Hope Chest News
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Quotable

Everyone is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid.
~ Einstein

I don't look at life as a battle or as a fight. I don't think I'm scrappy. I'm accepting. I say "living with" or "working through" Parkinson's. Acceptance doesn't mean resignation; it means understanding that something is what it is and that there's got to be a way through it. I look at it like I'm a f luid that's finding fissures and cracks and flowing through.
~Michael J Fox

Hope Chest News

Breathe In • Breath Out • Relax • Repeat Spring 2012

Beam Me Up Scotty!

Making a Lung Replacement

Hot on the heels of progress toward a liver transplant substitute, researchers have made transplantable lung grafts for rats. The accomplishment could pave the way for the development of an engineered human lung.

Lungs have a limited ability to regenerate. The primary therapy for severely damaged lungs is currently lung transplantation—surgery to remove the lung and replace it with a healthy lung from a deceased donor. However, lung transplants are limited by the small number of donor organs available—not much more than 1,000 per year.

To be successful, an artificial lung would need to retain the complex branching geometry of the lung's airways. It would also require a large network of small blood vessels to transport oxygen and nutrients throughout the structure. Decellularization—the process of removing cells from a structure but leaving a scaffold with the architecture of the original tissue—has shown some success in other organs, including heart and liver.

The researchers tested the engineered lungs in rats for short time intervals (45-120 min) and found that the lungs inflated with air, with only some modest bleeding into airways. Most importantly, the lungs successfully exchanged oxygen and carbon dioxide like natural lungs.

To see whether their method might apply to human tissues, the researchers got human lung segments from a tissue bank. They were able to decellularize the tissues while preserving their architecture. They then reseeded the matrices with epithelial and endothelial cells and found that they adhered at their appropriate locations. This result supports the idea that the approach holds promise for human lung tissue.

A team of researchers led by Dr. Laura Niklason of Yale University set out to build on this recent progress and develop a similar approach for lungs. "We succeeded in engineering an implantable lung in our rat model that could efficiently exchange oxygen and carbon dioxide, and could oxygenate hemoglobin in the blood. This is an early step in the regeneration of entire lungs for larger animals and, eventually, for humans," says Niklason. She notes that years of research with adult stem cells will likely be needed to develop ways to repopulate lung matrices and produce fully functional lungs for people.

—by Harrison Wein, Ph.D.

IN THIS ISSUE

LIFE IS AN ADVENTURE!

People would ask me, "So what'd ya do with all your spare time?" I used to reply, "Survive!" Now when they ask me I happily respond with, "I live!" Yup, those days go all the way back to 1996 when I'd received a bi-lateral lung transplant at the University of Minnesota Medical Center in Minneapolis. It is a caring donor family who, in the midst of grief over the loss of their dear loved one, had made the decision that saved my life along with several other organ recipients who had been waiting in need of a liver, kidney, heart, or some other human tissue transplant. My husband, Dana and I are forever grateful for each new day.

My Alpha 1 Antitrypsin Deficiency "genetic emphysema" diagnosis came in my mid-forties, an era when few medical professionals knew much about this hereditary disease, which was too often misdiagnosed or mistreated. I, fortunately, had been able to try an experimental infusion therapy – a weekly intervenous infusion to replace a certain necessary protein or enzyme that was not properly distributing naturally in my own system. While the progression of the A 1 AD disease is irreversible, the treatments would help slow down the destruction of my (alveoli) lung tissue and try to maintain existing lung capacity. As part of a study of patients with "Alpha 1" disease I was tracked for ten years through the National Institutes for Health out of Bethesda, MD; and I was able to buy some time so to speak while research and medicine on lung transplantation and the disease itself continued. Gradually my lungs deteriorated and only 12% of my total lung capacity remained when prayers were answered by having undergone transplant surgery in October, 1996.

