

TRIO-PITTSBURGH CHAPTER NEWSLETTER



JUNE 2010



Hello TRIO-Pittsburgh members. I hope this June newsletter finds all of you in good health and spirit.

To all TRIO fathers, a very happy and healthy Father's Day. To TRIO members who are graduating this month or have family members graduating, a hearty congratulations.

This month's meeting will be held on June 13, instead of June 20, because of Father's Day conflicting with our regular monthly meeting day. The meeting will be held from 1:30 – 3:30 at the Ladies Hospital Aid Society (LHAS) Auditorium of UPMC Montefiore. This month's speaker will be Jerry McCauley, MD, MPH, who will speak on "What else can I do to live longer and improve the quality of life post transplantation?" Dr. McCauley is Professor of Medicine, Medical Director, Kidney and Pancreas Transplant at the Thomas E. Starzl Transplantation Institute.

2010 TRIO-PITTSBURGH CHAPTER MEMBERSHIP

As of May 30, 2010, we have 79 TRIO-Pittsburgh Chapter Members, including 11 new members, 22 International Family members and 11 International Individual members.

WELCOME NEW 2010 TRIO-PITTSBURGH CHAPTER MEMBERS

Steve Wicks (Heart recipient on 3/18/10); Holly Castello - Health Care Professional; and Pat Folk - Health Care Professional

2010 TRIO-PITTSBURGH CHAPTER BOARD MEMBERS

Mary Alice King (President), Patty Dippold (Vice President), Rudy Molnar (Treasurer), Paul Armbruster (Corresponding Secretary), Chris Armbruster, Anna DiPilato, Shannon Flynn, Kathy Jacobs, Carol Foglia, Janice Glidewell, Lisa Hoff, Tracie Sabatine, Jo Anne Schwarz, Georgene Thomas, Robb Wilson and Colleen Yost.

2010 TRIO-PITTSBURGH CHAPTER HONORARY BOARD MEMBERS

Dr. Kareem Abu-Elmagd, Dr. Thomas Cacciarelli, Dr. Robert Kormos, Dr. George Mazariegos, Dr. Dennis McNamara, Dr. Srinivas Murali, Dr. Obaid Shakil Shaikh, Dr. Ron Shapiro, Dr. Thomas Starzl, Susan Stuart, Dr. Ngoc Thai, Dr. Kusum Tom and Dr. Steven Webber.

TO CONTACT TRIO-PITTSBURGH CHAPTER:

Website: www.trio-pittsburgh.org TRIO website has a calendar listing of meetings & events.

Go to the website and click on "Calendar".

The office address is Falk Building, Room 601, 200 Lothrop Street, Pittsburgh, PA 15213

The TRIO phone number is 412-647-7461 or 1-877-647-3439.

TRIO Members without email addresses can call the TRIO Office (1-877-647-3439) to find out about upcoming Support Group Meetings.

HAPPY JUNE TRANSPLANT ANNIVERSARIES

Mike Currin (Kidney - 6/7/07); Sandy Gallo (Kidney - 6/28/99); Lillian B. Ruby (Heart - 6/28/1988); Cindy Siebauer (Kidney - 6/1/94); and Sandra L. Waters (Liver - 6/96)

WESTERN PA KIDNEY SUPPORT GROUPS MEETINGS in JUNE

Sunday, June 13 – Pittsburgh West, King’s Restaurant, Imperial, 2:30-4:30 PM.
Contact: Rich Koper 724-222-2582

Wednesday, June 16 - Northwestern (Pediatric), Panera Bread, Hermitage, 7:00-9:00 PM.
Contact: Lori Bible sbible6@msn.com 724-981-0368

Sunday, June 27 – Pittsburgh East, Panera Bread, Penn Center, Wilkins Township, 1:00-3:00 PM
Contact: Robb Wilson robbw81@yahoo.com 412-823-5630

For more information about kidney disease and support groups visit www.wpakidneysupport.org

LOCAL SUPPORT GROUPS for LIVER DISEASE

GREATER PITTSBURGH PBC (PRIMARY BILIARY CIRRHOSIS) SUPPORT GROUP

Meets on the 2nd Tuesday of each month at Panera Bread – Waterworks Mall – Fox Chapel
For more information contact Ellen Kerber or email at kerber@kerbers.com

LIVING WITH HEPATITIS SUPPORT GROUP

Meets on the 3rd Thursday of each month at
330 South 9th Street, Main Bldg., Room 182 Pittsburgh, PA 15203
For more information contact Jen Warner at 412-535-2670

PITTSBURGH AREA SUPPORT GROUP

Meets on the 3rd Sunday of each month at St. Catherine of Sweden Church
2554 Wildwood Rd. Allison Park, PA 15101
For more information contact Adele Breen at 412-992-1633 or email at Adele711@msn.com

WESTMORELAND COUNTY SUPPORT GROUP

Meets every other month on the 3rd Monday (Jan, March, May, July, Sept and Nov) at
Hempfield Church of Christ 144 Hugh Black Rd Greensburg, PA 15601
For more information contact Antonia or Mike Redigan at 724-423-5948
or email: antoniaredigan@hotmail.com

CIRROHOSIS ONLINE SUPPORT GROUP

New and free online cirrhosis support group at www.mdjunction.com/cirrhosis

For more information go to: AMERICAN LIVER FOUNDATION - WESTERN PENNSYLVANIA
CHAPTER at www.liverfoundation.org/chapters/westernpa/

TEAM PITTSBURGH – www.teampittsburgh.org

U.S. Transplant Games in Madison, Wisconsin - July 30th through August 4, 2010!!! Less than two months to go!!! Team Pittsburgh is still fundraising for 2010, selling Sarris Candies, shirts, hats, cookbooks, car magnet ribbons, and other goodies. If you can donate 4 to 5 hours on either Thursday (UPMC Presbyterian) or Friday (UPMC Montefiore) to help with this fundraising event, please call Georgene Thomas at 412-481-5473.

