



HOPE CHEST NEWS

FALL 2010

U of M Research Grows Lung Tissue

Research at the University of Minnesota may lead to a process where those needing a lung transplant will be able to receive a replacement lung that contains their own genetic material. That would mean the potential elimination of rejection and the need to be immune suppressed. The researchers have been able to grow a mouse lung that “works” with the help of a small incubator. Dr. Angela Panoskaltis-Mortari has been leading work that may someday result in a patient being the donor of stem cells. Those

of the replacement lung.

The lung tissue was grown through a process known as whole organ decellularization. Cells are removed from the lungs of dead mice. What is left becomes the matrix for the new cells. The cells are maintained for a week of incubation and are then introduced into the matrix. There the cells grow and differentiate into lung tissue. Dr. Panokaltis-Mortari explained that the lung is very complex and contains 60 different cell types. She indicates that the next big challenge for the research is to grow lung tissue that will actually exchange gases. She also said that another major challenge is to get to a point where the lung tissue is capable of repairing itself.



Dr. Angela Panoskaltis-Mortari

Similar research is being conducted at a number of universities and private research

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Our mission is to support and educate University of Minnesota Medical Center, Fairview patients and their families as they progress through the process of lung or heart / lung transplantation, and to promote public awareness of the needs of these patients.

laboratories. Some headway has been made in laboratory growth of replacement skin, blood vessels and bladder tissue. Much of the funding for the research is provided by the National Institute of Health.

Dr. Panoskaltsis-Mortari has been at the University of Minnesota for 17 years. Her training is in immunology and she began the

current research 2 years ago because she was studying complications that can arise in lung transplantation. She feels that the day will come when it will be possible to grow a replacement lung. Her estimate of the time line is in the range of 20 to 25 years with much research remaining to be done.

Marie Anderson Golf Tournament



The beer lasses at the Frank Vermeulen memorial keg

Golfers came out on a beautiful day to help support Hope Chest News. This year, we had 111

golfers, down from 118 in 2009. There were plenty of volunteers to keep everything roll-

ing. A big thank you to all that helped out.

Also, we want to thank the major sponsors, Genentech, R. J. Ahman, AFN Trucking and an anonymous donor. Also, the 32 people who were either full or partial hole sponsors have our thanks. The net from the tournament was just over \$18,000. Those dollars will help transplant patients when their need is greatest and they have greater concerns. Again, thank you all so much for everything. See page 6 for a full report on the tourney.

Alpha 1 Support Group Forming In Southern Minnesota



A support group for those with Alpha-1 Antitrypsin Deficiency is being formed in southern Minnesota. The first meeting will be held on September 9th, which will have occurred by the time this issue of the Hope Chest News is out. Anyone interested should con-

tact Julie Liljenquist, the group facilitator. If you want more information on the group, you can contact Julie at the following:

Julie Liljenquist

507-399-1368

Email: julie@norwexwithjulie.com

Vern Jackson Attends Transplant Games

The Transplant Games were held this summer in Madison, Wisconsin. Vern Jackson, who was transplanted in 2007, attended and says he had a great time. While he was

there, Vern got the opportunity to meet the mother of his donor. That really made the trip especially rewarding for him.

KIP PETERSON



Hope Chest News and the transplant community lost a great volunteer and supporter on July 29th. Kip received a double lung in July of 2003. He was in his 2nd year of serving as the President of Hope Chest

News. Kip is survived by his wife, Barb and 2 children, Tracy and Chris. He was active in American Legion baseball and volunteered at LifeSource. In 2006, Kip and Barb were named as Volunteers of the year by

LifeSource. Kip was always willing to help and provide encouragement and support for transplant recipients and those that were waiting to be transplanted. Kip will be missed by not only those who knew him but also everyone in the transplant area that he helped by his involvement.

August Board Meeting

At the August Board meeting of Hope Chest News, Barb Peterson was elected to fill Kip's remaining term as a Director. Sue Martin was also elected to fill an empty position on the Board. Ross House was elected to fill the position of President for the remainder of the 2010-2011 term.

Upcoming Events

U of M support group meeting on Mondays at 11 A. M. in the Lillehei Conference Room at U of M Fairview Hospital. There is no meeting on the 1st Monday of each month.

Monthly Evening Support Group is held at 7 P. M. on the 1st Monday of each month in the Lillehei Conference Room. Caregivers Support Group is held on the 1st Monday of each month at 6 P. M. in the Lillehei Conference Room at U of M Fairview.

