

LIVER INFORMATION FOR EVERYONE

SUMMER 2005

Your Education Resource for Liver Wellness & Diseases

The Illinois Chapter Welcomes New President & CEO, Fred Thompson

In February, the American Liver Foundation (ALF) announced the appointment of Frederick G. Thompson as President and CEO. Fred brings a wealth of experience in building and managing brands to create awareness, the ability to build strong partnerships and a proven track record in results-oriented fundraising. Most recently, he held the same position at the Jane Goodall Institute.

Members of the Illinois Chapter Board of Directors, Medical Advisory Committee, Junior Board and Staff had the pleasure of being able to spend some time with Fred during the DDW (Digestive Disease Week) conference held in Chicago in May. He's anxious to take the ALF to the next level by raising awareness, enhancing existing services and implementing new programs. The

Continued on page 7

Celebrating Life Spring Benefit

On Tuesday, May 3, a record breaking 500 guests helped us raise over \$197,000 at the 11th Celebrating Life Spring Benefit. There was fun and excitement as guests visited multiple food stations, enjoyed live entertainment, and participated in an evening of networking; a big departure from the format of previous years. Liver health, newly incorporated into our mission, was encouraged through a healthy food station. Guests, including our new committee of Junior Board members, were able to indulge in culinary delights from Spain, Italy, Indonesia, a carving station, a salad and soup station, and the Magnificent Mile Dessert Bar. Even the floral arrangements were a reminder of liver health; centerpieces of vased tulips

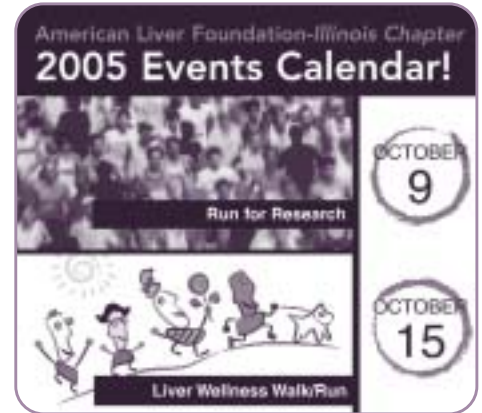
Continued on page 4

LaSalle Bank Shamrock Shuffle Health and Fitness Expo Kicks off Shamrock Shuffle Race

*By Elyse E. Barson,
Community Events Coordinator*

On Friday April 1st, the American Liver Foundation kicked off the 2005 LaSalle Bank Shamrock Shuffle Race Weekend by participating in the first annual Shamrock Shuffle Health and Fitness Expo at Navy Pier. With music pumping and balloons soaring in and around our booth, volunteers educated Expo attendees about the American Liver Foundation's mission, liver-related diseases and liver health. In addition, ALF and Chicago Endurance Sports volunteers recruited runners for our Run for Research Team, and students from The Chicago School of Massage Therapy offered free massages to Expo guests.

Continued on page 9



Inside this Issue

- 2 My Personal Experience as a Live Donor
- 3 Illinois Benefactor Meets Local Research Award Recipient
- 4 Celebrating Life Spring Benefit
- 6 East Meets East in the West
- 8 Resource Directory
Junior Board of Directors
- 9 Educational Opportunities for the Public
- 10 Abstract Competition
- 11 The Gift...
- 12 Clinical Trials
- 13 A Truly Special Gift
- 14 Liver Centers
Become A Member of the Illinois Chapter

The American Liver Foundation-IL Chapter
180 N. Michigan Avenue, Suite 1870
Chicago, Illinois 60601

Phone 312.377.9030

Fax 312.377.9035

info@illinois-liver.org • www.illinois-liver.org

National web: www.liverfoundation.org

National hotline: 800.GO.Liver (465.4837)

My Personal Experience as a Live Donor

-Clayton Schaefer, Vice President, Illinois Chapter Junior Board of Directors

My dad first approached me in May, 2003 with the idea of being a living liver donor. He had been living with Primary Sclerosing Cholangitis for approximately the past 15 years. His physicians at Northwestern Hospital informed him that the medicine he was taking was no longer effective in treating his illness. Although my father was on the transplant list, the doctors were of the opinion that he would be too sick to survive a transplant once he reached the top of the list. Therefore, they recommended a living liver donor.

My family had a meeting with the physicians and nurses and they explained who could be a donor. I have 4 siblings and 2 of us were suitable donors. I decided that I would be tested first. I am the youngest of the four, I live in Chicago and I am single. I thought that it would be best for everyone if I became the donor. Also, my boss was very understanding and gave me permission to take as much time off as necessary.

This was an easy decision for me. I only have one father and he is one of my best friends. After witnessing my girlfriend's mother die from cancer, I was determined to do anything that I could to save my dad's life. I was required to go through a lot of testing, including meeting with a psychiatrist. This was reassurance for the hospital that I was not feeling pressured by my family or others to be the donor. I also discussed my decision with my girlfriend (soon to be wife) and pastor. I was confident in my decision and I never turned back.

The surgery was initially scheduled for August, but had to be rescheduled because my dad was having complications. It was rescheduled for October 8, 2003. It was a relief when that day finally arrived. I went to the hospital at 6:30 A.M. and completed the necessary paperwork, my living will was placed in the file and then I was admitted. My sister came from Florida, my aunt from California and my two brothers who live in the area all waited with us prior to the surgery. This was a very emotional time for the whole family. The possibility that you could lose not only one, but two family members was overwhelming. We hugged and cried a lot.

After being admitted I decided to have an epidural for pain management. I was

then given an IV with a solution that helped calm my nerves. I last remember walking down a hallway and saying goodbye to my family for the last time before surgery. The next thing I remember is waking up in the ICU being connected to all kinds of tubes and monitors. I had a drainage bulb and tube hanging out of the right side of my abdomen. This was used to prevent infection and fluid build up and had to be emptied as needed until it was removed.

The next day I was moved to a private room three doors down from my dad. Once I was able to walk I went to see him and gave him a big hug. My dad looked so much better and he had a lot more energy. His skin and eye color immediately improved. While recovering at the hospital they emphasized that we walk as much as possible. They monitored my vitals every hour, so I never got a good night of sleep. After four days I was released from the hospital.

Since I needed 24 hour care, I moved in with family friends. The wife helped change my dressings, make my meals and with general daily living activities. She walked with me everyday and I enjoyed a beautiful Autumn. The husband would drive me to doctor's appointments and to my apartment to see my cat. The drainage bulb was removed about a week later. It was extremely uncomfortable and painful. The bulb was connected to a tube that wound around inside my abdomen. All they do is pull it out. It felt like someone punched me in the stomach repeatedly. It was such a relief to get rid of it. At that time I returned to my apartment.

I spent five more weeks recuperating at home. My girlfriend, a nurse at Children's Memorial Hospital, checked in on me and made sure that I was eating right and walking. After one month I was given permission to resume limited workouts. After taking a leave of absence for six weeks, I returned to work just before Thanksgiving. At this point I only needed to see the doctor once every three months to make sure that I was not having any problems.

It has been almost two years since the transplant and both of our livers are doing well. Unfortunately, my dad has to

have colon surgery, which might be a result of his liver disease. I, on the other hand, am getting healthier. I have had problems digesting food and eating the same portions. This has taught me to eat smaller portions which has helped me lose some of the weight I gained as a result of the surgery. I am restricted to a bland diet with limited carbohydrates. I have not been able to digest spices or carbohydrates in the same manner as before the surgery.

All of the inconveniences I have are nothing compared to the problems my dad had or has now. If I had to do it over, I would make the same decision to be a living liver donor. I am very grateful to my family and friends for taking care of me during my recovery. Without them this process would have been much more difficult.

In the Spring of 2004, I decided to volunteer for the American Liver Foundation ("ALF"). I believed that my experience could somehow help someone else. I volunteered at the Spring Benefit and other events and I participated in the Liver Walk. Soon thereafter I was asked to be a founding member of the Junior Board. I was excited about this opportunity because it could give me a chance to further my goal of sharing my experience with potential donors, something I wish I received prior to my surgery.

