

Liver Information  
For Everyone

# LIFE

**Summer 2008**

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*Your Liver. Your Life.*

## Join Us for the Liver Life Walk

*Walk for Fun...Walk for Life!* It's not just the motto for our new national walk program, but it's exactly what you'll be doing when you participate in the American Liver Foundation's Liver Life Walk. Join supporters from coast to coast and here in Indianapolis, as we pound the pavement to put an end to liver disease!

**The Indianapolis Liver Life Walk will be held Saturday, September 27, 2008 at Fort Harrison State Park.** It is a day packed with fun and excitement. Bring your family, coworkers and friends. Create your own walk team! If you do not live in Central Indiana but would like to participate, consider forming a virtual team. Our online fundraising tools make it easy to raise money that will change the lives of the 30 million people in the United States living with liver disease.

**Register yourself or your team today at [www.liverfoundation.org/walk](http://www.liverfoundation.org/walk).** Or, contact the Indiana Chapter at (317) 635-5074 or (877) LIVER30. When you sign up, you will receive detailed information and helpful tools.

**Your participation and fundraising efforts will make a difference** in the lives of millions of patients with liver disease, including local patients like our 2008 Indianapolis Walk Ambassador Ginger Arnot. Ginger was donating blood as a student at Purdue, when she was told that her liver enzymes were high. As a pharmacy

major, she chalked this up to stress, but was diagnosed months later with autoimmune hepatitis, a disease in which the body's immune system attacks liver cells. At the time, Ginger learned that she would eventually need a liver transplant

*2008 Indianapolis Walk Ambassador Ginger Arnot and her family*

and that she may not be able to carry children. Now, several years later, Ginger is a healthy, happy liver transplant survivor and enjoys life with her family – husband Brian, six-year-old daughter Mallory, and their most recent addition Katelyn. While pregnancy poses risks to a transplant recipient, Ginger remained healthy throughout her pregnancy with Katelyn, who was born this January.

**On behalf of patients like Ginger, please consider forming a team for the Liver Life Walk.** Every step you take and every contribution your team makes will bring us another stride closer to fulfilling the American Liver Foundation's mission to provide research, education, and advocacy to those living with liver disease.

# Letter from the Executive Director

This is an exciting time to be part of the American Liver Foundation! I am honored to serve as the new Executive Director of the Indiana Chapter and eager to build upon the success of our six-year history. In only a few months on the job, I have encountered many dedicated volunteers, donors and supporters, patients and family members who are deeply committed to our cause. Thank you to those who have welcomed me into this organization.



Having started at the beginning of May, I had the opportunity early-on to witness a successful Salute to Excellence Gala and listen to the story of our 2008 honoree, liver-transplant recipient Ila Badger. Ila's unique and incredible journey with liver disease had a happy ending, but her trials and triumphs along the way represent the stories of millions more patients. We must be diligent in pursuit of our mission to provide research, education and advocacy for these patients.

Our new national leadership has spurred renewed energy and is providing tremendous tools to chapters across the country to ensure that the American Liver Foundation becomes an organization that meets patients at the point of crisis. Locally, our staff and volunteers are dedicated to increasing our impact on patients and families in communities throughout Indiana and Kentucky.

However, growing our impact and fulfilling our commitment to patients, their families and our community requires additional resources. I hope you will consider offering your support to the Indiana Chapter in one or more of the following ways:

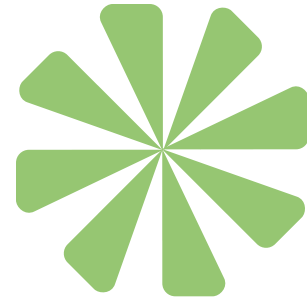
1. Form a team of family, friends or coworkers for the Liver Life Walk on Saturday, September 27, in Indianapolis. This year, we will offer tools to make it simple for our teams to raise funds to support ALF's mission. More information can be found on the front page, or register today at [www.liverfoundation.org/walk](http://www.liverfoundation.org/walk). If you do not live in Central Indiana but would like to participate virtually, simply register or call our office at (877) LIVER30 or (877) 548-3730.
2. Return the envelope in this newsletter with the form on page 7 and a donation to support our local efforts.
3. Become a volunteer. Opportunities include serving on our Board of Directors, working on an event committee, building awareness at community events or assisting with office projects.

