

new Beginnings

SPRING/SUMMER 2010

inside this issue

- 1 Our last issue...
- 2 The Impella Ventricular Assist Device comes to cardiac transplantation
- 3 Keep walking – consider a treadmill!
- 4 From Here and There ...
- 6 Transplant Adherence Program
- 7 Here's the latest...

Our last issue...

With mixed emotions, it has been decided that this is the final issue of *New Beginnings*. I know our patients and families have enjoyed the newsletter as a way to stay connected with each other and the Transplant Program, but additional responsibilities to my social work role have necessitated some changes.

With the increasing use of computers and the Internet, my hope is that you can still access the type of information shared in the newsletter although I realize it will not be captured in the same way.

I want to thank everyone who sent in a photo or contributed to *New Beginnings* over the years. Special thanks to Astellas for funding the newsletter; without their support, it would not have been possible.

If you're interested in keeping informed about the Transplant Program and upcoming events, as well as reading some of the archived issues of the newsletter, visit our website at www.lhsc.on.ca/About_Us/MOTP/.

We anticipate in the near future that an e-mail list may be developed in order to distribute notices and general information to our patients. If anyone is interested in joining this e-mail list, please send your e-mail address to transplant_group@lhsc.on.ca. Your e-mail will not be shared with others, and you can unsubscribe at any time.

Again, thanks to everyone who has contributed to the success of *New Beginnings* over the years.

Kelly Thomas, MSW, RSW
Social Worker

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The Impella Ventricular Assist Device comes to cardiac transplantation

By Dr. Mac Quantz, Director of Cardiac Transplantation

Cardiac transplantation remains the optimal treatment for end-stage congestive heart failure that is refractory to medical management. A 'new' heart provides bedridden patients with not only a second chance at a longer life but also the opportunity to regain a high quality of life and pursue activities that were not possible for years previously.

The outcome of cardiac transplantation is very promising, and at LHSC the last 36 of 41 patients have survived the operation to leave the hospital and re-join their families. However, the patients who need a new heart today are different than our first patients when Drs. Bill Kostuk and Neil McKenzie started our program 29 years ago. Today's patients tend to be older, have a longer duration of heart failure, previous cardiac surgeries, lung disease, physical deconditioning and kidney failure.

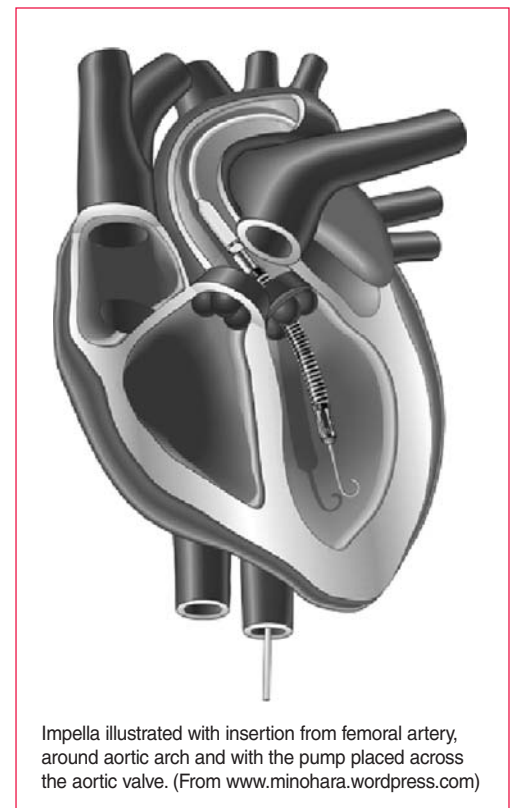
All of these make the postoperative management more challenging and drawn out. Long stays in the Intensive Care Unit and the Transplant Unit are not uncommon, yet they add to the burdens that families must cope with as well as the utilization of hospital resources. It has been shown that if organ function can be improved and optimized before transplant then patients with refractory heart failure are likely to do better after their surgery. With this in mind, the cardiac transplantation team is pleased to announce the addition of the Impella ventricular assist device to our program.

The Impella is a small axial flow pump (the blades look like those on a jet engine) that can be inserted into the femoral artery, subclavian artery or directly into the ascending aorta. The Impella is advanced until the tip lies within the left ventricle. Blood, drawn into the tip of the device, is pumped out into the aorta at physiologic pressures. The failing circulation can be fully supported at flows of 5 litres per minute. The pump can remain in place for 14 days although support has been maintained up to 28 days without complication. During this time the patient would be listed at the highest priority on the heart transplant list.