My ultimate goal is to implement a program that unites the physicians/surgeons in the area with the ALF and introduce a possible donor to a living donor. When a living donor becomes a possibility the physician/surgeon would contact the ALF and a meeting would be scheduled between the potential donor and a living donor. The information shared with the potential donor would be reassurance for the physician/surgeon and the families involved that the potential donor was agreeing to become a living donor and that the most available information was provided to this individual. A potential donor receives a lot of medical information; conversely, a meeting with a living donor would add a more compassionate aspect to this overwhelming and emotional decision making process.

Illinois Benefactor Meets Local Research Award Recipient

On May 9, David Sherman, current Illinois Chapter Board Member and former Chapter President, was introduced to the ALF Innovative Hepatology Seed Grant Research Award Recipient, Jane H. Wang, MD, PhD of the University of Illinois at Chicago. The introduction took place as the ALF Research Award Poster was unveiled at the DDW (Digestive Disease Week) Conference held at McCormack Place in Chicago.

In addition to their generous support of the fundraising events hosted by the Illinois Chapter, the Shermans have committed to a major gift of \$100,000 over a four year period for hepatitis C research through the David and Susan Sherman Philanthropic Fund. "We can more fully appreciate the process and outcomes of research when it's in our own back yard," commented David Sherman, Illinois Chapter Board Member and Past President. "We look forward to being able to invite Dr. Wang to Board

Meetings, Medical Advisory Committee Meetings and educational programs to share her findings."

DDW was so appropriate for this occasion as countless medical professionals and representatives of the American Liver Foundation acknowledged the generosity of the Shermans, the significance of Dr. Wang's research, and the importance of the ALF Research Grant Award Program. "We are so pleased that a local researcher applied for and received this particular grant," stated Jacqueline Dominguez, Illinois Chapter Executive Director. "Research is often intangible for many people, and this is a concrete example of how we are investing the generous contributions of those who support our mission."

Dr. Wang is an Assistant Professor of Medicine of the Section of Hepatology. Her research topic is Antigen-Driven TGF_ Regulatory T Cells in HCV Infection. This research explores cellular



immunity and special regulatory T cells which may protect the HCV virus, reducing the efficacy of hepatitis therapies. An understanding of the T cells and its mechanism may provide a powerful vantage point from which to develop more effective preventative and therapeutic strategies for HCV infection.

For more information regarding ALF award recipients or their research efforts, please visit our website www.illinois-liver.org and click on the link to the American Liver Foundation National Website.

New Resources

The Illinois Chapter is proud of its new initiatives, developed to connect the liver community. They offer much needed resources to the residents of Illinois and Northwest Indiana, as well as raising awareness of liver wellness, diseases, and the American Liver Foundation.

These additions include a Hepatitis Resource Database dedicated to assisting the public in finding centers that immunize, test, or treat hepatitis A, B, or C. We have also introduced a Liver Partnership Calendar which will help "connect the liver community one program at a time" by centralizing liver program information in one location. Finally, our upgraded website will begin archiving all of our past programs, heavily advertising our upcoming educational programs and events, as well as offering educational resources for anyone with access to the internet.

Hepatitis Resource Database

The Hepatitis Resource Database is expanding daily as more and more liver

centers register. The database offers a list of liver centers that either immunize, test, and/or treat hepatitis A, B, and/or C. All of the information is searchable by address, city, and zip and will provide a list of liver centers in order of distance.

This resource will be a huge asset as we encourage vaccinations of A and B as well as testing and treatment of all hepatitis. Please be sure that your liver center is included today! You can access the database by visiting the Illinois Chapter's website at www.illinois-liver.org.

Liver Partnership Calendar

The Liver Partnership Calendar is "connecting the liver community one program at a time" by allowing qualified organizations to post their educational programs on the calendar, which will be an all inclusive list of upcoming liver or transplant programs, in order of occurrence.

If you are interested in posting on the calendar, please email Brandon at

brandon@illinois-liver.org for more information. You can view the calendar by visiting www.illinois-liver.org.

Upgraded Website

The new and improved www.illinois-liver.org is "Your Liver Information Headquarters" with more information about upcoming programs, support groups, special events, liver disease information, liver wellness, as well as general liver information!

ALF - Illinois Chapter has also recently added a new "for Medical Professionals" page as well as a "for Patients" page. Both of these offer specific information for their groups. You can also check out our newly renovated "Support Groups" page which not only features time, date, and location information, but also information about starting a group and order brochures. Be sure to check us out today at: www.illinois-liver.org.



Continued from page 1

Celebrating Life Spring Benefit



surrounded by asparagus were scattered throughout the Crystal Ballroom at the Hyatt Regency Chicago.

Enthusiastic volunteers greeted guests and directed them to the many taste sensations and auction tables. Identification ribbons made networking easier. It was dramatic to note the number of medical professionals, board members, organ donors and sponsors throughout the room. Prior to the formal program, volunteers kept the liver health theme alive by distributing "Love Your Liver" wristbands to the attendees.

For the 5th consecutive year, Corey McPherrin, Fox Sports Anchor, welcomed our guests with his usual charm. He introduced Dennis Gleason,

Illinois Chapter Board President, who remarked that the program for the evening would give credence to the power of research. Dr. Donald Jensen, a renowned member of the Illinois Chapter Board of Directors and recently appointed member of the ALF National Board of Directors, took the podium to elaborate on the importance of research as evidenced through a video presentation summarizing the scientific research of Abbott Laboratories. Immediately following the video, Dr. Jensen took great pride in presenting awards to Abbott Virology representatives Ching Shang, PhD of Abbott Pharmaceutical Discovery Research and George Dawson, PhD of Abbott Diagnostic Research.

The remainder of the program was charged with emotion as we introduced the "Faces of Liver Disease". Five patients, representing five local Universities, described their experiences with liver disease and paid tribute to the care they received from their respective Universities and healthcare providers. Patients and representatives from their University sat side by side on the stage while our guests watched a testimonial video message featuring the courageous journey of each patient. At the conclusion of the video, the audience provided a heartfelt standing ovation as each patient was presented with an inscribed Tiffany's crystal award from the person at their side. Each individual story is available on our website.

<u>Patient</u>	<u>University</u>	<u>University Representative</u>
Henry Gentile	Loyola University Medical Center	Dr. John Brems
George Martinez	Northwestern Memorial Hospital	Dr. Patrick Lynch
Jennifer Penney	Rush University Medical Center	Dr. Forrest Dodson
Noreen O'Neill	University of Chicago	Dr. Helen Te
Charles Hammond	University of Illinois at Chicago	Jeanine Elkin, RN



Dr. Forrest Dodson/Jennifer Penney



Dr. Helen Te/Noreen O'Neill



Jeanine Elkin, RN/Charles Hammond



Dr. Alfred Baker



Dr. John Brems/Henry Gentile

Once the applause and hugging subsided, Dr. James Boyer, representing the American Liver Foundation National Office and Board of Directors, commented on the recently hired CEO, Fred Thompson and his vision of future growth for the ALF organization through awareness and branding. He also



Dr. Patrick Lynch/George Martinez

took this opportunity to share some antidotes relative to his long term professional relationship, and friendship, with Dr. Alfred Baker, our Lifetime Achievement Award Recipient.

Before introducing Dr. Baker, Dr. Patrick Lynch of Northwestern Memorial Hospital stepped up to the podium and



briefly touched on the accomplishments of Dr. Baker's illustrious career. Dr. Baker commented that though he is retiring, he will remain in touch with all who are near and dear to him in the liver community and will continue to support the works of the Illinois Chapter through his participation on our

Medical Advisory Committee. Once again, a sincere standing ovation followed as Dr. Lynch presented the well-loved and respected Dr. Baker with his award.



