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Dr. Wall was recognized for his contributions to the development and advancement of liver transplantation in Canada, and for promoting awareness of the need for organ donation. “I am deeply, deeply honoured to receive this award. What we have accomplished in liver transplantation has been a team effort from the very beginning. I am indebted to a remarkable group of colleagues who have been integral to what we have accomplished.”

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To reduce the cost of printing and mailing, we’re asking anyone who can access the newsletter on-line to let us know by sending Kelly Thomas an e-mail (Kelly.Thomas@lhsc.on.ca) or by calling her (519-685-8500 ext. 32484). For those who still want to receive their copy in the mail, there’s no need to contact Kelly.
**Maintaining a healthy body weight**

By Jennifer-Anne Meneray, Dietitian

As we head into the festivities of the holiday season and advent of a new year, losing a few extra pounds or achieving healthy weight changes can become a focus for many of us.

Maintaining a healthy body weight is an important aspect of heart health. Realistically, there are likely multiple reasons as to why your body weight is above (or below) your ideal goal – it is important not to use these factors to limit you from achieving healthy weight changes.

Losing weight is challenging because it involves not only making lifestyle changes but maintaining them over the long term. But with realistic goals, gradual, ongoing changes and positive support, you are capable of making it happen!

Keep these tips in mind as you work to make change:

- Set realistic goals – aim for 1 pound per week / 5 pounds per month
- Get positive support – a registered dietitian, family doctor, friend, family, colleague or support group can all help you keep on track
- Enjoy three meals a day – start each day with a healthy breakfast
- Follow an exercise program
- Include a serving of vegetables and fruit with every meal
- Use portion control – sometimes it isn’t the choices we are making – but how much of those choices we are consuming
- Avoid drinking your calories – regular pop, fruit drinks, alcohol, flavoured coffee drinks, energy drinks, and sweetened iced tea can add many extra calories to your day
- Choose healthy snacking options such as a piece of fruit, a bowl of air popped popcorn, a handful of nuts, whole grain crackers and low-fat cheese, or a small container of yogurt

**Small changes can add up to big results!**

You may not need to make a huge overhaul in your life to see positive weight loss results. Small simple changes, like using 1% milk in your coffee instead of cream, drinking water instead of juice, saving desserts only for special occasions, or avoiding unhealthy evening snacks, will all add up to a positive impact on your healthy weight goal.

**Need the numbers?**

Here’s an example: One can of regular pop or a handful of chips equals 150 calories.

By reducing your daily caloric intake by just 150 calories [one can of pop or a single handful of chips] for a whole year, you would save 54,570 calories! One pound of extra body weight [fat] is made up of 3,500 excess calories – by this one simple change you have just saved yourself 1½ pounds over the course of the year. Small changes can make a big difference!

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Canadians will have an opportunity to learn more about the state of organ and tissue donation and transplantation in Canada today, and have their voices heard on what a new system should look like, and how it should operate. The outcomes of each public dialogue will be captured, and provided to the committees who have input into designing the new system.

The objectives of the public dialogues include:

- Help to inform and educate Canadians, raising public awareness about the urgency and benefits of developing a coordinated and effective national system for organ and tissue donation and transplants;
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For more information about this project, or to share your ideas of how to improve the Canadian system, visit [http://speakup.dialoguecircles.com/](http://speakup.dialoguecircles.com/).

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All transplant recipients – young and old, competitive or recreational – can be part of the Games. Activities and sports events include tennis, swimming, track and field, bowling and golf, to name just a few. Everyone can find his or her own sport’s match. The most important thing is to be there and have fun! Most of the events and lodging will take place on the University of Laval campus. For information about the Canadian Transplant Association or the 2010 Games, please check out these websites:

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The CTA looks forward to seeing you in Quebec City!
Oh, the weather outside is frightful! But inside, it’s so delightful…

By Nancy Howes, Physiotherapist, and Tracy Fuller, Kinesiologist

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For some, your gym membership is the solution, where the temperature never varies and the snow never falls. But for those without that luxury, there must be a reasonable solution. Dressing appropriately can make outdoor activities another option. Layering your clothing can help you to keep warm and dry outside this winter while you maintain your exercise program.

Here are some hints:

Layering your clothing simply means wearing a combination of clothes to help regulate your temperature and keep you warm and dry. The layers you wear will depend on what activity you’re interested in, but basically there are three layers to consider: base, middle and outer. Each layer has a specific function.

The base layer wicks moisture and perspiration away from your skin to keep you warm. It is tight fitting and should be in contact with your skin. Typically, it’s made of a wicking material such as polypropylene, silk, polyester, Thermax, Thinsulate or wool. Avoid cotton because it traps moisture, so it stays wet and draws heat from you.