Contact the Indiana Chapter to learn more about how you can help. Thank you for your interest, support and commitment!

Sincerely,



Natalie Sutton



## We Are Growing...

**Do you live in the greater Fort Wayne, Evansville, or Louisville areas?**

We are planning to expand into these markets next year. This expansion will involve both education programs and fundraising events. If you live or work in one of these areas, please contact us about the following:

- Are you interested in attending an education program? If so, what topic(s) are of interest to you?
- Will you consider providing information and advice to the American Liver Foundation regarding expansion into your area?

Please call us today. Your response will determine the market where we begin. We can succeed with your help!

Tel: (877) LIVER30  
(877) 548-3730  
[indiana@liverfoundation.org](mailto:indiana@liverfoundation.org)

## Read Liver Updates

Members of the Indiana Chapter's Medical Advisory Committee periodically provide updates about liver wellness and diseases. These articles are published on our web site [www.liverfoundation.org/chapters/indiana](http://www.liverfoundation.org/chapters/indiana) or in our newsletters. This newsletter contains an article about Hepatitis C by Dr. Paul Kwo on pages 4 and 5.

# Our Upcoming Events

**Call for Volunteers** We are looking for volunteers throughout Indiana and Kentucky. Among the possibilities are planning education programs, fundraising events, chapter development, health fairs or office assistance. Your commitment can range from serving on a committee to helping for a few hours. If you are interested, please contact the office at (317) 635-5074 or (877) LIVER30 from outside the 317 area code (877-548-3730).

Wednesday  
July 30, 2008

## Liver Life Walk Kickoff

6:00 p.m.  
Greatimes Family Fun Park  
5341 Elmwood Ave.  
(I-465 and South Emerson)  
Indianapolis, IN 46203  
*RSVP Requested*

Join us to register to walk or learn how to form a team for this year's walk. It's easier than you think! We'll also share ideas and tips on how to raise funds for liver education, advocacy and research.

Bring the family, and afterwards you can spend the evening enjoying the facilities including a free round of miniature golf for all attendees.

RSVP by July 23rd by calling (317) 635-5074 or e-mailing [indiana@liverfoundation.org](mailto:indiana@liverfoundation.org)

Kickoff Sponsor:



Sunday  
August 3, 2008

## Liver Awareness Day with the Indianapolis Indians

2:00 p.m.  
Victory Field  
501 W. Maryland St.  
Indianapolis, IN 46225

It's American Liver Foundation day with the Indianapolis Indians! We'll be promoting liver wellness to fans throughout the baseball game against the Toledo Mud Hens.



Come out to the game and visit us at Center Field Plaza. Tickets are available for purchase at [www.indyindians.com](http://www.indyindians.com).

*Alfie and Biggie Foot of the Indiana Ice Hockey Team hang out before the game at the American Liver Foundation night with the Indiana Ice on March 8, 2008. The partnership with the Indiana Ice was an opportunity to generate awareness of liver wellness and disease in the community.*

Saturday  
September 27, 2008

## Indianapolis



*"Walk for Fun... Walk for Life"*

Check-in: 9:00 a.m.  
Program and Walk: 10:00 a.m.  
Fort Harrison State Park  
Indianapolis, IN 46216  
*Pre-registration encouraged*

A fun-filled fundraising walk! Walk as an individual or form a local or virtual team. This is a great day for you and your family and friends. For more information or to register, visit [www.liverfoundation.org/walk](http://www.liverfoundation.org/walk) or call (317) 635-5074.

Coming this Fall

## Online Programs

Our chapter is developing a series of online education programs on liver disease geared towards medical professionals. Stay tuned!



# On the Horizon for Hepatitis C

by Paul Kwo, MD, Liver Specialist, Indiana University School of Medicine

Chronic Hepatitis C remains the most common blood-borne infection in the United States, with at least 4 million individuals infected in the United States. Worldwide, the prevalence of Hepatitis C remains much higher in other parts of the world, including Asia and Europe. There are multiple genotypes of Hepatitis C, with Genotype 1 being the most common genotype in the United States (70%), and Genotypes 2 and 3 constituting the other 30% of those infected with Hepatitis C. Other genotypes (4, 5, and 6) are rarely seen in the United States.