Sioux Falls Support Group is on the 3rd Thursday of each month at 7 P. M. The

meetings are held in the Cancer Institute at McKennan Hospital in Sioux Falls. For more information contact June Schneider at 605-339-3067

Monthly Meeting of the Hope Chest News Board of Directors on September 20, October 18, November 15 and December 20 at 12:30 P. M. in the conference room of the Bridges cafeteria at U of M Fairview.

A Hope Chest News bake sale will be held on December 13th by the Outside In Cafeteria in the Phillips-Wangensteen Building.

Nebulizer Looking For A Good Home

Hope Chest News has been contacted by a reader who has a Respiration Inspiration Elite Nebulizer. The equipment is in good condition and runs well. If you

use, or know someone who could use the nebulizer, contact Ed Aubitz at eca123@comcast.net.

Transplant Anniversaries July to September

	Richard Ludgate	SL	07/03/03		146 Roy Stubbs	DL	07/19/04
367	Fred Amrhein	SL	07/09/08	97	Shawn Swartz	DL	07/14/00
82	Lucille Benson	SL	07/15/94		Matthew Todd		07/01/08
294	Gary Broberg	SL	07/28/05	113	Chris Trainer	DL	07/15/01
319	Sarah Buan	SL	07/07/99	89	Patty Wagner	DL	07/30/99
183	Polly Davis	DL	07/27/06	350	Alice Wishard	SL	07/29/07
266	Lyle Derry	SL	07/25/03	115	Mary Ahern	SL	08/02/96
79	Jean Dunson	SL	07/04/94		Ronald Aman	HL	08/01/07
88	Jo Elliott	DL	07/14/99	186	Clyde Craite	DL	08/26/06
446	Ramona Foore	H	07/28/02		Martin Glanzer	DL	08/25/05
216	Kathleen Fredin	DL	07/07/09	137	Doris Griemes	SL	08/12/97
114	Shirley Freel	DL	07/18/01	99	Ronald Hicks	DL	08/28/00
40	Clarice Hanson	HL	07/13/97		Darlene Johnson	SL	08/25/04
136	Wanda Hinrichs	DL	07/03/03	330	Denise Johnson	SL	08/31/06
	Charles Larsen	SL	07/25/03	141	Denise Kitchen	DL	08/04/03
199	Mark Nyman	DL	07/25/07	198	Duane Lokken	SL	08/03/00
11	Dan Oien, Jr	HL	07/08/89	80	John MacLaren	DL	08/18/98
158	Scott Roth	DL	07/30/05	370	Jane Mathison	SL	08/06/08
329	Dan Schreyer	SL	07/27/06	167	Jim Melander	SL	08/14/99
	Ed Schuck	SL	07/03/03		Richard Phinney	SL	08/25/04
98	Suzie Seever	DL	07/20/00	200	Deva Randall	SL	08/06/00
182	Candace Sprout	DL	07/06/06	213	E. Margaret Resch	SL	08/16/01
24	Brian Stainbrook	HL	07/07/91				
96	Pat Strohmeier	DL	07/01/00				

298	Michael Schowalter	SL	08/08/05	13	Larry Larrivy	HL	09/28/89
296	Charlotte Storsteen	SL	08/05/05	201	Harlan Lehto	SL	09/07/00
297	Karen Taylor	SL	08/07/05	269	Eldred (Al) Lorenz	SL	09/07/03
139	Deb Werkman	DL	08/05/03	245	Lavonne Maring	SL	09/20/02
372	Richard Wiesinger	SL	08/28/08	41	Daniel McCullough	DL	09/06/95
91	Jan Ankeny	DL	09/30/99	29	Carmen Moser	DL	09/16/94
	Kenneth Bourke	SL	09/03/07	140	Terry Olson	DL	09/28/03
332	Wally Brandt	SL	09/06/06		Dale Oman	SL	09/04/05
	Susan A. Campina	SL	09/20/02	272	Melodie Purk	SL	09/09/03
593	Brenda Daml	H	09/22/06	117	Robert Smith	SL	09/03/96
127	Trudy Davey	DL	09/08/02		Kristi Van Buren	DL	09/25/05
331	Duane Erickson	SL	09/06/06	270	Carla Viseth	SL	09/07/03
	Susan Hackert	SL	09/12/06	216	Carole L. Vondall	SL	09/05/01
				19	Richard Ziegler	DL	09/30/93
				50	Brent Zook	DL	09/27/96

Donations And Memorials

A memorial from Roger Remer to honor Frank Vermeulen.

A memorial from Sue Saffel to honor Frank Vermeulen.

A memorial from Mary Davis to honor Carol Yanacheak,

A donation from Robert Smith.

A donation from Hinda Littman.

A donation from Elliot Sovell.

