deosn't mttair in what order the lttters in a word are, the only imprmoent thing is that frist and lsat lttter is at the rghit plcac. The rset can be a total mses and you can still raed it wouthit a porbelm. This is bcuseawe we do not raed ervey ltteter by it slef but the word as a wlohe.

Fascinating isn't it?

The Healthiest Chili Recipe in History

By Jean Carper

15 Minute Chicken Chili

1 Tb. Canola oil or extra virgin olive oil
10 ounces boneless, skinless chicken breast, cut in bite-sized pieces
1 ½ Tsp. Chili powder
1 ½ Tsp. Cumin
2 14.5 ounce cans no-salt added diced tomatoes
15 ounce can no-salt added black, red or pinto beans
4.5 ounce can minced green chilies
1 cup yellow whole-kernel corn, frozen or canned
Salt and Cayenne pepper, to taste (careful on the salt)

In a medium saucepan, sauté chicken in oil over medium high heat for 3 minutes or until white. Stir in chili powder and cumin to coat chicken. Sauté 3-4 minutes. Add remaining ingredients; heat through. Serves 4.

Per serving: 290 calories, 26g protein, 36g carbohydrates, 9g fiber, 6g fat (0.6g saturated), 244mg sodium.

Why it's good for you: High antioxidants in tomatoes, corn and beans, high fiber in beans, low in fat (20% of calories from fat, beans help suppress blood sugar rises and may help combat diabetes and heart disease.

Can You Remember What The Doctor Says?

By UOTA Staff Writer

We forget up to 80% of the medical information doctors give us. And almost half of what we do remember is wrong. Why? Well, going to the doctor can be nerve-racking, and when we're stressed, we focus more on the diagnosis and less on treatment details. Next time you visit your doctor, increase your chances of remembering with these tips:

- ★ Make a list of the questions you want to ask the doctor, leaving space between the questions to make notes.
- ★ Jot down the doctor's answers to your questions.
- ★ Make notes about what the doctor tells you, such as how and when to take medication or prepare for medical tests.
- ★ If you know your medical situation is serious, and you're worried, bring a family member to listen in.
- ★ Ask questions if you don't understand something that your doctor has said.
- ★ Ask, "what do I need to do?" and "why is it important for me to do this?"
- ★ Don't leave empty handed, ask the doctor for written or visual materials, such as leaflets, to back up verbal instructions.

The Transplant Team

Continued from Page 1

The transplant surgeon is a doctor who performs the transplant operation. As a member of the transplant team:

- 👨‍⚕️ Performs the actual surgery
- 👨‍⚕️ Notifies the relatives or friends when the patient's transplant is complete and when they can see the patient.
- 👨‍⚕️ Helps decide if you qualify for a transplant
- 👨‍⚕️ Helps manage your recovery immediately after surgery.

The transplant nurse coordinator is a licensed, registered nurse who has special training in the care of transplant patients. As a member of the transplant team:

- 👩‍⚕️ Assists in the management of some of the most important transplant events, such as:
 - 👉 Medical evaluations
 - 👉 Laboratory test
 - 👉 Transplant education classes
 - 👉 Surgery
 - 👉 Post-transplant checkups
- 👩‍⚕️ Refers you to other members of the transplant team.
- 👩‍⚕️ Tells you what to expect throughout the transplant process
- 👩‍⚕️ Keeps track of you before and after the transplant.
- 👩‍⚕️ Helps you understand your medications.
- 👩‍⚕️ Teaches you everything else you need to know about your transplant.
- 👩‍⚕️ Answers questions you have from home while waiting for your transplant and after your transplant surgery.

A pharmacist is a medical professional licensed to dispense prescription drugs. As a member of the transplant team:

- 👨‍⚕️ Helps you understand your medications.
- 👨‍⚕️ Checks for interactions between all of your medications.
- 👨‍⚕️ Can explain what side effects you may experience.
- 👨‍⚕️ Can assist you in how to take medications correctly.

A dietitian is a licensed professional trained in the science of nutrition. As a member of the transplant team:

- 👨‍⚕️ Assists in managing your nutrition before and after transplant.
- 👨‍⚕️ Recommends tests for things that may be lacking in your diet.
- 👨‍⚕️ Develops special diets for medical problems.
- 👨‍⚕️ Helps you control your weight and cholesterol.

A social worker is a specially trained, licensed professional who helps patients and families cope with the transplant process. As a member of the transplant team:

- 👨‍⚕️ Helps with admission planning.
- 👨‍⚕️ Identifies various community resources.
- 👨‍⚕️ Helps you plan for time away from work or home.
- 👨‍⚕️ Finds ways to help pay for medication.
- 👨‍⚕️ Assists in dealing with emotional issues.

A financial planner is a specially trained professional who helps patients and families deal with the financial stresses of a transplant.

As a member of the transplant team:

- 👨‍⚕️ Can help relieve financial stress.
- 👨‍⚕️ Helps you understand what your insurance will or will not cover.
- 👨‍⚕️ Estimates what transplant and medications will cost.
- 👨‍⚕️ Helps you apply for Social Security Disability.
- 👨‍⚕️ Determines if you qualify for Medicare.
- 👨‍⚕️ Helps find other financial resources.

And the very most important member of the transplant team is You.