The Impella is for a select patient population – those patients who, despite support with increasing amounts of medications, are slowly succumbing to heart failure with progressive dysfunction of their organs. Following placement of an Impella, we anticipate that patients will experience improved kidney function, clearing of pulmonary edema, enhanced nutrition and resolution of liver congestion – all of which will make their transplant a safer operation.

While the Impella is in place, patients will be cared for in the Cardiac Surgery Recovery Unit by a multi-disciplinary team composed of cardiac surgery, cardiology, critical care, physiotherapy, social work, and the clinical perfusion services. This addition to our program was made possible by the tireless work performed by a number of dedicated individuals. I would like to thank Kirsten Krull (Integrated VP Surgery Services), Dr. Bob Kiaii, Dr. Peter Pflugfelder, Heather Shephard (Director, Cardiac Care), Trish Fitzpatrick (Manager, 6 In-Patients), Liz Martin (Manager, Cardiac Care), Dr John Denstedt (City Wide Chief), Jim MacDonald, Phil Fernandes and Andrew Cleland from Clinical Perfusion Services and Alan Daly from Abiomed. The team also would like to thank Jane Tucker and the London Transplant Gift of Life Association.

We are all looking forward to our first implant!



Keep walking – consider a treadmill!

By Nancy Howes, physiotherapist, and Tracy Fuller, kinesiologist

We talk to people a lot about fitness and how to make a life-long commitment to an exercise program to keep the body working well. A treadmill is a great way to get into shape and lose some weight. You can keep up a walking or running routine despite the weather and you can do it when it is convenient for you. It can be used by the person who has health issues as well as perfectly healthy family members. It is simply a great fitness tool.

We often get asked questions about what to consider when buying a treadmill. With help from several websites, including Weightloss-articles.com and About.com, we have compiled some useful information to help you with a purchase of this kind. There are many good treadmills available for home use. Although you will likely spend between \$1,500 and \$3,000 for a quality motorized treadmill, if you choose wisely, your investment will last a very long time.

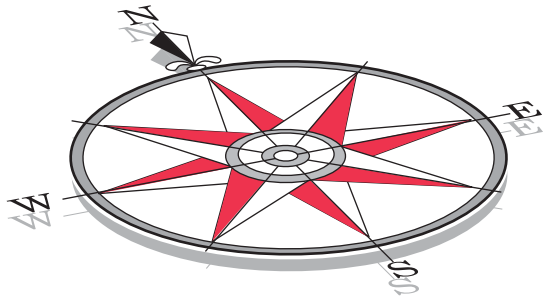
The motor is one place where you do not want to try and save on costs. Look for a motor that has a minimum of 2.5-3.0 “continuous duty” horsepower as opposed to “peak performance” horsepower. For example, peak performance 3.0 horsepower means that the manufacturer was able to get the motor to operate at 3.0 peak levels – but not necessarily consistently. Operating at continuous duty 3.0 horsepower means exactly that – continuous at 3.0 horsepower.

The belts are another area where quality counts. Two-ply belts are much stronger and trouble-free than one-ply belts. Also check the width and length. The belt should be at least 18-20 inches wide and 48 inches long. Taller people need a home treadmill with a longer running surface. If you are a walker and over 6 feet tall, you would probably want a treadmill that has a minimum 52 inch walking surface. Running, you should have at least 54 inches, but if you are over 6 feet tall, consider some of the stretch models that are in the 60-62 inch range.

The “bells and whistles” are a personal thing. Consider what is important to you. Do you like computerized workouts, incline, magazine racks and heart rate monitors? Don’t forget to try the machine out before you buy it – is the speed range adequate for your intended use? Is the stop smooth rather than sudden? Does it have an emergency shut-off switch? Are the handrails sturdy and exactly where you need them? Is the control panel easy to read? Will it fit comfortably into the space where you plan to keep it?

Finally, read the warranty. Warranties are a statement about the quality of the machine. A manufacturer could not back a treadmill with extensive warranties if it is poorly built and constructed with cheap components. It is recommended that you purchase a treadmill with a minimum five-year motor warranty, two-year parts warranty and is covered for one year of service.