So appreciative are we of the transplant program that we felt compelled to become involved. The University of Minnesota's Lung and Lung/Heart Transplant Support Group and Hope Chest News have played an essential role in my journey toward positive outcomes. Informing and educating patients and care-givers made navigating our adventure a lot less fearful. Extending friendship while respecting my privacy made us feel welcomed and comfortable amongst others with similar experiences, questions, and concerns. We are thankful for the opportunities that each day has to offer and are mindful that life is a precious adventure and we are to *LIVE IT to the fullest!*

Please feel free to contact me &/ or other members of our Hope Chest News and U of M Lung Transplant Support Group.

Ellen Varney,
(DL #52 on 10-26-96)
19505 Skanee Rd.
L'Anse, MI 49946
Home: (906) 524-7845

Annual Meeting of Hope Chest News

The annual meeting of Hope Chest News will be held on June 18th. The meeting will begin at 12:30 pm in the Bridges Conference room. Election of officers and board members will take place. Remember, Hope Chest News is your group. If you would like to become involved or have something you'd like to have considered, please attend the meeting.

How drugs get those tongue-twisting generic names?

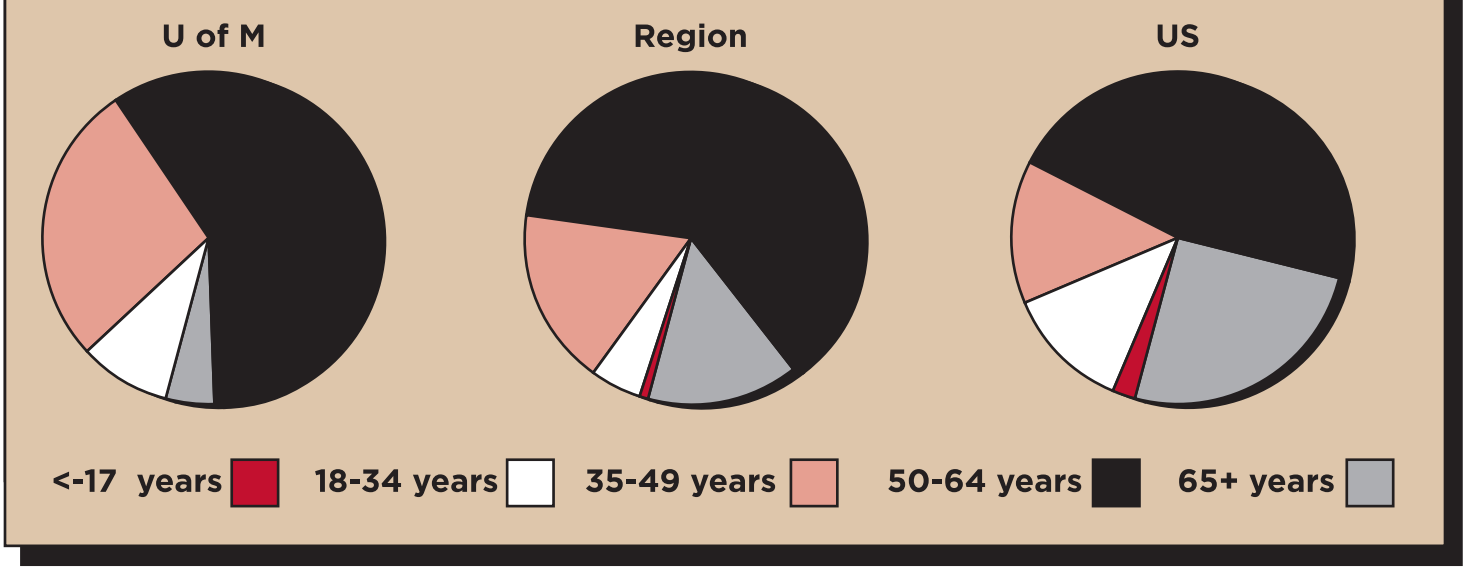
Oseltamivir. Zucapsaicin Esomeprazole. Trastuzumab. Where do drugs get those odd-sounding generic names? The answers are in the current issue of Chemical & Engineering News (C&EN), the weekly newsmagazine of the American Chemical Society, the world's largest scientific society, which explains the logic behind the tongue-twisters.

