

News From The Northland

Volume 23, Number 3

July—September 2016



www.HOLSG.org

Tuesday, July 12th: 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.

Saturday August 6th Summer Luncheon 11:30-2:30

Come join us for our annual summer luncheon to be held at Ace's on 29th, 2827 Oakes Ave in Superior, WI. We will gather at 11:30 and expect to eat about 12:30, ordering from a menu with a variety of options available. We will hold our Susie/Laila Sale which is a fund raiser for our group. This gives folks a chance to meet and have good conversation, and take home the treasures won from the Susie/Laila sale. Empty out your attic and come join us on Saturday, August 6th. **Please RSVP to Glenn at glennpete5@msn.com or 218-879-5758 by July 29, 2016.**

Tuesday September 13th: 7:00 PM Speaker To Be Arranged

Attempts will be made to arrange a speaker for this meeting. If there is a subject you would like to hear about, or have suggestions for a speaker please contact Glenn at glennpete5@msn.com, or 218-879-5758

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”

News and Presentations:

April 20: Tom Saburn, Denfeld Drivers Ed

May 19: Tom Saburn, East Drivers Ed

June 9: Glenn Peterson, Katie Pfeffer, Fond du Lac Health Fair

June 11: Tom Saburn, Second Chance Annual Picnic

June 16: Tom Saburn, Hermantown Drivers Ed

June 23: Katie Pfeffer, Dedication Of Fresenius Dialysis Unit at Cloquet Memorial Hospital.

July 12: Tom Saburn, Denfeld Drivers Ed

Duluth Heart Walk: September 24, 2016

If you would like to Join a team, or donate to raise funds for heart or stroke research please contact Kathleen Hein at 218-628-1200.

Cares and Prayers:

To The Family of
Rick Haller, who passed
away on June 2nd.

Jessica Winkels-Hagerl—Recovering from liver rejection

Jerry Johnson, Mary Jacobson, Heather Krisiak

- Continueing Health Issues



Happy Birthday and Best Wishes- This Issue:

Marge Stenstrom	Liver	7/3/1997
Travis Hanson	Kidney	7/10/1999
Jackson Beattie	Kidney	7/12/2012
Darrell Sampson	Kidney	7/18/1990
Janet Moran	Kidney	7/19/2000
Jim Hendy	Kid/Pancreas	7/19/2007
Mary Manderschei	Kidney	7/25/2004
Arlee Wilkes	Kidney	7/25/2008
Dwight Morrison	Heart	7/28/2004
Leta Sisto	Kidney	7/31/1997
Heather Krisiak	Heart	8/1/2013
Tom Griffin	Liver	8/11/2002
Jack Altonen	Kidney	8/11/2004
Zach Crosby	Heart	8/12/2014
Tom Saburn	Heart	8/13/2004
Shirley Kuberka	Heart	8/27/2004
Judy Lovedahl	Kidney	9/2/1986
Harvey Genedek	Heart	9/3/1991
Jim Wester	Kidney	9/5/2006
Leroy Evans	Kidney	9/16/1999
Bill Fronckiewic	Liver	9/28/2002
Christy Buetow	Heart	9/28/2008

Magnesium—Why Do We Need It?

That's the question one of our group members asked some time ago, and no one had a good answer. The mineral is involved in more than 300 functions in our body. Low magnesium levels in our body can result in abnormal heart rate, poor blood sugar control, fragile bones, muscle spasms or cramps, seizures, weakness and nausea. Magnesium helps regulate blood pressure, helps transport calcium and potassium across cell membranes which is crucial for muscle function and normal heart rhythm. Your magnesium level is hard to assess. Only 1% is in our blood, 50-60% is stored in our bones, and the rest in our internal organs. The kidneys are responsible for maintaining the levels of magnesium in our blood available for use by the muscles, including the heart. Having enough of the mineral can help decrease the risk of type 2 diabetes by 23 %, the risk of stroke, headaches, osteopenia, and kidney stones. Magnesium levels can be maintained by eating the correct foods, or by taking supplements. Foods rich in magnesium are nuts, seeds, beans, and whole grains. Certain medications require a higher intake of magnesium. People taking diuretics, and proton pump inhibitors such as those for indigestion require higher intake amounts. High blood sugar levels and gastrointestinal problems inhibit the absorption of magnesium. Drinking too much alcohol or eating a high protein diet can increase the need for magnesium. The recommended intake of magnesium for adults is; men 400-425 mg per day, women 310-320 mg per day. Too much magnesium from food is not a problem because our kidneys eliminate excess amounts in our urine. Too much magnesium from supplements usually ends up by causing diarrhea, which signals us to reduce the amount taken from supplements. So, in order to keep your body running well, eat enough foods containing magnesium, or take a supplement to maintain magnesium levels.

Why As We Age Do We Become Intolerant Of Dairy Products?

People who develop primary lactose intolerance start life making normal levels of lactase, an enzyme found in the digestive system. Lactase is necessary for infants to digest the milk necessary for their growth and well being. As the amount of milk we ingest decreases as we get older, the body produces less amounts of lactase but enough to digest the amount of dairy an adult ingests daily. If lactase production falls below that needed to digest our daily diet of dairy, lactose intolerance leads to symptoms of poor digestion, diarrhea, nausea, abdominal cramps, bloating and gas. Lactose intolerance is not an allergy! And therefore is not diagnosed with allergy tests. Doctors can diagnose lactose intolerance by using a Lactose Intolerance test, or a Hydrogen Breath Test. Lactose intolerance is not curable. Most people deal with the symptoms by reducing the amount of dairy in their diet, or changing the type of foods consumed containing lactose. Low lactose foods, and lactose substitutes such as soy products, almond milk, etc are effective for dealing with the symptoms. Some people opt to take lactase enzyme supplements.

Duluth Kidney Walk:

August 4th, 2016; 4:30, Bayfront Park by the DECC.

This is your chance to help raise money for kidney research. If you would like to donate or volunteer, call Katie Pfeffer at 218-879-8937

Full Body Transplant or Head Transplant, Whatever you prefer?

Doctors in China and Italy predict that a full body transplant may be available in two years. In Harbin, China Wang Huanming was paralyzed from the neck down after being injured wrestling with a friend. Today his wife and daughter must pump oxygen to him to keep him alive, or use an automatic pump just recently available. The doctors plan would remove two heads from two bodies, connect the blood vessels of the donor body to the recipients head, insert a metal plate to stabilize the neck, bathe the spinal cord nerve endings in a glue like substance to aid regrowth and finally sew up the skin. Other doctors and scientists have said it is medically impossible to do this, it is unethical to do this, and it is technically impossible to do this!! Doctors say it is impossible to get approval from the regulating bodies to even get approval for trying this procedure on animal subjects much less attempting it on a living person. Besides, some people say that if you can connect the nerve endings in this process why can't you just do it on the paralyzed person and forego the transplant. In Italy, a doctor with the Turin Advanced Neuromodulation Group and a doctor in the Russian Academy of Science is also researching this procedure, but no plans are being made to carry out the procedure. Mr. Wang's family still has hope that the process will become possible some day and save the family.

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