

News From The Northland

Volume 20, Number 4

October—December 2013



www.holsg.org

Tuesday October 8, 2013 : 7:00 PM: Open Discussion

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, November 12: 7:00 PM : Open Discussion

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Saturday, December 7, 2012: Annual Christmas Luncheon

Blackwoods Restaurant in Proctor is the location for our Annual Christmas Luncheon. It is a great time of year to enjoy family and friends. We plan on gathering at 11:30AM for the soup and sandwich buffet. The buffet will consist of prime rib soup, 3 deli meats, 2 salads, breads, and beverage. Cost is \$ 14.00 for adults and \$ 7.00 for children under 8. Our entertainment will be the Superior Singers. As usual, we will have the Susie and Laila Ticket Auction, so bring an item to donate for the auction, and make our auction a great fundraiser for our organization. **We need to reserve and guarantee seating so please send a check prepaying for the lunch and your RSVP** to Glenn Peterson, 1365 White Pine Drive, Cloquet MN, 55720 by November 29rd..

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:

Mary Hellman	Liver	10/18/2010
Joe Merritt	Kidney	10/25/1998
Jackie Jensen	Pancreas	10/27/2009
James Kimmes	Liver	10/28/1995
Don Nygaard	Liver	10/30/2000
Mary Jacobson	Kidney	11/4/2011
Vicki Bakk	Bone Marrow	11/10/1993
Scott Severson	Heart/Kidney	11/11/2000
Richard Washburn	Kidney	11/12/1992
Gary Wise	Liver	11/15/1999
Pam Carlson	Kidney	11/20/1997
Bill Clark	Heart	11/21/1993
Barbara Brandon	Kidney	11/26/1988
Dan Spielman	Kidney	11/30/2010
Jean Specht	Liver	12/2/1997
Russ Grover	Kidney	12/4/2012
Gary Palkke	Kidney	12/10/1992
Kurt Johnson	Kidney	12/14/1997
Ben Korteum	Liver	12/15/1985
Kathi Hein	Pancreas	12/26/2004
Kathleen Neal	Kidney	12/27/2001

News and Presentations:

Thank You for the monetary donation:

Burkholder 5K Run in Esko

Dick Parendo

The following presentations were given:

July 4th Parade, Superior: Twenty Of Our Members and Friends Participated in the Parade

July 23 Tom Saburn, Beth Sandstrom Fond du Lac Drivers Ed

August 16 Tom Saburn, Esko Drivers Ed

September 18 Tom Saburn Hermantown Drivers Ed

Essentia Health Employee Orientation- Joni Plante, Don Nygaard, Tom Griffin, Glenn Peterson, Tom Saburn

Congratulations to: Heather Kriasiak who received a heart on August 1; and Tyler Jersett who received his lungs on March 18th. Congratulations to Paul Wolff who received his heart April 27.

Cares and Prayers

For:

To the family of Tom Klenz; Tom Passed away July 16: The family of Tim Wahlstrom; Tim passed away August 16:

Mara Kriasiak, struggling with rejection issues, Heather Kriasiak struggling with rejection issues.



Kidneys: What Are They and What Do They Do?

Kidneys are organs that reside in the back of the abdominal cavity, one on each side of the spine. They are about 4-5 inches long and one inch thick. They function to filter your body's blood supply, about twenty times per day. The kidneys remove waste from your blood, and regulate the chemical composition of the blood. Kidneys release three hormones into the blood: erythropoietin which stimulates bone marrow to make red blood cells; rennin regulates blood pressure; and calcitriol which helps maintain calcium. They keep the volume of water in the body constant and regulate the acid/base concentration of the blood. All this work is done with nephrons which are composed of filtering material (renal tubule) and a tubule specialized for re-absorption and secretion. Nephrons regulate sodium, phosphorus, and potassium by filtering and then reabsorbing the materials needed by the body and secreting the rest as urine.

Kidney disease occurs slowly and may not be noticed until the kidneys are functioning at only 25 percent. When kidneys get so diseased that function is at about 10-15 % they need replacement therapy—either dialysis or a transplant.

Symptoms of kidney disease are: the need to

urinate frequently or not urinating, fatigue, loss of appetite, nausea, vomiting, swelling of the hands and feet, itching, numbness, difficulty concentrating, darkened skin and muscle cramps. Not all of these symptoms may be present. To avoid kidney disease, drink enough water to keep your kidneys flushed of excess acid. If your urine is yellow you aren't drinking enough water.

Eat kidney friendly foods. This includes fresh fruit, fresh vegetables, whole grain fiber, egg whites, fish and olive oil. In other words a healthy diet. Avoid foods that tax the kidneys: salty foods, fried foods, processed fats, caffeine, sugar and processed carbohydrates. In other words an unhealthy diet. Protein is hard on the kidneys, therefore cutting back on red meat helps kidney function. Doesn't this sound like a diabetes diet? Well in fact, Type II diabetes is one of the leading causes of kidney failure, the other is high blood pressure. Therefore exercise helps promote healthy kidneys. It is estimated that 26 million Americans have chronic kidney disease. Those are the people that know about it. What about the others who are functioning at less than normal? Transplant patients are very susceptible to kidney disease because of the medications required to prevent rejection, and the medications required to deal with the side effects of the anti-rejection drugs. The kidneys filter all the drugs that transplant patients take, putting strain on the kidneys. Therefore it is important that transplant patients follow a healthy diet in order to prevent kidney disease.

Minimally Invasive Heart Valve Replacement:

Heart Valves, like joints, break down over time because of normal wear and tear. Every year about 50,000 patients undergo complex open-heart surgery to receive new ones. Now Doctors at Stanford University have developed a procedure to replace ailing valves without cutting open a patient's chest.

The procedure called transcatheter aortic valve replacement (TAVR) uses a catheter to guide the artificial valve to the beating heart through a small incision in the leg or between the ribs. The procedure is much less traumatic than open-heart surgery, especially for patients who are inoperable or high risk. In fact, surgeons can't perform the procedure if the person's heart is young or healthy. The procedure relies on the fact that areas around a diseased valve, which harden, actually hold the new valve in place. The new valve expands and pushes the old valve aside. The procedure is FDA approved and shows a reduced risk of death by more than 40%. The TAVR takes about 30 minutes and patients are awake and talking within hours of the procedure.

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Head of the Lakes Organ
Transplant Support Group
1365 White Pine Drive
Cloquet, MN 55720

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