C&EN Associate Editor Carmen Drahl explains that until 1961 there was no standard for assigning drugs generic names, which are different from brand names like Tamiflu (oseltamivir), Nexium (esomeprazole) and Herceptin (trastuzumab). That's when three medical organizations created the U.S. Adopted Names (USAN) Council to assign simplified alternatives to the unwieldy proper names the International Union of Pure & Applied Chemistry gives to molecules. For instance, under USAN's guidance, "cis-8-methyl-N-vanillyl-6-nonenamide" becomes "zucapsaicin." The council recommends generic names to an international agency of the World Health Organization. The tongue-twisting words the USAN Council creates are products of "stems" that describe a drug's characteristics, which Drahl likens to the Latin and Greek roots of many English words.

Drahl writes that these stems describe everything from a drugs' function to its shape. For instance, the "-prazole" ending of Nexium's generic name, esomeprazole, reveals that it is a type of antiulcer medication. Similar drugs will have the same stems in their names, allowing those familiar with the stems to crack the code. The USAN Council is careful to avoid words that are difficult to pronounce in foreign languages or that may have other meanings abroad. Sometimes, Drahl notes, a generic name will also include hints about its developer that a drug company has suggested to the council, as in carfilzomib, which recognizes molecular biologist Philip Whitcome and his wife Carla.

– American Chemical Society

TRANSPLANTS BASED ON AGE



SAVE THE DATE!

Mark your calendar for the 6th Annual Marie Anderson Memorial Golf Tournament, a fundraiser for the Hope Chest News lung transplant non-profit organization. This year the event will be held Saturday, July 28th at:

Gross National Golf Course
2201 Saint Anthony Blvd
Minneapolis, MN 55418

Registration is $110.00. More information and a registration form will be mailed by mid May. For current information, go to the HCN website at **www.hopechestnews.org/Golf.html** or contact tournament coordinators:

Hal Wenaas 320-221-0682 – mjhal@hotmail.com

or

Gary Broberg 651-456-0340 – broberg2281@comcast.net

Are Vacuum Cleaners Bad for Your Health?

You vacuum your house religiously to get rid of all the dust, dirt, and bacteria and make sure your indoor air is up to snuff.

But new research suggests that some vacuum cleaners may actually be making things worse, not better.

Certain vacuum cleaners spit fine dust and bacteria back into the air, where they can spread infections and trigger allergies.

Australian researchers tested 21 vacuum cleaners from 11 manufacturers, including two commercial models. The vacuums were six months to 22 years old, and ranged from less than $100 to almost $800. Brands included Dyson, Electrolux, Hoover, iRobot, and Sanyo. The researchers measured 62 different air emissions.

All released some bacteria, dust, and allergens back into the air. Newer and more expensive vacuum cleaners generally caused less indoor air pollution than older, cheaper models, the study showed.

Vacuums with high-efficiency particulate air (HEPA) filters released only slightly lower levels of dust and bacteria than vacuums that did not use these special filters. HEPA filters are supposed to remove 99.9% of the pollen, animal dander, and even bacteria from the air.

These new findings appear in Environmental Science & Technology.

