

News From The Northland

Volume 22, Number 4

October—December 2015



www.holsq.org

Tuesday October 11, 2016 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

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Saturday, December 3, 2016: 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 \$ 15.50 for adults and \$ 10.00 for children under 10. The cost includes gratuity and tax. 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 30th.

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:

Mary Hellman	Liver	10/18/2010
Jessy Wahlsten	Heart	10/25/2015
Jackie Jensen	Pancreas	10/27/2009
James Kimmes	Liver	10/28/1995
Don Nygaard	Liver	10/30/2000
Mary Jacobson	Kidney	11/04/2011
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
Barbara Brandon	Kidney	11/26/1988
Dan Spielman	Kidney	11/30/2010
Jean Specht	Liver	12/2/1997
Russ Grover	Kidney	12/04/2012
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.

Carol Weiberg

Note: \$250 of the proceeds from the Summer Susie and Laila Auction were donated to the American Heart Assn.

Presentations:

August 6— Kidney Walk: Katie Pfeffer, Kathi Hein Glenn and Charlotte Peterson

September 24—Kathi Hein, Heart Walk

September 28—Denfeld Drivers Ed, Tom Saburn

October 13—East drivers Ed, Tom saburn

Cares and Prayers

For:

Calls, Cards and Prayers
Welcome!!

Mary Jacobson

Julianne Vasichek

For the Family of Joann Miller who passed away on
September 19, 2016



Web News: You no longer need to type the long version of our name to get the web. Just enter www.HOLSG.org to arrive! Visit the web for new developments. If you need an ID, contact Ton Griffin at tgriffin00@chartermi.net

!“Eat Your Carrots So You Can See Better!

Carrots are the best source of Beta-carotene, a nutrient that is converted to vitamin A in our bodies. Vitamin A is important for normal vision, and an enhanced immune system. People who eat a lot of carrots might be at a lower risk of certain kinds of cancer, such as lung or prostate cancer. It also decreases the risk of macular degeneration and loss of vision as we age. Beta-carotene gives the carrot its orange color but there is also white, red, and purple carrots. Our body absorbs more beta-carotene from cooked carrots than it does from raw carrots. If you have diabetes, and you worry about blood sugar levels, the carrot is known for having a lot of sugar and a high glycemic index. However, nutritionists say that we should not let this deter us from eating carrots. Glycemic load which is different from glycemic index is more important and is a better measuring stick for how food affects blood sugar and insulin levels. The glycemic load for carrots is 3, which is very low. What this says is that carrots are very unlikely to affect blood sugar levels. As a cancer preventive, carrots contain very powerful anti-oxidants called carotenoids and also alpha-carotene, which is very powerful towards inhibiting formation of tumors. Carrots are packed with other nutrients. Three medium sized carrots contain 60 mg of calcium, 586 mg of potassium, 5 gr dietary fiber, 30,000 IU's of vitamin A, and also magnesium, phosphorus, and vitamin C. So you see, when Mom said “eat your carrots, so you can see better,” She was right!!

World’s First Face Transplant Dies.

Isabelle Dinore, a French woman who received the world’s first partial face transplant, has died 11 years after surgery that set the stage for dozens of other face transplants world wide. The Amiens University Hospital in northern France reported the death but didn’t say whether the death was transplant related. After being severely disfigured by her pet Labrador, Dinore was given a new nose, chin, and lips in a ground breaking 15 hour operation in 2005. When She first appeared in public with her new face four months later, her speech was slurred and a scar clearly visible, but the fact that she could speak to reporters of having a “face like everyone else and almost a smile, was a medical breakthrough. There have been 40 face transplants worldwide since 2005, including one last year in New York that was the first to include a scalp and functioning eye lids. As we know, anti-rejection drugs can have severe side effects. Dinore had suffered two bouts of rejection and two cancers linked to the transplant and lost partial use of her lips last year. An interesting thing about the transplant process is: A doctor who has performed 7 of the 10 face transplants in France, has recently come out and said that the process should be suspended and studied because the long term benefits may not be worth the physical and psychological toll suffered by the patients. Most transplants require a considerable number of follow up surgeries.

A New Organ Hits The Transplant List: Today about 60,000 people have had their Larynx removed due to disease or trauma leaving them with a hole in their throat, which is a direct access to their lungs. This is very dangerous because anything that contaminates that hole can be life threatening. Laryngectomies impair many lives. The Mayo Clinic has been given permission by UNOS, which regulates organ transplants, to perform two transplantations per year for the next 5 years. If the process is successful it may be as common as any other transplant. Laryngeal transplants will allow people to smell, taste, swallow and communicate. However, Mayo Clinic is also working on another strategy. In one of 40 regenerative studies, clinical trials are being conducted to grow an implantable larynx from stem cells harvested from the patient. The process starts with a highly accurate image of the damaged larynx. This area is then 3-D printed to reconstruct the damaged portion of the larynx. Then the mold of the organ is submersed in stem cells obtained from fat cells of the patient and specific growth factors are applied to transform the stem cells to larynx tissue. After two weeks the tissue is ready for transplant. The whole process takes about 3-4 weeks. This means that transplantation of the regenerated organ from the patients stem cells requires no anti-rejection drugs after transplant.

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