As is tradition, Corey McPherrin resumed his Master of Ceremonies duties by announcing the raffle drawing winners. The winner of the two night stay in Chicago at the Hyatt Regency (including dinner at Stetson's Chop House) was Donna Brookwood. Liz Weil, Illinois Chapter Board Member, drew David McMillan's name as the winner of the 2005 Tiffany & Co. Watch; and William White was the grand prize winner of \$2005, drawn by Heidi Litwin of Roche Pharmaceuticals, our Esteemed Sponsor for the evening.



Katie Sutherland won the event ticket drawing of dinner at Hugo's Frog Bar and tickets to the Music of the Baroque. Dennis Gleason provided closing remarks, thanking our guests and sponsors for their continued support. Guests were invited to check the silent auction bid boards to claim their items. The band continued to play, the refreshments were still plentiful, and the crowd continued to enjoy this memorable evening.

Celebrating Life - Did You Know

Roche Pharmaceuticals has supported this event at the Esteemed Sponsor level since 2000.

Corey McPherrin has volunteered as the Master of Ceremonies since 2001.

Tiffany & Co. has donated honoree awards and raffle prizes for the past eight years.

Signage was donated on behalf of **Taylor Reschke**.

Liver healthy floral arrangements were designed by **Flowers with Feeling, Inc.**

Music supplied by **Heavy Hitters** courtesy of **Ally Entertainment**. They were so moved by the event, they donated \$200.

Patient honoree video was donated by the fabulous staff of **Williams Gerard** through **Janet Giambrone**.

Program and keepsake book designed courtesy of **Jennifer Saputo & Lucy Girolamo** - Junior Board of Directors.

Tom Dominguez has volunteered as event photographer since 2000.

Merle Cooper and **Libby Reinkall** have solicited auction items and assisted with other volunteer event related activities since 2000.

The **Illinois Chapter** is tremendously grateful for your continued support of our mission.

Complimentary and Alternative Medicines East Meets East in the West

By Daniel R. Ganger, M.D. FACP, Hepatologist,
DuPage Medical Group Member of the Illinois
Chapter Medical Advisory Committee

The Illinois Chapter would like to thank Dr. Ganger for sharing this article. Questions regarding this information should be discussed with your physician. The American Liver Foundation does not dispense medical advice and recommends that all patients consult with their physician to choose appropriate treatment options that meet their specific needs.

Chinese Medicine¹ has been in existence for thousands of years – yet it has only been in the past 40 years or so since President Nixon first opened doors between the US and China that Americans have become aware of this field of medicine. Not long afterwards, Dr. David Eisenberg from Harvard acknowledged the field of “Complimentary and Alternative Medicine” (CAM) after he went to China and learned more about this ancient, yet very effective method of treating patients. CAM joined mainstream medicine in 1997 after a survey revealed that 629 million people sought CAM providers while only 386 million people saw primary care physicians [1].

In liver disease, conventional medicine has its limitations. Liver patients, who cannot respond to treatments for viral hepatitis and other diseases, face a potential outcome of end-stage liver disease and liver transplantation. However, in the western suburbs of Chicago, two Chinese men are giving patients a new sense of hope and relief from the effects of liver disease and the treatments used to fight viral hepatitis.

Dr. Bob Xu, and Dr. Stuart Hui both practice forms of Chinese Medicine, yet their approaches are unique. Dr. Xu, C.M.D. (Chinese Medicine Doctor) treats patients with a series of special formula of Chinese herbs and Dr. Hui, D.C., ATC/L (Doctor of Chiropractic, Acupuncture, Sports Medicine) uses primarily spinal manipulation and acupuncture along with Chinese herbs and creams.

Dr. Xu believes that the concept of holism is the most fundamental characteristic of Chinese Medicine. A body with a single disease should be treated as a whole because there are many causal effect chain relationships within the body. Disregarding these complex relationships will lose track of the disease's underlying processes and mechanisms.

For example, a liver disease can set up a chain reaction to other areas in the body. Symptoms affecting joints, kidneys, heart, along with skin disorders of rash and itching can be manifestations of a single cause. Conventional medicine tends to treat symptoms, while

Chinese medicine treats the source and root. Conventional medicine is divided into specialties, while Chinese medicine considers interactions between all body systems.

Dr. Xu notes that Chinese herbs and all herbs must be used with caution. CMDs spend years learning about herbs and their use. He warns against the use of any one herb exclusively, as it can result in herbal side effects. A popular example was the misuse of “Ma Huang” (ephedra) as a dietary supplement where 150 died and more than 100,000 people suffered with herbal side effects. Yet, Ma Huang is a very effective and safe herb when prescribed appropriately. (refer to www.americanchinesemedicineassociation.org)

Dr. Hui's treatment methods focus on the alignment of the spine surrounding the nerves, which lead to all areas of the body. He utilizes acupuncture, which is based on the principle of stimulating specific anatomic points or “meridian channels” in the body. Strategically placed sterile needles, which are actually painless when they are introduced, stimulate these points.

Dr. Hui also incorporates western technology in his treatment of sports injuries and other diseases such as diabetic neuropathy and cardiovascular insufficiency through the use of a near infra-red light technology. Like Dr. Xu, he prescribes Chinese medicine supplements for various health conditions.

In the assessment of patients, Chinese Medicine uses six diagnostic methods; inspection, auscultation, olfaction, interrogation, pulse and palpation. Blood work, x-rays, and vital signs are also included in the clinical profile. In addition, special attention is placed on areas of the tongue, pulse, eyes, skin, and fingers. For example, Dr. Xu inspects the fingers of his patients in addition to other Chinese Medicine diagnostic methods at each visit. A patient's progress and the effectiveness of the herbs can be monitored through this assessment.

Dr. Hui inspects the pulse, tongue, and muscle tone including strength and posture. Both doctors agree that western technology in medicine and diagnostics are essential and adding the use of Chinese Medicine and Acupuncture create a holistic form of care that is most effective.

Although the field of Chinese Medicine is growing, there is still an air of skepticism in the traditional medical community about the use of herbs and acupuncture to heal disease.

Because an autopsy does not reveal physical evidence of “meridian channels” and the randomized double-blind control study method is inconsistent with Chinese Herbal Medicine³, Chinese Medicine is not considered a science.

However, if scientific evidence can be observed in measurable ways such as improved liver enzymes, reduced fibrosis by measurement of fibrosis markers or liver biopsy, possibly reduction of viral load and relief from symptoms of fatigue headaches, itching, and other manifestations of liver disease, this undeniable evidence would prove that Chinese Medicine can improve the quality of life and have a positive impact on a potentially grim diagnosis of end-stage liver disease.

Reference:

[1] Eisenberg DM, Davis RB, Ettner SL, Appel S, Wilkey S, Rompay MV, and Kessler RC. Trends in Alternative Medicine Use in the United States, 1990-1997: Results of a Follow-up National Survey, JAMA. 1998; 280: 1569 - 1575.

Dr. Bob Xu, C.M.D.

Website:
www.americanchinesemedicineassociation.org

Dr. Bob Xu obtained a B.S. degree from Fudan University (Shanghai, China), a M.S. degree from Indiana University School of Medicine, and a CMD (Chinese Medicine Doctor) degree from China National CMD Program. He returned to America 4 years ago to start an initiative for awareness of Chinese Medicine. Currently, he serves as the president of American Chinese Medicine Association (ACMA) that is dedicated to introducing a safe and effective Chinese Medicine to American patients and the public. He is a contributor of the “Textbook of Complementary and Alternative Medicine” (CS Yuan and EJ Bieber, Parthenon Publishing). Currently he is writing (as the first author) the “Tang Textbook of Chinese Medicine” for the University of Chicago.

