

new Beginnings

FALL/WINTER 2009

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Changes to follow-up care

Some of you may already have received this notice in the mail, but we want everyone to know that the post heart transplant follow-up protocol has changed.

- We will no longer be performing routine heart biopsies on our heart transplant patients after the third year post transplant.
- Stress tests will only be performed on the odd year post transplant (years 1, 3, 5, etc).
- Angiogram and right heart catheterization will continue to be performed on your odd year visits.
- During the odd years, testing will remain either 2 or 3 days, depending on the scheduling of the tests.
- On the even year (years 2, 4, 6, etc.) testing will now be only one day in length.
- Other tests (ECG, ECHO, chest x-ray, wall motion test, blood work, urine samples, etc.) will continue to be performed as usual.

Please review your schedule carefully, and contact Grant Fisher (519-685-8500 ext. 33760) if you have any questions or concerns.

New Beginnings is now on-line

The Transplant Program continues to be grateful to Astellas Pharma Canada for sponsoring *New Beginnings* over the years. Without their financial assistance, the newsletter wouldn't be possible. We're trying, however, to save as many resources as possible, and your help with this is appreciated! The current issue and some past issues are now available on our transplant website at: www.lhsc.on.ca/Patients_Families_Visitors/MOTP/Heart_Transplant/Patient_Newsletter.htm.

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.

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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 15½ pounds over the course of the year. Small changes can make a big difference!

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.

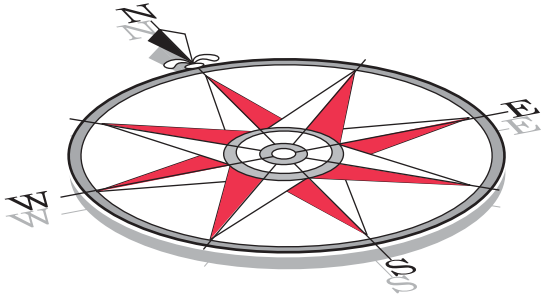
Add bell pepper and remaining ingredients and purée. Serve at room temperature or refrigerate in an airtight container for up to 5 days and serve chilled.

Source:

The New American Heart & Stroke Association Cookbook, 2001 (Clarkson Potter Publishers)

Nutrition facts ***(Per 2 tablespoons serving)***

Calories	42
Protein	2g
Cholesterol	0mg
Total Fat	1g
Saturated	0g
Cholesterol	0mg
Fibre	1g
Sodium	50mg



From here a

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.



and there...



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.



Mike Tardif (June 2008) and Sue are enjoying being proud parents again. Their son, Justyn, was born on May 8, 2009. The handsome boy has even entered into baby contests. Congratulations to Mike, Sue and the rest of the family!



Oh, the weather outside is frightful! But inside, it's so delightful...

By Nancy Howes, Physiotherapist, and Tracy Fuller, Kinesiologist

The secret to enjoying exercise in winter lies in what you wear! Let's face it – we live in Canada and it's about to get mighty cold around here. You need to start thinking about how to get yourself exercising despite the chilly weather.

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)

Here's the latest...

Canadian Blood Services holding public dialogues about organ donation

Canadian Blood Services is holding a series of public dialogues in several cities across Canada. They want to gain public opinion about the design of a new national system for organ and tissue donation and transplantation. The first workshop was held in London on October 24 with other locations soon to follow – Vancouver, Edmonton, Halifax, Winnipeg, and Montreal.

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;
- Help to mobilize community champions and advocates to increase public awareness about the need for, and active support of, a national system of organ and tissue donations and transplants;
- Identify concrete ideas and input in relation to the design of a national OTDT system, in particular in relation to increasing registered donors and donation rates; and
- Generate substantial dialogue and online participant commitment to the need for an OTDT strategy.

For more information about this project, or to share your ideas of how to improve the Canadian system, visit <http://speakup.dialoguecircles.com/>.

5th Canadian Transplant Games, August 9-14, 2010

Quebec City will be the host of the 5th Canadian Transplant Games. These Games, which should attract more than 400 participants accompanied by their loved ones, are a unique opportunity for transplant recipients from all over Canada to gather together. The 1st National Games were held in Sherbrooke, Quebec in August 2000, and every two years the Games are held in a different city. The aim is to increase public awareness about organ and tissue donation by showing that not only does transplantation save lives, but that the recipients can return to full and active lives. The Games also give transplant recipients and their families the opportunity to meet organ donor families and to share moments with them and express their gratitude.

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:

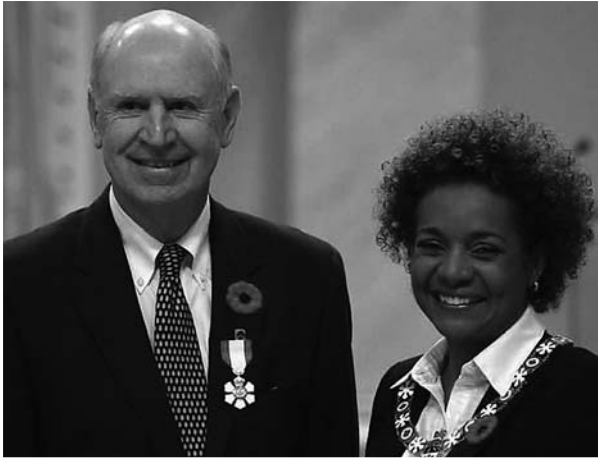
www.organ-donation-works.org

www.jeuxcanadiensdesgreffes.ca

The CTA looks forward to seeing you in Quebec City!

Here's the latest...

Dr. William Wall presented with the Order of Canada



On November 5, 2009, Dr. William Wall, transplant surgeon at London Health Sciences Centre, was presented with the Order of Canada by Governor-General Michaëlle Jean. The Order of Canada – the highest civilian honour – was established in 1967 to recognize outstanding achievement and service contributions to Canadian society.

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."

Dr. Wall joined the Department of Surgery in 1977 and since then has been instrumental in building the Multi-Organ Transplant Program into a national leader. More than 4,100 organ transplants have now been done at LHSC since the first kidney transplant in 1973. The first liver transplants in Canada using living donors (parent-to-child and adult-to-adult) were performed at LHSC. Canada's longest-surviving liver and heart recipients received their transplants at University Hospital, LHSC.

Dr. Wall is particularly proud of an initiative to increase awareness about the need for organ donation. Ten years ago, the Transplant Program started a high school education program – One Life...Many Gifts – to teach students about the ongoing need for donation as well as the success of transplantation. This program is now being expanded across Ontario's high schools, and it's anticipated to be province-wide by 2011. The London region continues to have one of the highest organ donation rates in Canada – twice the national average.