OTHER JUNE EVENTS AND ACTIVITIES

Saturday, June 5, 2010: “Izzie’s Dash” in memory of Isabelle Christenson. This fun, family oriented event celebrates the “Gift of Life” & raise awareness for the need for Organ Donation. Website: www.izziesgifts.org This year, over 400 walkers participated and over \$20,000 was raised!

Sunday, June 6, 2010: “American Liver Foundation Liver Life Walk” at the Pittsburgh Zoo & PPG Aquarium.

Thursday, June 10, 2010: “American Liver Foundation 2010 Update”
Featuring the latest information from the American Association for the Study of Liver Disease (AASLD), the Digestive Disease Week (DDW) & the Joint American Congress ATC. This event will be held at the Pittsburgh Athletic Association (PAA) in Oakland.

The Patient Session is free to attend and will be held from 4:00-6:00 PM. Light refreshments will be served.

The Provider Session is from 5:30-9:00 PM. The \$20 Registration fee includes dinner. This session is intended for PCP’s, GI physicians, hepatologists, nurses, nurse practitioners and other healthcare providers. Patients are also welcome to attend. CME & CEU credits are available. For more information contact: Kara Hartner-Events Manager, at the American Liver Foundation
Phone: 412-434-7077; e-mail: khartner@liverfoundation.org

UPCOMING ACTIVITIES:

TRIO’S annual picnic will be on Saturday, August 28, at Cecil Park. Mitch's Barbecue will cater it. More information will be forthcoming.

MISCELLANEOUS

UPMC E-CARDS: To send an E-Card to a patient at any UPMC hospital, go to: <http://ecards.upmc.com>.

PROGRAF VALUE CARD PROGRAM: Astellas has a Prograf value card program available to you if you qualify. All you have to do is complete the enrollment process in 3 easy steps. Once activated, this card may be used to instantly save up to \$200 on each of your next 12 prescriptions for a total savings of up to \$2,400. Please note that you are not eligible to participate in the Prograf: Value Card program if your prescriptions are paid for in part or full by any state or federally funded benefit program including but not limited to Medicare or Medicaid, Medigap, VA, DOD or Tricare or where prohibited by law. Visit www.transplantmedsavings.com or call 1-866-790-7659.

A new “feature” I would like to include in each TRIO Newsletter is a personal message from a TRIO member about his or her transplant story or a personal note you would like to share. I thought of this after Rudy told me how he met Kathy. Their story was in the UPMC newsletter, "Extra!" on April 22, 2005. I emailed the UPMC department who puts out the newsletter and received their permission as well as Rudy's and Kathy's permission to reprint an excerpt in our newsletter (since the story was printed over five years ago, some of what was written no longer applies).

The following article is an excerpt from UPMC “Extra!” Newsletter on April 22, 2005

It is reprinted here with the permission of UPMC, Rudy Molnar and Kathy Jacobs.

A change of heart, a second chance

A heart transplant gave Rudy Molnar a new lease on life — and the chance for love.

In 1989 Rudy was hospitalized at UPMC Presbyterian with viral cardiomyopathy, a serious disease in which the heart muscle becomes inflamed and doesn't work as well as it should. His doctors informed him that his only option was to have a heart transplant. It was during this hospital stay, while waiting for a new heart, that he met Kathy Jacobs, RN, who was working as a staff nurse at the time.

In November 1989, Rudy received his new heart. After he was discharged, Kathy only saw him every three or four months when he came to the hospital for his biopsies.

Several years later, they met again. Kathy needed to have her car fixed; a co-worker recommended that she take it to an automotive service center in East Liberty ... a garage owned by Rudy. The two began dating in 1995.

Rudy and Kathy enjoyed a very active lifestyle for several years — traveling, snorkeling, parasailing, jet skiing, and even hot air ballooning. But in 2001, 11 years after his transplant, Rudy began to experience heart problems again.

“There were definite signs that there was a problem,” says Kathy, who is now a clinical applications coordinator at UPMC Presbyterian. “His heart rate slowed down, his legs would get heavy, he would sweat, and he felt nauseated. The symptoms passed at first, but one day they didn't.”

Srinivas Murali, MD, recommended a pacemaker, and Rudy eventually ended up with six stents. But another heart transplant was inevitable. Rudy's name went back on the waiting list in December 2002.

Kathy clearly remembers the day she heard the good news — she was shoveling snow after work when the call came that a heart was available. Rudy received his second heart transplant Feb. 25, 2005, from surgeons Marco Zenati, MD; Robert Kormos, MD; and Kenneth McCurry, MD.

Kathy and Rudy are committed ambassadors for organ donation. Rudy is on the Center for Organ Recovery & Education board of directors and visits transplant patients.

“Rudy's heart transplant has made our life together possible,” says Kathy. “Organ donation is truly a gift of life.”

If you would like to share your story, please e-mail it to me at paul_armbruster@yahoo.com (underscore line between first and last name).

