



**Transplant Recipient International Organization
Pittsburgh Chapter
May & June 2012 Newsletter**

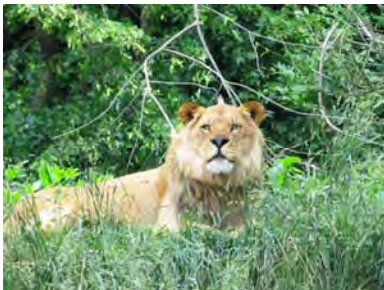
TEAM TRIO PARTICIPATES IN THE AMERICAN LIVER LIFE WALK

TRIO-Pittsburgh formed a team to participate in the American Liver Foundation – Liver Life Walk that took place on Sunday, June 3, at the Pittsburgh Zoo & PPG Aquarium. In this first year as Team TRIO we had 10 participants: Paul Armbruster (Team Captain), Chris Armbruster, Ed Armbruster, Joe Armbruster, Kara Bumbernick, Susan Chincheck, Leslie Lynch, Manu Varma, Sumeeta Varma and Wayde Fargotstein. It was a beautiful morning at the zoo and plenty of animals to see. Over \$69,000 has been raised from this one event and will go towards the research and work in fighting liver disease. Team TRIO was able to raise \$525. Special thanks to all who participated and donated to Team TRIO.

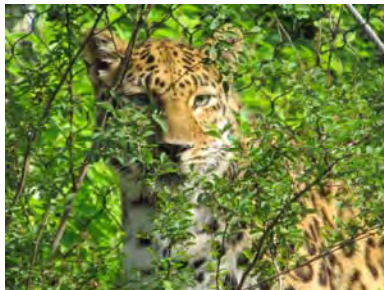


Team TRIO (L to R): Ed Armbruster, Wayde Fargotstein, Sumeeta Varma, Chris Armbruster, Paul Armbruster, Susan Chincheck, Leslie Lynch, Kara Bumbernick, Joe Armbruster and Manu Varma

Some of the animals we saw:



Lions



Tigers



Bears

OH MY!

TRIO PROVIDES DINNER TO FAMILY HOUSE

On May 15, 2012, several TRIO members provided dinner to the guests at Family House Neville. TRIO President, Mary Alice King, made 15 pounds of potato salad, cooked 15 pounds of ground meat for “Manwiches” as well as making chocolate chip cookies for desert. Rudy Molnar, Kathy Jacobs, Jo Anne Schwarz and Paul Armbruster brought the plates, utensils, cups and drinks and helped with serving the delicious meal. Over 40 guests came to enjoy the dinner and it was obvious that the food was good because most came back for seconds. All the guests appreciated the dinner and TRIO plans to do this again. Below are some pictures taken that evening.



Paul Armbruster, Kathy Jacobs, Rudy Molnar and Mary Alice King



Family House Guests enjoying Dinner

TRIO SUPPORT GROUP MEETING ON MAY 20, 2012 in Review

On Sunday, May 20, Dr. Hakeem Sam was the guest speaker at the TRIO Support Group Meeting. The meeting was well attended with 33 guests. The topic of conversion was skin cancer, the most common of all cancers. Dr. Sam covered four major points regarding skin cancer: be proactive, the types of skin cancer cells, the A, B, C's of skin cancer and some of the most common causes of skin cancer.

Be Proactive: skin cancer can be manageable. Educate yourself on skin cancer. Skin cancer can occur anywhere on the body but is most commonly found on the skin that is exposed to the sunlight. Make personal examinations of your body and have your PCP examine you as well. Wear protective clothing to UV (ultraviolet) rays of the sun and use sunscreen. A guest asked Dr. Sam what SPF (Sun Protection Factor) level to use. He said that SPF 15 is adequate; however, he recommends a sunscreen with an SPF of 30 to his patients. The main thing when choosing a sunscreen, according to Dr. Sam, is to select one that you will use. It does no good if it is sitting on your shelf and not on you skin.