Donations and Memorials

In memory of Grace Charboneau:
Joseph M. Charboneau

In memory of Candace Sprout:
Hinda Litman
Maureen Colburn

In memory of Margaret Doyle:
Duwayne Kirchner

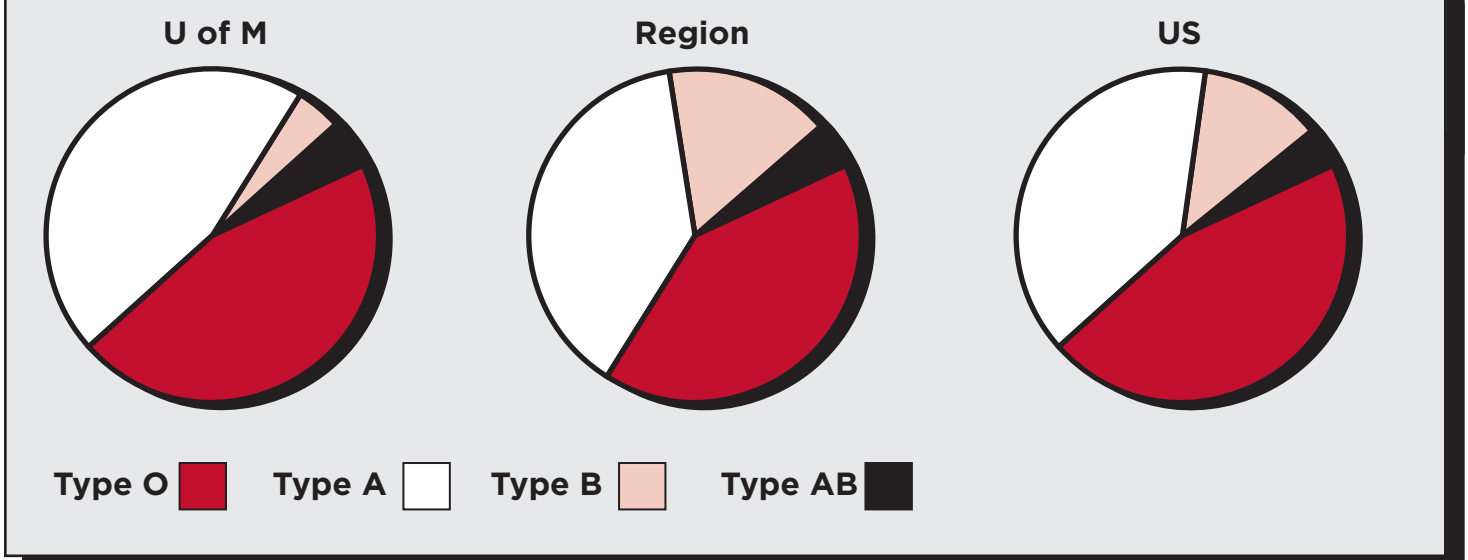
In memory of Marge Engstrom
Mildred Masica

Donation to HCN:
Tammy Marvaro

In memory of Marilyn Nicholson:
Jon Alexander
Linda Johnsen-Atherton
Roger Autio
Jerry & Ruth Anderson
Carol Bengston
Gary & Barb Broberg
Norene Daniels
James Fowlkes
Gary Frank
Carl Heiser
Ross & Betsey House
Susan M. Johnson
John Klatt
Carla Lewis
Hinda Litman
Gordon Miller
Nancy & Carl Manson
Wesley Nicholson
Vela Olson
Dale Patterson
Vernon Vogh
Victoria Vonder Haar
Scott Weldy

In memory of Ross House:
Elizabeth Ahrens
Margarita Alvarez
Ed & Sandy Aubitz
Gary & Barb Broberg
John & Maureen Drewitz
Kathy Greising
Joan & Roger Grimm
Paul Gustafson
Sonya Henning
Bill & Kathy Hladik
George & Deanna House
Marty House
Richard & Mary Howell
Frank & Nancy Johnson
Hinda Litman
Ed & Kerry Lemieux
Blaine Lenze
Ralph Loftus & Family
Sue Martin & Bill Brown
Larry & Diane Norland
Paul House
Raymond Miller
Wally & Karen Ellison
Anne Reuther
Kay Smith
Kenneth & Eva Stier
Jack & Pricilla Switzer
Hal & Mary Wenaas
Kathy & Gerald Wettig
Alice Winscher
Brad & Deb Yopp
Internat'l Right of Wat Assoc.

TRANSPLANTS BASED ON BLOOD TYPE



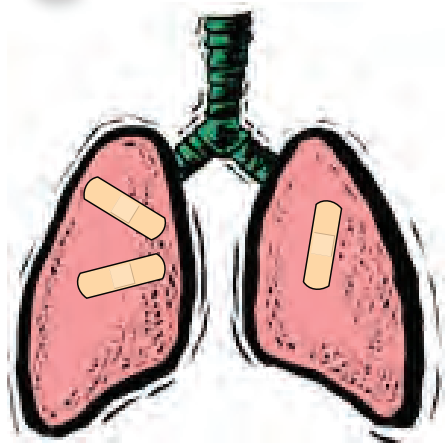
Promising Procedure

Making lung transplants more viable, with an experimental new technique could save thousands of lives. Lungs are the most difficult organs to transplant and only 20 percent of donor lungs are useable, but this new research could change that, Stephanie Stahl reports.