Fortunately, with treatment, infection with the Hepatitis C virus can be cured (called a sustained virologic response) in many individuals. If after a course of pegylated interferon and ribavirin, a patient's virus remains undetected 3 to 6 months after treatment has been discontinued, there is a high degree of certainty (approximately 99%) that the virus will not ever return. Moreover, those individuals who go on to a sustained response can see improvement in the degree of scarring of the liver over time as well. Indeed, some studies have suggested that even early cirrhosis (that is, scarring with regenerative nodules) can also improve, though these data require further confirmation. Currently, with pegylated interferon and ribavirin, the sustained response rate for Genotype 1 infected individuals in the United States is approximately 40%. This is lower than the cure rates for Genotypes 2 and 3, which can range from 70 to 90%. Moreover, the treatment for Genotype 1 requires 1 year of treatment in general, whereas, Genotypes 2 and 3 typically can be successfully treated in 6 months.

Recently, new therapies on the horizon

suggest that the sustained virologic response rates (cure rates) will be improved in Genotype 1 infected individuals and with the potential to shorten the duration of therapy. The addition of these new therapies [Specifically Targeted Antiviral Therapy For HCV (STAT-C)] specifically inhibits certain proteins in the Hepatitis C virus, specifically, the NS3 protease of the Hepatitis C virus. In the future, there will be other proteins targeted in the Hepatitis C virus. These medicines are



similar to the specific therapies that have been successful and have revolutionized the treatment of HIV, the virus that causes AIDS. The two therapies, which are currently entering the final phase of testing (Phase 3 trials), are telaprevir and boceprevir. Preliminary data with telaprevir when added to pegylated interferon and ribavirin has shown sustained response rates in the United States of approximately 61% in Genotype 1 individuals, which was higher than 40% that we typically see with pegylated interferon and ribavirin alone. Boceprevir, another a protease inhibitor, also improves sustained response rates, with preliminary data demonstrating an overall sustained

response rate of 57% being reported after 28 weeks of therapy. Both of these medicines must be added to pegylated interferon and ribavirin to maximize response rates. Thus, the future of Hepatitis C therapy will consist of a "backbone" of pegylated interferon and ribavirin with the addition of protease inhibitors, and it is hopeful that this combination will be able to shorten therapy while improving overall sustained response rates by approximately 50%.

However, all of these new therapies do have some degree of additional side effects and toxicities. Thus, for higher sustained response rates there will be management issues with additional medicine side effects, much as when new medicines for HIV disease were introduced. In addition, the specifically targeted antiviral therapies for Hepatitis C will generate viral resistance, similar to antibiotic resistance with the Hepatitis C virus undergoing mutations, which can reduce the effectiveness of the Hepatitis C therapies

protease inhibitors. Therefore, physicians will need to be cautious in order to minimize the emergence of drug-resistant mutants, when considering treatment for Hepatitis C patients.

Who will benefit most from the new therapies? Clearly, those who have not been treated before will derive the greatest benefit. In addition, those who have previously relapsed to therapy or who have previously had a good response but not quite cleared the virus will also benefit from the protease inhibitors. The group that must be approached with the greatest degree of

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caution are those who have failed to have any reduction in their Hepatitis C viral level during at least 12 weeks of therapy (the so-called null responder). These are individuals whose viral levels decrease less than 90% on pegylated interferon and ribavirin, and based on current data it would appear that these are the individuals most likely to develop drug resistance. Some of these individuals will likely require an additional specifically targeted antiviral therapy such as a polymerase inhibitor or other treatment. There are multiple targets for the Hepatitis C virus that are being developed now, and the two most promising classes remain the inhibitors of the Hepatitis C protease and the inhibitors of the Hepatitis C polymerase.

Whereas the Hepatitis C protease inhibitors are moving on to their final stages of testing, the polymerase inhibitors, while effective in preliminary studies, have had difficulties due to a variety of toxicities that have been observed. However, there are several polymerase inhibitors in early testing, and we eagerly await the results of these early studies.