Types of cancer cells:

Basil (ba'-sil) cell carcinoma – found on the epidermis or outer layer of skin that is exposed to sun. Basil cells usually appear as a small, pink bump or patch on the skin. Basil cell carcinoma rarely spreads, however, if left untreated can become crusty and bleed, damaging the skin around it.

Squamous (skua'-mas) cell carcinoma – is the most common skin cancer in transplant patients. Squamous cells appear similar to basil cells, but are usually more scaly and rough. If left untreated, the tumor can invade deep into the skin, can spread into the lymph nodes and can lead to death.

Melanoma – usually appears as an irregular brown, black or red spot or mole and can be found anywhere on the skin. If left untreated it can spread and lead to death.

A, B, C's of skin cancer: When analyzing cancer cells observe the cells keeping in mind:

“A” – Is the spot or patch asymmetrical?

“B” – Is the border of the spot or patch round or irregular?

“C” – What is the color of the spot or patch?

“D” - What is the diameter of the spot or patch?

“E” – What is the elevation of the spot or patch? How much is it raised above the skin?

A pencil eraser can be used for comparison of the size features above.

Some Causes of Skin Cancer:

1. Skin damage caused by UV light from the sun as well as from tanning salons can cause skin cancer.
2. Skin cancer can be hereditary. Fair-skinned, red or blond hair, blue, green or hazel-eyed people are more prone to getting skin cancer when exposed to the sun.
3. Older individuals have a higher risk of skin cancer, however, with more and more of the younger generation using tanning salons, skin cancer is being found in younger individuals as well.
4. Individuals taking immunosuppressant medication are at a higher risk of getting skin cancer.

Dr. Sam said to talk with your transplant surgeon regarding lowering your immunosuppressant medication. With a careful watch by your transplant surgeon, decreasing your immunosuppressant medication may increase your immune system enough to fight off skin cancer.

Most skin cancers, if detected early, can be corrected. In some cases, surgery may be necessary. In 1938, while still a medical student at the University of Wisconsin – Madison, Frederick Mohs developed a technique to remove skin cancer. A modified version of this technique, referred to as the MOHS procedure, is often used today and has a very high percentage cure rate.

The above information was from my notes taken at the meeting, from a pamphlet that Dr. Sam gave us, “Skin Cancer Risks in Transplant Recipients; Know the Facts” from the International Transplant Nurses Society and from Wikipedia.org (regarding Dr. Frederick Mohs).

UPCOMING TRIO SUPPORT GROUP MEETINGS

TRIO Support Group Meetings are held on the third Sunday of the month, except in the months of August, due to our picnic, and in the month of December, due to our Holiday Party. The meetings begin at 1:30 PM and alternate between Allegheny General Hospital, Snyder Auditorium and UPMC Montefiore Hospital LHAS Auditorium. Flyers are normally sent out before the meetings as well as being posted on the TRIO website.

Upcoming support group meetings will take place on:

Sunday, June 17 at AGH

Sunday, July 15 at UPMC

Sunday, September 16 at AGH

Sunday, October 21 at UPMC

Sunday, November 18 at AGH

NEXT TRIO SUPPORT GROUP MEETING

The next TRIO Support Group Meeting is at Allegheny General Hospital, Snyder Auditorium on Sunday, June 17. The meeting begins at 1:30 PM. The guest speaker, Edward Horn, is a transplant pharmacist and will answer questions regarding transplant medications.

CURRENT TRIO-PITTSBURGH BOARD OF DIRECTORS

Mary Alice King (President), Rudy Molnar (Vice President), Rich Wegrzyn (Treasurer), Paul Armbruster (Secretary), Chris Armbruster, Anna DiPilato, Shannon Flynn, Kathy Jacobs, Carol Foglia, Tom Meshanko, Jo Anne Schwarz, DeeAnne Seeger, Georgene Thomas and Colleen Yost.

CURRENT TRIO-PITTSBURGH CHAPTER HONORARY BOARD MEMBERS

Dr. Kareem Abu-Elmagd, Dr. Thomas Cacciarelli, Dr. Barbara Carpenter, 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. Henkie Tan, Dr. Ngoc Thai, Dr. Kusum Tom and Dr. Steven Webber.