A memorial from Roger and Debra Engstrom to honor all who have passed on who were Debra's support system before and after

transplant

A memorial from Julie Caron to honor Kip Peterson.

A memorial from Roger Remer to honor Kip Peterson.

A donation from Hal and Mary Jane Wenaas.

A donation from Robert and Karen Gale.

A donation from Laura O Mara.

A donation from Dick and Sharon Johnson to honor Harvey Johnson, Elizabeth Johnson's grandfather.

The following made donations at the golf outing:

Jennifer Eckert

Alissa Ohara

Tina Licari

James & Carolyn Bjelland

Al Anderson & Tina Lopez

Steven & Christina Sandilla

Darlene Amundson

Ryan & Annette Shirk

Bob & Deidra Anderson

John & Jackie Lahti

Joyce & Dwaine Heinrich

Ted & Mary Loftness

Robert & James Kadelbach

Mark & Candace Sprout

Tracey Baubie

Marie Anderson Tournament Committee Report

The Hope Chest News major fund raising event, the Marie Anderson Memorial Golf Scramble, was another success! The 2010 event is over and the 111 participants enjoyed a day of golf, camaraderie, food and drink!

We had 4 'Major Sponsors' and a record number (32) of hole sponsors supporting the event. We appreciate their continued involvement in our program.

Congratulations to our golf winners:

1st Place - Team Scuba - score 56 Steve Anderson, Marty Collins, Bob Paulson, Mark Sundquist

2nd Place - Mr. Js - score 58 Dave Buresh, Keith Johnson, Troy Johnson, Joe Langemo

3rd Place - Summer of Golf - score 59 Bryan Fredrickson, Kyle Fredrickson, Jim Sheehan, Glenn Stafford

Last place - VERNanaTors - score 78 Marlene Hallinan, Mike Hallinan, Paul Hallinan, Patti Rada

The day was highlighted by Joe Langemo who won a set of Wilson golf clubs for his shot on the 154 yard, hole #8. Hole #8 was one of the four Hole-in-One contests offered during the event.

Elsie's Restaurant in NE Minneapolis was again the site of the dinner where trophies, prizes and awards were presented and the Silent Auction conducted. There were over 70 items in the Silent Auction from generous individuals and companies. Thanks to Kathleen Hallinan for producing a very professional and engaging testimonial presentation. A series of on-course pictures were shown as a slide show before and after the dinner and presentations. There were a few 'interesting' shots taken! See for yourself by going to the Hope Chest News web site www.hopechestnews.org/Golf.html. Once you are there click on the Picture Slideshow 'link' to see the pictures which are held on the Kodak Gallery web site.

The proceeds from the event should be approximately \$18,000. Hope Chest News is

an IRS 501 (c)(3) non-profit organization. Our funds are used to help lung and heart/lung transplant patients with expenses that exceed their ability to pay; e.g. medications, rent, etc. Proceeds from the event allow us to meet these needs.

We thank everyone who participated in the event as a volunteer helper, Major Sponsor,

golfer, Hole Sponsor, cash donor or Silent Auction buyer

We hope to see you at the 5th Annual Marie Anderson Memorial Golf Scramble in July 2011!

The 4th Annual Marie Anderson Memorial Golf Tournament Committee

Remembering Those Gone

Since the last newsletter, there are those who were involved with the transplant program who are gone. We will miss them and

our prayers and thoughts go out to them and their families. Daniel Clay passed away on September 8. He was transplanted in March, 2009.

Recent Transplants

There was a double lung transplant done on June 16th. On July 8th 2 single lung transplants were done and on July 31st, a double lung transplant was performed.

The names of the transplant recipients aren't included because of HIPPA rules. Margaret Schmidtke needs patient permission to

release their name. Contact her for your transplant information then send it to the mailing address or E-Mail it to hopechest-news@aol.com. If any of the transplant recipients this year would like to have their name included in the newsletter, let us know. Also, if you let us know the date of your transplant and your transplant number, we can make a button for you.

Transplant Center Profile

At some point in their transplant journey, everyone gets the chance to meet Robert Smith. Bob, as everyone calls him, has been a Registered Respiratory Therapist for 25 years. Bob graduated from the University of Minnesota with a BA in history and anthro-



Robert Smith

pology and also holds an Associate of Science degree in Respiratory Therapy from the College of Saint Catherine.