The middle layer provides insulation. It should be a bit looser than the base layer, but to function properly it needs to maintain contact with the base layer. Mid layers also carry moisture away from the base layer to the outer layer. Common materials for the middle layer include down, polyester, fleece, wool and newer synthetic/natural blends. Many mid layer clothing items have extras such as pit zips, long front zippers, adjustable cuffs and collars.

The outer layer blocks wind and allows moisture to escape. Typical outer layers include shells made of Gore-Tex or a similar material. Extras such as pit zips, ankle zippers and a variety of ventilation options are standard. Other less high-tech options may include wind resistant materials or water resistant fabrics.

After your core is covered, you need to properly dress your extremities. Wear a hat, mittens or gloves, and socks with boots that match your activity. It’s easy to remove your hat or gloves to cool yourself down if your activity heats you up. By layering your clothing, you can also adjust your temperature by simply adding or removing layers.

Proper layering will keep you safe and warm during winter activity, making it much more likely that you’ll try the activity another day! Good luck!

(Reference: Elizabeth Quinn, About.com)

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Nutrition matters

By Jennifer-Anne Meneray, Dietitian

Roasted Pepper Hummus

Serves 16; 2 tablespoons per serving

Serve with heart-healthy crackers, toasted pita bread pieces or vegetables.

Ingredients

vegetable oil spray
1 medium red bell pepper or ½ cup of roasted red bell pepper in a jar, rinsed and drained
2 tablespoons sesame seeds
15- or 16-ounce can chick peas, rinsed and drained
¼ cup water
2 tablespoons fresh lime juice (1 to 2 medium limes)
1 medium clove garlic, minced, or ½ teaspoon bottled minced garlic
⅛ teaspoon of pepper

Directions

Preheat broiler on high.

Spray a broiling pan and rack with vegetable oil spray. Broil bell pepper 3 to 4 inches from heat on broiling rack for 2 to 3 minutes on each side, or until charred. Seal bell pepper in an airtight plastic bag or put in a bowl and cover with plastic wrap. Let cool for 5 to 10 minutes, or until cool enough to handle. Peel with fingers or paring knife. Remove and discard stem, ribs, and seeds. Blot bell pepper with paper towel. Dice bell pepper.

While bell pepper cools, dry-roast sesame seeds in a small nonstick skillet over medium heat for 3 to 4 minutes, shaking pan occasionally. Put sesame seeds in a food processor or blender and process for 30 seconds.

Add bell pepper and remaining ingredients and purée. Serve at room temperature or refrigerate in an airtight container for up to 5 days and serve chilled.

Nutrition facts (Per 2 tablespoons serving)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per 2 tablespoons serving</th>
</tr>
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<tbody>
<tr>
<td>Calories</td>
<td>42</td>
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<tr>
<td>Protein</td>
<td>2g</td>
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<td>0mg</td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
</tr>
<tr>
<td>Saturated Fat</td>
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</tr>
<tr>
<td>Cholesterol</td>
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</tr>
<tr>
<td>Fibre</td>
<td>1g</td>
</tr>
<tr>
<td>Sodium</td>
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</tr>
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Source:
The New American Heart & Stroke Association Cookbook, 2001 (Clarkson Potter Publishers)
Here is a recent photo of Rob Schnurr and his wife, Sheila, along with their triplets Jordan, Brett, Caleb and youngest son, Connor. Rob received a heart transplant in February 2007 as well as a kidney transplant in July 2009. Rob is grateful to his sister, Marlene, for donating one of her kidneys for the transplant this summer.

Cory Spooner (June 2002) took part in this year’s Gift of Life Relay Walk in September. This is the third year that Tom Awad, a liver recipient from Windsor, has organized this London-Windsor walk to give thanks to all donor families. The walk took four days, and Cory took part on every day to show his support for Tom and to express his gratitude to his donor’s family.

Angela Berard (June, 2007) has been involved in events to promote organ donor awareness, and her next event will be to speak at a secondary school in Clinton, ON. Angela is loving her home life. Being able to do simple things, such as running and being an active mother in her kids’ lives, is rewarding. Her husband’s business keeps her busy too. “Life is awesome!”

The Transplant Program is also grateful to Angela for being our “cover model” for the updated Heart Transplant Handbook. The handbook is now available on our website at www.lhsc.on.ca/Patients_Families_Visitors/MOTP/Heart_Transplant/Heart_Transplant_Handbook.htm.

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Paul Myers, Nurse in the Outpatient Transplant Clinic, takes a moment to chat with Kathleen Miller (September 2006) and William Hall (September 2006). Kathleen and William had their transplants in the same week; since then, Kathleen and her husband have become friends with William. Each year, they come for their annual appointments at the same time, and enjoy bantering with each other for the two or three days they are together.
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International organ donor rates: 2007

Sponsorship of this publication provided by:

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