

News From The Northland

Volume 19, Number 1

January - March 2012



**Organ Transplant
Support Group**

www.headofthelakesorgantransplantsupportgroup.org

ATTENTION: MEETING NIGHT CHANGE JANUARY ONLY: Tuesday, January 17th 7:00 PM

Meeting: Skin Disease and the Transplant Patient Speaker: Dr. Heather Buckholz

Discussion on skin health, the treatment of skin disease, skin cancer, and the care of skin for general health and prevention of skin disease.

Tuesday, February 14th: 7:00 PM : Kidney Disease and the Transplant Patient

Speaker: Dr. Sandy Popham

Discussion of various causes of kidney disease, the treatment of kidney disease , and what measures can be taken for the prevention of kidney disease.

Tuesday, March 13 th 7:00 PM Meeting: Open Meeting

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.

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

“News & Notes”

Happy Birthday and Best Wishes:

| | | |
|------------------|-------------|-----------|
| Marlene Anderson | Liver | 1/5/2004 |
| David Seim | Kidney | 1/8/1996 |
| John Cope | Liver | 1/14/2003 |
| Lynn Gressman | Liver | 1/15/2003 |
| Eathan Skare | Liver | 1/25/1991 |
| Mike Albers | Liver | 1/29/1993 |
| Karla Hanson | Kid / Pan | 2/2/1997 |
| Dick Huhta | Kidney | 2/8/1996 |
| Dennis Trump | Heart | 2/22/1990 |
| Beth Bartlett | Heart | 2/24/1994 |
| Thomas Peterson | Heart | 3/4/1999 |
| Gregg Lind | Islet Cells | 3/5/2005 |
| Lois Vidmar | Liver | 3/8/2006 |
| Heidi Ash | Heart | 3/9/2000 |
| Ted Gay | Heart | 3/10/2002 |
| Dick Albert | Heart | 3/14/1995 |
| Jeff Brett | Lung / Kid | 3/15/2002 |
| Judy Watczak | Liver | 3/16/2009 |
| Glenn Peterson | Heart | 3/23/2003 |
| Tom Klenz | Liver | 3/30/1988 |

News and Presentations:

Thank You For The Monetary Donations:

Jim Wester; Anonymous through Mary Jacobson; Robert and Shirley Sisto; Dorothy and Jerry Johnson; Sons Of The American Legion.

Presentations:

- 11/1/11 Cloquet drivers Ed– Tom Saburn, Beth Sandstrom
- 11/16/11 Denfeld Drivers Ed– Tom Saburn, Beth Sandstrom
- 11/30/11 Wrensall Drivers Ed– Tom Saburn, Beth Sandstrom
- 12/7/11 Fond Du Lac Elders– Glenn Peterson
- 12/10/11 Cloquet Drivers Ed– Glenn Peterson, Beth Sandstrom
- 12/14/11 Fond Du Lac Elders– Glenn Peterson

Cares and Prayers For:

Tom Klenz in His struggle with hep C.

Ted Gay in His struggle with heart and lung issues.

Lisa Harmadi in Her struggle with pancreas issues.

Mary Jacobson, recovering from kidney transplant.



Chronic Disease Self-Management Program (CDSMP)

Living Well With Chronic Conditions:

What is it? CDSMP is a self management education intervention attended by people with a variety of chronic health conditions. It aims to build participants confidence in managing their health and keep them active and engaged in their lives. CDSMP participants attend a 2 1/2 hour interactive workshop once a week for 6 weeks to learn problem solving, decision making and other techniques for managing problems common to people with chronic diseases. In the workshop, participants set realistic goals for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop, and solicit feedback from the group to help address any challenges. Participants may apply the techniques they discuss during the workshops to topics such as; addressing the physical and psychological effects of chronic disease, exercising and using medications properly, communicating with family, friends and health professionals, and getting the proper nutrition. Workshops meet at The Arrowhead Area Agency On Aging at 221 West First Street in Duluth. The workshops are facilitated by trained leaders who are non-health professionals with a chronic disease.

Who Is It For?

The program may be beneficial for people who have more than one health condition or whose health problems have begun to interfere with their valued life activities. CDSMP is for adults with chronic health conditions such as arthritis, diabetes, heart disease, lung disease, transplants, etc.

Living Well With Chronic Conditions continued:

What are the benefits?

There is strong evidence from clinical trials that participation in CDSMP can improve physical and psychological outcomes and quality of life for people with chronic health conditions. Benefits include: Decreased pain and health stress; more energy and less fatigue; more physical activity; decreased anxiety and depression; better communications with physicians; fewer social role limitations; and increased confidence in managing their illnesses

If you are interested in more information, or are interested in enrolling in a course, the following contacts can be made: Contact Debra Laine at 218-529-7534; dlaine@ardc.org, or Sherry Kozelka at 218-529-7523; skozelka@ardc.org. **The classes are free** and open to people who want to learn how to live with chronic illness. This class would be appropriate for caregivers who live with people who have chronic illness in order to learn how to encourage and help the chronic patient.

Attention: Due to a scheduling conflict in the meeting room on January 10, our Meeting of the Head Of The Lakes Organ Transplant Support Group will be held on January 17th in Classroom 2 at 7:00 PM

Shot May Someday Help Lower Cholesterol

Preliminary research suggests that a single injection of a man made protein might lower levels of bad cholesterol. Given in the abdomen, the shot turned off a newly identified cholesterol regulator, PCSK9, which interferes with the livers ability to clear bad cholesterol from the bloodstream. The study included 54 men and 2 women who didn't have high levels of cholesterol. Researchers studied participants for up to 113 days after treatments. The drug decreased LDL cholesterol levels by up to 64%. There were also decreases in total cholesterol and apo-B, which are tiny fat particles in the blood which raise the risk for heart disease. Levels of triglycerides and good (HDL) cholesterol were not affected by the medication, and no side serious affects were reported. The next test series involves people who have high levels of cholesterol. The tests are sponsored by Amgen Corp., the makers of AMG145, the medication used in the test.

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NEWS FROM THE NORTHLAND

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Transplant Support Group
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