Bob spent the first 12 years of his career working at what was then the University of Minnesota Hospital in the surgical, medical and neonatal intensive care units. He was working in the surgical ICU when the first lung transplants were being performed and remembers thinking how miraculous it was that patients were coming back from the OR

with new lungs. In 1997 Bob started working at the U of M Asthma and Allergy Clinic performing spirometry and teaching patients about asthma action plans, peak flow meters, inhalers and spacers. When the Transplant Center opened in 2001, Bob became the person performing spirometry. His main responsibility is to administer spirometry testing on transplant patients. In addition to documenting the patient's lung function, spi-

rometry can serve as an early warning to alert the physician that there may be a problem even before the patient displays symptoms.

Bob enjoys reading murder mysteries and books on WWII. He is an avid Twins and baseball fan, enjoys Mozart, crossword puzzles, airplanes and Chinese food. He says if he won the lottery, he could be found either in Paris or Scotland.

Transplant Morsels—Bits Of Information

Enzyme May Be Causative Agent In IPF

National Public Radio recently aired a short spot on its show, **All Things Considered**. The spot dealt with a 70 year old man in California who was recently diagnosed with IPF. One of the most interesting aspects of the brief spot was the theory that an enzyme, telomerase, may play a role in the development of the disease. Telomerase plays a role in cell division and a number of

premature aging diseases are associated with the enzyme. The theory is that those who contract IPF may be exhibiting "premature aging" in that IPF is typically found in most individuals who reach advanced age (100+ years).

To hear the sound clip go to <http://www.npr.org/templates/story/story.php?storyId=129376945>.

C O P D A w a r e n e s s

Amy Pianalto, James Kiley

Many of us expect to slow down as we age. We aren't surprised to become short of breath when doing a little yard work, or washing the car. We think it's normal to feel this way when we're past a certain age. Right?

Wrong! Feeling short of breath is not normal at any age. Slowing down or stopping an activity because you can't catch your breath is

one sign of COPD, chronic obstructive pulmonary disease. In COPD the airways of the lungs are narrowed, and this makes it hard to get air out and causes an 'out of breath' feeling. Other symptoms of COPD can include frequent coughing, excess mucus, and sometimes wheezing. Some patients with COPD also show loss of lung tissue on chest x-ray – a condition called "emphysema".

Most people with COPD are over age 40 and have a history of smoking or long term expo-

sure to fumes or dust in the environment. But not everyone with COPD can identify such exposures. Some people appear to have a genetic predisposition to COPD.

If you or someone you know is experiencing these symptoms, there is hope. Many treatments are available to alleviate symptoms, improve your breathing, and get you back to doing more of what you used to do. The first step is getting an accurate diagnosis.

If you think you may have COPD, talk to your doctor about a simple breathing test called spirometry. This test can be done right in a doctor's office. You simply breathe as hard as you can into a tube connected to machine which measures your lung function. Using this test, your doctor can determine if you have COPD and can decide on the best course of treatment.

If you find out you have COPD, you're not alone. This disease affects 1 in 4 older Americans, and unfortunately, claims 120,000 lives each year. It has become the fourth leading cause of death.

You can find out more about COPD at www.learnaboutcopd.org. This educational web site is part of a COPD awareness campaign from the National Heart, Lung, and Blood Institute of the National Institutes of Health, in partnership with the American Lung Association and other organizations.

If you're slowing down due to shortness of breath, talk to your doctor. Get a simple breathing test. Learn more – breathe better!

This article was published in the Summer 2007 issue of the ALA Lung Health Magazine.

World Spirometry Day October 14th

Lung health is being promoted throughout 2010. The Forum of International Respiratory Societies has declared this year the Year of The Lung. Members of the Society will be offering free spirometry to the public.

The Year of the Lung is being organized by the Forum of International Respiratory

Societies (FIRS). FIRS includes the [Asociacion Latinoamericana del Thorax](#) (ALAT), the [American College of Chest Physicians](#) (ACCP), the [American Thoracic Society](#) (ATS), the [Asia Pacific Society of Respirology](#) (APSR), the [European Respiratory Society](#) (ERS), the [International Union Against Tuberculosis and Lung Disease](#) (The Union), and the [Pan African Thoracic Society](#) (PATs).

Medicare Info For the Older Set



The Centers for Medicare & Medicaid Services, which is part of the U. S. Department of Health and Human Ser-

vices, indicates that the premium for Part D (coverage of prescription drugs) is expected to increase only slightly for 2011. The average premium is expected to increase to \$30 per month from the current \$29 per month.

Department of Health & Human Services (HHS) Hospital Comparison Tool

HHS has an on-line tool that can be used to compare hospitals. The web address for the tool is <http://www.hospitalcompare.hhs.gov/hospital-search.aspx>

Those who have received lung transplants or waiting for a transplant typically stay with the clinic and hospital where they first started receiving care for their lung issue. However,

for general hospital care and for other family members, the comparison tool can be helpful in the decision making process. The tool allows a user to compare up to 3 hospitals at a time on a number of factors. Ranking of patients' hospital experience; process of care measures; outcome of care measures; use of medical imaging and Medicare payment and volume can be compared with the tool. The comparison does not include the ability to compare costs.