Dr. Stuart Hui, D.C., ATC/L

PHYSICAL MEDICINE ASSOCIATES S.C.
24 W. 500 Maple Avenue, Suite 105
Naperville, IL 60540
630.428.4300

Dr. Stuart C. Hui is a graduate of the University of Illinois at Chicago where he received a Bachelor of Science Degree in Kinesiology with high honors in 1998. Dr. Hui is also a member of the Phi Kappa Phi National Honor Society and the Golden Key

National Honor Society. Dr. Hui completed his athletic training internship as the head student athletic trainer for the UIC Men's Gymnastics Team in Chicago, IL. He received his Doctorate of Chiropractic from the National University of Health Sciences, formerly the National College of Chiropractic in 2001. Dr. Hui completed his chiropractic internship in Lombard, IL. He is National Board Certified in fields of Athletic Training and Chiropractic.

Dr. Hui continues to participate as a certified athletic trainer covering semi-pro sporting events, high school sporting events, Special Olympics and other general field coverage. He had the privilege of serving as the acupuncture specialist for the major league soccer team, the Chicago Fire, for 2 years.

Additional Comments by Daniel Ganger, MD:

I have been practicing hepatology in both academic and private practice. We all have faced the frequent frustration of not being able to help many patients who fail or relapse to the current treatments of liver disease, in particular viral hepatitis B and C. For many patients with significant symptoms and advanced liver disease, the progress in finding newer therapies is slow and very frustrating.

In the sense of helping my patients, I have been open to alternative approaches. We have to recognize, as described above, that Chinese medicine has a lot of science to back it up, but in a different way. I am very anxious to see results that will justify this approach for all our patients, either after conventional therapy or in conjunction with it. It would be very interesting to have well designed studies done, but we will need financial support to carry them out.

Meanwhile, with caution and open minds, we should welcome anything that is safe and helpful to our patients beyond the placebo effect. Conventional studies mentioned in the above article will be performed to follow up patients who also continue under our (western medicine physicians) care.

¹In America and other Western nations, confusion exists about the definition of Chinese Medicine. Terms must be clarified. Some equate it to acupuncture, others confuse it with Oriental Medicine, Asian Medicine, Eastern Medicine, etc. For more info on these issues, please see articles in the ACMA Publications section at www.americanchinesemedicineassociation.org

²The proof of meridian channels is beyond the capacity of contemporary science. Because the diagnostic and therapeutic effects of meridian channels exist in clinical practice, the existence of meridian channels will most likely be proved someday when our science and technology have been developed to a more advanced level.

³For more information on this issue, please see the article "Mathematical Herbal Medicine" to be published at Acupuncture Today. It will also be available in the ACMA Publications section at www.americanchinesemedicineassociation.org

Run for Research Team Members Go Crazy for Chocolate



By Elyse A. Barson,
Community Events
Coordinator

On Thursday, June 2, 2005, Run for Research Team Members gathered together to indulge in specialty chocolates and espresso drinks at The Moonstruck Chocolate Café. Moonstruck, located on Michigan Avenue, features a full line of truffles, chocolates, and their own magical blended drinks like Brown Cow and Chocolate Chai. The cafe graciously donated truffles and discounted items for the event.

Team members traded runner recruitment methods, training tips, fundraising ideas, and personal stories about why they chose to make their run more meaningful by joining the Illinois Chapter's Run for Research Team. While some Team Members have close ties to liver disease, others simply have joined the Run for Research to support an important cause. "I will run the marathon in honor of my Mother, who has been stricken with end

stage liver disease," says Katherine Zwick. Desmond Campbell explains, "I am going to power walk the marathon and raise funds for the American Liver Foundation. I have already raised \$1700 with the online fundraising tool. I don't know anyone with liver disease. I simply like to help those in need." Our Team continues to grow. Jill Melanson, who is training for the Marathon with Chicago Endurance Sports, has recruited several marathon runners who will run the LaSalle Bank Chicago Marathon, but have not signed up to run for a charity.

After training for a 26.2 mile event, fundraising and recruiting runners for the Team, each Run for Research member deserved the opportunity to go crazy for chocolate!

The Illinois Chapter Welcomes New President & CEO, Fred Thompson

Continued from page 1

Illinois Chapter is one of the leading chapters in programs, services and fundraising and Fred was interested in the views of our local key leadership regarding our successes and the re-branding of the ALF image.

The Executive Directors of our 26 chapters met in June to share our thoughts with Fred and hear his plans regarding the strategic direction of the organization. We're looking forward to reaching new heights under Fred's leadership.

Junior Board

We are always searching for innovative ways to maintain a larger presence locally and statewide. Awareness is critical to our mission, yet how do we extend our outreach and avoid costly marketing? One solution may be in our newly created Junior Board of Directors. These young professionals have volunteered to help us gain more visibility and assist with fundraising. In return, they will receive valuable board experience, philanthropic fulfillment and a chance to educate their friends, families, and colleagues about liver wellness and diseases.

President: *Katie Smith*

Vice President:

Clayton Schaefer

Recording Secretary:

Jennifer Saputo

Treasurer: *Jill Melanson*

Member: *Michael Gleason*

Member: *Lucy Girolamo*

If you would like to learn about the Junior board, please contact the chapter office.



Your Liver Resource Directory

Immunization Action Coalition

1573 Selby Ave., #234
St. Paul, MN 55014
Ph: 651.647.9009
Fax: 651.647.9242
www.immunize.org
www.vaccineinformation.org

Health Canada Online (Formerly Laboratory Center for Disease Control)

Main Status Building

A.L. 0900C2

Ottawa, Ontario K1A0K9 Canada
Ph: 613.957.2991
Fax: 613.941.5366
www.health.gc.ca
www.nc-sc.gc.ca

National Digestive Diseases Info Clearinghouse

2 Information Way

Bethesda, MD 20892-3570
Ph: 301.654.3810
Fax: 301.907.8906
www.niddk.nih.gov

National Foundation for Infectious Diseases

4733 Bethesda Ave., Suite 50
Bethesda, MD 20814
Ph: 301.656.0003
Fax: 301.907.0878
www.nfid.org

National Institutes of Health

Building 1, 1 Center Drive
Bethesda, MD 20892
Ph: 301.496.4000
Fax: 301.402.0601
www.NIH.gov

RX For Illinois

Ph: 877.793.6745
www.rxforillinois.org

Social Security Administration

Ph: 800.772.1213
www.ssa.gov

United Network of Organ Sharing (UNOS)

Post Office Box 2484
Richmond, Virginia 23218
Ph: 888.894.6361
Fax: 804.782.4817
www.unos.org

American Liver Foundation Headquarters

75 Maiden Lane #603
New York, NY 10038-4810
Ph: 212.668.1000
Ph: 800.GO.LIVER (465.4837)
Ph: 888.4HEP.USA (443.7872)
Fax: 212.483.8179
www.liverfoundation.org

American with Disabilities Act Information

U.S. Department of Justice

Civil Rights Division

950 Pennsylvania Ave., NW
Disability Rights Section – NYAV
Washington, DC 20530
Ph: 800.514.0301
Ph: 800.514.0383 (TTY)
Fax: 202.307.1198
www.ada.gov

Asian and Pacific Islander

American Health Forum

450 Sutter Street, Suite 600
San Francisco, CA 94108
Ph: 415.954.9988
Fax: 415.954.9999
www.apiahf.org

Centers for Disease Control and Prevention (CDC)

Division of Viral Hepatitis

Mailstop G-37

1600 Clifton Rd., NE
Atlanta, GA 30333
Ph: 800.311.3435 or 404.371.5900
Fax: 404.371.5221
www.cdc.gov

Foundation for Digestive Health & Nutrition

4930 Del Ray Avenue
Bethesda, MD 20814
Ph: 301.222.4002
Fax: 301.222.4010
www.fdh.n.org

Health Policy Analysts

1350 1 St. N.W. #870
Washington, DC 20005
Ph: 202.588.5305
Fax: 202.737.1947

If you would like to be added to the *LIFE* Resource Directory, call the Chapter Office at 312.377.9030

Educational Opportunities for the Public Outreach Through Education

By Brandon Combs, Program Coordinator and Events Assistant

The Illinois Chapter held several exciting educational programs over the last couple months. All of the topics varied widely to reach as many liver patients and the public as possible. Be sure to check up on what programs we offered. If you are interested in attending some of our programs or joining a support group, please visit our website at www.illinois-liver.org for the most up-to-date information.

