

# ***News From The Northland***

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April—June 2018



[www.HOLSG.org](http://www.HOLSG.org)

## **April Is National Donate Life Month:**

For ideas to promote organ donation go to [OrganDonor.Gov](http://OrganDonor.Gov). Please make a special effort to promote organ donation during this month by putting an article in the paper, church bulletin, or speaking to someone about organ donation. The National Healthcare Decision Day (NHDD) is about ensuring that all adults with decision making capabilities have the information and opportunity to communicate and document their healthcare decisions. Have you done this? <http://www.nationalhealthcaredecisionday.org/Welcome.htm> and

<http://organdonor.gov/getinvolved/donatelifemonth.htm>

## **Tuesday, April 10th 7:00 PM**

Open discussion for issues, topics, questions, or concerns that need to be addressed. Our meetings are set up to have a program every other month, and the next month to be an open meeting. This gives us an opportunity to share, ask questions, or discuss situations, news, or upcoming events.

## **Tuesday, May 8th: 7:00 PM : Open Discussion**

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## **Tuesday, June 12th 7:00 PM Meeting: Future Of The Group: HOLSG**

Reduced participation, the discontinuance of most health fairs, reduced participation in drivers ed classes, lack of new participants, have all contributed to having a discussion as to how or if we should proceed with the regular monthly meetings of the Head Of The Lakes Organ Support Group.

***Meeting at Miller-Dwan Medical Center***

***502 E 2nd Street Duluth, MN***

***7:00 to 9:00 P.M.***

***Classroom 2 & 3 - Lobby Level***

Providing a loving, caring, educational network of support for those waiting or having received an organ/tissue transplant and their families. Web Site: [www.headofthelakesorgantransplantsupportgroup.org](http://www.headofthelakesorgantransplantsupportgroup.org)

## “News & Notes”

### Happy Birthday and Best Wishes:

Jennifer Shober-Nelson	Kidney	4/1/1990
Dan Graves	Heart	4/6/2002
Jerry Johnson	Heart/Kidney	4/22/2005
Paul Wolff	Heart	4/27/2013
Jess Winkels-Hagerl	Liv/Kid	5/1/2011
Donna Gayhart	Pancreas	5/5/2004
Leroy Lahti	Kid/Pancreas	5/5/2005
Joel Stutsman	Kidney	5/7/2004
Carol Weiberg	Liver	5/15/1989
Cindy Zoldak	Kidney	5/21/2009
Marge Kruchoski	Heart	5/21/1993
Kathryn Foss	Lung	5/22/1999
Katie Pfeffer	Kidney	5/26/2007
Colleen Trapp	Heart	5/29/2007
Marie Ryan	Liver	6/12/2001
Rick Benson	Kidney	6/15/1995
Katheryn Aiton	Kidney	6/15/1955
Artyce Fredlund	Kidney	6/17/2012
Dan Rosin	Heart	6/21/2013
Brian Solseth	Kidney/Pancreas	6/23/2009

### News and Presentations:

#### **Presentations:**

March 3 : Women's EXPO— , Beth Sandstrom, Gloria Mattakat, , Kathi Hein, Dorothy and Jerry Johnson, Joni Plante, Marisa and Doug Fifield and Jesy Wahlsten, Mike and Peyton Jahn

January 18: Physical Therapy Lake Superior College— Tom Saburn

February 1— Tom Saburn, Hermantown Drivers Ed

March 16: Beth Sandstrom/Tom Saburn Carlton Drivers Ed

March 19: Beth Sandstrom/ Tom Saburn Wrenshall

March 27, WITC Health Fair: Dorothy and Jerry

#### **Great Idea!!**

Senators in the Netherlands approved a new law recently that makes all Dutch adults potential organ donors unless they opt out. Under the new system, similar to Belgium and Spain, every person over 18 who is not yet registered as a donor will receive a letter asking if they want to donate their organs after death. They will be able to reply yes, or no, or my next of kin will decide. Those who do not respond to the first letter will receive a second letter. If they do not respond to any letter they will be listed as organ donors, although they can amend their status at anytime. The Dutch Foundation called the vote a real breakthrough for patients on waiting lists.

## Cares and Prayers

For:

Sympathy and condolences :

To the Family of Nancy Bubalo who passed away on  
January 7, 2018

Jim and Jessica Hagerl

Cards and Prayers Welcome !!



## New Technology To Rejuvenate Dead Kidneys:

Scientists have discovered how to bring “dead” kidneys back to life, restoring their vigor so effectively they can be used for transplant, when normally they would be discarded. The breakthrough could mean a rapid increase in the number of kidneys available for transplant, good news for the 100,000 people waiting for kidneys in the United States. Two people have received rejuvenated kidneys using this procedure. (Actually in 2012). The new process known as the Kidney Perfusion Machine, can keep kidneys alive by circulating preservation fluid around the organ which delivers oxygen needed to rejuvenate and ensure vital tissues do not die. 17% of the kidneys received are rejected because of concerns about quality. If a percentage of these can be saved it would make a huge difference, a question everyone might have is; can this procedure be used to rejuvenate my existing kidneys? As of now there is no answer, but this is food for thought for future development.

## The Opioid Epidemic From A Transplant Surgeons Point Of View:

Recent reports show that the number of organ transplants is rising. While this might be good news to those on the waiting list, the reason for the rise—opioid overdose deaths—is troubling. In 2016 we did more transplants and there were more organ donors than there ever had been before. The best data that I’ve seen is from New England... In 2010 they received about 4% of their organ donors from overdose. In 2015 they received 27% . As a transplant surgeon you operate on donors to obtain the donated organ and you don’t think about how they got there. Recently we adopted a policy of pausing to give thanks. During this process we began to notice how young they were, what great donors they were, and how sad it was!!

## Early Organ Transplant Timeline:

- Dec 7, 1905-First Cornea Transplant
- Jan 1.,1912– New Suturing Technics Allowing Transplant Connections
- Jan 1, 1951– Connected Rejection To Immune System
- Dec. 23, 1954– First Kidney Transplant Between Twins Requiring No Immunosuppression.
- Jan 1,1962– First Re-attachment Of Severed Limb
- Dec. 3,1967– First Successful Heart Transplant
- Jan. 31, 1970– Discovery Of Cyclosporine
- Mar. 9, 1981– First Heart-Lung Transplant

**“Breathing Lung Transplantation:**

In 2013 Surgeons at the University of Minnesota used a new process already being used in Arizona, California, and Pennsylvania to better preserve donor lungs. A Minnesota man with emphysema underwent the double lung procedure. The donated lungs spent about 2 hours in the experimental device while being transported. In most lung transplants the donor lungs are transported on ice and then thawed for the operation. The new technology pumps blood through the lungs during transportation, keeping the lungs warm and provided with blood, similar to living conditions. The new device is called The Transmedics Organ Care System. It is a big box on wheels with a compartment for the lungs as well as monitors that provide information about the organs health. The new system is being investigated for preserving hearts

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