Explore Health Insurance Coverage Options

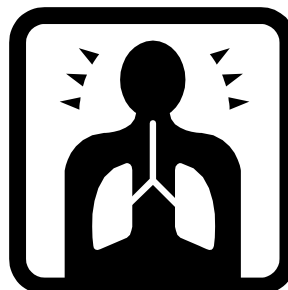


The Department of Health and Human Services (HHS) has another handy tool online. The site, which is at the following address, <http://www.healthcare.gov> al-

lows you to compare different insurance options that are available. The search engine first asks what state you reside in. Then you select the best description for yourself. It includes a category for being disabled. The search will return the various options available, including possible help in meeting the cost of treatment.

Your Lung Health

For those with access to the Internet (free at most libraries) there is a plethora of information available. The website <http://www.yourlunghealth.org/Index.cfm> is provided by the American Association For Respiratory Care. The site includes information with regard to a number



of lung diseases; a section on healthy living; a question and answer area and a consumer buying guide for respiratory equipment.

Good Dietary Habits Improve Lung Health

A study in the U. K. of 1,551 men and 1,391 women concluded that good dietary habits

can help lung function. Those who had a diet high in fresh fruit and vegetables, oily fish and whole grain products had much bet-

ter lung function than individuals with a diet high in fat and processed foods. The study



researchers believe that the antioxidants

showed that the affect of a good diet was especially strong in men who smoked. The

found in whole grains and fruit, along with the omega-3 fatty acids in oily fish help to protect the lungs from the adverse effects of smoking. While not smoking is best, the study suggests that COPD might be prevented, or reduced, if people consumed more fruit and vegetables.

Your mother was right. Eat your vegetables!!!

Hope Chest News Board of Directors And Officers

Since the Summer issue of Hope Chest News, the make up of the Board of Directors and officers has changed. The Board members and their duties and contact information are as follows:

- Ross House, President 763-593-9745
- Candace Sprout, Vice Pres. 612-338-3419
- Kathy Greising, Secretary 763-383-2255
- Ed Aubitz, Treasure 952-457-8281
- Gary Broberg, Director 651-456-0340
- Vern Jackson, Director 651-696-2962

- Hinda Litman, Director 952-935-1687
- Ralph Loftus, Director 763-428-3531
- Sue Martin, Director 952-432-4231
- Barb Peterson, Director 952-431-8442
- Judy Vermeulen, Director 952-445-2497
- Ellen Varney, Communications 906-524-7845

Contact any of the Board members with ideas, concerns or questions.

Who Should I Contact For

Address or E-Mail Change or Heart/Lung Status Change: Candace Sprout 612 338-3419 or mandccando@earthlink.net

In the Hospital: Any Board member
 Financial Assistance or obtain your transplant number: Marget Schmidtke, Thoracic

Transplant Social Worker at 612-273-5796 or 1-800-478-5864

Mentorship Program or Newsletter : Ross House 763-593-9745 or agsector@gmail.com

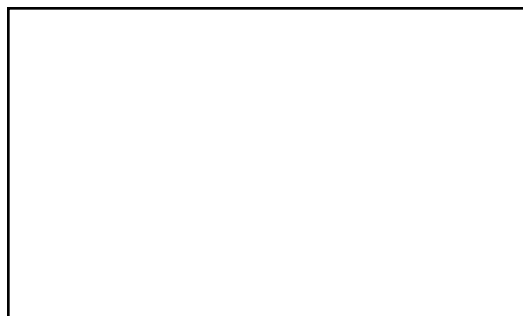
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When Insults Were Thought Out Instead of 4 Letter Words

“I’ve had a perfectly wonderful evening. But this wasn’t it.” Groucho Marx

“He has Van Gogh’s ear for music..” - Billy Wilder

“He had delusions of adequacy.” - Walter Kerr

“I’ve never killed a man, but I have read many obituaries with great pleasure.” - Clarence Darrow

“He has never been known to use a word that might send a reader to the dictionary.” - William Faulkner about Ernest Hemingway

THE FINE PRINT

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“Some cause happiness wherever they go, others, whenever they go.” - Oscar Wilde

“He is not only dull himself, he is the cause of dullness in others.” - Samuel Johnson

“I did not attend the funeral, but I sent a nice letter saying I approved of it.” - Mark Twain

“He is a self-made man and worships his creator.” - John Bright