HEPATITIS LIVER UPDATE

Our Hepatitis Liver Update was held in Geneva, IL at the Delnor Community Hospital. Kelly Hofmann was the lead organizer and over 75 interested persons learned about hepatitis C from Dr. Bennet Cecil of Louisville, KY. We would like to say a special thank you to Delnor Community Hospital and to Schering Plough for their generous efforts to bring the program to fruition.

PEDIATRIC LIVER UPDATE

The Illinois Chapter and Children's

Memorial hospital teamed up to put together a Pediatric Liver Update on June 4, 2005. The program featured Dr. Estella Alonso, speaking on Acute Liver Failure; Dr. Udem Ekong, presenting on Transplantation; Dr. Riccardo Superina, on the Treatment of Portal Hypertension; Dr. Shikha Sundaram, presenting on Fatty Liver; and Dr. Peter F. Whittington discussing Biliary Atresia. Several parents and family members of young liver disease patients attended to learn about just some of the various diseases that affect children.

LIVER CANCER EDUCATIONAL PROGRAM

We recently partnered with a grieving mother to bring Chicago a Liver Cancer Program on June 4, 2005. It was held at the North Shore Baptist Church. Dr. Smurti Mohanty, University of Chicago, presented on liver cancer warning signs, and prevention. Thank you to Felicia Johnson of the African Women's Organization for her help.



PBC LIVER UPDATE

The Illinois PBCers had their area conference on June 18, 2005. Dr. Richard Green from Northwestern Medical Center, Nancy Leone, RN, Northwestern Medical Center, and Tracy Burch, RD all spoke about difference aspects of PBC, including new treatments, liver wellness, and proper nutrition. The ALF is proud to support this strong group of individuals as they battle this chronic disease. We want to thank Axcan Scandipharm for their continued support.

LaSalle Bank Shamrock Shuffle Health and Fitness Expo Kicks off Shamrock Shuffle Race



Volunteer, Kelly Hofmann, really enjoyed her free massage and says, "Nothing like a good massage after a few of hours of recruiting runners for our Run for Research Team." Volunteer, Dawn Johnson, wore the Liver Man costume and posed for photo opportunities with the Expo attendees while handing out sweets to children. In addition to the costume, a contest was held to "Name the Liver Man." Rick Geldmyer took home an ALF stadium blanket for his winning entry, "Liveracci". The unveiling of the ALF, Illinois Chapter "Love Your Liver" maroon bracelet was a huge success based on the amount of money we tallied from the \$2 suggested donation. Run for Research Team Member, Jim Grimm, was our top salesman. Jim was certainly not afraid to ask Expo attendees, "What can I do to put you in this bracelet today? If you

wear this bracelet for the Shamrock Shuffle race you will improve your time drastically." "Okay, sold", exclaims a Shamrock Shuffle runner!

The LaSalle Bank Shamrock Shuffle is the world's largest 8-K with 22,000 entrants and gives runners a marathon like experience at a fraction of the distance. On Sunday, April 3, 2005, Race Day, Liver Man and ALF volunteers, armed with balloons and signs, gathered at mile four of the race to rally Run for Research Team Members Bob Herskovitz, Jim & Carol Grimm, Dr. Donald Jenson, Greg Elsnic, Henry Gentile, Jennifer Tedjeske, Katherine Zwick, John Beresh, Kevin Prim, Mike Gleason, Kelly Hofmann and Dr. Patrick Lynch. "It was so awesome to see the Liver Man and hear ALF volunteers

screaming my name as I crossed mile four. The support from the ALF is amazing", exclaims Bob Herskovitz. Many spectators and runners found the Liver Man to be a great icon for raising awareness about the ALF, liver related diseases and liver health. Volunteer, Kim Ashley, explains, "Many people would stop and ask what in the world that pink thing was. People had no idea that he was supposed to be your liver!"

The LaSalle Bank Shamrock Shuffle weekend festivities were quite an extravaganza. With help from dedicated volunteers, the ALF successfully raised awareness about liver related diseases and liver health, recruited runners for our team and supported Run for Research Team Members who participated in the Shamrock Shuffle Race.



ABSTRACT COMPETITION

On June 7, 2005 the Medical Advisory Committee hosted its second annual Abstract Competition. The purpose of the competition is to provide an opportunity for Healthcare Professionals to showcase their research, compete for prizes and eventually apply for the research grant dollars raised by the American Liver Foundation.

We didn't want distance to keep Medical Professionals across the state from participating so this year we posted 26 abstracts online along with an online voting ballot. The five abstracts with the most votes were asked to prepare oral presentations for the formal competition. Night of judging resulted in the following:

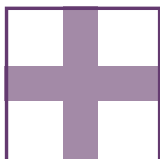
GRAND AWARD WINNER (\$1,500)
Sean Koppe, Northwestern Memorial Hospital

GRAND POSTER WINNER (\$1,000)
Peter Seraphin, Loyola University Medical Center

ORAL PRESENTATIONS
Sandy Jung, Rush University Medical Center
Youlian Lozanov, University of Chicago Hospitals
Sushama Gundlapalli, Rush University Medical Center
Eva Urtasun Sotil, Rush University Medical Center

Each submission was recognized with an honorary award and prize of \$100. The abstracts are still on the website and can be viewed at www.illinois-liver.org. Just select For Medical Professionals to see the brilliant work of those who volunteer with our Chapter.

The 2006 Research Grant Award applications are ready. The application deadline is October 1, 2005. Please contact the Chapter Office or visit the website for further details. Let's bring more research dollars into Illinois and Northwest Indiana.



Northwestern Memorial Hospital Presents: Mini-Med School 2005

The human body is a complex and fascinating machine. Join NMH in unlocking its mysteries through their interactive Mini-Med School classes. Designed to provide participants with a comprehensive working knowledge of a body system, disease state, or other medical topics, Mini-Med School meets once a week for four weeks.

The sessions, led by Northwestern Memorial physicians, will engage you as you explore anatomy, symptoms, risk factors, treatments and more.

All sessions will begin at 5p.m. with a reception including light refreshments. Sessions begin at 5:30 p.m. and conclude at 7p.m. Mini-Med School will be held at Northwestern Memorial Hospital. The fee is \$10 per lecture or \$25 for the series. Take-home resource materials are included in the fee. Complete the entire series and receive a certificate of completion.

Call Northwestern Memorial Hospital Health Resources at 877.926.4664 (toll-free) to register or for further information.

September 13, 2005
Viral Hepatitis & Hepatitis C
Dr. Steven Flamm

September 20, 2005
Fatty Liver Disease
Dr. Mary Rinella

September 27, 2005
Cholestatic Liver Disease
Dr. Richard Green

October 4, 2005
Liver Transplants
Dr. Laura Kulik

The Gift...

By Jim and Carol Grimm

Jim and Carol Grimm have been friends of the Illinois Chapter for some time. In addition to their fundraising efforts for our Run for Research Team, they volunteer at many events, represent the Illinois Chapter at local programs, and do so much for us "behind the scenes". We truly appreciate their enthusiasm, commitment and support. We are honored that they are willing to share their story with our members.

There we were. Family, friends, neighbors, nurses, doctors, etc., gathered on May 21st of this year to celebrate my 1st year anniversary living with a liver transplant and, raising funds for ALF through the purchase of "Love Your Liver" Bracelets.

