

Contact Information

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Support Group Members

The group has members of all ages from infants to seniors. All types of pre- and post-transplants are represented. Group members come from NE MN and NW WI. Group members are active or come when they can. There are no dues, fees or charges to participate.

Successfully Transplanted Organ and Tissues

Heart, Heart/Lung(s), Intestines, Kidney, Liver, Lung(s), Pancreas, Bone, Bone Marrow, Cartilage, Corneas, Connective Tissue, Heart Valves, Skin

Transplant Centers In Our Area

Abbott Northwestern Hospital

Fairview/University Medical Center

Hennepin County Medical Center

VA Medical Center

Mayo Clinic

The Head of the Lakes Organ Transplant Support Group was organized in 1988. The group is a support network that assists recipients, those waiting, donors and their families.

MEETINGS

Second Tuesday of each month

Miller-Dwan Medical Center

Classrooms 2 & 3

502 E 2nd Street, Duluth MN

7:00 p.m.

(Special meetings are held in August and December with a fall meeting on the Iron Range.)

Meetings provide a time for open discussion, sharing and support. Regular programs are scheduled during the year on topics helpful to members.

The *News from the Northland* is the group's newsletter and is published and mailed to members, other interested individuals and health care organizations.

For more information:

P.O. Box 161591
Duluth, MN 55816

www.holsg.org

*Serving the counties surrounding
Duluth and Superior*



Head of the Lakes Organ Transplant Support Group

Providing a caring, educational network of support for those waiting or having received an organ/tissue transplant, organ donors and their families.

-Have you been diagnosed with an illness which may require an organ transplant?

-What is involved with a transplant, cost, when, where?

-Are you a family member of someone who might need an organ transplant?

-If you've had a transplant, are there questions on medications, health insurance, rejection?

If you've answered YES to any of these questions you should check out the Head of the Lakes Organ Transplant Support Group. There is no worse feeling than knowing that you have been diagnosed with a serious and perhaps terminal illness with the only possible treatment being an organ transplant.



Often you and your family feel alone, do not know where to get answers to your questions or find others

who have gone through similar experiences.

The need for an organ transplant is always a traumatic experience; however, it need not be something you face alone. Join us and see how wonderful the "Gift of a New Life" can be!

You Are Not Alone

The Head of the Lakes Organ Transplant Support Group can:

- Help you understand your illness
- Deal with the pre-transplant process
- Guide you through what to expect during transplant
- Provide a caring, sharing environment to help calm your fears, answer questions, discuss new procedures, new medications, financial concerns and more.

People on National Organ Transplant Waiting list

Kidney_____	89,331
Liver_____	16,278
Pancreas_____	1,368
Kidney-Pancreas____	2,168
Intestine_____	252
Heart _____	3,196
Heart-Lung _____	65
Lung _____	1,783
Total*	111,812

* From UNOS June 2011. All candidates will be less than the sum due to candidates waiting for multiple organs

Meeting Topics

Physical conditions/health concerns for a pre-transplant patient

Coping with the seriousness of your disease
Transplants—How? Why? When? Where? Do they Work? What are the success rates?

Financial Concerns

Emotional and spiritual dimension of our lives

Anti-rejection drugs, costs, side effects

Relationships with family and friends

Dealing with rejection, illnesses and other setbacks

Safeguarding the 'highs', maintaining a 'positive attitude', and 'lifting up the lows'

Establishing a network with other recipients who will listen, support and understand your concerns

Involvement in the *Donor Education* and public awareness programs



Contributions to the Head Of the Lakes Transplant Support Group are tax deductible.