

THE HEPATIC TIMES

Happy Spring!

IMPORTANT INFORMATION!!!

The fax number for lab results has changed. Unless you receive your labs at a Cleveland Clinic facility, please notify your lab that the new number to fax results to is 1-800-858-7605. Your lab was faxed a notice, but your help is appreciated.

REFILLS

NEVER RUN OUT OF YOUR MEDICATIONS!! Always make sure you have enough medications prior to a weekend, holiday or vacation. PLEASE ALLOW 24-48 HOURS FOR REFILLS TO BE CALLED IN TO YOUR PHARMACY or 3-4 DAYS FOR YOUR MAIL ORDER PRESCRIPTIONS TO ARRIVE. The liver office will refill your transplant medications, but all other prescriptions including diabetes and blood pressure meds should be refilled by your primary care physician or other specialist.

2007 STATISTICS

The CCF Liver Transplant team did 148 transplants in 2007! This was the greatest number of transplants in a year since our program started in 1984.

SUNSCREEN

Some of the medications you take after your liver transplant may make you more susceptible to sunburn, which has been directly related to skin cancers. Immunosuppression medications (anti-rejection drugs) make patients more susceptible to skin cancers. Transplant patients should avoid excessive sun exposure by staying out of the sun, as well as wearing hats, sunglasses and protective clothing. UV rays penetrate through clouds even on shady days, and can reflect off of objects and cause sunburn. On a **daily basis**, patients should use a sunblock that protects against UVA and UVB rays, **and** that has an SPF of 30 or higher. The higher the SPF, the more sun protection your sunblock will offer. Tanning beds should also be avoided.

COORDINATOR UPDATES

The Post Coordinator team has grown!! Tracey Stinnett RN has joined us from the Kidney-Pancreas Transplant Team. She will be helping care for outpatients in the office. Christine Panko RN has joined us from G111 the Transplant-Special Care Unit. She will be preparing patients for discharge after their transplant.

PROTECT YOURSELF FROM WEST NILE VIRUS!

Studies have shown that transplant recipients are at higher risk of developing diseases such as West Nile Virus and encephalitis if bitten by mosquitoes. Simple preventative measures can greatly reduce this risk. If prolonged outdoor exposure to potential mosquito bites can't be avoided, wear long sleeves and long pants. Use effective insect repellent that contains a DEET concentration of 25-45% and reapply as directed. Remove sources of standing water from your property, these may serve as breeding grounds for mosquitoes. If you are bitten by a mosquito and develop any fever or flu-like illness, please contact the transplant office.

UPCOMING EVENTS!!!!!!!!!!!!!!

SWING FOR LIFE GOLF INVITATIONAL: June 24, 2008 at Oaktree Country Club in West Middlesex, PA (near Youngstown, OH). For more information call 216-752-5433 or go to www.lifebanc.org.

2008 US TRANSPLANT GAMES: July 11-18, Pittsburgh, Pennsylvania. For more information go to: www.kidney.org/transplantation/athletics/index.cfm

LAP FOR LIFE MOTORCYCLE POKER RUN: July 12, 2008 starting at Century Harley Davidson, Medina, OH. For more information call 216-752-5433 or go to www.lifebanc.org

TRIO NIGHT AT THE RACES: August 8, 2008 at Northfield Park. Cost is \$25 per person and includes admission, buffet dinner and parking. There will be raffle items and side boards also. For more information contact Suzanne Himes at (216) 791-3800 x4875.

GIFT OF LIFE WALK: August 16, 2008 at Blossom Music Center. Registration begins at 8:30. For more information contact Jillian Frazier at 216-752-5433 or go to www.lifebanc.org.

LIVER LIFE WALK: September 6, 2008 at the Cleveland Metroparks Zoo from 8am to 11am. For more information contact Stephanie Jansky at 216-635-2780 or go to www.liverfoundation.org/chapters/ohio/

LEARNING ABOUT LIVER DISEASE

Approximately 10% of the nation's liver transplants are performed for cirrhosis caused by cholestatic liver diseases. One such disease is PSC or Primary Sclerosing Cholangitis. PSC is a disease of the bile ducts both inside and outside of your liver. "Cholangitis refers to inflamed bile ducts, while "sclerosing" describes the hardening and scarring of the bile ducts that result from chronic inflammation. Scarred bile ducts can impede the passage of bile through the ducts, compromising the liver's ability to function properly. Abdominal pain, itchiness, jaundice, fevers and fatigue are typical signs and symptoms of bile blockages that may be due to PSC. It's not clear that causes PSC, although it may develop due to an autoimmune disorder. PSC is often associated with inflammatory bowel disease. PSC usually progresses slowly but invariably leads to liver disease. Medical treatments may improve the symptoms, but a liver transplant is the only cure for this condition.

POPULAR WEBSITES

www.Trioweb.org

www.UNOS.org

www.LiverFoundation.org

www.lifebanc.org

www.ccf.org

SPREAD THE WORD ABOUT ORGAN DONATION TODAY!!!!!!