This last year brought us so many blessings and gifts that it became increasingly difficult to count. First, finding out my wife was "compatible" (this being humorous because we have been married 27 years!) and could donate a part of her living liver to me and gave me my life saving transplant on May 5. Shortly after this transplant (hours) the medical team at Northwestern Memorial Hospital discovered internal bleeding and I had to be re-opened for vein grafting. Following a successful graft, a few days later I was doing well, on the road to recovery.

Two weeks went by and things were no longer going well. I had trouble with an artery that shut the blood flow off to my liver. I needed another liver

to continue living. This donated liver was going to be my Gift of Continued Life. On May 19, 2004, I truly received the Gift of Life.

And Life is coming along very well. We celebrated on May 21st that I was living because so many people cared, prayed, and worked to keep me alive, but something was still missing for me. From where, from whom, did I receive this liver keeping me alive?

A couple weeks before the 1st year anniversary celebration, I wrote a letter to Gift of Hope, Donor Family Services asking about my Donor and Donor Family. Can I reach them to give my thanks and appreciation? How? I started a process that lead to the greatest gift this past year. My donor's sister and two nieces came to the anniversary celebration, unannounced. They received my letter via Gift of Hope and came.

Well after many tears, hugs, and even more tears and hugs my wife and I had the opportunity to say a sincere thank you. The donor family was so proud that the donor liver had found a "home" in me and doing well - pleased to see that their family member continues to live in me.

And now I know the Greatest Gift of Life.



Northwestern Memorial Hospital
(Contacts listed after each study)

Hepatitis C

- Patients who were non-responders or relapsers to any type of interferon (including pegylated interferon) and ribavirin with METAVIR F2, F3, or F4 to be treated with pegylated interferon and ribavirin. This study is one part of a two part program which first offers Peg-Intron plus Rebetol to patients with METAVIR F2, F3 or F4 who have failed alpha interferon plus ribavirin therapy. The second part of the program identifies non-responders and offers them entrance into a maintenance therapy study. Contact: Noreen Osman at 312-208-0696.
- To assess the safety and efficacy of Peg-Intron 0.5 ug/kg weekly as maintenance therapy vs. no treatment for the prevention of disease progression in adult subjects with compensated cirrhosis secondary to chronic hepatitis C, who failed to respond to therapy with any alpha interferon (including pegylated interferon) plus ribavirin. Contact: Noreen Osman at 312-208-0696.
- To assess the safety and efficacy of Peg-Intron 0.5 ug/kg weekly as maintenance therapy vs. an untreated control group in adult subjects with chronic hepatitis C with hepatic fibrosis (METAVIR Fibrosis score F2 or F3) to determine if longer maintenance therapy with Peg-Intron will retard or reverse the progression of fibrosis, thus preventing the development of cirrhosis. Contact: Noreen Osman at 312-208-0696.
- Two different doses of Peg-Intron plus Rebetol will be compared to standard doses of Pegasys plus Copegus for HCV patients with genotype 1 who have never been treated with any interferon or ribavirin product. Contact: Mary Kozlowski, RN at 312-469-4885.
- Viramidine, a new form of ribavirin expected to have fewer side effects, is now being evaluated in a clinical trial for HCV patients who have never been treated with any interferon or ribavirin product. Participants will receive either Peg-Intron plus Viramidine or Peg-Intron plus Ribavirin. All genotypes are invited to enroll. Contact: Mary Kozlowski, RN at 312-469-4885.
- A randomized, open-label, multicenter, efficacy and safety study examining the effects of duration of treatment and of a high induction dose of Pegasys in combination with daily Copegus in patients with chronic hepatitis C who did not respond to previous



Clinical TRIALS Contd.

peginterferon alfa-2b/ribavirin combination therapy. Higher dose and longer treatment regimens will be compared to standard treatment with Pegasys and Copegus in non-responders. All genotypes are invited to enroll. Contact: Kim Sipich at 312-469-4168.

- Evaluation of the safety and effectiveness of an investigational drug called merimepodib (a protease inhibitor), when it is combined with pegylated interferon and ribavirin, for chronic genotype 1 hepatitis C, non-responsive to prior therapy with pegylated interferon alfa patients. Contact: Kim Sipich at 312-469-4168.

Rush University

Hepatitis C Related Thrombocytopenia

- This is a double blinded study, in which the primary objective is to estimate the efficacy of the investigational product on platelet counts, when administered to patients with Hep C-related thrombocytopenia for four weeks prior to patients receiving treatment with pegylated interferon and ribavirin. Patients must be 18 years or older and have a platelet count ranging from 20,000 to 70,000 platelets/uL. This is a two part study, in which patients are treated with the study drug for four weeks, prior to the start of antiviral treatment. Part two of the study, is an additional eight weeks of treatment with the investigational product, taken in conjunction with pegylated interferon and ribavirin. Enrollment for this study is still open.

SVR of Latino Patients vs. SVR of Non-Latino Caucasian Patients

- Currently, there has not been a large study regarding the response of Latinos to Hepatitis C therapy. This study, which is currently enrolling, is an attempt to compare the response of Latino patients to that of Non-Latino Caucasian patients. Patients are all treatment naive, genotype 1, and between the ages of 18 to 65. Treatment with pegylated interferon and ribavirin lasts for 48 weeks, and the follow up period is 24 weeks. This is the amount of time determined to justify a conclusion as to whether or not the Sustained Virologic Response rate between Latino and Non-Latino Caucasians is compatible.

If you have any patients who may be interested in participating or you have any questions regarding the study, please do not hesitate to

contact Monique L. Williams, RN, BSN, Senior Research Coordinator, Section of Hepatology, Rush University, 312.563.3919.

University of Chicago

The University of Chicago's Liver Study Unit was established in 1971 to improve the treatment of patients with liver diseases and to encourage teaching and research about liver disorders. We are conducting many clinical trials including trials for patients with Hepatitis C, Hepatocellular Carcinoma (HCC) and Esophageal Varices. Listed below are the trials in which we are actively enrolling patients.

Hepatitis C (Treatment Naïve):

- An Open Label Study of Pegylated Interferon plus Ribavirin for Treatment Naïve Latino HCV Patients with Genotype 1 vs. Treatment Naïve Non-Latino Caucasian Patients with Chronic HCV Genotype 1. The inclusion criteria includes patients age 18-65, abnormal ALT and compensated liver disease with or without cirrhosis.

Hepatitis C (Treatment Non-Responders)

- An open label study of 2 dose levels of Infigen plus Ribavirin for 48 weeks versus no treatment in HCV infected patients who are non-responders to previous Pegylated Interferon plus Ribavirin therapy. Inclusion criteria includes patients 18 years or older, a detectable HCV RNA level at end of treatment after completing at least 24 weeks of therapy and a liver biopsy within 3 years of starting the study.
- A randomized, placebo controlled study of Merimepodib in combination with Pegylated Interferon plus Ribavirin in HCV, genotype 1 patients who are non-responders to prior therapy with pegylated interferon plus ribavirin. The inclusion criteria include patients age 18-70, genotype 1 (all subtypes) and a history of nonresponse to Pegylated interferon plus Ribavirin.

Hepatocellular Carcinoma (HCC)

- A national registry of patients with hepatocellular carcinoma, which will evaluate the etiologic factors associated with HCC and to survey and stage the potential treat ability of patients with HCC.

Esophageal Varices

- A Randomized trial of endoscopic ligation plus propranolol vs propranolol alone for the prevention of esophageal variceal bleeding. The inclusion criteria includes patients 18-65 years of age, no previous history of esophageal variceal bleeding and history of esophageal varices of F2 and F3 or esophageal varices with red signs.

If you have any patients who may be interested in participating or you have any questions regarding the study, please do not hesitate to contact Dr. Helen Te at

(773) 702-2395, Dr. Smruti Mohanty at (773) 702-2395 or Katie Wherity, R.N, BSN at (773) 702-4477

University of Illinois at Chicago

Investigators: Dr. Scott Cotler and Dr. Thomas Layden. Contact Lani Krauz, BSN, RN and Kat Schwartz, BA at 312-996-1332
Hepatitis C - Interferon Resistance in Genotype 1 Infected Patients:

- Available for genotype 1-infected patients who have never been treated for Hepatitis C. The purpose behind the study is to assess viral kinetics in patients receiving treatment with pegylated interferon and ribavirin.

