

News From The Northland

Volume 20, Number 1

January - March 2013



**Organ Transplant
Support Group**

www.HOLSG.org

Tuesday, January 14th 7:00 PM Meeting: Kidney/Pancreas Disease and the Transplant Patient

Speaker: Dr. Sandy Popham

Discussion on Kidney/Pancreas disease, Diabetes, and how to maintain healthy kidneys. Dr. Popham always presents an interesting program. Come to the meeting and get your questions answered regarding kidney health.

Tuesday, February 12th: 7:00 PM : Life Source: Teresa Turner

Discussion on "What's New at Life Source." Current events, Update on the \$2 Funds, Training and general discussion. Come meet Teresa Turner.

Tuesday, March 12 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.HOLSG.org

“News & Notes”

Happy Birthday and Best Wishes:

Congratulations On Another Year!!!

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
Dick Albert	Heart	3/14/1995
Jeff Brett	Lung / Kid	3/15/2002
Judy Watczak	Liver	3/16/2009
Glenn Peterson	Heart/Kid	3/23/2003
Tom Klenz	Liver	3/30/1988

News and Presentations:

Thank You For The Monetary Donations:

Jim Wester; Shirley Kuberka, Heidi Ash

If I've forgotten to mention your name please call me at 218-879-5758. Donations got mixed up with the Luncheon proceeds.

Thank You to Everybody that contributes to the Laila/ Susie Sales. These fund raisers were very successful this year!!

Presentations:

Nov 14-15; Marshal School Drivers Ed- Don Nygaard, Oct 30 Esko & Dec 4 Cloquet- Peterson

Dec 6; Life Source Luncheon; Mike Jahn

Donor Sabbath; Donor Awareness Distributed to 6 Churches- Mike Jahn

The following People have been involved in the Essentia Employee Orientations, Oct-Dec.: Tom Griffin, Kathy Hein, Glenn Peterson, Don Nygaard

Cares and Prayers For:

Jerry Johnson;
Tom Saburn;
John Moline



Calls, Cards and Prayers Welcome!!

Pneumonia Otherwise Known As Bronchopneumonia:

Pneumonia is an inflammation of the lung, usually caused by an infection. The common causes are the many types of bacteria, viruses, and fungi. You can also get pneumonia by accidentally inhaling a liquid or a chemical. People most at risk are those over 65 or younger than 2 years of age, or, have existing health problems, or immune suppressed such as transplant patients. If you have pneumonia you may have difficulty breathing, a cough and fever. You may have pain in your side or chest. Chest x rays, blood tests and sputum testing can help determine pneumonia. There are many types of pneumonia. One such type is Community Acquired Pneumonia which develops in people with limited or no contact with the medical setting. This type includes Chlamydia pneumonia, Chlamydia psittaci pneumonia, pneumocystis jiroveci, and legionnaires disease. The first one, Chlamydia, is usually contracted in family settings, college dormitories, and in camps where many people reside for a short time. Chlamydia psittaci results from breathing the dust off the feathers of any birds you may come in contact with.

Pneumocystis jiroveci is a common illness of people with organ transplants. It resides harmlessly in the lungs of healthy people. In transplant patients who take antirejection drugs the immune system is suppressed and the pneumonia occurs. Prevention of pneumocystis pneumonia is done by giving the drug trimethoprim-sulfamethoxazole, commonly known as Bactrim. If the pneumonia occurs, other drugs in combination with Bactrim are given. Legionnaires outbreaks occur when residing in hospitals,

cruise ships, and hotels. The organism is spread through air conditioning systems and water systems such as showers. People who smoke, take corticosteroids, or have an organ transplant are most at risk. Legionnaires can be fatal! Another type of bacteria develops a rash as the symptom of pneumonia, the cause is likely the virus that causes chickenpox.

The treatment of pneumonia varies as to the type of pneumonia you have, Antibiotics of varying strength can be administered, depending on the severity of the disease. Anti-virals are used in virus cases, and anti-fungals are used for mold or fungi attacks. Many times the cause of the pneumonia can not be determined and a combination of treatments is administered.

Prevention: Stop Smoking! Some pneumonias can be prevented by vaccination. Pneumococcal conjugate vaccine (PCV13) is given to protect against 13 of the known 90 types of pneumococcal bacteria. PPSV23 can also be given which protects against 23 other types of bacteria. The best protection is WASH YOUR HANDS!!

Taking a quick look at our roster, I found the following: We have 10 people with liver transplants from 15-27 years, 4 over 20 years; 5 people with heart transplants from 17-22 years; 1 person with a bone marrow transplant 19 years ago, 2 people with pancreas transplants 24 and 26 years, and 11 people with kidney transplants from 16-35 years, 2 people with 35 years!! These are amazing numbers!!! THANK YOU TO ALL DONOR FAMILIES.

ORGAN DONATION: ARIZONA

In March 2012, nearly 490 people at a Phoenix high school recently registered to donate their organs with the hope of saving lives. Horizon High School participated in the first High School Registry Challenge. The Challenge was put on by the Donor Network of Arizona, a Phoenix based non-profit working to increase the donor base in the state. When students become 15 years 7 months old they can register as organ and tissue donors. However, parents make the final decision to donate until their child is 18 years old. At Horizon, student leaders registered 489 organ donors. At least 1,300 people registered to be donors at four other high schools across Arizona. In 2010, Brophy, a college prep school, registered 800 donors in two days. The drives were run by students educating their peers and educators about organ donation.

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Pneumonia:

Organ Donation: Arizona

NEWS FROM THE NORTHLAND

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