HAPPY MAY ANNIVERSARIES

James	Caserta	R: Heart: 5-23-98
Kimberly	Krebs	R: Kidney, bone marrow, islet cell: 5-25-94 / Pancreas: 8-15-00 / Kidney & Pancreas 12-29-11
David G.	Simpson	R: Heart: 5-7-02
Matt	Repasky	Matt (R): Kidney: 5-25-96

HAPPY JUNE ANNIVERSARIES

Mike	Currin	R: Kidney: 4-14-06 and 6-7-07
Sandy	Gallo	R: Kidney: 6-28-99
Timothy	Grech	R: Heart: 6-16-10
Thomas	Meshanko	R: Heart: 6-13-09
Jim	O'Neill	R: Kidney & Pancreas: 6-24-2009
Philip	Rostek	R: Heart: 6-25-08
Lillian	Ruby	R: Heart: 6-28-88
Sandra	Waters	R: Liver: June 1996

TO CONTACT TRIO-PITTSBURGH CHAPTER:

Phone: 412-647-7461 or 1-877-647-3439

The mailing address is TRIO Pittsburgh / 3601 Fifth Avenue, Room 601 / Pittsburgh, PA 15213

For more information about TRIO Pittsburgh, visit the website at www.trio-pittsburgh.org

HEART SUPPORT GROUP MEETING

The next scheduled Heart Support Group Meeting is on Saturday, June 30 at Panera Bread on the Blvd. of the Allies. The meeting begins at 12:30 and lasts until 2:00.

For more information, contact Tom Meshanko at t.meshanko@verizon.net or call 412-351-6704.

UPCOMING WESTERN PA KIDNEY SUPPORT GROUP MEETING

CRANBERRY SUPPORT GROUP MEETING

Sunday, June 24 2:00 – 3:30

Panera Bread, Cranberry Township

Contact Nikki McKenna 412-216-0144 mckennanr@gmail.com

WESTMORELAND SUPPORT GROUP MEETING

Sunday, June 24 2:00 PM

Meeting at King's Restaurant, Route 119, Youngwood, PA

Contact Jack Silverstein 412-427-2969 silverjacki@yahoo.com

Pediatric Contact: Lori Bible 724-981-0368 sbible6@msn.com

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

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 antoniaredigan@hotmail.com

CIRRHOSIS ONLINE SUPPORT GROUP

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/

UPCOMING EVENTS:

Friday, June 22, 7:05 PM: 2012 Kidney Disease Awareness Night at PNC Park
Come watch the Pirates take on the Detroit Tigers and receive a FREE Pirate T-shirt.
A portion of each ticket sale will benefit the NKF's special life-saving health screenings designed to detect kidney disease early.
\$5.00 of the \$20.00 ticket price for the Outfield Reserved seats and
\$3.00 of the \$16.00 ticket price for the Grandstand section
For more information and to order tickets contact Chaz Kellum at 412-325-4731 or chaz.kellem@pirates.com

Friday, July 20, 7:05 PM: American Liver Foundation Night at PNC Park
Come watch the Pirates take on the Miami Marlins and receive a FREE Pirate T-shirt.
The ALF is hosting a special night at PNC Park to honor and acknowledge those with liver disease in our region.
A portion of each ticket sale will benefit the ALF in its fight against liver disease.
\$5.00 of the \$20.00 ticket price for the Outfield Reserved seats and
\$3.00 of the \$16.00 ticket price for the Grandstand section
For more information and to order tickets contact Chaz Kellum at 412-325-4731 or chaz.kellem@pirates.com

August 27 through September 2, 2012: ANSYS Mylan Golf Classic at Southpointe Golf Club
Eleven Nationwide Tour players in the U.S. Open field will participate with others in this local golfing event.
Once again, Second Chance at Life will be selling tickets at
<https://www.mylanclassic.com/buytix/SECONDCHANCEATLIFE/>
100% of ticket sales from this site benefit Second Chance at Life, Pennsylvania Chapter.

In closing:

Everyday is a gift, that's why they call it the present!

Respectfully submitted by Paul Armbruster, TRIO Pittsburgh Secretary