Hepatitis C - Phase 2a, Randomized, Dose-Ranging, Open-label Study of the Safety and Tolerability of Consensus Interferon-Alpha (CIFN) plus Interferon Gamma-1b (IFN-1b) with or without Ribavirin (RBV) in the Treatment of Patients with Chronic Hepatitis C who are Non-responders to PEG-IFN- (2a or 2b) plus RBV.:

- Available for patients (all genotypes) who have not responded to pegylated interferon (Peg-Intron or Pegasys) and ribavirin. Patients will be randomized into cohorts with differing doses of daily CIFN, thrice weekly IFN-Gamma 1b, and ribavirin.

Hepatitis C - A Phase 3, Randomized, Open-Label Study of the Safety and Efficacy of Two Dose Levels of Interferon Afacon-1 (Infigen, CIFN) plus Rivavirin Administered for 48 Weeks Versus No-treatment in Hepatitis C Infected Patients Who are Nonresponders to Previous Pegylated Interferon Alfa Plus Ribavirin Therapy.:

- Available for patients (all genotypes) who have not responded to pegylated interferon (Peg-Intron or Pegasys) and ribavirin. Patients will be randomized into a control group, receiving no treatment, or into a treatment group receiving daily CIFN and ribavirin for 48 weeks.

Hepatocellular Carcinoma:

- Study of DENSPM in Patients with Hepatocellular Carcinoma. Available for patients with unresectable (non-surgically removable) liver tumors. Patients will receive infusions of DENSPM to reduce the size or stop the growth of liver tumors.

NASH:

- Treatment for NASH with a new therapeutic approach.

Paracentesis for Ascites:

- Available for patients requiring multiple paracenteses or patients who have undergone one or no paracentesis for ascites. This study will investigate the safety and efficacy of Octalbin, a human blood product versus BUMINATE following paracentesis.

How to Make a Gift of Securities

Thank you for considering a gift of securities to The American Liver Foundation.
Following are instructions for making such a gift.

If the securities are in the possession of your stock broker:

- Call (212) 668 – 1000 Ext: 146 and advise the representative that you will be making a gift of stock. Please provide your name, address, phone number and type of security so that your gift may be acknowledged for tax purposes. Please inform us if sale of the securities is restricted.
- To have shares transferred electronically to The American Liver Foundation by your broker, please supply the broker with the following information:
Depository Trust Company –
A/C of Wilmington Trust Company
Participant #2215 - Institution #26667 - Agent Bank # 26668
A/ C # 59172-0 – The American Liver Foundation

If the securities are in your name and your possession:

- Send unendorsed certificates and the signature guaranteed stock power form by registered, return receipt requested mail to:
Mr. Erik Saville
Wilmington Trust Company
1100 North Market Street
Rodney Square North
Wilmington, Delaware 19890-0001

NOTE: A signature guarantee can normally be done at a bank, a notary public cannot guarantee a signature, please consult with your bank as to whether they are authorized to guarantee your signature.

If sale of the securities is restricted, please call Lauren Johnson at 212 668-1000 Ext: 146 before mailing the certificates.

If the stock is in the name of the American Liver Foundation:

Send the stock certificates to:

Mr. Gerald Jeglinski, Chief Financial Officer
The American Liver Foundation
75 Maiden Lane, Suite 603
New York, New York 10038

- So that your gift can be acknowledged for tax purposes, please include a letter with your name, address, and phone number.

For further information, or if you are interested in making a gift of securities that will provide income for life, please call the American Liver Foundation, (212) 668-1000 Ext:146.

Thank you for your support of the American Liver Foundation.

A Truly Special Gift

Making a donation to the ALF Illinois Chapter can be a wonderful tribute to someone special. It is a thoughtful way to recognize someone on special occasions, such as a birthday, anniversary or holiday. These gifts are a gratifying way to honor someone while supporting ALF's efforts to promote liver wellness and prevent, treat, and cure liver diseases. Also, donating in memory of someone shows sentiment to his/her family and loved ones. When a donation is sent as a memorial or tribute, an acknowledgement is sent as specified. The amount of the gift is not indicated. Every gift is tax-deductible and the donor receives proper documentation. Please make checks payable to the American Liver Foundation - Illinois Chapter

In memory / honor of (circle one): _____

On the occasion of: _____

Send the appropriate acknowledgement to:

Name _____

Address _____

City _____ State _____ Zip _____

Send my receipt to: _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

\$15 \$25 \$50 Other \$ _____

Check Visa MC AMEX

Credit Card# _____ Exp. Date ____/____

Name as it appears on card (please print)

Signature

Return to: American Liver Foundation - Illinois Chapter
180 N. Michigan Avenue, Suite 1870 Chicago, IL 60601
or fax 312.377.9035

Chicago Area Liver Centers

Central DuPage Liver Health Center

25 North Winfield Road
Winfield, IL 60190
630.933.5483

Hepatologist:
Daniel Ganger, MD, FACP

Gastroenterology & Liver Disease Specialists (at Lutheran General)

1875 Dempster, Suite 410
Park Ridge, IL 60068
847.318.9595

Hepatologist:
Ken O'Riordan, MD

Gastroenterologists:
Juan Engel, MD
Marc Fine, MD
Hymie Kavin, MD
Mani Mahdavian, MD
Dean Silas, MD

Loyola University Medical Center

2160 S. 1st Avenue
Maywood, IL 60153
708.216.0364

Hepatologists:
Nikunj Shah MD

Gastroenterologists:
Rani Chintam, MD
Sohrab Mobarhan, MD
Khondker Islam, MD
Thomas Schnell, MD
Michael Klamut, MD
Stephen Sontag, MD
Jack Leya, MD
Edwin Zarling, MD, FACP

Northwestern Memorial Hospital

675 North St. Clair
Suite 15-250
Chicago, IL 60611
312.695.5620

Hepatologists:
Alfred Baker, MD
Andres Blei, MD
Steven Flamm, MD
Richard Green, MD
Laura Kulik, MD
Patrick Lynch, MD
Mary Rinella, MD

Gastroenterologists:
Alasadi Rameez, MD
Michael P. Jones, MD
Terrence A. Barrett, MD
Peter J. Kahrilas, MD
Alan L. Buchman, MD
M. Rosario Ferreira, MD
John E. Pandolfino, MD
Laura Kulik, MD
Ikuo Hirano, MD
Christian G. Stevoff, MD
Colin W. Howden, MD
Arvydas Vanagunas, MD

Rush University Medical Center

1725 W. Harrison, Suite 306
Chicago, IL 60612
312.942.8910

Hepatologists:
S. Martin Cohen, MD
Thelma Wiley-Lucas, MD

Gastroenterologists:
Mark Demeo, MD*
Ali Keshavarzian, MD*
John Losurdo, MD*

Karen Sable, MD**

Pediatric Gastroenterologists:
Randolph M. McConnie,
MD (A, E)
John D. Lloyd-Still, MD (LF)
Richard H. Sandler, MD (LF)

* also sees patients at the
Oak Park office
A=Aurora; E=Evanston;
LF=Lake Forest

** has offices in Highland Park
and Skokie

University of Chicago Hospitals

5841 S. Maryland Avenue,
MC 4076
Chicago, IL 60637
773.702.2394

Hepatologists:
Donald Jensen, MD
Smurti Mohanty, MD
Nancy Reau, MD
Helen Te, MD

Gastroenterologist:
Stephen Hanauer, MD
Jeanette Newton-Keith, MD
Joseph Kirsner, MD
Russell Cohen, MD
Charles Winans, MD
Sunanda Kane, MD
Ira Hanan, MD
Irving Waxman, MD
Karen Kim, MD
Charles Dye, MD