First U.S. Patient Receives Specially Processed Donor Lungs At The University Of Maryland

National study investigates possible new option to increase transplantable lung supply.

Surgeons at the University of Maryland Medical Center have transplanted the first lungs treated in the United States with an experimental repair process before transplantation. The procedure is part of a five-center national clinical research trial to evaluate the efficacy of repairing, before transplant, lungs that might otherwise have been passed over as unsuitable for organ donation. The results of this study, if successful, could significantly expand the number of transplantable lungs available to patients awaiting transplants.



Currently, only 15-20 percent of donor lungs are transplantable; most do not meet transplant criteria. The research focuses on an external perfusion technique using a fluid called STEEN Solution™ .

At any given time, more than 1,700 people are on the lung transplant waiting list in the U.S., according to the United Network for Organ Sharing. (UNOS)

"We are excited about the prospect of what this ex vivo, out-of-the-body perfusion technique could mean for our many transplant candidates who often spend years waiting for lungs to become available," says the principal investigator, Bartley P. Griffith, M.D., professor of surgery at the University of Maryland School of Medicine and chief of cardiothoracic surgery at the University of Maryland Medical Center. "This research is part of our ongoing goal to develop innovative procedures and rapidly improve our patients' quality of life."

"Studies from other sites outside the U.S. have demonstrated that the results after transplantation using this ex vivo technique were at least as good as lungs that had not required perfusion," says Griffith. "These findings, plus the expertise from within our own center, give me great confidence in the future use of this ex vivo perfusion technique as an option to potentially increase our pool of transplantable lungs and reduce long wait times for our transplant candidates."

STEEN Solution™ is a product of Xvivo Perfusion, part of the Vitrolife Group, Goteborg, Sweden.

■

What did they say?

I asked God for a bike, but I know God doesn't work that way. So I stole a bike and asked for forgiveness.

Going to church doesn't make you a Christian any more than standing in a garage makes you a car.

I didn't say it was your fault,
I said I was blaming you.

Remembering Those Gone

Gregory John Hules, passed away on January 18, 2012. Greg provided crucial leadership to the Alpha One Foundation in its creation and as they grew. He set the example for Alpha's everywhere for the importance in taking part in research and helping each other. He truly believed that the journey was more important than the destination.

Marilyn Nicholson went to be with the Lord peacefully surrounded by her family on 12/16/11.