- 👨‍⚕️ Help insure the success of the transplant by following your doctor's, nurse's and pharmacist's recommendations.
- 👨‍⚕️ Keep the transplant team informed of any changes to your health.
- 👨‍⚕️ Protect against rejection by taking daily medications as prescribed.
- 👨‍⚕️ Maintain the health of your new organ through proper diet and exercise.
- 👨‍⚕️ Report any illnesses or side effects to the transplant team.
- 👨‍⚕️ Ask questions when anything is not clear.

When you harbor bitterness,
Happiness will dock elsewhere.

DMV Links to donateLIFecalifornia.org

As of July 2006, everyone who applies for a California identification card or driver's license will be asked if they would like to be an organ donor. By checking the YES box on the application the DMV will electronically transfer your wishes to the official donateLIFecalifornia.org Organ and Tissue Donor Registry and print the familiar Pink Dot directly on your laminated ID Card or Driver's License. Many students will be faced with making this important decision with little or no education on the matter. Please ask your local High School to schedule a classroom or assembly presentation by contacting Simera Nichols of OneLegacy at (213) 229-5673 or snichols@onelegacy.org.

United Organ Transplant Association

Inland Empire Transplant Support Group



Group meetings provide a place for pre and post transplant patients, their caregivers, family and friends to meet and share their needs and experiences in a relaxed and informal atmosphere. Video presentations, guest speakers and printed materials on topics such as nutrition, diet, exercise, stress management, medication interactions, and a host of other topics relevant to the transplant community will be presented. Please come and join us, you'll be glad you did.

Meeting Schedule 4:00 to 5:30 pm Sunday

October 15 – November 19

** December 17 – 2:00pm to 4:00pm **

For directions, call (909) 923-7114 or visit www.uota.org



New Life Newsletter

Don Goss – Editor

United Organ Transplant Association – Publisher

Notice of Disclaimer

The United Organ Transplant Association, and the Inland Empire Transplant support group, their volunteer staff and sponsors do not engage in the practice of medicine and under no circumstances recommends a particular treatment for any illness, what-so-ever, and in all cases recommends that you consult with your physician and health care professionals before pursuing any course of treatment.

Give Thanks and Make a Difference During this Thanksgiving Season

Help transplant patients, and their caregivers. Our organization provides educational, emotional and financial support, cash grants, donor awareness programs, support group meetings, and this newsletter. Your generosity truly makes a difference to those in need of these valuable services. Any size gift would be greatly appreciated.

Contributions are Tax Deductible

United Organ Transplant Association
Is a 501(c)3 Public Benefit, Non-Profit, Charitable Corporation
Federal ID#33-0693906



I want to share a special gift to help transplant patients and promote organ donor awareness. I enclose my gift of:

\$5 Friend \$10 Donor \$25 Sponsor \$50 Benefactor

Other \$ _____ Underwriter

Please make checks payable to, and mail to:
United Organ Transplant Association
3405 Arlington Ave., Riverside, California 92506



Preparing for a Transplant

Waiting for Your Transplant

Transplant Living Website www.transplantliving.org

Waiting for a donor organ can be a stressful experience, especially because the amount of time you'll have to wait is unknown. Regardless, there are important steps transplant candidates can take to ensure they are ready for surgery when the important call comes.

- ★ **Take care of your health.** Try to stay as healthy as possible and take your medications as they are prescribed. Notify your transplant coordinator if any additional medications are prescribed or altered or if you are hospitalized for any reason.
- ★ **Keep your scheduled appointments with your physicians.** Until your transplant, you will need to meet with members of the transplant team in order to evaluate your overall health.
- ★ **Participate in support groups.** Ask your social worker about support groups and other resources, so you'll have access to more information and other transplant candidates.
- ★ **Follow the dietary and exercise guidelines.** Weight management is very important while waiting for your transplant. A dietician and physical therapist can work with you to plan and develop a diet and exercise program that will give you the greatest benefit before and after transplantation.
- ★ **Occupy yourself by staying involved.** Spend time doing what you enjoy and stay as active as your physical condition will permit. Keep up with your work, studies and/or leisure activities, or start a project or hobby that can help distract you and make time pass more quickly.
- ★ **Maintain contact with family and friends.** Good company will take your mind off of waiting and enrich your life.
- ★ **Just relax.** Reading or listening to music or relaxation tapes can be helpful in taking your mind off your transplant and avoiding negative thoughts.
- ★ **Make sure you are available.** It is important for your transplant team to know how to get in touch with you at all times. Pagers, cell phones or remote answering machines may be required by your transplant center. Your transplant coordinator may recommend that you stay within a certain geographic range.
- ★ **Be prepared with transportation.** When you are placed on the organ waiting list, your first responsibility is to plan how to get to the transplant center as soon as you are notified that an organ is available. Prepare yourself for this call by making the necessary arrangements for transportation well in advance.
- ★ **A telephone chain for notification.** Plan to have someone call and start a telephone chain of important people in your life that will want to know when you go to the transplant center to receive your new organ.
- ★ **Be prepared by packing your bags in advance.** You'll need to be ready to leave as soon as you get the call that an organ is available. Be sure to take your insurance information, an extra 24-hour supply of medication and all other necessities.



United Way
of the Inland Valleys
Funded Program