David Rubin, MD
Carol Semrad, MD

University of Illinois-Chicago Medical Center

840 S. Wood Street, MC 787
Chicago, IL 60612-7323
312.996.3800

Hepatologists:
Scott Cotler, MD
Tom Layden, MD

FOR PEDIATRIC MATTERS:

Children's Memorial Hospital
2300 Children's Plaza, Box 57
Chicago, IL 60614
773.880.4354

Pediatric Hepatologists:
Estella Alonso, MD
Karan Emerick, MD
Humberto Soriano, MD
Ricardo Suparino, MD
Peter Whittington, MD

Pediatric Gastroenterologists:
B. Li, MD
Suzanne Nelson, MD
Timothy Sentongo, MD

University of Chicago Hospitals

5841 S. Maryland Avenue,
MC 4076
Chicago, IL 60637
773.702.6418

Pediatric Hepatologists:
Ranjana Gokhale, MD
Barbara S. Kirschner, MD

Pediatric Gastroenterologists:
Stefano Guandalini, MD
Peneet Gupta, MD

Please note: This reference list is for informational purposes only. The American Liver Foundation (ALF) does not, under any circumstance, recommend particular medical professionals or treatments for specific individuals. The ALF does not engage in the practice of medicine. The ALF Illinois Chapter makes every attempt to continually update this reference sheet. Please know it is not inclusive of all Illinois' hepatologists and/or gastroenterologists

Make A Difference... Become A Member

One in 10 Americans is affected with liver disease. Become a member of the ALF and you will receive important information including National and Chapter newsletters, research updates, and meeting notices. You'll also be a part of a nationwide force of patients, healthcare leaders, scientists, and other concerned people who can speak as a unified voice. Your tax deductible membership will help fund research, promote liver wellness education programs, and organ donation awareness activities. Please return this form to the Chapter Office.

Name: _____ Email: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Fax: _____

I would like to volunteer with: support groups helping at the office community education fund raising

Enclosed is my annual fee of \$25: check Visa MasterCard AMEX

Credit Card # _____ Exp. Date _____

Name as it appears on card (please print): _____

Signature _____

Thanks for joining us in the fight against liver disease and raising organ donor awareness!

“New Law Gives Boost to Organ Donors”

By Erika Slife - Tribune staff reporter

A new law signed by Gov. Rod Blagojevich on Friday will ensure that an organ donor's wishes cannot be reversed by a family member.

The measure removes the longtime requirement that an adult donor's next of kin also must give consent before the organs or tissue are harvested.

“If a person makes a commitment to donate their organs when they pass away, then that commitment should be honored,” said Abby Ottenhoff, a Blagojevich spokeswoman. “With this new law, it will be up to an individual, not to his or her family members.”

“Currently, 6 million Illinois residents are listed on the state's organ and tissue donor registry, the largest in the country,” said Randy Nehrt, a spokesman

for Secretary of State Jesse White, who championed the law.

“Without the change, people who gave permission for their organs to be used, such as by signing the back of driver's licenses, didn't always have their wishes carried out because relatives could block the move,” Nehrt said.

In Illinois, 30 families overruled a person's decision to be an organ and tissue donor last year, according to the Gift of Hope Organ and Tissue Donor Network, based in Elmhurst.

Of the 4,500 people waiting to have transplants in Illinois, about 300 will die.

“By bringing in another 100 organs each year through the new law, about a third of the people on the waiting list could be saved,” said Dave Bosch, a Gift of

Hope spokesman.

The new law, which takes effect Jan. 1, will guarantee people who decide to donate their organs will be able to “rest assured that the decision will be carried off after their death,” he said.

Chicago resident Ed Burke, 50, who received a liver transplant in March 2003, said he was shocked that family members could block the donations. “During my process, I was surprised to learn that (the registry) didn't matter. I don't think that's fair,” Burke said. “It's tough to overturn anyone's last wishes.”

“They were able to give me something that I could talk about later,” Burke said. “In fact, their son's organs saved four people's lives.”



ALF Liver Wellness Walk/Run In Memory of Lawrence W. and Susan D. Appelbaum

OCTOBER 15, 2005

LOCATION:
WAVELAND CLOCK TOWER
In Lincoln Park
3600 N. RECREATION DRIVE AT
LAKESHORE DRIVE



For the 7th consecutive year, the American Liver Foundation (ALF) will raise awareness and funds for liver diseases and liver wellness. The Illinois Chapter will hold its ALF Liver Walk/Run on Saturday, October 15, 2005. The walk/run will take place at Waveland Clock Tower in Lincoln Park, 3600 N. Recreation Drive at Lakeshore Drive.

This event offers fun for the whole family including refreshments, live entertainment and a pet station with entertainment. All registered participants (including dogs) will receive event apparel (bandana for dogs) and a Goodie Bag. Margaret Shortridge, Fox Health Reporter, will be leading the festivities. Register online today www.illinois-liver.org.

Board of Directors

Dennis F. Gleason, *President*
Dr. Donald Jensen, *Vice President*
Chari Aweidah, *Treasurer*
Thomas G. Estey, *Secretary*

Directors

Hon. Jesse White	Michael Reschke
Estella Alonso, MD	David A. Sherman
Andrew Enshede	Carolyn Smeltzer, RN, EdD
Mary Ellen Hanrahan	Frank J. Uvena
Thomas J. Layden, MD	Charles R. Walgreen, III
Patrick Lynch, MD	Daniel E. Weil
Michael B. Manuel	Elizabeth M. Weil
J. Michael Millis, MD	Rockford Yapp, MD
Donal O'Brien	Hank Zemola
Nancy Reau, MD	

Medical Advisory Committee

Rockford J. Yapp, MD-Chair Advocate Good Samaritan	Alan Koffron, MD Northwestern Memorial
Kathleen Shortridge, RN-Chair University of Chicago Hospitals	Mary Kozlowski, RN Northwestern Memorial
John Brems, MD Loyola University	Nancy Leone, RN Northwestern Memorial
S. Martin Cohen, MD Rush University	J. Michael Millis, MD University of Chicago Hospitals
Scott Cotler, MD University of Illinois	Giuliano Testa, MD University of Illinois
Amanda DeVoss, PA-C Rush University	David Van Thiel, MD St. Luke's Medical Center
Steven Flamm, MD Northwestern Memorial	Thelma Wiley-Lucas, MD Rush University
Daniel Ganger, MD DuPage Medical Group	James Williams, MD University of Chicago Hospitals
Donald M. Jensen, MD University of Chicago Hospitals	Monique Williams, RN Rush University

Junior Board of Directors

Katie Smith, *President*
Clay Schaefer, *Vice President*
Jennifer Saputo, *Recording Secretary*
Jill Melanson, *Treasurer*
Michael Gleason, *Member*
Lucia Girolamo, *Member*

Illinois Chapter Staff

Jacqueline A. Dominguez, *Chapter Director*
Elyse E. Barson, *Community Events Coordinator*
Brandon M. Combs, *Program Coordinator and Events Assistant*
Carolyn O. Watkins, *Community Events Coordinator*
Toymekian Davis, *Administrative Assistant*



Illinois Chapter

180 N. Michigan Avenue, Suite 1870
Chicago, Illinois 60601
312.377.9030

Love your liver. You only have one.

LIFE

LIVER INFORMATION FOR EVERYONE

MISSION STATEMENT

The American Liver Foundation (ALF) is a national voluntary health organization dedicated to promoting liver wellness and preventing, treating, and curing liver diseases through research, education and advocacy.

The printing of **LIFE** is made possible through a grant from Roche Pharmaceuticals. The ALF Illinois Chapter would like to express gratitude for their assistance in carrying out our mission.

Graphic Design by The Gammon Group, Inc.
Special thanks to Gift of Hope.



Non-Profit
Organization
U.S. Postage
PAID
American Liver
Foundation