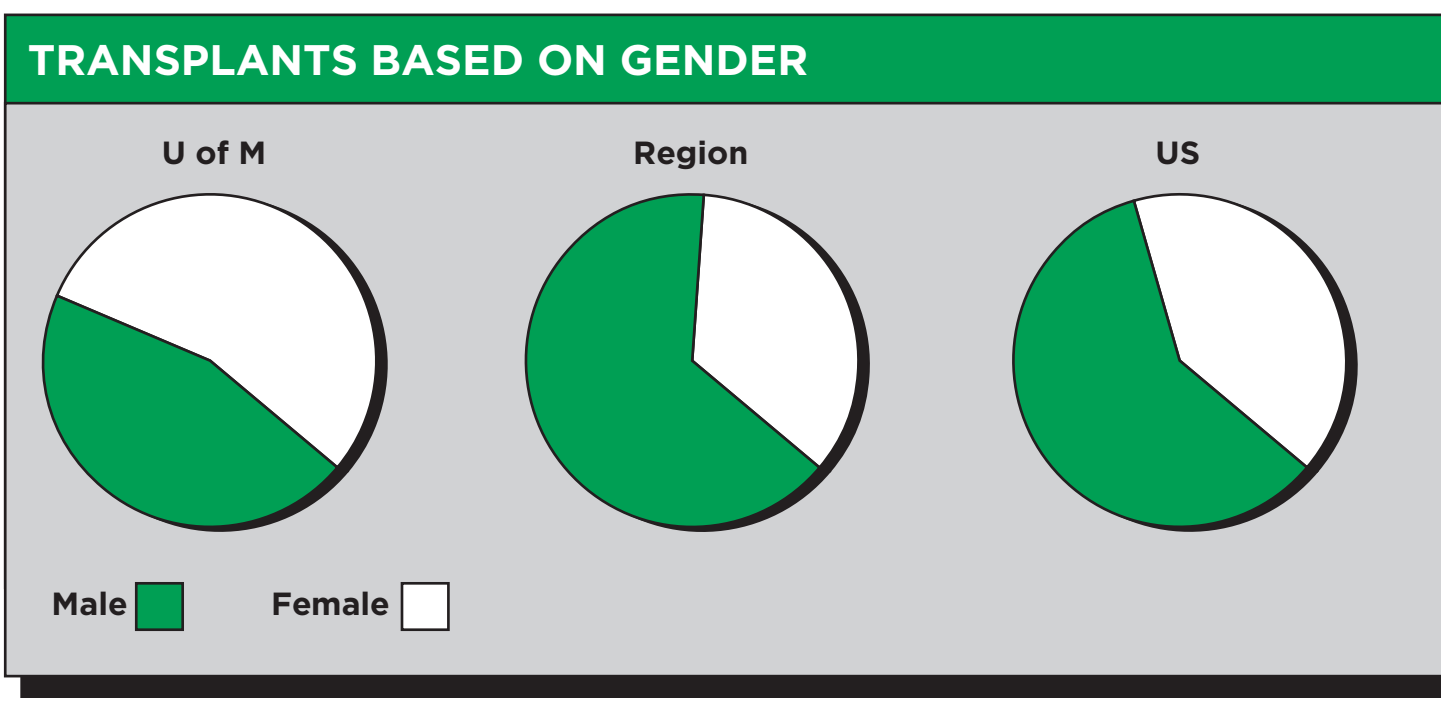
Candace Sprout, passed away on November 15, 2011. After Candace received her double lung transplant she felt it was her responsibility to see that the Gift of Life she was entrusted with be honored and nurtured. This she did with her whole being.

Ross Adams House, passed away December 12, 2011. Active President of Health Care News He devoted considerable time volunteering with the Peace Corps, Boy Scouts, the Optimists in addition to his role as President of The Hope Chest News. His willing leadership will be missed.

Ken McAdams	02/23/2010	**Brent Zook**	12/30/2010
Richard Thomas Butschi	12/03/2010	**Tom Deimerly**	06/09/2011
Lavonne Maring	12/11/2010	**Loretta M. Deering**	09/04/2011

We have lost some dear friends recently. Please note, if you lose a loved one and wish to have the information in the newsletter, you have to let us know. Email can be sent to **wpreissing@me.com** or **eca123@comcast.net**. Because of the large geographical area covered by the newsletter, we often have no way of knowing of your loss.

TRANSPLANTS BASED ON GENDER



POPCORN

The snack with even higher antioxidants levels than fruits and vegetables

Popcorn's reputation as a snack food that's actually good for health popped up a few notches today as scientists reported that it contains more of the healthful antioxidant substances called "polyphenols" than fruits and vegetables.

In another surprising finding, the researchers discovered that the hulls of the popcorn — the part that everyone hates for its tendency to get caught in the teeth — actually has the highest concentration of polyphenols and fiber.

"Those hulls deserve more respect," said Joe Vinson, Ph.D., who is with the University of Scranton in Pennsylvania. "They are nutritional gold nuggets."

The overall findings led Vinson to declare, "Popcorn may be the perfect snack food. It's the only snack that is 100 percent unprocessed whole grain. One serving of popcorn will provide more than 70 percent of the daily intake of whole grain." However, Vinson pointed out that popcorn cannot replace fresh fruits and vegetables in a healthy diet. Fruits and vegetables contain vitamins and other nutrients that are critical for good health, but are missing from popcorn.

Some research funding provided through the University of Scranton.

Green Sparks Motivation and Creativity

By Cari Nierenberg

A quick glimpse of the color green appears to get a person's creative juices flowing, suggests a new study.