Also on the horizon will be longer acting interferons (albumin interferon), which can be dosed every two weeks, as opposed to the weekly dosing of pegylated interferon. Preliminary data suggests that this medicine is as effective as the current pegylated interferons that are available. A prodrug of ribavirin is also being evaluated in clinical trials. Ribavirin is a nonspecific inhibitor of the Hepatitis C virus, but its

effectiveness is limited by its toxicity, which is hemolysis (a reduction in the red blood cell count of the hemoglobin). Virmidine is a drug similar to ribavirin but associated with less hemolysis than ribavirin. Preliminary results have recently suggested that virmidine with pegylated interferon is as effective as ribavirin, with less reduction in hemoglobin, though the final results of this study are still pending. In summary, the future for Hepatitis C looks bright. Specifically targeted therapies for Hepatitis C will hopefully be available in the next 3 to 5 years. Combinations of protease and polymerase inhibitors are probably 5 to 10 years away. For now, pegylated interferon and ribavirin will remain the backbone therapies for Hepatitis C with additional medicines being added to this backbone. ✨

## Salute to Excellence 2008

### is a Great Success



*Ila shows off her Salute to Excellence Award*

Inspiring! Amazing! Unimaginable! All words heard at the 2008 Salute to Excellence honoring Ila Badger after seeing a video about her liver transplant story and then hearing from her. It was truly a memorable evening, and it would not have happened without the hard work of the Salute to Excellence Committee chaired by Alan and Sue Potasnik. From the swinging tunes of Mary Moss and Friends to the chocolate butterfly wings on the dessert, the evening was a great success.

Please check our web site, [www.liverfoundation.org/chapters/indiana](http://www.liverfoundation.org/chapters/indiana), for additional pictures from the evening as well as a complete list of our sponsors and other individuals who made this evening possible.

We would especially like to thank our sponsors:

#### Distinguished Sponsor

Clarian Transplant

#### Treasured Sponsors

Astellas

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#### Executive Table Sponsor

University Transplant Associates

#### Honor Roll Contributions

Bennett Innovations

Engledow Group

MHD Photography

Monarch Beverage

Wellington Theatre Arts Group

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Indiana Organ Procurement

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Kreig DeVault

Drs. Paul Kwo & Mimi Chung

Dr. Lawrence Lumeng

John & Marilyn Schneider



*Co-chairs Alan and Sue Postasnik with Ila and Jack Badger*

## Support Groups

The support groups listed below are not organized by the American Liver Foundation, although we are pleased to provide their information. Thank you to the volunteer leaders who give their time and energy to organize and facilitate these support groups!

### **ARK (Always Reflecting Kindness)**

Chapel Rock Christian Church  
2020 N. Girls School Rd.  
Indianapolis, IN 46214  
Meets the third Saturday of  
each month at 12:00 noon  
Contact: Mike Rickey  
Phone: (317) 894-4429

### **EASE HepC (Evansville Area Support & Education)**

Deaconess Hospital in the Resource  
Center  
600 Mary St.  
Evansville, IN 47710  
Meets the second Monday of  
each month  
Contact: Lisa Provost  
E-mail: easehepc@sbcglobal.net

### **Hip on Hep C**

DeKalb Memorial Hospital's Medical Arts  
Building  
1616 E. 7th St.  
Auburn, IN 46706  
Meets the third Friday of  
each month at 6:00pm  
Contact: Christie Soaper  
Phone: (260) 927-8180

### **LASH Hep C (Louisville Area Support & Hope)**

Thomas Jefferson Unitarian Church  
4936 Brownsboro Rd.  
Louisville, KY 40222  
Meets the second Tuesday of  
each month at 6:30pm  
Contact: Josie Haaga  
Phone: (502) 409-4204

### **STARS (Support, Tenacity, Abstinence, Respect, Synergy)**

Richard L. Roudebush VA Medical Center  
Room C-1192  
Indianapolis, IN 46202  
Meets the first and third Tuesday  
of each month at 9:30am  
Contact: Phyllis Baker  
Phone: (317) 988-2649

## Letter from the Board of Directors President

Dear ALF friends, partners and supporters,

We continue to grow, evolve and improve! The first half of the year brought several positive changes. I'd like to welcome Ms. Natalie Sutton to ALF Indiana chapter as the new Executive Director. We look forward to learning much from her past nonprofit experience and for her guidance to help build on our past successes. We also look forward to the leadership of ALF's new Chief Executive Officer, Mr. Rick Smith, and Chief Operating Officer, Mr. Newton Guerin. In today's congested charity marketplace, we look to them for innovative ideas to differentiate the American Liver Foundation and to increase awareness of the ALF in the broader community. Both are required to fulfill our mission.

Big congratulations to the 2008 Salute to Excellence gala committee! Many supporters who attended past galas stated the 2008 gala was the best. Check out the July issue of *Indianapolis Woman's Magazine* to see for yourself. Upcoming events are our Liver Life Walk on September 27, 2008, and since we are evolving, we are creating a spectacular

new, fun event that is sure to appeal to all of us. Stay tuned for more information on the new ALF event called "Flavors".