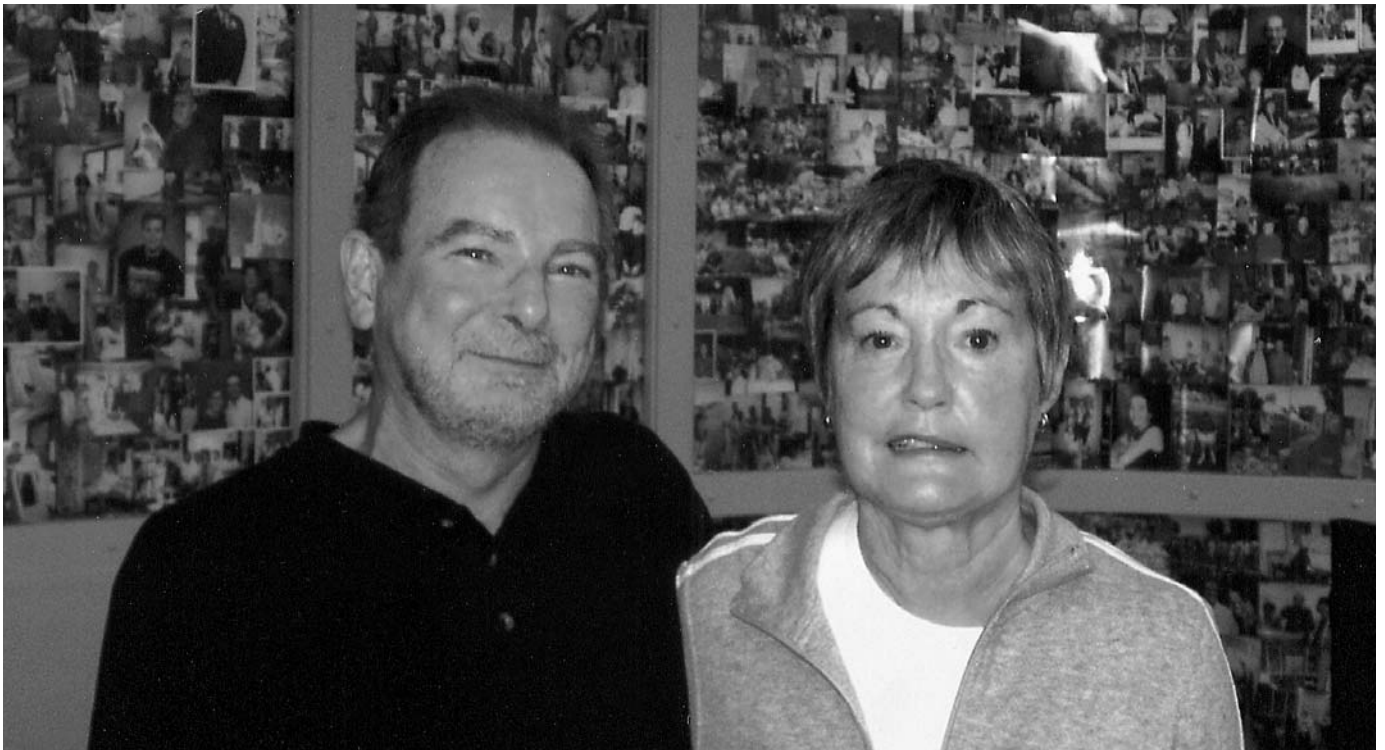
We hope this information will help prospective buyers make a wise purchase so they can make the most of their treadmill!



From here a

George Foley (heart, March 14) and **Kay Chester** (heart, March 20) became friends earlier this year as they both received their heart transplants around the same time. George and Kay were able to support and encourage each other during their recovery, which included exercising daily in the physiotherapy gym. Both are now at home following the three-month initial recovery phase in London.

Darryl Kuefer (heart, April 2002) has recently moved to an 80-acre farm where he is enjoying life with his wife, Rosetta, and their two children – daughter Brooklynn and their new baby born in April this year. As well as keeping busy with his family, Darryl is enjoying the challenge of starting his own business in appliance repair with A+ Appliance and Refrigeration Service. The family says that “God has blessed us so much; we wish the transplant staff all the best.”



and there...



◁ **Jacob Giesbrecht** (heart, August 2009), here with social worker Kelly Thomas, was excited to finish his recovery in London before heading home to Winkler, Manitoba.

▷ Dr. Chu, transplant surgeon and 'part-time recreation director', takes patient **Terry Stortz** (heart, December 2009) out for cold-weather therapy – new hearts road-tested right on campus! Terry is now back home in Brantford.





Transplant
Adherence
Program™

Le Programme
d'adhésion
en transplantation^{MC}

New program launched for kidney recipients and caregivers

Although not all the information in the Transplant Adherence Program may be directly applicable to heart and heart-lung transplant recipients (e.g. signs of rejection), the importance of following medical advice, keeping clinic appointments, and using reminders to help with medication adherence is relevant information for all transplant recipients.

A kidney transplant is a life-changing experience that allows the recipient to enjoy newfound health and a completely new lease on life.

Despite these benefits, some kidney recipients find the adjustment to post-transplant life a difficult one. The adjustment requires “adherence”, which means taking prescribed medications at the same time every day for life, keeping all clinical appointments for regular blood work and recognizing the early signs of rejection. Incorporating adherence into one’s daily routine can be challenging, but it is crucial to long-term post-transplant health.