Researchers found that when people glanced at the color green for two seconds before doing a creative task, it boosted their creative output compared to briefly looking at other colors.

In the study, 69 men and women were given two minutes to write down uses for a tin can after flashing green or white for 2 seconds. A coder rated each idea for its creativity and cleverness. Participants who saw green before the task produced more creative ideas than those who saw white. The "green effect" was also observed in creativity challenges that pitted the color against those seeing a quick flash of grey, red, or blue.

Study author Dr. Stephanie Lichtenfeld explains the link between green and creativity is that it's a signal of growth. Not only physical growth as in growing plants, but also psychological growth.

"Green may serve as a cue that evokes the motivation to strive for improvement and task mastery, which in turn may facilitate growth," says Lichtenfeld.

"The effect seems to be subtle," points out Lichtenfeld. The intentional use of green as a means of being creative remains an open question, she explains.

It's not yet known if seeing green for a longer time than two seconds makes the creativity boost stronger or weaker.

Perhaps a quick flash of green reminds the brain to "go" or suggests success in our minds.

"Even very subtle stimuli, such as color, can influence our motivation, cognition, and behavior," says Lichtenfeld.

Surprisingly Good Things for Your Immune System

By The Editors of Prevention

Get a Drink! Hang around the water cooler. Friendship may be Miracle-Gro for your immune system. Research shows that the fewer human connections we have at home, at work, and in the community, the likelier we are to get sick, flood our brains with anxiety-causing chemicals, and live shorter lives than our more sociable peers.

Get to Bed! Scrimping on sleep has a powerfully detrimental effect on immunity. Poor sleep is associated with lower immune system function and reduced numbers of killer cells that fight germs. In fact, University of Chicago researchers found that men who had slept only 4 hours a night for 1 week produced half the amount of flu-fighting antibodies in their blood (jump-started by a flu shot) compared with those who slept 7 1/2 to 8 1/2 hours.

Look on the Bright Side! Studies show that glass-half-empty types don't live as long as those who look on the bright side. When pessimists put a more positive spin on the calamities in their lives, they have less stress and better health.

Let it Out! A constructive argument with your spouse can actually increase immunity, say UCLA researchers. They asked 41 happy couples to discuss a problem in their marriage for 15 minutes. The researchers detected surges in blood pressure, heart rate, and immune-related white blood cells, all of which were similar to the benefits seen with moderate exercise. But you still have to play nice: Couples who frequently use sarcasm, insults, and put-downs have fewer virus-fighting natural killer cells, have higher levels of stress hormones, and take up to 40% longer to recover from injuries than those who manage to stay positive and affectionate during their quarrels.

Chill Out Dude! Chronic stress—the day-after-day kind you experience over job insecurity or a sick relative—takes a toll on many aspects of your health, including immunity. There is compelling scientific evidence that this kind of on-going stress causes a measurable decline in the immune system's ability to fight disease.

Bring a Pen. Having your own ballpoints might just keep you from picking up a virus. Cold and flu germs are easily passed through hand-to-hand contact, says Neil Schachter, MD, a professor of pulmonary medicine at Mount Sinai School of Medicine and author of The Good Doctor's Guide to Colds and Flu. Any way you can avoid touching public objects—such as the communal pen at the bank—will cut your risk.

Laugh it Off! Consider this a doctor's note to laugh more. You know how: Watch your favorite comedies, have lunch with a pal known for his or her funny bone, and read those silly forwards from friends before you auto-click "delete."

Staying healthy isn't just about using hand sanitizer and avoiding coughing co-workers. It turns out some pretty surprising daily habits—like how you fight with your husband or whether you stay up late for Letterman—can impact how well your bodyfends off colds, flu and other pesky bugs.

http://www.prevention.com/health/healthy-living/

Words from the Wise...

Do not argue with an idiot. He will drag you down to his level and beat you with experience.

If I agreed with you, we'd both be wrong.

Light travels faster than sound. This is why some people appear bright until you hear them speak.

We never really grow up, we only learn how to act in public.

A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station.