On behalf of the Board of Directors, we sincerely thank all of our past and many new supporters!

Your hard work is building this young chapter into a very successful organization helping many Hoosiers afflicted with one of the hundred different types of liver diseases. We will keep communication coming to be sure you are aware of all key events, like free educational programs and liver updates.

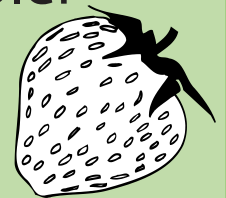
Make this summer an exciting and safe one and we look forward to seeing you in the Fall. Remember...it's Your Liver, Your Life! Take care of it, and it will take care of you!

Darryl Warren

## Cooking in the Kitchen Strawberry-Peach Cooler

*A cool and refreshing drink for these hot summer days!*

1 cup dry-pack unsweetened frozen strawberries  
2/3 cup dry-pack unsweetened frozen peaches  
3/4 cup orange juice



In a microwave-safe bowl, combine the strawberries and peaches. Cover with wax paper and microwave on high 45 seconds to thaw the fruit slightly. The fruit should be icy but not hard. Working with a small knife in the bowl, cut the peach slices in half.

Transfer the peaches and strawberries to a blender. Add the orange juice. Blend on low power to combine then increase power to high and continue to blend until the peaches are completely pureed, about 1 - 1 1/2 minutes.

From *The Diabetes Snack Munch Nibble Nosh Book* by Ruth Glick

# Lend Your Support

The American Liver Foundation is the nation's leading nonprofit organization promoting liver health and disease prevention. We provide research, education and advocacy for those affected by liver-related diseases, and your support will enable us to continue these vital services.

So far in 2008, the Indiana Chapter has offered patients and family members two first-class education programs – *Healthy You: Liver Lessons* in February and *Mind, Liver and Body* in May. We continually provide information and resource referrals to those who contact our office, and our staff and volunteers work to promote liver wellness and educate the general public at community events and health fairs. Later this year, we will conduct a series of online programs to educate medical professionals, informing them of the latest research on liver diseases.

In the coming years, we look forward to further-enhancing our local mission programs and increasing our impact on patients, their families, and the local communities throughout Indiana and Kentucky.

Our organization and this important work are funded through private contributions, from companies and individuals just like you. Please consider a financial contribution to support the work of the Indiana Chapter of the American Liver Foundation. Your gift will truly make a difference!

- My gift is:  in memory of \_\_\_\_\_  
 in honor of \_\_\_\_\_  
 a general donation  
 proceeds from hosting an event

Please notify the following individual of this gift (if other than yourself):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



*Your Liver. Your Life.*

Amount of gift:

- \$25.00     \$50.00     \$100.00     Other \$ \_\_\_\_\_ (Please Specify)

Payment Method:  Check (Please make checks payable to American Liver Foundation.)

- Visa     MasterCard     American Express     Discover

Card Number: \_\_\_\_\_ Security Code: \_\_\_\_\_

The Security Code is located on the back of Visa & Mastercard and the front of American Express.

Name as it appears on card: \_\_\_\_\_ Expiration Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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Name: \_\_\_\_\_

Spouse/ Partner Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail: \_\_\_\_\_

Your e-mail address will not be sold or bartered. It will be used to keep you updated on events and chapter news. By contacting you via e-mail we can save on printing and postage costs, make your donation go even further!

- Yes, my company matches employee gifts. Company Name \_\_\_\_\_  
 Matching gift form enclosed

Return this completed form to: American Liver Foundation, 870 Virginia Ave., Indianapolis, IN 46203  
Fax: (317) 635-5075    E-mail: [indiana@liverfoundation.org](mailto:indiana@liverfoundation.org)

Every gift you make to the American Liver Foundation will receive an acknowledgement letter and is tax-deductible to the fullest extent allowable by law. The American Liver Foundation is a not for profit organization as described in section 501©(3) of the Internal Revenue Code.

**Our Mission** The American Liver Foundation is the nation's leading nonprofit organization promoting liver health and disease prevention. We provide research, education, and advocacy for those affected by liver-related diseases, including hepatitis.

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*Community Events Coordinator*

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*Your Liver. Your Life.*



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