The Transplant Adherence Program is a free, new initiative designed to help post-transplant kidney patients start off on the right foot, with tools and information to help transplant recipient develop or maintain good habits when it comes to their treatment and overall care.

This program was developed for adult kidney recipients, regardless of the medication they are on, or when they had their transplant. Developed in consultation with nephrologists and renal transplant recipients, the program includes newsletters, an information booklet, self-evaluation tools, a website and reminder tools such as an alarm pill box and a day planner.

For more information or to sign up to the Transplant Adherence Program, visit www.transplantadherence.ca or call 1-877-691-7455.

The Transplant Adherence Program is one of several community-based initiatives supported by Astellas Pharma Canada, Inc.



Here's the latest...

If you would like to keep informed about various upcoming events, you may want to visit our transplant website at www.lhsc.on.ca/About_Us/MOTP/News_Events/index.htm. Here are a few upcoming events.

Ride for Pat, Sunday, August 8

Champion Bicycles is holding its annual Ride for Pat, in honour of Pat McArdle, with proceeds to the Multi-Organ Transplant Program. This event will start at 7:00 am, August 8 at Mother Theresa High School in London. For more information, e-mail info@cbss.ca or check out their Century Ride website at www.cbss.ca/Century_Ride.htm.



5th Canadian Transplant Games

The Canadian Transplant Games (www.jeuxcanadiensdesgreffes.ca/index_en.html) will be held August 9-14 in Quebec City. To find out more about the Canadian Transplant Association, visit www.organ-donation-works.org.

4th Annual Elgin County Golf Tournament, September 11

This year's golf tournament will take place at a new location – The Bluffs of Port Stanley – on Saturday, September 11 at 11:00 am. The \$90 registration fee includes 18 holes with use of a cart, lunch and dinner plus door prizes. Besides golfing in the tournament, there are other ways to help out, such as sponsoring a hole for \$250 or donating items for the goody bags or door prizes. To register, donate, or for more information, contact Kimberly Boughner by phone (519-769-0030) or by e-mail (Kimberly.Boughner@lhsc.on.ca). All proceeds go to the Transplant Awareness Committee, Multi-Organ Transplant Program at LHSC.

Gift of Life Relay Walk, kick-off Wednesday, September 15

The annual Gift of Life Relay Walk, organized by transplant patient Tom Awad and Sport-Fest Windsor, is scheduled for September 15-18, 2010. Walkers will begin in London and make their way to Windsor by Saturday. Transplant recipients, donor families, health-care professionals and the general public – anyone who wants to show their support for organ donor awareness – are all welcome to join the walk or to sponsor Tom's efforts to raise funds for London's Transplant Program. For more information, contact Tom Awad (tom@sportfestwindsor.org). You can also contribute to the campaign by making an on-line donation at <http://giftoflife.kintera.org>.

Here's the latest...

Night at the Races, Friday, November 12

Come out to the Top of the Fair, Western Fair Raceway for a special evening in support of our Transplant Program. The highlight of the night will be a special “race to save lives” when local celebrities will team up with transplant patients to pull the sulky with its driver in a 100-yard dash down the homestretch of the track. The evening includes a full program of harness racing, a great buffet dinner and silent auction. Doors open at 5:30 pm; dinner at 6:00 pm; posttime 7:05 pm. For tickets (\$45), contact Corinne Weernink (519-685-8500 ext. 35517). For contributions to the silent auction, contact Cate Abbott (519-685-8500 ext. 32817). All proceeds from this event will be used to purchase patient care equipment in the Transplant Program.



“Leave Mine Behind” t-shirt campaign

This is not just fashion. This is fashion promotion. This is fashion emotion. This is a Shirt with a Cause! This shirt was designed to cause conversation ... conversation between friends, family and strangers! This is your opportunity to let others know you are leaving a legacy...and choosing to make a difference by becoming an organ donor. Proceeds from Canadian sales of this t-shirt will go to the Multi-Organ Transplant Program at LHSC. Be a walking billboard! To order your t-shirt or find out more about this campaign, visit www.leaveminebehind.com.

For those of you who are on **Facebook** or plan to join, there are various transplant groups including a page for Trillium Gift of Life Network where you can post comments and find out about other initiatives.

Our Transplant Program is trying to organize an **e-mail distribution list** in which we will periodically send out notices about events, news stories and general information that may be of interest to you. If you're interested in joining this e-mail list, please send your e-mail address to transplant_group@lhsc.on.ca. Your e-mail will not be shared with others, and you can unsubscribe at any time.