Transplant Anniversaries January to March

ANNIVERSARIES

Name	Date	Type	No
Matt Bartocci	01/09/06	DL	
Mary Lee Carhill	01/30/08	SL	358
Marge Engstrom	01/31/00	SL	186
Lester Fuhrmann	01/04/07	SL	338
Tom Fuller	01/14/11	SL	398
Karen Jacobson	01/12/07	SL	339
Patty Klang	01/20/11	SL	399
Paula Muellner	01/18/11	DL	234
Dennis Orlikowski	01/07/98	DL	69
Eva Quirk	01/25/02	SL	231
Stella Regenneiter	01/27/95	SL	88
Jennifer Rousseau	01/31/08	DL	206
Gary White	01/25/09	SL	377
Michael Bluhm	02/01/03	SL	
Rose Dalager	02/05/98	DL	70
Brent DeBoer	02/05/03	DL	132
Sharon Durante	02/25/97	SL	123
Mae Eastman	02/19/09	SL	378
Mark Gammon	02/19/99	DL	84
Maxine Golombiecki	02/29/04	SL	278
Shelle Goodwin	02/18/08	DL	208
Ruth Heinen	02/11/99	DL	83
Bobbie Holmes	02/14/06	SL	
DuWayne Johnson	02/06/06	SL	
Ralph Loftus	02/09/08	DL	207
Donna Meegan	02/17/07	SL	340
Sue Martin	02/20/07	SL	342
Linda Meyer	02/14/02	DL	
Hannah Joy Olson	02/18/06	DL	

Name	Date	Type	No
Mary Fern Olson	02/20/07	SL	341
Bridget Shaffer	02/18/06	DL	171
Sonja Sitzman	02/22/09	H	
Linda Tollakson	02/17/09	DL	211
Gary Wulf	02/20/97	DL	55
Shirley Baumberger	03/09/06	SL	
Brent Bowen	03/23/90	HL	18
Ronald Bowman	03/20/07	SL	344
Daniel Clay	03/28/09	SL	381
Gail Deichert	03/19/01	DL	104
Clay B. DuVal	03/26/08	SL	359
Donald Eastman	03/03/02	SL	
Karen Fisk	03/25/01	SL	207
Brian Frederick	03/14/05	DL	154
Cynthia Gingras	03/02/11	DL	
David Goroski	03/13/98	DL	72
Peter Kosberg	03/01/07	H	
Eugene Kuhns	03/01/01	SL	204
Sheila Long	03/02/97	SL	124
Bob Mathis	03/16/98	DL	73
Leland Nelson	03/16/99	SL	161
Timothy Olby	03/02/07	DL	194
Greg Runge	03/22/02	DL	
Diane Sickels	03/01/03	DL	
Sharol Sturart	03/25/99	SL	163
Cathie L. Vaara	03/23/05	SL	285
Tom Vanderpool	03/21/05	DL	
Michael Wenner	03/31/07	DL	195

Hospitality is making your guests feel at home even when you wish they were.

I used to be indecisive. Now I'm not so sure.

When tempted to fight fire with fire,remember the Fire Department usually uses water.

UPCOMING EVENTS

U of M support group meeting is 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 May 21, June 18 and July 16 at 12:30 P. M. in the conference room of the Bridges cafeteria at U of M Fairview.

HOPE CHEST NEWS BOARD OF DIRECTORS AND OFFICERS

The Board members and their duties and contact information are as follows:

Sue Martin, President	952-432-4231
Ralph Loftus, Vice President	763-428-3531
Jan Ankeny, Secretary	612-868-6482
Gary Broberg, Treasurer	651-456-0340
Harriette Wock, Director	651-439-1808
Ellen Varney, Director & Communications	906-524-7845
Ed Aubitz, Director	952-881-1471
Jeff Richert, Director	651-603-7863
Fern Olson, Director	952-432-1422
Vi Poeschl	763-783-9051

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

WHO SHOULD I CONTACT FOR

In the Hospital: Any Board member
Financial Assistance or to **obtain your transplant number**: Marget Schmidtke, Thoracic Transplant Social Worker at 612-273-5796 or 1-800-478-5864

Newsletter: Wally Preissing 651-787-0940 or wpreissing@me.com